



The Fleet Foot



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Newsletter of the Gulf Winds Track Club July/Aug. 2019

Stephen Votaw, Ryan Truchelut



**The Fleet Foot
Newsletter of the Gulf Winds Track Club**

Editor: Fred Deckert, 893-9739,
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Columnists: Jane Johnson (Featured Feet), Paul Fuyas (Pres. Column), Gary Griffin, (Ultrarunning), Gary Griffin (How they Train), Tim Unger (Racing Team), Bill Lott (Race Calendar).

Advertising Copy

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Fred Deckert, 6323 Count Fleet Trail, Tallahassee, FL 32309

Submissions/Contributions

Submissions for publication are strongly encouraged, the preferred format is Microsoft Word. For race results, Excel spreadsheets or MS Word files are preferred. Hard copies are undesirable, for more details or to contribute material contact the editor. If you have pictures or stories about your running group, don't be shy, photos should be in jpg format if at all possible, contact me if you have questions.

Fred Deckert

893-9739, freddeckx@comcast.net

Change of Address

Your newsletter will not be forwarded; you must provide your new address and phone number mail to:

**GWTC-MSHP, Box 3447,
Tallahassee, FL 32315**
or call Mark Priddy 508-1961

Personal Records

GULF WINDS TRACK CLUB

Business Meeting Minutes for May 8, 2019
Hosted by David and Mary Jean Yon

Board Members Present: **Paul Guyas, Alyssa Terry, Zack Scharlepp, David Yon, Mary Jean Yon, Mark Priddy, Herb Wills, Jim Halley, Kristin Halley, Tom Bianche, Laryn Flikkema, Chika Okoro, and Tom Perkins.**

Others Present: **Bill Lott, Dominic Milner, Kaari Guyas, and Sade Guyas.**

The president called the meeting to order at 7:31 P.M. and a quorum was established.

The Board approved the minutes from the April 10 meeting without objection.

Officer Announcements

No announcements.

Old Business

Board Management Web Service – Alyssa Terry
Alyssa asked the board for their current thoughts on the Board Management Web Service named Boardable that was brought to our attention by **Joseph Petty** in the previous board meeting. Numerous board members requested more time in order to review the distributed video that further explains Boardable. The board will continue to discuss the possibility of using Boardable or an alternate board management web service at the next meeting.

Policy for Reviewing and Signing Contracts – David Yon

The board reviewed a proposed Policy Statement pursuant to Article 5, section 2 of the bylaws. **Tom Bianche** reported this policy would detail the types of contracts that should be sent to the GWTC Contract Committee for review. David Yon made a motion to appoint a Contract Committee that would consist of five members consistent with the policy 20182; this motion was seconded and passed unanimously.

Tallahassee Marathon Wrap Up – David Yon

David Yon reported that the anticipated \$5,000 from a sponsor of the 2019 Tallahassee Marathon and Half Marathon was received by GWTC on April 18, 2019. This additional revenue increased the net revenues from the race to \$8,672.11. David once again requested that 50% of the total net revenue, which now includes the additional \$5,000,

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Gulf Winds Track Club, Box 3447, Tallahassee, FL 32315-3447

President:	Paul Guyas	850-273-9555	Pguyas@Me.com
Vice President:	Jim Halley	239-322-2908	gulfwindstrails@gmail.com
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Treasurer:	Laryn Flikkema		treasurer@gulfwinds.org
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Social Coordinators:	Vicky Droze	850-942-7333	vickydroze@comcast.net
	Joseph Petty	850-325-0575	Joseph.petty23@gmail.com
Triathlon Club President:	Wayne Thumm	850-251-3300	wtcapcity@aol.com
Education and Lecture Coordinator:	Chris Stanley		ctstanley800@gmail.com
Equipment Manager:	Tec Thomas	933=2725	tathomas0851@yahoo.com
Clothing and Merchandise Managers:	Laura McDermott	850-766-3889	GWTCMerchandise@gmail.com
	Sherri Wise		
Racing Team Coordinator:	Tim Unger	850-544-4563	runner1612@gmail.com
School Grant Coordinator:	Paula O'Neill	850-656-2603	moneill51@comcast.net
Trail Training and Racing Coordinator:	Jim Halley	239-322-2908	gulfwindstrails@gmail.com
Training Group Coordinator:	Tom Biance	561-213-2092	tbiance@comcast.net
Beginning Running Group Coordinator:	Chika Okoro	202-276-4101	gwtc_coaches@yahoo.com
GWTC Website:	www.gulfwinds.org		
P.O. Box: Road Runners Club of America Member Club			
USA Track & Field Member Club #14-1275			

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GWTC Board Meetings 7:30 p.m

July 10	Chika Okoro	202-276-4101
Aug. 14	Joseph Petty	850-325-0575

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be allocated to the SMIRF'S program and the other 50% to the Chenoweth Fund. A motion was made, seconded, and unanimously approved.

New Business

Swamp Forest Wrap Up – Bobby York

Bobby reported via email that Swamp Forest received total proceeds of \$2,658.13. He requested that the total proceeds be divided as follows: Friends of Our Parks receive \$650 for trails maintenance and improvements, One More Child receive \$650, and GWTC retain \$1,358.13. Bobby stated that FBCH and One More Child provide child welfare and prevention services in 55 locations locally and globally to meet critical needs of families in crises. Last year, FBCH and One More Child had the privilege of serving more than 200,500 children and individuals through foster care, family support, and single moms programs – just to name a few – while also providing more than 5.5 million meals to those in need in Florida and around the world. A motion was made to approve of Bobby's proposal for the distribution of Swamp Forest's total proceeds, which was seconded and approved unanimously.

Summer Trail Series Budget – Kristin Halley

Kristin provided a report of the proposed budget for the 2019 Summer Trail Series. This budget included an expected income of \$7,660.00, expected expenses of \$6,483.50, and expected proceeds of \$1,176.50. There was a motion to approve this proposed budget, which was seconded and approved unanimously.

USATF Course Certification Fees – Tom Biance

Tom inquired about whether the board or the race director should be responsible for paying a race's 10 year re-certification fee. A majority of the board members responded that the re-certification fee should be part of the race director's total expenses for the year that the fee is paid.

Committee Reports

Treasurer's Report - Laryn Flikkema

As of April 30, 2019, Gulf Winds Track Club's Statement of Financial Position reads as follows: total assets of \$268,887.83. GWTC's Statement of Activity from July 1, 2018 – April 30, 2019 includes a gross profit of \$336,499.46, total expenditures of \$281,250.42, and net revenue of \$55,249.04. GWTC's monthly statement of activity for April includes a monthly gross profit of \$48,313.90, total expenditures of \$22,567.04 and net revenue of \$25,746.86.

Equipment Report - Bill Lott & Tec Thomas

Nothing new to report.

Chip Timing Reports – Bill Lott & Peg Griffin

Bill provided the board with the Chip Timing Report. In April, GWTC chip timed one club race (Palace Saloon 5K) and four non-club races (Hops & Half Shells 5K, Rose City 10K and 1 Mile, and Nene Fest 5K). The Chip Timing Committee is scheduled to meet on May 12, 2019. The five main issues identified at prior meetings will be further discussed, and it is hoped that the committee will be able to formulate a report with recommendations to be presented to the GWTC Board.

Triathlete Report - Wayne Thumm

Wayne reported via email that the Tri Club is going to take over the St Marks Duathlon as a committee since **Charlie Johnson** is stepping down as race director. He also reported that **Patrick Merle** was the April speaker who spoke about the idea of Block cycling training and how it relates to Triathlons. The May speaker is going to be a local dermatologist. Also, Red Hills was a great success and had highest participation in a few years; for example, its super sprint brought in several new participants.

Membership Report –Mark Priddy

Mark reported there are currently 1,124 GWTC members from a total of 592 households, which is an increase of 119 members as compared to last month. There are also 292 current Tri Club members.

Training Report – Tom Biance

Tom stated the GWTC Summer of Speed Sunday morning intervals at Leon have met on the past two Sundays and will continue to meet each Sunday at 7:00 A.M. leading up to Breakfast on the Track. **Paul Guyas** has developed a set of workouts that this group will be following each week. Moreover, Tom reported the Trailblazers have been running local trails every Tuesday and have been having a good turnout.

Education and Lecture Coordinator Report - Chris Stanley

Chris reported via email that the Road Runners Club of America (RRCA) is only accepting dates for hosts of a coaching certification course in the late fall 2019 and early 2020. He will inquire about optimal weekend dates at the next board meeting. Chris also said **Dr. Michael Ormsbee** and **Brandon Willingham** from FSU's Exercise Science have agreed to provide a talk to GWTC regarding issues related to training in the heat. This talk is scheduled for Sunday, June 2nd at 4 P.M.

Race Director Coordinator Report – Mary Jean Yon

Mary Jean reported that the next meeting of the GWTC Race Directors will take place on June 9, 2019.

Trail Coordinator Report –Jim Halley

Jim reported that there has been a lot of work completed on Tom Brown Park's Cadillac and Magnolia trails. Jim also stated that Dominic Milner led the Trail Care Committee's trail clean-up days at Lake Elberta and San Luis Park. Dominic reported that there were 7 volunteers who

(Continued on page 5)

completed 11 hours' worth of work at Lake Elberta, and there were 11 volunteers who completed 14 hours' worth of work at San Luis Park. The Trail Care Committee will also plan a trail clean-up day at the location of the first summer trail race. Jim stated that Dominic has done a wonderful job initiating these trail clean up days.

Chenoweth Fund Report – David Yon

David reported the account for the Chenoweth Fund shows a balance of \$9,593.8. From this balance, there is a check that should be sent to Wakulla High School for \$1,500. Moreover, funds in the amount of \$4,336.055 should be transferred to the Chenoweth Fund. There are no requests for funding pending. David also stated that the Great Pot Luck Bash 4 Miler will be held on Saturday, June 8, 2019 beginning at 6:00 P.M.

Youth Council Report – Kaari Guyas

Kaari is currently deciding on a date for the next Youth Council meeting. **David Yon** requested input from the Youth Council regarding how to make the SMIRF'S program better. David also gave Kaari the idea to invite **Laura McDermott** to the next meeting to help with this discussion since she is very involved with the SMIRF'S program. **Zack Scharlepp** then asked Kaari to discuss ideas on how to grow the Springtime 1-mile with the Youth Council at their next meeting.

Clothing Coordinator Report –Laura McDermott and Sherri Wise

Laura and Sherri provided their report via email. There are now bib clips for sale for \$5.00. Moreover, Laura and Sherri expressed their interest in the club purchasing more Square App credit card devices for race directors to have at packet pick up and race day registration. This would prevent Laura and Sherri from having to meet up with race directors prior to race events in order to provide them with a Square App credit card device. Sherri also mentioned that it'd be beneficial for race directors to have access to a device since it'd provide a full range of payment options for registrants not utilizing online registration. Laura shared that the wireless device can be purchased for \$50 while the non-wireless device costs \$10. Laura suggested it may be easiest to have Square App credit card devices available in the equipment checkout for club races. Another idea would be for big races to have their own Square account and credit card device to make things easier for Laryn, the GWTC treasurer. However, Laryn raised a concern that RunSignUp makes it challenging to determine the category and origin of different charges from the Square App. After discussion at the board meeting, some board members raised concern about the added responsibility of having to keep track of various Square App credit card devices; therefore, it was decided that race directors could simply download the app on their phone and receive the Square for free.

Social Report – Joseph Petty & Vicky Droze

Vicky reported via email that she attempted to host GWTC's game night on a Saturday in April to see if there would be an increase in participation. Unfortunately, there ended up being fewer people with a total of three attendees. Therefore, Vicky

will keep game nights on Sundays for now. Vicky had to cancel May's game night due to an out-of-town trip, and June's social will be the Potluck.

Newsletter Report – Fred Deckert

Nothing new to report.

Website Report – David Yon

David requested that board members download Gulf Wind Track Club's new app, which is available on both Apple and Android devices, in order to provide him with feedback.

A motion to adjourn was made, seconded and passed. The meeting adjourned at 8:28 pm.

Alyssa Terry, Secretary

Gulf Winds Track Club approved 2019 Grand Prix schedule

May 18 – BFD Catfish Crawl 5k

June 8 – Potluck Bash 4 miler

August – Breakfast on the Track 1 mile

August – Miller Landing Madness 8k

Labor Day – Bluebird Run for Brooke B 5k

September 14 – Run for Sickle Cell 5k

September 21 – Women's Distance Festival 5k

October 12 – Pine Run 20k

December 7 – GWTC 5 Mile Challenge

December – TUDC Marathon or 50k or 50 mile

Kids Grand Prix

January 26 - Trent Trot - 5k mile or 1 mile

February 9 - Run for the Cookies – 5k or 1 mile

March 2 – Shamrock Scurry – 1 mile

March 30 - Springtime – 1 mile

August - Breakfast on the Track – 1 mile

August - Miller Landing – 3k

September 21 - Women's Distance Festival – 1 mile

November 28 - Turkey Trot – 1 mile

President's Column - Paul Guyas

Some of us hop in, turn the key, step on the gas and go. Others may wonder what's going on under the hood. Most cars have internal combustion engines with four, six, or eight cylinders where each cylinder houses a piston and two or four valves. Up to about 100 times each second, the pistons and valves affixed to the crankshaft and camshaft respectively along with spark plugs and fuel injectors perform a specific sequence of fuel intake, mixing, pressurizing, igniting (exploding), and dispersing.

Coordinated mechanical timing is essential and controlled by the timing belt while the distributor sequentially sends electricity to the spark plugs in concert. Oil is filtered and pumped to lubricate moving parts prevent heat build-up. In further effort to keep things cool, the radiator, water pump and anti-freeze dissipate enough heat to keep two average houses warm in winter. Air flows in and out through filters and manifolds moving a room-sized volume of air per gallon of fuel.

Lifting the hood on the Gulf Winds Track Club will also reveal processes and efforts that may go unnoticed by the hop-in-and-go member.

A GWTC App? It's in its infancy, but thanks to the work of our website team and our new partners App Embark it is a reality. The App Store has been maligned by some as to the search-ability, but I promise you, there is now a GWTC app. If you're looking for the iPhone version, I've made it easy on you. Scan the QR code below (I hope we can make it work) with your phone's camera, install the app and tell us what you think.

Along those lines and also with help from App Embark, we are working on a new website. That one is not ready for full release - I guess it's "in beta" as they say, but it's coming soon. I've seen the draft and I think we're really going to step forward not only with the looks and layouts, but we will also gain the flexibility to integrate multiple pieces together and evolve our digital presence along with the ever-expanding horizon of technology.

In another piece of "coming soon" news, we have contemplated a multiple-race signup option where members would be able to get a discounted rate when committing to a number of Club races at once. This idea may or may not materialize, but if you're reading this and would be interested, or have questions, please let me know.

Which leads me to my final thought for the month, with all this activity many hands make light work. All of this is being done by a relatively small pool of dedicated volunteers rolling up their sleeves and digging in to find ways and complete tasks to make this Club what it has become and what it will be. There are essentially infinite volunteer opportunities including the more visible jobs before, during, and after races; but also the less obvious behind-the-scenes work. If you have time and willingness, contact a Board member and see where you can chip in. You could also consider attending a Board meeting to hear all the current happenings.

This is the two-month issue so a heads up for both the July and August calendar: The Summer Track and Summer Trail series continue. July is quiet in terms of Grand Prix competition, but both adults and kids will each compete for Grand Prix glory at GWTC's Breakfast on the Track and Miller Landing Madness in August. I hope to see you there.



Training Groups/Weekly Events

Intervals: Tuesdays, 6:30 a.m. Maclay Track, Tuesdays, 6:30p.m. FSU Track. Planned, supervised workout for runners intent on improving in distance races. Contact **Bill Lott** (blott@nettally.com) or **Gary Droze** 668-2373 (work) 942-7333 (home)gdroze@maclay.org.

Wednesdays 6 p.m. Leon HS track all paces welcome. Email Ann Bowman at: annie@revtricoaching.com.

Sundays at 7.30 am. Almost every weekend groups run from Forest Meadows around Lake Overstreet or the Phipps Property

Thursdays at 6 p.m. Optimist Park, 3 miles, all paces: Chika Okoro clokoro@yahoo.com.

Tokorays: 5:30 p.m. at Tom Brown Park. Trail run through Piney Z & to the bridge, 7.3 miles. marathonjack@comcast.net

Imitation Adults distance running group organizes mid-long and long runs for marathon training and fun, usually between August and April of each year. For more information

e-mail Nancy Stedman at nancystedman@gmail.com or visit their facebook page.

Water Running: To learn proper water running technique, contact Gary Droze, Instructor, to arrange a workout/training session: 942-7333.

**Gulf Winds Triathletes Training and Contact Information:**

Traithlon Events: Gulf Winds Triathletes Board of Directors, info@gulfwindstri.com.

More information on the **Gulf Winds Triathletes** is available at <http://gulfwindstri.com> and on Facebook at <https://www.facebook.com/gulfwindstri/>. Monthly meetings are held the **third Monday** of every month at **6:30 p.m.** at **Momo's Pizza** in Killearn, on Market St.

Swimming Times:

More information on pool hours and lap lane availability is available at:

- City of Tallahassee Aquatics: <https://www.talgov.com/parks/parks-aquatics-aqua.aspx>
- Morcom Aquatics Center (FSU): [http://www.seminoles.com/ViewArticle.dbml?](http://www.seminoles.com/ViewArticle.dbml?ATCLID=209595998)

ATCLID=209595998

Running Times:

- Mondays - 6 PM @ Winthrop Park winding through Betton Hills
- Tuesdays - 6:30 PM @ Mike Long Track (FSU) - Interval Training
- Tuesdays - 5:15 PM @ Harriman Circle - Family run/walk.
- Tuesdays – 6:30 AM @ Maclay School Track – Interval Training
- Wednesdays - 6 PM @ Leon High School - Interval Training
- Thursdays - 6 PM @ Optimist Park winding through Indian Head Acres
- Thursdays - 6 PM @ Forest Meadows for 5-7 miles
- Sundays - 7:30 AM @ Forest Meadows for 10 miles or more

Summer Trail Series registration form is on the website: <http://www.gulfwinds.org>.

Additional local running information can be found at <http://www.gulfwinds.org>.

Riding Times:

- Wednesdays - 5:30 PM @ Chaires Community Center riding 30 miles at a B-C pace

Additional local ride information can be found at <http://www.cccyclists.org>.

Race Calendar

Please note: Most of the events below are not organized by or affiliated with Gulf Winds Track Club (GWTC). Grand Prix Events are underlined; confirmed events are in bold. * Indicates a GWTC event. CT=Central Time. Entry forms may be at local stores, races, and GWTC meetings. If no state is listed, it is Florida. Verify information before traveling; errors, omissions, and changes do occur. If not listed, area code is 850. Special thanks to **Bill Lott** for the race information.

July 2019

04 37th Annual Capital City Kiwanis Firecracker 5K/1M Sparkler Run, 7:30 a.m. Cascades Park, 1001 S. Gadsden St. Online registration available at RegFox.com. Visit www.cckcfirecracker5k.com; or Capital City Kiwanis at tallahasseeifirecracker5k@gmail.com or 228-4410.

04 The Spritzer 5K/1M, 8 a.m. SGI Public Beach Parking Lot, St. George Island, FL. Online registration available at Eventbrite.com. Kati-Morgan Hathcock at khathcock@franklin.k12.fl.us or (850) 653-6474.

***06 GWTC Summer Trail Series Race 2**, 7:30 a.m. Munson Hills Trail 6.0M. Online registration available at RunSignUp.com (no addition fee). Visit www.gulfwinds.org; or Jim and Kristin Halley at GulfWindsTrails@gmail.com.

***11 Summer Track Series - Week 5**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

13 Ernie Sims Track Invitational, 9 a.m. Mike Long Track, 1104 Spirit Way, FSU Campus. Alice Sims at alicebsims@comcast.net or 322-3929.

14 The Tally Mac Mile, 6 p.m. Happy Motoring/Tally Mac Shack, 1215 S. Adams St. Online registration available at Eventbrite.com.

***18 Summer Track Series - Week 6**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

***25 Summer Track Series - Week 7**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

***27 GWTC Summer Trail Series Race 3**, 7:30 a.m. Tom Brown Park 5.0M. Online registration available at RunSignUp.com (no addition fee). Visit www.gulfwinds.org; or Jim and Kristin Halley at GulfWindsTrails@gmail.com.

27 Tallahassee's Approximately Annual Devil Take The Hindmost Run, 7 p.m. Mike Long Track, 1104 Spirit Way (corner of Chieftan Way and Spirit Way), FSU Campus. The Devil c/o Herb Wills at hwills@gmail.com.

August 2019

***01 Summer Track Series - Week 8**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

03 22nd Annual St. George Island Sizzler 5K/1M, 6:30 p.m. Doc Myers' Island Pub & Sports Bar, 36 W. Pine Ave., St. George Island, FL. Online registration available at Eventbrite.com. Visit www.stgeorgeislandsizzler.com; or info at stgeorgeislandsizzler.com or (850) 509-2191.

***10 Breakfast on the Track One Miler**, 7:45 a.m. Maclay School Track, 3737 N. Meridian Rd. Online registration available at RunSignUp.com (no additional fee). Felton, Bonnie or Jamie Wright at BonnieDWright@gmail.com or 386-3500.

***17 Miller Landing Madness 8K/5K/3K XC Run (3K GP for youth only)**, 8 a.m. Elinor Klapp-Phipps Park, Gate B, 1775 Miller Landing Rd. (1.3 miles west of Meridian Rd. on Miller Landing Rd.). Online registration available at RunSignUp.com (no additional fee). Tom Perkins at tomperkinsfsu@gmail.com or 894-2019; or Bill Lott at blott@nettally.com or 656-1273.

***24 GWTC Summer Trail Series Race 4**, 7:30 a.m. Maclay Gardens State Park 4.5M. Online registration available at RunSignUp.com (no addition fee). Visit www.gulfwinds.org; or Jim and Kristin Halley at GulfWindsTrails@gmail.com.

24 Cougar XC Challenge 5K/3K, 7:15 a.m. Elinor Klapp-Phipps Park, Gate B, 1775 Miller Landing Rd. (1.3 miles west of Meridian Rd. on Miller Landing Rd.). Online registration and additional information available at <http://fl.milesplit.com/>; or Chris Sumner at lfcsummer3@aol.com.

29 Apalachee Regional Park XC Invitational (LCS middle schools only), 6 p.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy.

31 Big Bend XC Invitational 5K/3K, 7:30 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit <http://fl.milesplit.com/>.

September 2019

02 Bluebird Run for Brookie B. 5K/1M, 8 a.m. J.R. Alford Greenway, 2500 S. Pedrick Rd. Online registration available at Eventbrite.com. Visit www.bluebirdrun.com; or Bill Bowers at wbbowers@centurylink.net or 228-1263.

05 Fort Braden XC Run (LCS middle schools only), 6 p.m. Fort Braden Community Park, 15100 Blountstown Hwy. (adjacent to new Fort Braden School).

07 John Paul II Panther XC Invitational, 8 a.m. John Paul II Catholic School, 5100 Terrebone Dr.

12 Everhart Owl Run XC Invitational (LCS middle schools only), 10:30 a.m. Gretchen Everhart School, 2750 North Mission Rd.

***14 5K Run/Walk for Sickle Cell Anemia/Tim Simpkins 1M Fun Run**, 7:25 a.m. Jake Gaither Community Center and Golf Course, 801 Bragg Dr. Online registration available at RunSignUp.com (no additional fee). Visit www.sicklecellfoundation.org; or Sickle Cell Foundation at info@sicklecellfoundation.org or 222-2355

19 Mustang XC Stampede (LCS middle schools only), 6 p.m. Montford Middle School, 5789 Pimlico Dr.

19 Crusader XC Classic (middle school), 4 p.m. Holy Comforter Episcopal School, 2001 Fleischmann Rd.

***21 Women's Distance Festival 5K/1M (1M GP for youth only)**, 8 a.m. Optimist Park, 1806 E. Indianhead Dr. Online registration available at RunSignUp.com (no additional fee). Visit www.gulfwinds.org; or Lisa Unger at unger4122@comcast.net or 264-9615.

21 Sprint on the Flint Triathlon, 7:30 a.m. Earle May Boat Basin, 100 Boat Basin Cr., Bainbridge, GA. Online registration available at Active.com. Visit <https://gamultisports.com/sprintontheflint/>; or (229) 248-2010.

26 Fairview Falcons XC Invitational (LCS middle schools only), 6 p.m. Elinor Klapp-Phipps Park, Gate B, 1775 Miller Landing Rd. (1.3 miles west of Meridian Rd. on Miller Landing Rd.).

***28 Prefontaine 5K Forest Run and Tallahassee City Open High School XC Championships**, 8:30 a.m. Silver Lake Recreation Area, Silver Lake Rd., Hwy 20 West, 3.5 miles past Capital Circle. Online registration available at RunSignUp.com (no additional fee). Doug Bell at 510-7146 or doug.bell@mhdfirm.com.

28 Live Better 5K Pink Run, 8 a.m. Lewis Hall Singletary Oncology Center, 919 S. Broad St., Thomasville, GA. Online registration and additional information available at www.archbold.org/pinkrun. Race director at (229) 584-5520.

28 The Dr. Eric Dueno Memorial 5K/10K Run, 8 a.m. Bill Reynolds Sports Complex 2, 1350 Cox Ave., Bainbridge, GA. Suzanne Angell at sangell@swgrc.org or (229) 344-3182.

GWTC members only discounts

Fleet Feet 10% off running shoes and apparel. 1817 Thomasville Rd. Whole Foods Shopping Center.

Trail & Ski 10% off running shoes and apparel. 2743 Capital Cir. NE. Esposito Shopping Center.

Affordable Massage by Bill McGuire (LMT #MA86687): Best rates + 20% discount for GWTC members. Same day or next day scheduling available.. E-mail: bmcguire31@centurylink.net, or call/text: (850) 294-5837.

Featured Feet - Tristan LaNasa

Childhood ambition:

To be doctor on a boat so I could help people while exploring the world.

Current occupation:

General Counsel &
Government Affairs
Consultant

If money were no object, what profession would you choose?

Boots on the ground professor/archaeologist like Indiana Jones & Robert Langdon. Or a Rock Star.

Favorite running memory:

Winning my old neighborhood's annual 440-yard dash in 1999 when I was 6.

Indulgence:

A dry cab and frozen thin mints.



Non-running hobbies:

Guitar, golf, soccer, kayaking, cooking.

Favorite reads:

The Fountainhead, *HP Goblet of Fire*, *Once A Runner*, *30 seconds over Tokyo*.

Best place to run in Tallahassee:

FSU Track.

Preferred running technology:

None.

Perfect day:

Wake up without alarm, easy 7 miles, big breakfast with espresso and read WSJ, beach volleyball or round of golf, afternoon nap, chef up a big Italian dinner, then sit around playing music with friends and wine all night long.

Biggest challenge:

Besting my 18-year old PR's. 10k down. 400/800/Mile/3200/5k & 1/2M still to go.

Featured Feet - Betsy Miller**Childhood ambition:**

I always wanted to be a teacher.

Current occupation:

I am a Certified Public Accountant, and currently work as the Associate Controller, Quality Assurance at Florida State University.

**If money were no object, what profession would you choose?**

I think I would like to cook for people who think they don't have enough time to cook at home. I love cooking and sharing healthy food.

Favorite running memory:

Running Ragnar Key West. There is something so fun about running as a team with friends new and old. Also running sleep deprived on tired legs in not so great conditions (HEAT!) teaches you a great lesson in perseverance. The after-party in Key West was super fun too!

Indulgence:

Pizza and wine

Non-running hobbies:

Cooking and hanging out with my family. I have 2 young girls, and they keep me on my toes.

Favorite reads:

I don't have much time to read these days, but I normally have a running book or two on the bedside table.

Best place to run in Tallahassee:

I love running in

Southwood. The wildlife I encounter there is outstanding, especially the migratory birds, and the sunrises over the lake are beautiful!

Preferred running technology:

Garmin on my wrist. I am currently wearing a Forerunner 35.

Perfect day:

I've never had this day, but I can dream about it. Early long run with my girlfriends followed by a leisurely breakfast and a nap. A yoga class in the afternoon and then dinner out at Kool Beanz or Mimi's Table.

Biggest challenge:

Finding the time to fit it all in

I'm up & running...

At my new real estate home,



Coldwell Banker Hartung & Noblin, Inc.

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Bluebird RUN & WALK for BROOKIE B

Labor Day, September 2, 2019
at
J.R. Alford Greenway

1M FUN RUN/WALK over the scenic
Lafayette Heritage Trail Canopy Walkway

8:00^{am}
START TIME

5K TRAIL RUN/WALK in the
J.R. Alford Greenway with chip timing

8:30^{am}
START TIME

for suicide awareness
and prevention

More details at bluebirdrun.com
Register online at eventbrite.com/bluebirdrun

Saturday, August 3, 2019

St. George Island, Fl



Doc Myers' Island Pub & Sports Bar

4:00 pm – Packet Pickup/Late Registration

6:30 pm – One Mile Fun Run

7:00 pm – 5K Race

7:30 pm – Post Race Party

PRE-REGISTRATION

ONLINE at Eventbrite.com ECCC Sizzler NO REFUNDS

Full Registration	
\$30 SIZZLER 5K	Includes
One Mile Fun Run/Walk	Drawstring Backpack Insulated Cooler Bag,
\$25 Military	1 Low Country Boil Post Race Party Ticket
No Drawstring Backpack Cooler Bag Option	
\$25 SIZZLER 5K	Includes
\$25 One Mile Fun Run/Walk	1 Low Country Boil Post Race Party Ticket
\$15 STUDENTS 18 and under, Cross Country teams	
Race Day Registration-- Add \$5 to Your Registration Amount	
Additional Post Party Tickets – \$10	



Help Support Seniors in Franklin County
Proceeds Benefit Elder Care Community Council [ECCC] of Franklin County
 visit ecccfranklin.org

Melon Run 5K

6/15/2019

Floyd Fagile R.D.

1	Scott Lloyd	M	19 18:39	13	Joel Piotrowski	M	49 21:02	32	Peter Hettmann	M	27 23:56
2	Myles Gibson	M	52 19:05	14	Lilli Unger	F	16 21:13	33	Adam Lehmann	M	45 23:57
3	Dalton Gray	M	19 19:22	15	Wyatt Stafford	M	16 21:14	34	Paula O'Neill	F	57 24:18
4	Noah Deem	M	12 19:30	16	Joey Davis	M	16 21:26	35	Charles Collins	M	57 24:32
5	Jack McDermott	M	50 19:32	17	Michael Kennett	M	45 21:40	36	Elias Vargas	M	17 24:33
6	Marco Mata	M	27 19:57	18	Camilo Ordonez	M	40 21:44	37	David Anderson	M	68 24:44
7	Timothy Qualls	M	40 20	19	Tim Unger	M	59 21:45	38	Waylon Peters	M	16 24:46
8	Duane Evans	M	51 20:05	20	David Harrell	M	34 21:56	39	Stephen Gensits	M	63 24:48
9	Alyssa Terry	F	25 20:27	21	Monica Judd	F	45 22:08	40	Daniel Tatum	M	33 24:57
10	Ben Colona	M	23 20:32	22	William Carter	M	54 22:09	41	Elizabeth Kessler	F	13 24:58
11	Tristan Lanasa	M	26 20:44	23	Joshua Shultz	M	20 22:28	42	Ethan Laroche	M	22 25:04
12	Alyssa Langston	F	18 20:47	24	Jeremy Roberts	M	14 22:37	43	Clint Peters	M	40 25:07
				25	Harper Davis	M	13 22:46	44	Isaac Furtado	M	15 25:08
				26	Kaley Ford	F	24 22:50	45	Norah Peters	F	13 25:08
				27	Juan Ordonez	M	45 22:54	46	Jordan Bentley	M	26 25:11
				28	Quintin Bellavigna	M	18 23:32	47	Hal Davix	M	63 25:18
				29	Casey Anderson	M	29 23:42	48	Jennie Merchant	F	27 25:21
				30	Nancy Stedman	F	57 23:50	49	Joe Vega	M	65 25:21
				31	Clayton Skiver	M	27 23:51	50	Mark English	M	58 25:24
								51	Birgit Maier-Katlin	F	56 25:25

52	Victoria Price	F	24 25:33	117	Brett Dennis	M	33 33:16	182	Jake Egdivers	M	33 47:59
53	Annie Caulkins	F	13 25:35	118	Laura Dennis	F	32 33:18	183	Joan Mattern	F	66 48:12
54	Emilio Cavaceppi	M	47 25:38	119	Allie Dollar	F	10 33:45	184	Kyla Shull	F	23 48:21
55	Andrew Pope	M	45 25:44	120	Felicia Langston	F	40 34:03	185	Kendall Roberts	F	28 48:36
56	Mathew Arceneaux	M	15 25:46	121	Cerys O'Callaghan	F	11 34:17	186	Ramsey Revell	F	29 48:36
57	Jeff Mahoney	M	42 25:53	122	Gene Liford	M	26 34:20	187	Darwin Carter	M	75 48:46
58	Michael Labossiere	M	53 26:01	123	Ralph Griffin	M	42 34:30	188	Laurel Nichols	F	10 49:30
59	Camryn Deem	F	15 26:06	124	Ethan Carter	M	29 34:33	189	Bruce Leinback	M	70 49:38
60	Brian Deem	M	51 26:24	125	Danielle Sprague	F	24 34:33	190	Shari Youngblood	F	55 49:43
61	Joseph Whealdon	M	32 26:25	126	Mallory Liford	F	25 34:36	191	Lacey Nichols	F	49:52
62	Carlos A.	M	73 26:27	127	Lyndsey Caulkins	F	42 34:39	192	Lindsey Frost	F	32 49:52
63	Mezi Zapata	F	40 26:27	128	Philip J Bullock	M	67 34:52	193	Bronwyn Johnson	F	27 50:27
64	Rich Sosna	M	56 26:30	129	Mike Reeves	M	49 35:12	194	Nina Jackson	F	50 50:27
65	Vera Peters	F	10 26:39	130	Sam Green	F	47 35:17				
66	Autumn Clarke	F	26 26:45	131	Sherrie Jones	F	47 35:17				
67	Jim Tully	M	72 26:48	132	Dawn Dollar	F	48 35:45				
68	Michelle Comeaux	F	46 26:49	133	Kenny Derrickson	M	42 35:50				
69	Romeo Aggabao	M	54 26:50	134	Anthony Roberts	M	57 35:51				
70	Stephanie Hurt	F	67 26:59	135	Jessica Willette	F	21 36:11				
71	Brett-Ashley Palmer	F	31 27:06	136	Mary Stutzman	F	17 36:12				
72	Patrick Chisholm	M	39 27:37	137	Laura Gross	F	54 36:23				
73	Lori Fletcher	F	33 27:52	138	Hannah Lewis	F	20 36:37				
74	Megghan Brooks	F	39 28:13	139	Sandra Bucklew	F	51 36:41				
75	Eberhard Roeder	M	51 28:17	140	Jessica Ervin-Hang	F	45 36:50				
76	Shane Lehmann	M	15 28:24	141	Lesi Evans	F	52 37:20				
77	Jay Silvanima	M	59 28:25	142	Micah Deem	M	10 37:43				
78	Mary Carter	F	46 28:31	143	Lyndsey Pitts	F	30 37:46				
79	Emily Stickle	F	25 28:32	144	Patty Ryan	F	54 38:16				
80	Nanci Scheetz	F	70 28:53	145	Kaleb Gray	M	9 38:55				
81	Hayley Kolich	F	28 28:53	146	Aly Coleman	F	24 39:06				
82	Steve Schale	M	44 28:57	147	Molly Williams	F	34 39:11				
83	Gareth Pyle	M	40 29:21	148	Jessica Kennett	F	39 39:15				
84	Gaylen Morgan	F	23 29:23	149	Joe Safar	M	51 39:23				
85	Dennis Smith	M	53 29:25	150	Cindy Meadows	F	58 39:30				
86	Carter Pyle	M	7 29:27	151	Martha Ferred	F	38 39:35				
87	Terry Gilligan	M	63 29:28	152	Peter M. Hettmann	M	61 39:42				
88	Kearstin Hess	F	26 29:34	153	Abby Godwin	F	27 39:59				
89	Elizabeth Noelk	F	26 29:34	154	Lydia Kennett	F	8 40:08				
90	Tony Kronenburg	M	68 29:37	155	Summerlyn Marsh	F	20 40:13				
91	Timothy Guhl	M	50 30:04	156	Manderson Meuth	M	12 40:37				
92	Charles Edwards	M	65 30:04	157	Jerry Schoonover	M	80 40:47				
93	Tina Tucker	F	45 30:23	158	Jim Craig	M	74 40:57				
94	Brian Ashworth	M	44 30:31	159	James Craig	M	43 40:58				
95	Caroline Schwab	F	24 30:31	160	Georgia Kratimenos	F	41:20				
96	Michael Atkinson	M	54 30:35	161	Julie Guhl	F	72 41:25				
97	Eric Dudley	M	59 30:42	162	Mark Hajdukiewicz	M	57 41:44				
98	Nancy Widener	F	69 30:46	163	Pam Washington	F	62 41:50				
99	Chris Schremser	F	57 30:55	164	Jordyn Trammell	F	21 42:04				
100	Hannah Calhoun	F	23 31:04	165	Morgan Gray	F	21 42:05				
101	Sylvia Peters	F	8 31:13	166	Vanna Derrickson	F	8 42:18				
102	Ed Gifford	M	64 31:30	167	Harleigh Derrickson	F	11 42:20				
103	Kenny Barker	M	47 31:35	168	Palama Good	F	50 42:23				
104	Meagan Chisholm	F	33 31:40	169	Alicia Pendleton	F	37 42:26				
105	Zandra Johnston	F	45 31:48	170	Charlie Mizell	M	38 43:15				
106	Christen Ellrich	F	35 31:48	171	Robert Plaines	M	62 43:17				
107	Richard Hall	M	69 31:55	172	Michael Gladwin	M	69 43:19				
108	Joanne Barker	F	44 32:03	173	Kira Poole	F	27 43:29				
109	Asher Griffin	M	9 32:22	174	Amber Jackson	F	21 44:23				
110	Shelby Cecil	F	25 32:27	175	Karis Lockhart	F	22 44:31				
111	Stephen Pessah	M	54 32:30	176	Lina Rojas	F	24 44:39				
112	Nancy Dodd	F	57 32:34	177	Carol Revell	F	60 44:55				
113	Kimberly Cooper	F	45 32:39	178	Jamie Pitts	F	43 45:28				
114	Lapp F	F	32:45	179	Morgan Hicks	F	32 45:30				
115	Dana Reeves	F	37 33:02	180	Gary Wiser	M	71 46:58				
116	Karlon Blue	M	43 33:05	181	William Guhl	M	77 47:09				

Top Time est. at Potluck

1	Timothy Fraser	M	41 0:00
2	Kristina Clark	F	46 0:01
3	Zack Scharlepp	M	36 0:02
4	Sarah Dugas	F	40 0:02

Potluck 4M
6/8/2019
David Yon, R.D.

1	Charlie Johnson	M	39 25:37
2	Charlie Kline	M	26 26:17
3	Zack De Veau	M	31 27:20
4	Ann Centner	F	27 27:35
5	Stephen Votaw	M	18 28:24
6	Ryan Truchelut	M	33 28:25
7	Hong-Guo Yu	M	50 28:33
8	Tristan A. Lanasa	M	26 29:07
9	Duane Evans	M	51 29:25
10	Jim Halley	M	39 29:36
11	Geb Kiros	M	52 29:40
12	Donald Smith	M	39 29:48
13	Bill McNulty	M	60 29:53
14	Travis Parks	M	23 30:15
15	Scott Lloyd	M	19 30:30
16	Timothy Qualls	M	40 30:35
17	Paul Guyas	M	41 31:03
18	Alyssa Terry	F	25 31:04
19	Brittney Barnes	F	31 31:28
20	Logan Kilpatrick	M	15 31:43
21	Michael Kennett	M	45 32:06
22	Kevin Maifa	M	35 32:12
23	Brian Molen	M	43 32:13
24	Stephanie Liles-Weyant	F	47 32:22
25	Michael Weyant	M	53 32:22
26	Lourena Maxwell	F	43 32:26
27	Camilo Ordonez	M	40 32:43
28	Lilli Unger	F	16 32:44
29	Tim Unger	M	59 32:44
30	Tad David	M	50 32:51
31	David Knauf	M	55 32:58
32	David Harrell	M	34 33:03
33	David Yarborough	M	23 33:28

34	Fanxiu Zhu	M 50	33:29	96	Debbie Peters	F 58	44:34	22	Lee Scarboro	M 60	24:23
35	Esteban Parra			97	Paula O'Neill	F 57	44:36	23	Gianmarco Beteta	M 22	24:27
	Rodrigue	M 27	33:53	98	Gene Opheim	M 72	44:36	24	Tyler Parks	M 30	24:34
36	Donnie Pitts	M 15	33:54	99	Juli Degrummond	F 49	45:17	25	Grant Pinkert	M 22	24:42
37	Jonathan Kiros	M 10	33:54	100	Craig Willis	M 67	45:47	26	Kaleb Masters	M 33	24:44
38	Clifton Lewis	F 11	33:55	101	Charles Edwards	M 65	46:06	27	Helena Reid	F 25	24:50
39	Seth Kerr	M 30	34:13	102	Fran McLean	F 61	46:34	28	Emilio Cavaceppi	M 47	24:58
40	Joel Piotrowski	M 49	34:36	103	Jimmy Stephens	M 59	46:50	29	Brett Hoverson	M 25	24:59
41	Juan Zepeda	M 42	34:36	104	James Lasker	M 37	47:01	30	Stephen Gensits	M 63	25:07
42	Matt Hohmeister	M 38	34:43	105	Michelle Butler	F 36	48:04	31	Jordan Bentley	M 26	25:08
43	Laura McDermott	F 39	34:44	106	Katherine Yau	F 39	48:16	32	Kelley Elurfa	F 55	25:09
44	Allen Blay	M 48	34:52	107	Meagan Chisholm	F 33	48:29	33	Juan David Irigoyen		
45	Cole Tessier	M 36	35:07	108	Bobby York	M 54	48:45		Borunda	M 33	25:34
46	Laryn Flikkema	M 43	35:18	109	Melissa Martin	F 45	49:08	34	Martha Guyas	F 34	25:35
47	Angela Dempsey	F 50	35:21	110	Mary Jean Yon	F 63	49:17	35	John McClean	M 29	25:35
48	Stella Lewis	F 14	35:26	111	Lauryl Tidwell	F 62	49:32	36	Jerome Roberts	M 34	25:50
49	Kristin Halley	F 37	35:37	112	Faith Daniels	F 43	49:38	37	Bradley Perry	M 39	25:54
50	Michael Boll	M 55	35:47	113	Jan Blue	F 64	49:55	38	Wendy Rude	F 44	26:13
51	David Yon	M 63	35:52	114	David Darst	M 76	50:03	39	Jesse Delgado	M 24	26:18
52	John Miller David	M 14	35:55	115	Nancy Widener	F 69	50:18	40	Darren Robinette	M 51	26:20
53	Zack Scharlepp	M 36	36:04	116	Judith Sheppard	F 62	52:45	41	Matthew Miller	M 34	26:24
54	David Anderson	M 68	36:13	117	Thina Jones	F 44	52:49	42	Holly O'Toole	F 42	26:26
55	Hal Davis	M 63	36:17	118	Perha Varley	F 74	52:58	43	William Fredericks	M 42	26:38
56	Rich Heitmeyer	M 38	36:18	119	Kristina Clark	F 46	53:59	44	Ressa Tomkiewicz	F 35	26:38
57	Nancy Stedman	F 57	36:20	120	Michael Martin	M 43	55:29	45	Nick Baxter	M 29	27:12
58	Ron Christen	M 73	36:21	121	Donnie Pitts	M 45	55:29	46	Tolar Griffin	M 43	27:13
59	Dave Curry	M 56	36:34	122	Deborah Curry	F 59	57:33	47	Jonathan Jackson	M 39	27:19
60	Nancy Proctor	F 58	36:39	123	Mary Stutzman	F 71	59:40	48	Robyn Griffin	F 43	27:29
61	Juan Ordonez	M 45	36:46	124	Tom Longfellow	M 53	1:01:35	49	Elijah Booten	M 8	27:32
62	Melissa Zapata	F 40	36:48	125	Connie Tessmer	F 52	1:01:46	50	Lucas Williams	M 28	27:32
63	Jordan Bentley	M 26	36:50	126	Thomas Biance	M 38	1:01:46	51	Matt Hurd	M 35	27:48
64	Gary Griffin	M 69	37:03	127	Vicky Verano	F 55	1:01:46	52	Sydney Niles	F 24	27:53
65	Brittany Bevis	F 33	37:11	128	Dana Stetson	M 62	1:08:03	53	Joshua Ince	M 16	27:58
66	Stephen Gensits	M 63	37:20					54	Julia Robinson	F 8	28:11
67	Timothy Fraser	M 41	37:22					55	Greg Springer	M 35	28:13
68	Thomas Ratliffe	M 71	37:31					56	Kelly Booten	F 58	28:14
69	John Dew	M 61	37:54					57	Rob Klepper	M 47	28:37
70	Sarah Dugas	F 40	37:58					58	Jay Reeve	M 55	28:41
71	Joe Vega	M 65	38:03					59	Ximena Smith	F 37	28:47
72	Jennie Merchant	F 27	38:08					60	Shannon Piotrowski	F 47	28:59
73	Lauren Heitmeyer	F 40	38:17					61	Jacob Booten	M 37	29:00
74	Votaw		38:33					62	James Graham	M 30	29:02
75	Birgit Maier-Katkin	F 56	38:41	1	Myles Gibson	M 52	18:56	63	Rob Williams	M 65	29:04
76	Kelley Elurfa	F 55	39:12	2	Robert Dugleby III	M 28	19:28	64	Matt Lewis	M 27	29:10
77	Marina Whitsell	F 15	39:22	3	Paul Guyas	M 41	19:53	65	Hailey Amunzson	F 25	29:44
78	Martha Guyas	F 34	39:58	4	Tristan LaNasa	M 26	19:54	66	Cooper Rideout	M 10	30:15
79	Michael Labossiere	M 53	40:05	5	Brittney Barnes	F 31	20:29	67	Cheryl Tomlinson	F 34	30:16
80	Nicholas Petty	M 17	40:31	6	Gavin Dunn	M 29	20:35	68	Jamie Lasker	M 37	30:34
81	Carlos Zapata	M 73	40:44	7	Brent Moody	M 34	20:54	69	Abel Correa	M 35	30:36
82	Leah Kiro	F 13	40:55	8	Jamila Allen	F 30	21:01	70	Shanin Frost	F 47	30:45
83	Rich Sosna	M 56	41:09	9	Matt Hohmeister	M 38	21:54	71	John Paul Kravchak	M 66	31:00
84	Mike Manausa	M 55	41:21	10	Maya Tang	F 14	22:31	72	Joseph Betlow	M 13	31:11
85	Sonya Dudley	F 50	41:29	11	Gabriel Boyd	M 23	22:31	73	Karen Jeter	F 51	31:20
86	Andrew Pope	M 45	41:46	12	Robbie Robinson	M 38	23:01	74	Jennifer McBride	F 45	31:22
87	Mariano Amicarelli	M 36	41:50	13	Joshua Barber	M 36	23:03	75	Mario Howard	M 41	31:45
88	Francee Laywell	F 57	42:05	14	Andrew Bascom	M 30	23:06	76	Andrew Frost	M 44	32:06
89	Tec Thomas	M 67	42:37	15	Mark Jeter	M 53	23:07	77	Connor Mooneyhan	M 20	32:20
90	Michael McDougall	M 30	42:52	16	Jacob Ohlsen	M 19	23:11	78	Courtney Starling	F 32	32:38
91	Jim Tully	M 72	42:52	17	Zach Barnes	M 32	23:51	79	Nathaniel Huhta	M 24	32:42
92	Michelle Comeaux	F 46	43:21	18	Ryan Coker	M 28	24:10	80	Melina Matchunis	F 27	32:51
93	Stephanie Hurt	F 67	43:58	19	Brittany Bevis	F 33	24:13	81	Traci Klepper	F 49	32:58
94	Chloe Molen	F 9	44:08	20	Koby Booten	M 10	24:14	82	Preston Finch	M 24	33:05
95	Emily Molen	F 17	44:09	21	Adrienne Capeless	F 29	24:20	83	Jessica Slusher	F 30	33:12

Run 2-1-1 5K
5/1/2019
Stacy Robinson, R.D.

84	Megan Craig	F 22	33:13	110	Annemarie Nichols	F 32	38:41	136	Cassidy Shields	F 24	44:42
85	Emily Workman	M 26	33:27	111	Jennifer Futch	F 32	38:41	137	Cynthia Cerda	F 32	44:50
86	Carrie Sharpe	F 32	33:35	112	Jonathon Durkee	M 36	38:46	138	Gwendolyn Drake	F 60	45:05
87	Stephen Sardelis	M 23	33:46	113	Brian Manuel	M 33	38:58	139	Amy Crow	F 28	45:40
88	Caroline Kreamer	F 61	33:56	114	Amber BAScom	F 32	39:12	140	Hayley Klees	F 27	45:40
89	Regina Rice	F 45	34:00	115	Louise Bradshaw	F 40	39:20	141	Kathleen Bass	F 34	45:57
90	Mitch Holmes	M 29	34:16	116	Angela Bailey	F 41	39:43	142	Brian Dupree	M 54	51:13
91	Megan Flack	F 35	34:25	117	Shawna McDonald	F 27	39:46	143	Justin Dupree	M 28	51:13
92	Sara Hart	F 37	34:54	118	Ray Edmondson	M 52	40:22	144	Erika Moran	F 28	52:08
93	Abraham Middleton	M 42	34:55	119	Jordan Bass	M 13	40:22	145	Charlotte Moran	F 9	52:08
94	Michael Ohlsen	M 52	34:57	120	Charlie Mizell	M 38	40:45	146	Ivy Turner	F 67	52:41
95	Melissa Farley	F 49	35:09	121	Ruben Rodriguez	M 48	40:59	147	Donna Smithey	F 58	52:51
96	Corry Edmondson	F 41	35:16	122	Jacqueline Menzel	F 34	40:59	148	Howard Kirk	M 67	52:51
97	Julie Coiro	F 35	35:17	123	Mary Akin	F 41	41:13	149	Felina Martin	F 48	54:46
98	Charles Boyle	M 38	35:19	124	Lisa Harris	F 52	41:42	150	Adrienne Stubbs	F 19	55:09
99	Katey Breland	F 37	35:22	125	Thomas Bandur	M 8	41:58	151	John Stubbs	M 42	55:09
100	Vanessa Dozier	F 39	35:22	126	Sara Thomas	F 32	42:46	152	Jennie Merchant	F 27	55:51
101	Kelly Earp	F 38	35:22	127	Cheryl Home	F 58	42:52	153	Chase Den Beste	M 29	55:51
102	Ann Rideout	F 34	35:38	128	Akarius Lawson	M 13	43:16	154	Laura Merchant	F 25	55:51
103	Kimberly Little	F 29	35:49	129	Cheryl Roberts	F 39	43:24	155	Chaunteal Powell	F 29	58:51
104	Ingrid Jones-Ince	F 42	35:54	130	Ryan Whitney	M 28	43:47	156	Jasmine Thornton	F 26	58:52
105	Sebastian Bass	M 15	35:58	131	Heather Kirwan	F 27	43:47	157	Laura Lynn	F 58	79:23
106	Trevor Whittington	M 27	36:01	132	Barbara Theobald	F 63	43:49	158	Heidi White	F 34	79:29
107	Denise Spivey	F 48	37:21	133	Matthew Lanahan	M 31	43:54	159	Kristin Lynn	F 27	79:31
108	Reenee Williams	F 33	37:31	134	Nicolle Lanahan	F 30	43:59				
109	Pamela White	F 57	37:33	135	Sara Cunningham	F 23	44:39				

Grand Prix Standings through Catfish Crawl

Name	#	GP Points	Poage, Stacey	1	5	F15-19		
<u>Female Overall</u>			Spencer, Emma	1	5	Unger, Lilli	3	60
Centner, Ann	4	120	Abbey, Lorien	1	3			
Maxwell, Lourena	6	91	Kennedy, Grace	1	3	<u>F20-24</u>		
Sava, Amanda	3	75	Malloy, Heather	1	3	Sava, Amanda	3	60
Barnes, Brittney	4	74	O'Neill, Paula	1	3	McNees, Madison	2	32
McDermott, Laura	6	69				Brunell, Cyndel	1	15
Liles-Weyant, Stephanie	4	61	<u>F1-9</u>			Jones, Megan	1	15
Terry, Alyssa	3	57	Sikes, Charlotte	4	75			
Sherron, Katie	3	45	Heitmeyer, Haley	4	65	<u>F25-29</u>		
Unger, Lilli	3	43	Rowe, Caroline	3	34	Centner, Ann	4	80
Rosen, Sheryl	2	37	Johnson, Lily	3	28	Merchant, Jennie	5	64
Manausa, Nikky	2	25	Johnson, Emily	3	26	Terry, Alyssa	3	47
Allen, Jamila	2	22	Campbell, Rachel	3	16	Allen, Jamila	2	30
Wise, Sherri	2	22	Kennett, Lydia	1	12	Beasley, Sarah Logan	3	29
Cox, Renee	1	20	Youngberg, Isabella	1	12	Kennedy, Grace	2	22
Early, Jenny	2	20	Youngberg, Reese	1	8	Sawyer, Amanda	1	10
Heddaeus, Jillian	2	20	Lamere, Rylan	1	6	Byrd, Marina	1	8
Toth, Monica	2	18	Marshall, Samantha	1	6	Caldwell, Allie	1	4
Proctor, Nancy	3	17						
Tadesse-Kiros, Tsige	1	17	<u>F10-14</u>			<u>F30-34</u>		
Dempsey, Angela	2	16	Lewis, Stella	3	55	Barnes, Brittney	4	75
Augustyniak, Shelby	1	15	Lewis, Clifton	3	50	Guyas, Martha	5	62
Dugas, Sarah	1	15	Manausa, Maddie	3	42	Toth, Monica	3	43
Reina, Laura	2	14	Sims, Madison	2	32	Bevis, Brittany	4	41
Tyner, Ruffian	2	14	Campbell, Lydia	3	26	Rosen, Sheryl	2	35
Maier-Katkin, Birgit	1	13	Guyas, Kaari	3	26	Ernst, Kassie	3	26
McVay, Deanna	1	13	Guyas, Sade	4	26	Cox, Renee	1	20
Bentley, April	1	11	Kristian, Kaitlyn	2	25	Desai, Vaishali	1	12
Dennis, Marie	1	9	Thumm, Payton	2	23	Leitman, Melanie	1	12
McNees, Shannon	1	9	Kiros, Leah	2	22	Monbarren, Sarah	1	10
Stedman, Nancy	2	8	Brinkmann, Reillynn	1	8	Parsons, Laura	1	8
De Faria, Ludmila	1	7	Fernandez, Sarah	1	8	Chisholm, Meagan	1	6
Dimacali, Marien	1	7	Hall, Anna Jo	2	8	Rideout, Ann	1	6
Sellati, Laura	1	7	Brinkmann, Eliane	1	6	Dennis, Laura	1	4
Thumm, Alison	1	7	Hall, Madalyn	1	2	Peterson, Jenny	1	2

F35-39

McDermott, Laura	6	97
Sherron, Katie	3	60
Wise, Sherri	3	45
Heddaeus, Jillian	3	39
Manausa, Nikky	2	32
Early, Jenny	2	30
McVay, Deanna	1	20
Sellati, Laura	2	20
Williams, Donica	2	20
Butler, Michelle	2	18
Heitmeyer, Lauren	3	18
Petty, Johanna	3	18
Sikes, Emily	3	18
Spencer, Emma	1	15
Ashton, Melissa	1	12
Sims, Kim	2	10
Zapata, Melissa	1	10
McCarthy, Deirdre	1	8
Okoro, Chika	1	6
Campbell, Jamie	1	4
Flack, Megan	1	4
Johnson, Jessica	1	4
Thompson, Sarah	1	2

F40-44

Maxwell, Lourena	6	115
Miller, Betsy	6	69
Dugas, Sarah	4	57
Edwards, Debbie	6	44
Fillmore, Samantha	3	39
Tyner, Ruffian	2	35
Richards, Kendrah	5	28
Augustyniak, Shelby	1	20
Harris, Jamie	1	20
Kamerick, Elizabeth	4	18
Woods, Mitzi	2	18
Howard, Denise	2	16
Thumm, Alison	1	15
Cooper, Cyndi	2	12
Dennis, Marie	1	12
Poage, Stacey	1	10
Griffin, Robyn	1	6
Harrell, Beverly	2	6

F45-49

Liles-Weyant, Stephanie	4	80
Sura, Julia	3	47
Comeaux, Michelle	3	45
Bentley, April	2	35
Dillon, Kelli	3	24
Degrummond, Juli	2	22
Devlieger, Tanya	2	16
Davis, Elle	1	15
McNees, Shannon	1	15
Milford, Angie	1	15
Shelton, Susan	1	15
Brown, Amy	1	12
Johnston, Zandra	1	12
Skrob, Kory	1	12
Clark, Kristina	1	10
Frost, Shanin	1	10
Smith, Sunita	1	10
Bush, Becky	1	6
Young, Tami	1	6
Angle, Shannon	1	4

Duffey, Shelly 1 2

F50-54

Dempsey, Angela	4	80
Elurftali, Kelley	5	71
Dudley, Sonya	6	67
Reina, Laura	2	35
Tadesse-Kiros, Tsige	2	35
Crews, Sharon	2	30
Abbey, Lorien	2	24
Hermes, Sarala	4	24
Jeter, Karen	3	22
Malloy, Heather	1	20
Antley, Mona	2	16
Strickland, Trina	3	16
De Faria, Ludmila	1	15
Cashulette, Lisa	2	14
Evans, Lesa	2	14
Lang, Patty	3	14
Guillen, Ann	1	10
Cox, Lisa	1	6
Pagano, Sandy	1	4
Condo, Michelle	1	2
McNeal, Linda	1	2
Wingate, Dee Dee	1	2

F55-59

Proctor, Nancy	6	115
Maier-Katkin, Birgit	5	64
Peters, Debbie	6	53
Stedman, Nancy	3	50
O'Neill, Paula	3	42
Ausley, Loranne	3	34
Dimacali, Marien	2	30
Bridges, Fran	4	24
Laywell, Francee	2	16
Rodzinka, Kathy	1	12
Clarke, Connie	1	10
Dugger, Emma	2	10
Jones, Catherine	1	8
Munoz, Karen	1	6
Bridges, Mary Lee	1	4
Clark, Julie	1	4
Presnell, Pamela	1	4
Bender, Theresa	1	2
Waller, Pam	1	2

F60-64

Caldwell, Diana	5	95
McLean, Fran	4	65
Yon, Mary Jean	4	56
Tappen, Mary Jane	6	48
Blue, Jan	4	45
Sheppard, Judi	3	20
Tidwell, Lauryl	2	20
Weston, Dianna	2	20
Godbey, Karen	1	15
Fitzgerald, Susan	1	10
Griffin, Peg	1	10
Murphy, Jill	2	10
Wright, Bonnie	1	6
Bruner, Patricia	1	4
Bulloch, Susan	1	2

F65-69

Hurt, Stephanie	5	100
Dugan, Patricia	5	80
Cornwell, Susan	2	27
Flippo, Kathy	2	22

Widener, Nancy	1	15
Levins, Linda	1	12
Priddy, Anne	1	12

F70-74

Stutzman, Mary	4	80
Varley, Perha	3	50

F80-84

Manausa, Mary Lou	3	50
Skofronick, Dot	2	40

F85-99

Deckert, Margarete L.	3	50
Rodriguez, Clementina	2	40

Male Overall

Kline, Charlie	5	140
Johnson, Charlie	5	130
Truchelut, Ryan	5	85
O'Kelley, Chris	4	79
Knauf, David	4	53
Busboom, Brad	2	37
Smith, Don	3	37
Yu, Hong-Guo	3	37
McNulty, Bill	4	36
Guyas, Paul	3	35
McDermott, Jack	3	35
La Nasa, Tristan	4	34
Sura, Philip	3	29
Evans, Duane	3	27
Murphy, Thomas	2	26
Guillen, Tony	2	23
Deveau, Zach	2	20
Hanley, Will	2	18
Guyer, Aaron	1	17
Laywell, Matthias	1	15
Malfa, Kevin	2	14
David, Tad	2	12
Zhu, Fanxiu	2	12
Droze, Gary	1	11
Hay, Carter	1	11
Piotrowski, Joel	1	11
Grossman, Zachary	1	9
Martinez, Michael	1	9
Molen, Brian	1	7
Unger, Tim	1	7
Zepeda, Juan	1	7
Tombrink, Mark	1	5
Flikkema, Laryn	1	3
Manausa, Dan	1	3
Parker, Thomas	1	3
Weyant, Mike	1	3

M1-9

Sikes, Benjamin	4	70
Heitmeyer, Landon	3	39
Thumm, Connor	2	35
Fernandez, Peter	1	20
Fillmore, Colton	2	20
Parsons, Trent	1	20
Campbell, Jude	2	18
Bryner, Ian	1	15
Cannon, Tyler	1	12
Moore, Shane	1	12

M10-14

Manausa, Randy	3	60
Bernstein, Elias	3	44
Bernstein, Andres	3	40
Rowe, Jackson	2	35
Kiros, Jonathan	2	27
Johnston, Jacob	2	22
Aldrovandi-Reina, Filippo	1	20
Aarons, Connor	1	15
Harrell, Cooper	1	15
Guyer, Andrew	1	10
David, Fenner	1	8
Guillen, Andrew	1	8
Marshall, Alex	1	6

M15-19

Duey, Ewan	1	20
Petty, Nick	1	20
Ingram, Connor	1	15

M20-24

Laywell, Matthias	2	40
Lang, Charlie	1	15

M25-29

Kline, Charlie	5	100
La Nasa, Tristan	5	77
O'Kelley, Chris	4	65
Key, Nicholas	4	41
Bentley, Jordan	1	12
Slupecki, Jacob	1	12
Kennedy, Ryan	1	10
Parra Rodriguez, Esteban	1	18
Harker, Philip	1	6

M30-34

Truchelut, Ryan	5	90
Bateman, Patrick	4	60
Busboom, Brad	2	40
Tombrink, Mark	2	40
Shiver, Jon	2	25
Deveau, Zach	2	24
Campbell, Chase	1	20
Oliver, Hugh	2	16
Perkins, Casey	2	12
Dennis, Brett	1	10
Kerr, Seth	1	8
Parks, Tyler	1	6

M35-39

Johnson, Charlie	5	100
Haskins, Keith	6	71
Smith, Don	4	60
Malfa, Kevin	3	47
Shaw, Kyle	3	35
Biance, Thomas	2	20
Nash, Jon	1	20
Jones, Melvin	1	15
Kannampallil, Bala	2	14
Shanahan, Jake	2	14
Chisholm, Patrick	1	12
Parker, Thomas	1	12
Wilson, Steven	1	12
Andersen, Erik	1	10
Corn, Worth	1	10
Graham, Jason	1	10
Hohmeister, Matt	1	6

M40-44

Guyas, Paul	7	117
Zepeda, Juan	5	57
Flikkema, Laryn	4	52
Hanley, Will	3	45
Fraser, Timothy	4	40
Guyer, Aaron	2	40
Ordonez, Camilo	3	38
Molen, Brian	2	23
Poage, Stuart	3	22
Grossman, Zachary	1	20
Ashton, Daniel	1	12
Griffin, Tolar	2	12
Stanley, Chris	1	12
Martin, Michael	1	10
Cooper, Rob	2	6
Johnston, Gary	1	6
Williams, Justin	1	6
Schale, Steven	1	4
Whitfield, Justin	1	2

M45-49

Sura, Philip	6	97
Manausa, Dan	5	61
McDermott, Jack	3	60
Murphy, Thomas	2	40
Hay, Carter	2	35
Kennett, Michael	2	18
Klepper, Rob	1	15
Piotrowski, Joel	1	15
Whiddon, Darren	2	14
Blay, Allen	1	12
Thumm, Wayne	1	12
Bradshaw, Kevin	1	10
Ordonez, Juan	1	10
Skrob, Robert	1	10
Baker, Mike	1	8
Noriega, Tarik	1	4

M50-54

Knauf, David	5	90
Evans, Duane	4	58
Yu, Hong-Guo	3	50
Strickland, Julian	5	48
Zhu, Fanxiu	3	42
Guillen, Tony	2	32
David, Tad	2	27
Crews, Mack	2	22
Corbin, Brian	2	21
Jeter, Mark	2	20
Martinez, Michael	1	20
Wigen, Robert	2	20
Boil, Michael	3	18
Weyant, Mike	2	16
Bryan, Jeff	1	10
Lang, Chuck	2	10
Cashin, Dan	1	8
Kiros, Geb	1	8
Labossiere, Michael	2	8
Wingate, Tim	1	8
Dillon, Bill	1	6
Hunt, John	1	4
Laywell, Eric	1	4

M55-59

Unger, Tim	6	110
Curry, Dave	3	47

Manausa, Mike	4	43
Devlieger, T J	2	30
Sosna, Rich	3	29
Droze, Gary	1	20
Stiles, Mike	2	20
Mountin, Eric	1	15
Aldrovandi, Ettore	1	12
Cucchi, George	1	12
Herring, Myron	1	12
Stephens, Jimmy	1	12
Rowe, Keith A	2	10
Vesuvio, Mark	1	10
Bottcher, Tim	1	8
Findley, Tom	1	8
Silvanima, Jay	1	8

M60-64

McNulty, Bill	5	100
Yon, David	5	72
Wright, Felton	5	70
Gensits, Stephen	5	57
Davis, Hal	6	48
Cipriano, Michael	3	42
Davis, Morris	4	34
Cox, David	3	14
Dew, John	2	14
Savage, Michael	1	12
Priddy, Mark	2	10
Whitton, Jeff	2	6
Sivyer, John	1	2

M65-69

Griffin, Gary	6	110
Anderson, David	6	89
Vega, Joe	6	72
McDaniel, Jerry	3	55
Thomas, Tec	4	40
Farnsworth, David	5	30
Edwards, Charles	2	16
Kronenburg, Tony	1	10
Levins, Buddy	1	10
Hutto, Casey	1	8
Brunger, Robbie	1	6
Butler, Terry	1	4

M70-74

Chrستن, Ron	7	140
Ratliffe, Tom	4	60
Opheim, Gene	6	56
Zapata, Carlos	4	44
Tully, Jim	3	39
McCoy, John	4	38
McGuire, Bill	1	15
Hammock, Richard	2	14

M75-79

Darst, David	4	80
Livingston, Ed	4	65
Varley, Jim	3	42

M80-84

Rodriguez, Estan	2	40
Degrummond, Bill	2	35