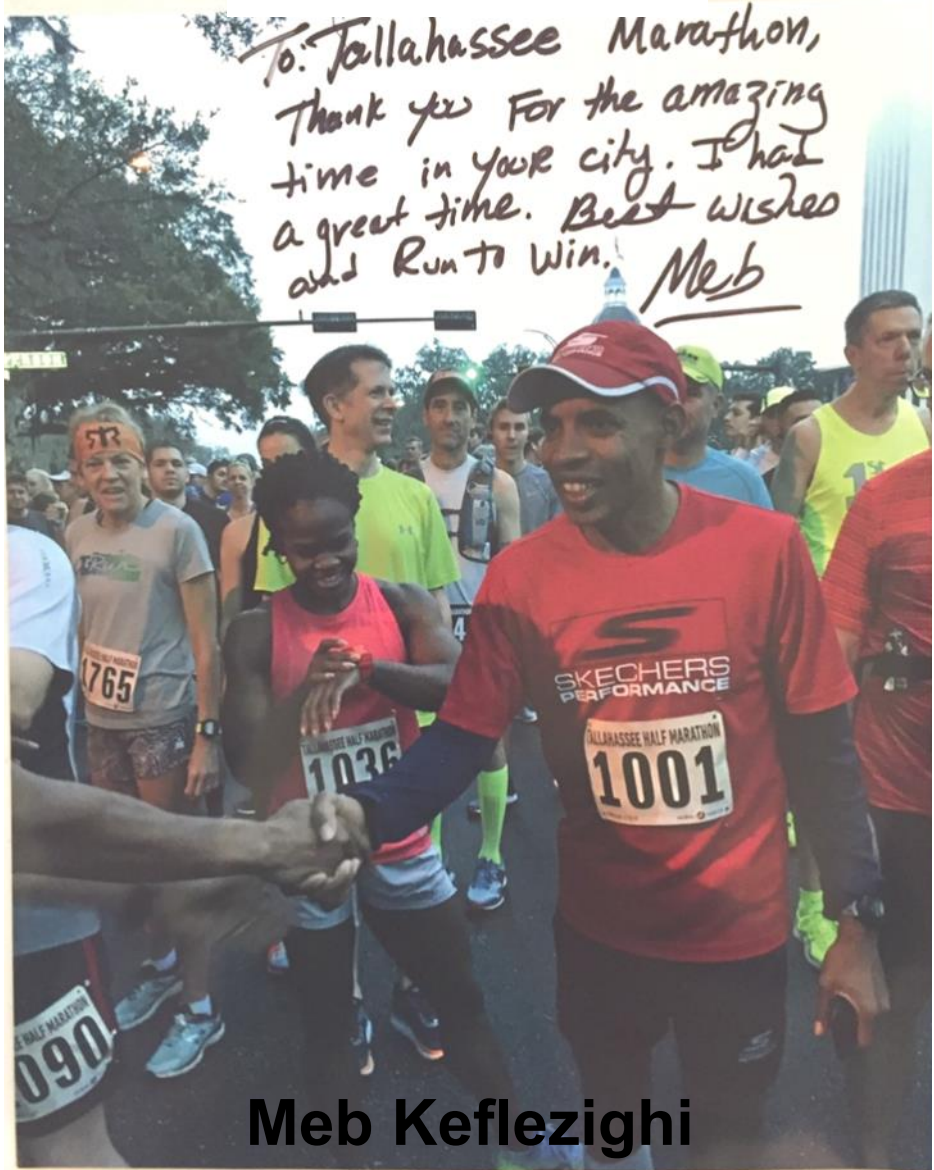




The Fleet Foot



Newsletter of the Gulf Winds Track Club



Meb Keflezighi

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

Editor: Fred Deckert, 893-9739,
freddeckx@comcast.net

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

The maximum print size of our page is 4.75 in. by 7.75 in. If possible, ads should be sent as MS Word files will look best with standard fonts (Arial, Times New Roman), formatted to fit the desired size. A simple way is to use 2 inch margins on 8.5 by 11 paper. Please use graphics with adequate resolution. If only hard copy is available, please make sure it is clear and sharp as it will have to be scanned and reformatted. **Deadline: 18th of month previous to publication.**

Questions, contact the editor.

Advertising Payments.

Full Page-\$50, Half Page – \$28, 1/4 Page-\$16, Run twice, no changes – \$46, \$25, \$14 each yearly rates. \$400, \$225, \$125. Letter-size

centerfold race flyer, check with editor.

Payment in advance/checks payable to **GWTC-Fleet Foot** and sent to:

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
markpriddy@msn.com

GULF WINDS TRACK CLUB

Business Meeting Minutes for July 10, 2019

Hosted by Chika Okoro

Board Members Present: Paul Guyas, Alyssa Terry, Laryn Flikkema, David Yon, Mary Jean Yon, Mark Priddy, Chris Stanley, Chika Okoro, Tec Thomas, Joseph Petty, and Judy Alexander.

Others Present: Bill Lott, Johanna Petty, Sheryl Rosen, Felton Wright, and Doug Bell.

The president called the meeting to order at 7:32 P.M. and a quorum was established.

The Board approved the minutes from the June meeting without objection.

Officer Announcements

No Announcements.

Old Business

No Old Business.

New Business

2019 Breakfast on the Track Budget – Felton Wright

Felton presented the proposed budget for the 2019 Breakfast on the Track. This budget included estimated total revenue of \$3,200.00 and estimated total expenditures of \$1,671.83 with an estimated net proceeds of \$1,528.17. Felton requested that 50% of the overall proceeds be donated to Maclay Track Boosters. A motion was made to approve the 2019 Breakfast on the Track budget, including the request to share proceeds with Maclay Track Boosters, which was seconded and approved unanimously.

2018 Prefontaine Forest Run 5K Financial Report – Doug Bell

Doug presented the financial report for the 2018 Prefontaine Forest Run 5K. This race resulted in a total income of \$2,111.26 and total expenses of \$929.20 with a net revenue of \$1,182.06. Doug requested that 50% of the total revenue be donated to the St. Francis Wildlife Association and the other 50% of the total revenue be donated to the Chenoweth Fund. Of note, Doug stated a portion of the donation to St. Francis will cover his application to the USA Forestry Service in order to obtain a permit to continue holding the Prefontaine Forest Run 5K at the Silver Lake Recreation Area

(Continued on page 4)

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
Secretary:	Alyssa Terry	561-267-8071	alyssaterry21@gmail.com
Treasurer:	Laryn Flikkema		treasurer@gulfwinds.org
Directors-at-Large:	Judy Alexander	850-321-6886	jalexander98@comcast.net
	Kristin Halley	239-499-6461	knhalley81@gmail.com
	Chika Okoro	202-276-4101	gwtc_coaches@yahoo.com
	Tom Perkins	850-894-2019	tomperkins51@yahoo.com
	Tsige Tadesse	850-363-7368	tsigetadesse@gmail.com
	Herb Wills	850-264-3975	hwills@gmail.com
	David Yon	850-425-6671	david@radeylaw.com
	Jay Silvanima	850-264-0739	jsilvanima@aol.com
	Zack Scharlepp	850-264-0810	zscharps@yahoo.com
	Fred Deckert	850-893-9739	freddeckx@comcast.net
USATF Liaison:	Mark Priddy	850-508-1961	markpriddy@msn.com
Past President:	Mary Jean Yon	850-668-2236	maryjeanyon@comcast.net
Newsletter Editor:	Vicky Droze	850-942-7333	vickydroze@comcast.net
Membership Chair:	Joseph Petty	850-325-0575	Joseph.petty23@gmail.com
Race Director Coordinator:	Wayne Thumm	850-251-3300	wtcapcity@aol.com
Social Coordinators:			
Triathlon Club President:			
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			

Contents

Minutes	2,4,5
Presidents column	6
Race Calendar	7,8
Featured Feet	10,11
Race Results	16-25
Grand Prix	25-28

(Continued from page 2)

for the next three years. A motion was made to approve these donations, which was seconded and approved unanimously.

2019 Prefontaine Forest Run 5K Budget – Doug Bell

Doug presented the proposed budget for the 2019 Prefontaine Forest Run 5K. This budget included estimated total revenue of \$1,550.00 and estimated total expenditures of \$595.00 with estimated net proceeds of \$955.00. Doug requested that 50% of the total revenue be donated to the St. Francis Wildlife Association and the other 50% of the total revenue be donated to the Chenoweth Fund. A motion was made to approve the 2019 Prefontaine Forest Run 5K budget, which was seconded and approved unanimously. Doug stated he will present the 2019 Prefontaine Forest Run 5K Financial Report in October of 2019.

2019 Sickle Cell 5k Budget – Paul Guyas

Paul presented the proposed budget for the 2019 Sickle Cell 5K. This budget included estimated total revenue of \$7,916.00 and estimated total expenditures of \$4,705.00 with estimated net proceeds of \$3,111.00. Paul requested that 50% of the overall proceeds go to Gulf Winds Track Club while the other 50% of the overall proceeds be donated to the Sickle Cell Foundation. A motion was made to approve the 2019 Sickle Cell 5K budget, which was seconded and approved unanimously. Paul stated he will present the 2019 Sickle Cell 5K Financial Report in October of 2019.

Running Warehouse Discount – Paul Guyas

Paul stated Running Warehouse offered to provide GWTC members with a 10% discount code as long as we agree to the following terms: 1) Only GWTC members will use this discount code. 2) Running Warehouse may change discount code to ensure only active participants are using it, 3) GWTC members will not publicly post or advertise the discount code, 4) Running Warehouse may deactivate the discount code if it is publicly distributed, 5) Running Warehouse discount code may not apply to all products due to some manufacturers' policies, and 6) GWTC will have a point of contact for Running Warehouse and will update them of any changes in personnel. Paul has asked for the GWTC Committee on Contract Review to review the parameters and provide advice to the board.

2020 Tallahassee Marathon/Half Marathon/Relay Budget – Sheryl Rosen and David Yon

Sheryl Rosen and David Yon presented the proposed

budget for the 2020 Tallahassee Marathon/Half Marathon/Relay. This budget included estimated total revenue of \$90,100.00 and estimated total expenditures of \$86,840.00 with an estimated net proceeds of \$3,260.00. A motion was made to approve the budget for the 2020 Tallahassee Marathon/Half Marathon/Relay, which was seconded and approved unanimously.

2019 Pot Luck Bash Wrap Up – David Yon

David presented the financial report for the 2019 Pot Luck Bash. David stated the event is supposed to be a benefit for the Chenoweth Endowment Fund (CEF) with the exception of the social funding and the EMS fees; therefore, expenses should be paid for by the CEF and any proceeds should be put into the CEF. While the event does not typically create revenue, it has enabled awarding 5 grants totaling \$2,500, all paid by the CEF. The 2019 Award Winners include the following: **Clay Milford** received \$1,000 from the Paul Hoover Leadership Award, **Emily Culley** received \$500 from the Female Cross Country AOY, **Junious Brown** received \$500 from the Male Cross Country AOY, **Jhordyn Stallworth** received \$500 from the Female Track and Field AOY, and **Jabari Bryant** received \$500 from T&F AOY. Overall, the 2019 Potluck Bash resulted in a total income of \$7,666.83 and total expenses of \$7,522.77 with a net revenue of \$144.06. David stated 100% of the net revenue will be returned to the Chenoweth Fund.

Committee Reports

Treasurer's Report - Laryn Flikkema

As of June 30, 2019, Gulf Winds Track Club's Statement of Financial Position reads as follows: total assets of \$259,153.80. GWTC's Statement of Activity from July 1, 2018 – June 30, 2019 includes a gross profit of \$347,303.34, total expenditures of \$301,788.33, and net revenue of \$45,515.01. GWTC's monthly statement of activity for June includes a monthly gross profit of \$5,812.84, total expenditures of \$15,423.40 and net revenue of -\$9,610.56.

Equipment Report - Bill Lott and Tec Thomas

Tec reported that the GWTC race directors have been good about submitting equipment reports in a timely manner, which has greatly facilitated the equipment rental process. He then inquired whether it'd be a good idea for individuals who rent the GWTC trailer to be required sign a liability waiver. It was determined that the GWTC legal committee will meet to further discuss this inquiry. Tec also stated he believes it'd be beneficial to require those who

(Continued on page 5)

(Continued from page 4)

rent GWTC equipment to submit two checks including a deposit check for \$200, as well as a separate check for \$50 that will be kept if equipment is returned that has not been properly cleaned. There was a general consensus that asking for two check was within Tec's discretion as Equipment manager. David volunteered to modify the equipment rental form to include the requirement for these two separate checks. Bill then reported Tec has bought three new megaphones.

Chip Timing Reports – Bill Hillison, Bill Lott, and Peg Griffin

Bill reported GWTC chip timed two Club races (Great Potluck Bash 4 Mile Prediction Run and Summer Trail Series Race #1 at the Red Bug Trail) and two non-club races (Monticello Kiwanis Club Melon Run 5K and Paul Hoover Memorial Freedom Run 5K) in June.

Triathlete Report - Wayne Thumm

Nothing new to report.

Membership Report –Mark Priddy

Mark reported there are currently 1,164 GWTC members from a total of 614 households. This indicates an increase of 17 members over the last month.

Training Report – Thomas Bianca

Nothing new to report.

Education and Lecture Coordinator Report - Chris Stanley

Chris is considering utilizing the Hilton Garden Inn Tallahassee and the Hampton Inn & Suites Tallahassee off of I-10 and Thomasville Road for the future RRCA course. However, this has not been finalized. He also stated he is open to suggestions for future lectures and is considering doing something for beginning runners in the fall.

Race Director Coordinator Report – Mary Jean Yon

Nothing new to report.

Trail Coordinator Report –Jim Halley

Nothing new to report.

Chenoweth Committee Report – David Yon

David informed the board that Way Ministries requested funds from the Chenoweth Fund for one youth, Devon Jackson, who qualified to compete at the Junior Olympics in the 100 and 200 meters. These funds will assist with Devon's transportation and lodging costs for the Junior Olympics meet

in North Carolina. Devon is going into the 9th grade at North Florida Christian High School. He has been running track since he was 4 years old and now competes in the 15-16-year-division. He is a good student and young person among his peers. Out of the total cost of the Junior Olympics that will be \$1,521.34, the Chenoweth Committee approved for a \$500 grant to support Devon Jackson at the Junior Olympics; David made a motion for GWTC to approve the \$500 grant, which was seconded and passed unanimously.

Website Committee Report – David Yon

David reported the new Gulf Winds Track Club website is nearly ready to go live; however, **Peg Griffin** and **John McCoy** have a few remaining items to transfer from the old GWTC website to the new GWTC website. Peg continues to request feedback on the new GWTC website.

Youth Council Report – Kaari Guyas

The next Youth Council meeting will take place on August 4th with **Amy Hines** as a guest speaker.

Clothing Coordinator Report –Laura McDermott and Sherri Wise

Nothing new to report.

Social Report – Joe Petty and Vicky Droze

Joe reported he is working on organizing the 2019 GWTC Annual Holiday Party. Joe stated he is looking into hiring either a DJ or local band to play at the party and requested feedback from the board. The board ultimately supported both options and granted Joe the ability to make the decision. Moreover, Joe requested assistance with the necessary set up and clean up of the party. Those individuals who would be able to assist with these tasks should contact **Joe Petty**. Vicky reported via email the next social will take place at Momo's Pizza, and she will report the attendance next month.

Newsletter Report – Fred Deckert

Nothing new to report.

A motion to adjourn was made, seconded, and passed. The meeting adjourned at 8:42 P.M.

Alyssa Terry, Secretary

President's Column Paul Guyas

Don't look now... well actually do look now or at least as soon as you finish this - the Gulf Winds webpage is all new. **David Yon** and **Peg Griffin** along with our new partner App Embark have worked hard to redesign and update the website to make it easier to navigate and more appealing to the eyes. We've got all the content you've been seeing and using, but also some new features. Take note of the "On the Horizon" tab as you scroll down. That's where you can get a quick snapshot of what's happening in the near future with the Club so you never miss a race. We feel good about all this and have put long hours in, but if something is not right please let us know. Is there something else you'd like to see? Send me your feedback and we will see what we can do.

This month I wanted to give some love to an established GWTC program that is building and growing. Thankfully we have many such programs, but I'm referring to the Youth Striders. If you are like me, you probably have heard of it, but not really sure exactly what's going on.

In short, Amy Hines who deserves all of the credit, began this program four years ago to encourage students to run at the Turkey Trot. Since then she has been able to get 45 schools involved and had over 900 participants at last year's race. This is not just an initiative to sign up and run. Last year schools collected Training Points by running training miles, racing the Rex Cleveland Mile, setting up team tents in the Turkey Trot Tent City, and donating canned goods to feed Hungry Herbie the program's mascot.

Program participation is not limited only to students. School staff and teachers as well as parents, friends, and family can all join in and help their school. Participation is key and these schools racked up \$2500 of prizes in the form of grants and gift cards. That's not all. What would a running event be without trophies and T-shirts? The striders have that too.

The Striders have big plans. They've already engaged with Turkey Trot, Rex Cleveland, Springtime, and the former Marathon youth race and continue to look for races to build out their calendar. Coming soon may be differentiated tiers and goals for individuals and schools, group training sessions and meetups, team racing, and who knows what.

Here I go again. All of this is done through the tireless dedication of volunteers (Amy) and more help makes for a better program. A linchpin in the Striders program is having an interested and involved liaison at each school so if you have a student or friend or family at an elementary or middle school, we need you. When I learned more about the Striders, I immediately saw vast potential and wanted to help out. Hopefully, the same will be true for you.

This is the August issue and when released we'll have completed the Breakfast on the Track Mile, the Miller Landing Madness races and we'll be on the verge of concluding the Summer Trail Series. Brace yourself for September where we have a Grand Prix race, the Bluebird 5k, on the 2nd. That's a Monday by the way, don't let that throw you off - unless you're in my age group. Then we follow on the 14th with the 5k for Sickle Cell Anemia (adult GP), the Women's Distance Festival on the 21st (both adult and youth GP), and then on the 28th, the Prefontaine Forest Run to finish the busy month. For those inclined to get wet - wetter than you did at Miller Landing - the Gulf Winds Tri Club has the Splash and Dash aquathlon for ages 5 to 15 on September 1st. I hope to see you out there.



September 2019

- 01 USA Triathlon Splash and Dash Youth Aquathlon** (swim/run), 8:30 a.m. FSU Morcom Aquatic Center, 2560 Pottsdamer Rd. Online registration available at www.imathlete.com. Visit www.tallahasseeys.com; or Mike Weyant at info@TallahasseeYTS.com or 241-6591.
- 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 Race for Trace 5K/1M**, 8 a.m. Roberts Elementary School, 5777 Pimlico Dr. Online registration available at Eventbrite.com. Becky Patterson at 728-8484.
- 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 FSU Parents Weekend 5K Fun Run/Walk**, 8 a.m. Integration Statue on Woodward Plaza, behind Oglesby Student Union, 75 N. Woodward Ave., FSU Campus. Visit <http://pw.union.fsu.edu/>; or email to parentsweekend@admin.fsu.edu or 644-6863.
- 28 The Dr. Eric Dueno Memorial 5K/10K Run**, 8 a.m. Bill Reynolds Sports Complex 2, 1350 Cox Ave., Bainbridge, GA. Online registration available at Active.com. Suzanne Angell at sangell@swgrc.org or (229) 344-3182.

October 2019

- 03 Leon County Schools' Middle School XC Championships**, 6 p.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy.
- *05 Pine Run at Tall Timbers 20K**, 7:30 a.m. Tall Timbers Research Station, Henry Beadel Dr. off CR 12. Online registration available at RunSignUp.com (no additional fee). Visit www.GulfWinds.org; or Gary Griffin at heb121@comcast.net.
- 08 Tallahassee Middle School XC Open**, 3:30 p.m. Holy Comforter Episcopal School, 2001 Fleischmann Rd.
- 11 FSU Cross Country Invitational (College/High School JV/Middle School)**, 7:40 a.m. college; 5 p.m. middle school/high school JV. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.visittallahassee.com or www.seminoles.com.
- 12 FSU Cross Country Invitational Pre-State (High School)**, 7:40 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.visittallahassee.com.
- 12 Corporate Cup Challenge**, 8 a.m. (teams of 4 with one each completing in a 5K run, 6M bike,

3/4M kayak, and 3-phased strength/conditioning). Tom Brown Park, Pavilion #13. Online registration available at Eventbrite.com. Visit www.workingwelltoday.org; or Mary Barley at 509-1953 or info@workingwelltoday.org.

19 Race 4 Readiness 5K/1M, 8 a.m. Pavilion #13, Tom Brown Park, 501 Easterwood Dr. Online registration available at Eventbrite.com. Visit www.elcbigbend.org; or Morgan Evers at 552-7325 or mevers@elcbigbend.org.

19 Freemason's and Workaddic(s) UPLIFT 5K & 1M Family Walk/Run for Disadvantaged Youth, 8 a.m. Location TBA. Dennis Smith at djsmith3@fsu.edu.

19 Run Baby Run 5K, 8 a.m. (CT). Citizen's Lodge Park, 4574 Lodge Dr., Marianna, FL. Online registration available at Active.com. Visit www.pcmarianna.com; or Vicki Duzel at (850) 526-4673 or (850) 272-0225 or pcmarainna08@gmail.com.

26 American Red Cross Robin Lotane Memorial Hurricane Run 5K/1M, 8 a.m. State Office Complex in Southwood on Esplanade Way between Merchants Row and Shumard Oak Blvd. Online registration available at Eventbrite.com. Visit www.TallyRedCross.org; or Annasue Minter at 519-3267 or annasuem44@gmail.com.

26 Trash Dash 5K, 8:30 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Online registration available at Eventbrite.com. Visit www.SustainableTallahassee.org; or Sustainable Tallahassee at 597-9836; or Ed Bettinger at bluesrules@embarqmail.com; or Mary Jean Yon at maryjeanyon@comcast.net.

26 Boston (GA) Mini Marathon (13.1M)/Half Marathon Relay 5K/1M, 8 a.m. Boston Community Club on Main St., Boston, GA. (start/finish at Commercial Bank in Boston). Visit www.bostonga.com; or Brad Johnson at bradjohnson@bankcb.com, or (229) 584-0924 (day), or (229) 226-4679 (evening).

November 2019

02 Race for PACE 5K, time TBA. PACE Center for Girls, 311 E. Jennings St. Online registration available at <https://www.pacecenter.org/leon-race-for-pace>. Visit www.pacecenter.org/locations/leon; or Amanda James at 241-0241 ext. 2213 or Amanda.James@pacecenter.org.

***03 Rex Cleveland Magic! Mile and Turkey Trot Festival Kickoff**, 4:30 p.m. Cascades Park, 1001 S. Gadsden St. (race starts near intersection of Golf Terrace Dr. and Fairway Dr. in Myers Park, crosses Cascades Bridge, and finishes on FAMU Way in front of Railroad Square). Online registration available at RunSignUp.com (no additional fee). David Yon at david@radeylaw.com.

08 NCAA Division I South Region Cross-Country Championships, 8:30 a.m. women; 9:30 a.m. men. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.ncaa.com.

09 FHSAA Cross-Country State Championships, 7:30 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.fhsaa.org.

09 Brehon Family Services' Rock the Babies 5K/1M, 8 a.m. Southwood Town Center, 3196 Merchants Row Blvd. Online registration available at Eventbrite.com. Shirley O'Rear at 656-7110 or sorear@brehonfamilyservices.org.

11 VetFest 5K/1M, 8 a.m. Corner of E. Park Ave. and S. Gadsden St., downtown Tallahassee. Online registration available at Racerooster.com. Visit <http://VetEventsTally.org>; or Alexis Corley at alexis.corley@veteventstally.org or (229) 977-6149.

23 BrewTallaty Off-Road Duathlon, 9 a.m. Tom Brown Park. Online registration available at Eventbrite.com. Visit www.brewtallaty.com; or Chris Hudson at chris@chrisdavidhudson.com.

23 Fur Fest 5K, 8:15 a.m. J. Lewis Hall Park, 1492 J. Lewis Hall Sr. Ln., Woodville, FL. Nancy Stedman at nancystedman@gmail.com.

***28 Tallahassee Turkey Trot 15K/10K/5K/1M** (1M GP for youth only), 8 a.m. Southwood State Office Complex, 4055 Esplanade Way. Online registration available at RunSignUp.com (no additional fee). Visit <http://tallyturkeytrot.com>; or David Yon at 668-2236 or david@radeylaw.com.

30 Swine Time Festival 5K, 8:30 a.m. Swine Time Fairgrounds, 620 New St., Climax, GA. Visit www.swinetimefestival.com; or Adron Ingle at adroningle628@gmail.com or (229) 495-9345 or (229) 248-1275.

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.

Thursdays: 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>.

Featured Feet – Fanxiu Zhu

Childhood ambition:

I grew up in a rural area in China where people grow rice for living. I was a fragile and troublesome child, and twice (at least) dislocated my right elbow. Working in the paddy rice field was certainly not what I wanted. Fortunately, China began to change in a big way in 1977 when I was 9 years old. Since that year, Chinese universities began to admit students based on competitive entrance exams. Inspired by my brother and a sister who both got admissions to colleges in 1981, I made my mind (or had ambition) that I had to get into college. I studied very hard for the next few years and finally got into my dream school. My brother actually helped me choose my major of Virology. Ever since then I am a Virologist.

Current occupation:

I am a professor of Virology at FSU. Besides teaching courses in Microbiology, I am directing a research laboratory that aims to understand how viruses cause human cancers.

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

I would probably do the same as I do now, especially if I didn't have to struggle for funding to support our research.

Favorite running memory:

I certainly remember my first marathon in Tallahassee in 2015. I really struggled towards the end. Fortunately, an ultramarathon runner named Scott from Missouri accompanied me for the last few miles. He kept talking to me and told me he just finished a 100 mile race a week ago. He really encouraged and inspired me. I felt overjoyed although exhausted when I eventually crossed the finish line on the Mike Long track field.

Indulgence:

Delicious food.

Non-running hobbies:

Running and work take most of my time. I'd like to go fishing if I had more time.



Favorite reads:

I read mostly research articles and don't have much time for causal reading. During the summer when I have more free time, I enjoy reading history books and biographies. In the midst of the recent measles outbreak crisis, I read "Polio: An American Story" by David Oshinsky.

Best place to run in Tallahassee:

When I travel to other places, I really miss the trails in Tallahassee. If I didn't run with GWTC friends, I would never know all those beautiful running trails in town: Forest Meadow, St Marks, Bradley's, Miccosukee Greenway, Tom Brown Park, Elinor Klapp-Phipps Park to name a few.

Preferred running technology:

I wear Garmin Forerunner 235 and Brooks shoes.

Perfect day:

On a typical Sunday, I enjoy a long run with friends in the morning. After shower and brunch, it would be nice to take a nap if I can afford (when no deadlines from work are approaching). In the afternoon, I'd rather stay at home doing yardwork or family activities, or go fishing with friends than go to office working on papers and grants. In the evening, some leisure readings before bed would end my day perfectly.

Biggest challenge:

BQ and to stay competitive in my research field.

Featured Feet - Jenny Early

Childhood ambition:

I wanted to be everything but the female version of Dr. Seuss or an architect was probably at the top of the list.

Current occupation:

Marketing and Communications for Florida Health Care Association, which represents long term care centers across the state of Florida.

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

I would be a baker, hands down. I love baking and decorating cakes the most.

Favorite running memory:

I botched my first marathon attempt by a) going out too fast b) not being properly trained and c) dressed for winter weather when it got up to 75 degrees that day. I was struggling, way off my goal time and on the verge of wanting to quit when my uncle ran backwards on the course until he found me at mile 21.5 and ran alongside me, refusing to let me give up.

Indulgence:

Chick-Fil-A ice cream cone, Cuban food and a cold draft beer

Non-running hobbies:

Riding bikes with my boys on the trails and taking them to their never ending sports practices (or even coaching their teams



as of recent development... insert happy-but-crazy-out-of-my-mind emoji)

Favorite reads:

Born to Run, *Let Your Mind Run*, *Running with the Buffalos*, currently reading Hal Koerner's *Field Guide to Ultrarunning: Training for an Ultramarathon, from 50K to 100 Miles and Beyond*, because I am itching to try an ultra out

Best place to run in

Tallahassee:

I would have to say Lafayette Heritage Trail/Tom Brown/Alfred combo because I live right there, so it is convenient, pretty, I don't have to carry

water and Lucky Goat is across the street. But my favorite run is running from my office downtown to St. Marks with my running group.

Preferred running technology:

Garmin Forerunner 645 Music

Perfect day:

Running to the coast and finishing up at Riverside Cafe for a bucket of Ultras, hush puppies and cheese grits. Throw in a nap afterwards, and I would challenge anyone to come up with something better

Biggest challenge:

My mind. I get in my head way too much and start doubting myself (especially when the summer heat sets in and my pace slows down). If I can get past my mental governor, I am interested to see just what I am truly capable of accomplishing.

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

I'm up & running...

At my new real estate home,



Coldwell Banker Hartung & Noblin, Inc.

Combining my many years of real estate service to our community with the marketing power my new office offers.

Call me for your next real estate move!



Nancy C. Stedman
Broker Associate, CRS, GRI
850.545.7074
nancystedman@gmail.com

Wright and Associates

M. Felton Wright

Senior Vice President

Wealth Management Advisor

850.599.8978

Merrill Lynch

215 South Monroe Street

Suite 300

Tallahassee, FL 32301

fa.ml.com/wrightandassociates



Merrill Lynch

Bank of America Corporation

Merrill Lynch Wealth Management makes available products and services offered by Merrill Lynch, Pierce, Fenner & Smith Incorporated, a registered broker-dealer and Member SIPC, and other subsidiaries of Bank of America Corporation.

FLORIDA BAPTIST
Children's
Homes

ONE
MORE
CHILD 

Dear GWTC Members,

Thank you for blessing Florida Baptist Children's Homes and One More Child with your generous donation. Your donation will be used to meet the needs of children who have been abused, abandoned, or neglected. Your generosity is helping us to plant seeds of hope in their lives. We are grateful for your partnership in this ministry.

With joy and gratitude,
Heather York

Everything You Need for the End of the Race (Except the Refreshments)



Custom Medals • Trophies
Resin Figures • Ribbons
Neck Drapes • Sport Bottles
Signage • Can Coolers
Insulated Coolers • Banners
Race Day Apparel • & More!

AWARDS4U

RECOGNITION & PROMOTIONAL PRODUCTS

1387 E. Lafayette Street Tallahassee, Florida 32301
850.878.7187 www.awards4u.com

*We will meet or beat
ANY online price from
ANY online company.
We're your trusted LOCAL
source that can provide
ALL your race day awards.*



**Custom Medals • Trophies
Resin Figures • Ribbons
Neck Drapes • Sport Bottles
Signage • Can Coolers
Insulated Coolers • Banners
Race Day Apparel • & More!**

AWARDS4U

RECOGNITION & PROMOTIONAL PRODUCTS
1387 E. Lafayette Street Tallahassee, Florida 32301
850.878.7187 www.awards4u.com

**We will meet or beat
ANY online price from
ANY online company.**

**We're your trusted LOCAL
source that can provide
ALL your race day awards.**

THANK YOU

Thank you for allowing the 2019 BFD Catfish Crawl 5K to be part of the Grand Prix race schedule. It is an honor I do not take lightly, and I am grateful. Your club members add over 100 runners to our race, generating \$2,000 for our scholarship fund! Thank you for believing in our little race and for supporting our community!

Sincerely,

Ben Hall
Fire Chief

Note: MLM 5K and 3K

**Results can be found
on the GWTC website.**

**MLM 8K
8/17/2019
Tom Perkins R.D.**

1	Pierre Pean	M	19	31:21
2	Joey Jung	M	17	31:23
3	Connor Edwards	M	14	32:46
4	Hong-Guo Yu	M	50	32:53
5	Khary Wright	M	18	32:55
6	Ann Centner	F	27	33:04
7	Terance Keenan	M	54	33:05
8	Ryan Truchelut	M	33	33:11
9	Tristan A. Lanasa	M	26	33:13
10	Myles Gibson	M	53	33:24
11	Jack McDermott	M	50	33:37
12	Jim Halley	M	39	33:48
13	Campbell Hart	M	16	33:52
14	David Knauf	M	55	33:57
15	Timothy Qualls	M	40	34:11
16	Bill McNulty	M	61	34:30
17	Duane Evans	M	52	34:36
18	Kevin Majano	M	17	34:40
19	Amanda Sava	F	24	34:51
20	Paul Guyas	M	41	35:00

21	Donald Smith	M	39	35:05	70	Paula O'Neill	F	58	44:51
22	Yili Liu	M	17	35:08	71	Dave Curry	M	56	44:54
23	Joseph McLeod	M	14	35:11	72	Michael Labossiere	M		45:05
24	William Wyckoff	M	17	35:13	73	Joe Vega	M	65	45:07
25	Philip Sura	M	49	35:20	74	Jordan Bentley	M	26	45:48
26	Daniel Koepfel	M	43	35:27	75	David Yon	M	63	45:50
27	Geb Kiros	M	52	35:47	76	Sherri Wise	F	38	45:52
28	Alyssa Moore	F	25	36:00	77	Hal Davis	M	63	45:53
29	Brittney Barnes	F	31	36:15	78	Michael Boll	M	55	46:01
30	David Harrell	M	34	36:49	79	Darren Whiddon	M	47	46:41
31	Sean Black	M	51	37:10	80	Kurtis Roqueplot	M	35	46:59
32	Alyssa Terry	F	26	37:12	81	Tolar Griffin	M	43	47:02
33	Fanxiu Zhu	M	50	37:15	82	Romeo Aggabao	M	54	47:24
34	Lou Maxwell	F	44	37:20	83	Thomas Krick	M	56	47:24
35	Brian Molen	M	43	37:50	84	Kelley Elurfali	F	55	48:06
36	Richard Cassedy	M	33	37:51	85	Abbey Hewitt	F	28	48:08
37	Michael Kennett	M	45	38:00	86	Sonya Dudley	F	50	48:51
38	Tim Unger	M	59	38:10	87	Julian Strickland	M	54	48:56
39	Joel Piotrowski	M	40	38:16	88	Carlos Zapata	M	74	49:12
40	Tad David	M	50	38:26	89	Morris Davis	M	63	49:12
41	Esteban Parra				90	Tec Thomas	M	67	49:16
	Rodriguez	M	28	38:56	91	Michael Thompson	M		49:22
42	Camilo Ordonez	M	40	39:04	92	Arianna Neely	F	19	49:23
43	William Mrazek	M	34	39:30	93	Brian Neely	M	48	49:55
44	Anna Koepfel	F	41	40:01	94	Mike Manausa	M	56	50:05
45	Patrick Ernst	M	30	40:13	95	Emily Sikes	F	38	50:08
46	Laura McDermott	F	39	40:32	96	Ben Hall	M	42	51:17
47	Felton Wright	M	62	40:36	97	Jay Silvanima	M	59	51:53
48	Nikky Manausa	F	37	40:56	98	Michelle Comeaux	F	46	52:04
49	Kyle Shaw	M	38	41:07	99	Gingy Sampson	F	54	52:18
50	Dan Manausa	M	49	41:14	100	Debbie Edwards	F	44	52:29
51	Juan Zepeda	M	43	41:19	101	Fran McLean	F	61	53:03
52	Robert Steinmertz	M	63	41:48	102	Phillip Jernigan	M	32	53:22
53	Juan Ordonez	M	45	41:52	103	Gene Opheim	M	72	53:27
54	Eric Mason	M	36	42:00	104	Julia Sura	F	48	54:05
55	Seth Kerr	M	31	42:08	105	Keith Haskins	M	36	54:09
56	Nancy Proctor	F	58	42:11	106	Jim Williams	M	48	55:04
57	Nancy Stedman	F	57	42:30	107	Nancy Widener	F	70	55:09
58	Patrick Bateman	M	32	43:11	108	Jake Shanahan	M	36	55:57
59	Ron Christen	M	73	43:13	109	William Tucker	M	30	56:16
60	Robert Wigen	M	53	43:21	110	Emily Perry	F	28	56:34
61	Gregory Skinner	M	49	43:31	111	Meagan Chisholm	F	33	56:36
62	Lauren Heitmeyer	F	40	43:53	112	Trevor Waters	M	26	56:43
63	Tom Ratliffe	M	71	43:58	113	Charles Edwards	M	65	56:44
64	Jerome Roberts	M	34	44:21	114	Lance McGee	M	39	56:58
65	Craig Willis	M	68	44:23	115	Sarah Logan Beasley	F		57:09
66	David Anderson	M	69	44:24	116	Mary Jean Yon	F	63	57:55
67	Stephen Gensits	M	63	44:24	117	Faith Daniels	F	43	58:09
68	Tsige Tadesse-Kiros	F		44:26	118	Tony Conigliaro	M	49	59:07
69	Laryn Flikkema	M	43	44:48	119	David Darst	M	76	59:19

120	Jacqueline Faerman	F	24	59:33	19	Jay Brown	17	M	4	5:26	68	Jonah Blay	13	M	5	6:25
121	Jill Adkins	F	41	59:33	20	Jackson Rowe	13	M	2	5:30	69	Jack Matthews	14	M	5	6:26
122	David Cox	M	61	1:00:02	21	Geb Kiros	52	M	1	5:30	70	Michael Cipriano	61	M	5	6:26
123	Perha Varley	F	75	1:00:03	22	David Knauf	55	M	2	5:33	71	Patrick Bateman	32	M	5	6:27
124	Jamie Lasker	M	37	1:00:03	23	Paul Guyas	41	M	2	5:34	72	Davis Malone	12	M	5	6:28
125	Nathan Matthews	M	37	1:00:18	24	Dan Manausa	49	M	2	5:38	73	Grayson Stevens	11	M	5	6:28
126	Laura Youmans	F	39	1:00:35	25	William Springer	13	M	2	5:38	74	Eli Mears	15	M	5	6:28
127	Megan Flack	F	35	1:01:20	26	Randy Manausa	10	M	2	5:39	75	Natalie Laywell	18	F	5	6:30
128	Clay Kimbro	M	35	1:01:29	27	Bill McNulty	61	M	2	5:39	76	Laura McDermott	39	F	5	6:31
129	David Farnsworth	M	68	1:02:30	28	Duane Evans	52	M	2	5:40	77	Tarik Noriega	49	M	5	6:33
130	Kenneth Jones	M	57	1:02:30	29	Brittney Barnes	31	F	4	5:40	78	Peter Fernandez	10	M	5	6:34
131	Patricia Dugan	F	69	1:02:34	30	Joseph McLeod	14	M	2	5:43	79	Sophia Youngberg	11	F	3	6:35
132	Matt Shepherd	M	43	1:02:34	31	Kade Dazevedo	14	M	2	5:44	80	Luke Koon	16	M	7	6:35
133	Soheyla Mahdavian	F	35	1:03:33	32	Donald Smith	39	M	2	5:44	81	Elijah Nicholson	15	M	6	6:37
134	Sarah Chippis-Walton	F	38	1:03:46	33	Jonathan Kiros	10	M	2	5:44	82	Angela Dempsey	51	F	5	6:38
135	Tiffany Shepherd	F	45	1:03:59	34	Alyssa Terry	26	F	4	5:45	83	Allen Blay	48	M	5	6:40
136	Thomas Bianca	M	38	1:03:59	35	Cecilia Bouaichi	23	F	4	5:46	84	Leah Kiros	13	F	4	6:41
137	Bonnie Wright	F	63	1:05:48	36	Chekol Kidane	58	M	2	5:46	85	David Henry	53	M	6	6:41
138	Joe Safar	M	52	1:07:46	37	Perry O'Connor	17	M	4	5:48	86	Samantha Fillmore	43	F	5	6:45
139	Faye Rozwadowski	F	40	1:08:22	38	Amanda Sava	24	F	4	5:49	87	Joe Mazziotta	56	M	5	6:47
140	Mary Stutzman	F	70	1:08:35	39	David Harrell	34	M	4	5:49	88	Oakley Desison	14	M	6	6:48
141	Sonja Skipper	F	61	1:09:28	40	Matthew Wilbourn	13	M	4	5:50	89	Jack Manausa	12	M	4	6:48
142	Antonio Henriques	M	75	1:10:32	41	Drayden Reams	14	M	4	5:53	90	Connor Aarons	12	M	7	6:49
143	Taylor Shavers	F	29	1:16:28	42	John Schwenkler	38	M	4	5:53	91	Nikky Manausa	37	F	6	6:49
					43	Esteban Parra				92	Stella Lewis	14	F	4	6:52	
						Rodriguez	28	M	4	5:54	93	Darren Whiddon	47	M	6	6:55
					44	Brian Molen	43	M	4	5:57	94	Trent Parsons	10	M	3	6:56
					45	Fanxiu Zhu	50	M	4	5:58	95	Dominic Milner	39	M	5	6:57
					46	Benjamin Reams	22	M	4	6:00	96	Nancy Proctor	58	F	6	6:59
					47	Damian Hundley	17	M	5	6:03	97	Sam McKenna	12	M	6	7:00
					48	Michael Sweeney	16	M	5	6:04	98	Martha Guyas	35	F	7	7:00
					49	Carter Rothell	14	M	5	6:04	99	Dave Curry	56	M	6	7:00
					50	Lucas Mauch	14	M	5	6:04	100	Paula O'Neill	58	F	7	7:00
					51	Clayton Knox	14	M	5	6:05	101	Nancy Stedman	57	F	7	7:02
					52	Evans Bishop	15	M	5	6:06	102	Nathan O'Connor	16	M	4	7:03
					53	Will Winsor	13	M	4	6:06	103	Tommy Kristian	40	M	6	7:04
					54	Nicholas Moran	17	M	4	6:09	104	Shombay Butler	14	M	6	7:04
					55	Jack Schwenkler	12	M	3	6:09	105	Aza Hampton	12	F	9	7:05
					56	Sage Prentice	16	M	4	6:10	106	Elizabeth Zedaker	17	F	6	7:05
					57	Juan Zepeda	43	M	5	6:10	107	Charlotte Sikes	8	F	6	7:06
					58	Clifton Lewis	11	F	4	6:10	108	Ron Christen	73	M	6	7:06
					59	Katie Sherron	37	F	5	6:10	109	Olivia Bishop	13	F	9	7:08
					60	Rich Heitmeyer	38	M	5	6:10	110	Landon Fantle	12	M	9	7:09
					61	Grahame Prentice	16	M	4	6:14	111	Stephen Gensits	63	M	6	7:11
					62	Sam Ijeoma	16	M	4	6:18	112	David Yon	63	M	6	7:12
					63	Mary Rychlik	32	F	5	6:18	113	Tsige Tadesse-Kiros	51	F	7	7:12
					64	Henry Fernandez	11	M	4	6:19	114	Maddie Manausa	13	F	7	7:13
					65	Elan Wygodski	14	M	2	6:20	115	Tec Thomas	67	M	7	7:13
					66	Seth Kerr	31	M	5	6:21	116	Lauren Heitmeyer	40	F	7	7:13
					67	Tim Unger	59	M	5	6:22	117	Tom Ratliffe	71	M	7	7:17

BOT
8/310/2019
Wright Family

1	Adam Wallenfelsz	21	M	1	4:44
2	George Escobar	21	M	1	4:46
3	Jake Mazziotta	21	M	1	4:48
4	Tristan A. Lanasa	26	M	1	4:53
5	Zach Deveau	31	M	2	4:57
6	Ryan Truchelut	33	M	1	4:57
7	Nicholas Samuel	16	M	1	4:59
8	Patrick Koon	13	M	1	5:00
9	Dane Barber	20	M	1	5:00
10	Trevor Sununu	23	M	1	5:01
11	Leo Rutledge	16	M	1	5:01
12	Connor Edwards	14	M	1	5:03
13	Ann Centner	27	F	2	5:05
14	Gannon Hundley	20	M	1	5:10
15	Michael Martinez	53	M	2	5:17
16	Hong-Guo Yu	50	M	2	5:18
17	Mickey Moore	49	M	1	5:19
18	Samuel Munroe	22	M	1	5:25

118	Haley Heitmeyer	10 F	7	7:18	166	Tony Kronenburg	68 M	9	8:51	25	Jim Tully	M	72	26:47
119	James Woodward	39 M	7	7:21	167	Luke Springer	11 M	9	8:56	26	Mickey Phillips	M	45	27:04
120	Chloe Molen	9 F	3	7:22	168	Francee Laywell	57 F	9	9:00	27	Jennifer Pence	F	35	27:14
121	Jamie Wright	26 M	7	7:22	169	Nancy Widener	70 F	10	9:00	28	Gumby Weckherlin	M	61	27:23
122	Cole Stevens	8 M	9	7:27	170	Mary Jean Yon	63 F	9	9:04	29	Mia Vamer	F	21	27:31
123	Michael Labossiere	53 M	7	7:27	171	Allie Winsor	9 F	10	9:04	30	Lynn Vamer	F	54	27:32
124	Isabella Youngberg	9 F	3	7:34	172	Lesa Evans	52 F	10	9:04	31	Nancy Juneau	F	59	27:40
125	Sarah Fernandez	13 F	7	7:34	173	Shane Moore	5 M	10	9:05	32	Cliff Buell	M	65	27:48
126	David Anderson	69 M	7	7:35	174	Laura Parsons	34 F	10	9:09	33	Julia Sura	F	47	27:50
127	Carlos Zapata	74 M	7	7:37	175	Patricia Dugan	68 F	10	9:11	34	Seth Parsons	M	26	28:04
128	Sarah Dugas	40 F	7	7:38	176	Ithel Jones	65 M	10	9:15	35	Cheryl Moore	F	52	28:08
129	Drew Giles	12 M	9	7:45	177	Charleigh McKenna	10 F	10	9:20	36	Alex Tabb	M	37	28:13
130	Abbey Hewitt	28 F	10	7:45	178	Emma Smith	17 F	9	9:25	37	Michael Thompson	M	35	28:16
131	Kelley Elurfali	55 F	9	7:46	179	Ariana White	17 F	9	9:31	38	Andrea Weckherlin	F	46	28:19
132	Craig Willis	68 M	7	7:46	180	Annie Schwenkler	6 F	10	9:40	39	Cathy Jones	F	59	28:22
133	Morris Davis	63 M	7	7:46	181	Ansley White	15 F	9	9:50	40	Edna Reed	F	44	28:34
134	Amy McKenna	43 F	9	7:48	182	Colton Fillmore	5 M	10	9:52	41	Shelley Gentle	F	42	28:34
135	Colby Tadder	12 M	10	7:49	183	Perha Varley	75 F	10	9:58	42	Effie Rose Ward	F	11	28:43
136	Kennedy Bell	11 F	3	7:52	184	Alice Woodward	9 F	10	13:01	43	Tony Reed	M	49	28:56
137	Sam Rodefer	14 M	3	7:53	185	Mary Lou Manausa	81 F	10	14:29	44	Hobson Fulmer	M	63	29:01
138	Caroline Rowe	10 F	3	7:53	186	Jim Varley	79 M	10	15:18	45	Ricky Hathcock	M	35	29:02
139	Joe Moody	10 M	3	7:53	187	Margarete Deckert	86 F	10	15:42	46	Steven Baczewski	M	62	29:35
140	Sonya Dudley	50 F	9	7:56						47	Debbie Peters	F	58	29:40
141	Ellie Mazziotta	10 F	9	7:57						48	Charlie Grim	M	50	29:49
142	Cy Stanley	8 M	10	7:58						49	Julie Ward	F	49	29:54
143	Phillip Jernigan	32 M	10	8:01						50	Trevor Whittington	M	28	30:09
144	Kaitlyn Kristian	13 F	7	8:05						51	Julie Ward	F	41	30:04
145	Benjamin Sikes	5 M	10	8:06						52	Melissa Saggars	F	50	30:12
146	Fran McLean	61 F	9	8:11						53	Madison Sealy	F	17	30:36
147	Katherine Bullough	14 F	10	8:11						54	Rob Williams	M	65	30:36
148	Ansley Oliver	14 F	10	8:11						55	Marlee Tucker	F	15	30:46
149	Megan Jones	22 F	10	8:12						56	David Dejesus	M	56	31:02
150	Jay Silvanima	59 M	9	8:17						57	Ashley Fleming	F	32	31:19
151	Laney Blay	10 F	3	8:19						58	Teeah Grim	F	41	31:24
152	Eliza Moody	8 F	3	8:20						59	Gerald Nidiffer	M	52	31:35
153	Savannah Stanley	10 F	10	8:22						60	Alex Itzkovitz	M	15	31:41
154	Timothy Fraser	41 M	10	8:24						61	Jason Connell	M	33	31:48
155	Gene Opheim	72 M	9	8:27						62	Jimmy Stephens	M	59	32:01
156	Acadia Hassell	6 F	3	8:29						63	Alondra Jimenez	F	14	32:02
157	Jim Fillmore	54 M	10	8:30						64	Dave Baczewski	M	30	32:21
158	Riley Bush	13 F	10	8:32						65	Erin Griffin	F	38	33:54
159	Sarah Logan Beasley	28 F	10	8:32						66	Gary Hankins	M	74	34:23
160	Keith Haskins	36 M	10	8:33						67	Mark Shields	M	66	34:40
161	Emily Sikes	38 F	10	8:35						68	Christina Norris	F	33	35:04
162	Debbie Edwards	44 F	9	8:36						69	Jill David	F	46	35:52
163	Landon Heitmeyer	5 M	10	8:42						70	Rob Peters	M	58	36:34
164	Sadie									71	W.R. Whittington	M	75	36:50
	Quiggins-Mazziotta	F	9	8:42						72	Julie Nidiffer	F	51	36:58
165	Robbie Brunger	70 M	10	8:45						73	Janet John	F	57	37:08
										74	Jen Barton	F	36	37:10
										75	Kristin Tabb	F	40	37:16
										76	Jaret Bryan	M	21	37:23
										77	Maria Ventura	F	33	37:24
										78	Rene Jordan	F	54	38:44
										79	Martha Wandrew	F	72	39:32
										80	Martha Ferrer	F	38	39:44
										81	Carlos Ferrer	M	49	39:44
										82	Susan Lamb	F	61	40:13
										83	Meach Diane	F	59	40:31
										84	Amy O'Keefe	F	48	40:58

**SGI Sizler
8/3/2019**

1	Gary Droze	M	58	18:19
2	Chance Logan	M	22	19:11
3	Myles Gibson	M	53	19:27
4	Philip Sura	M	49	20:27
5	Jason Timbert	M	43	20:39
6	Tad David	M	50	22:19
7	Mark Nichols	M	45	22:26
8	Richard Fernandez	M	41	22:34
9	William Gray	M	16	22:37
10	Vicky Droze	F	44	22:39
11	Kaley Ford	F	25	22:42
12	Dan Fortunas	M	58	22:47
13	Michael Cipriano	M	61	23:23
14	Barney Ray	M	56	24:15
15	John Miller David	M	15	24:17
16	Adam Ingle	M	30	24:32
17	Paula O'Neill	F	58	24:44
18	Ruslan Kalitin	M	41	25:41
19	Samantha Fortunas	F	28	25:48
20	Eric Saggars	M	51	25:59
21	James Cantrell	M	51	26:05
22	Richard Lenhart	M	60	26:06
23	Carson Ward	M	13	26:30
24	Peter Hettmann	M	27	26:36

121	Jennie Merchant	F	27	27:36
122	Tony Jordan	M	48	27:54
123	Abel Correa	M	35	27:56
124	Beth Otto	F	35	27:44
125	Beth Thielen	F	41	27:52
126	Douglas Gorton	M	60	27:46
127	Chloe Molen	F	9	28:03
128	Jordan Deem	M	21	27:57
129	Spencer Parsons	M	8	27:57
130	Emily Molen	F	17	28:05
131	Hal Davis	M	63	28:01
132	Julia Travis	F	21	28:03

133	Keegan Mills	M	12	28:07	193	Kearstin Hess	F	26	30:22	253	Stephen Pruden	M	50	33:02
134	John Flynn	M	19	28:00	194	Cade Poole	M	9	30:27	254	April Ales	F	47	33:06
135	Sally Raines	F	31	28:00	195	Kristina Lamb	F	33	30:19	255	Stephen Norman	M	32	33
136	David Heller	M	57	28:15	196	Ray Geyer	M	33	30:13	256	Traci Klepper	F	49	33:01
137	Ramiah Castaneda	M	28	28:08	197	Courtney Starling	F	32	30:15	257	Emily Foinnash	F	27	33:03
138	Rich Sosna	M	56	28:22	198	Gene Opheim	M	72	30:28	258	Valerie Young	F	38	32:41
139	Kelsey Manno	F	27	28:22	199	Cheryl Tomlinson	F	34	30:46	259	Jamie Lasker	M	36	32:47
140	John Sivyer	M	61	28:30	200	Caroline Rowe	F	9	30:50	260	Peter Kane	M	26	33:27
141	Liza Tharpe	F	27	28:19	201	Julie Clark	F	58	30:20	261	Ruth Nickens	F	59	33:30
142	Ben Hall	M	42	28:21	202	Rachael Lackey	F	32	30:44	262	Tiffany Mion-Adams	F	33	33:10
143	Holly Otoole	F	42	28:32	203	Cassidy Parsons	M	35	30:47	263	Patrick Walsh	M	10	33:18
144	Greg Springer	M	35	28:23	204	Christy Worley	F	42	30:29	264	Laney Grace Blay	F	10	33:46
145	Dorothy Thames	F	37	28:17	205	Woody Miner	M	30	30:35	265	Gaia Suma	F	6	33:39
146	Laura Sellati	F	40	28:09	206	Sydney Zanolini	F	23	30:40	266	Miguel Santiesteban	M	36	33:25
147	Julia Sura	F	47	28:41	207	Mark Kellerhals	M	58	30:48	267	Tony Conigliaro	M	49	33:23
148	Patrick Chisholm	M	39	28:02	208	David Cox	M	61	31:02	268	Brad Bikus	M	37	33:17
149	Brandon Rideout	M	40	28:45	209	Rafael Marimon	M	27	31:17	269	Michael Kelly	M	12	34:01
150	Rob Churchill	M	43	28:36	210	Matthew Molnar	M	33	31:12	270	Terrance Straham	M	44	34:10
151	Scott Woods	M	44	28:53	211	Juli Degrummond	F	49	31:15	271	Brandi Tucker	F	36	33:58
152	Rob Klepper	M	47	28:32	212	Kelly Hildreth	F	46	31:16	272	Hudson Mills	M	14	34:05
153	Patrick Bateman	M	31	28:52	213	Amy Peterson	F	62	31:18	273	James Mosteller	M	49	34
154	Cyndel Brunell	F	25	28:31	214	Cate Rozier	F	14	31:31	274	Stacey Churchill	F	43	33:52
155	Amanda Castaneda	F	27	28:54	215	Ed Warren	M	32	31:15	275	William Dobson	M	65	34:10
156	Ricky Lackey	M	35	29:02	216	Amanda Warren	F	31	31:16	276	Morgan Applegate	F	31	33:55
157	Karissa Herb	F	23	29:11	217	Kristen Phillips	F	39	31:25	277	Gray Tyndall	F	34	34:03
158	Duncan Fisher	M	22	29:12	218	Raylen Sponholtz	F	28	31:21	278	Emily Perry	F	28	33:37
159	James Cantrell	M	51	28:59	219	Rebecca Sponholtz	F	45	31:21	279	Mitch Holmes	M	29	34:05
160	Morris Davis	M	63	29:14	220	Frank Zenko	M	50	31:24	280	Chelsea			
161	Mary Carter	F	46	29:09	221	Wendi Cannon	F	40	31:19		Marshall-Hirve	F	33	34:15
162	Christine Morse	F	31	29:14	222	Nikki Zahora	F	23	31:56	281	Kristina Clark	F	45	34:13
163	Pennie Douglas	F	39	29:16	223	Sarah Logan Beasley	F	28	31:47	282	Eddie McCarden	M	53	34:33
164	Brian Haywood	M	44	29:22	224	Lance McGee	M	39	32	283	Sarah Stanley	F	27	34:42
165	Hayley Kolich	F	28	29:20	225	Daniel Graham	M	47	31:54	284	Lauren Rambo	F	29	33:58
166	Camryn Curvey	F	19	29:16	226	Alishia Piotrowski	F	33	31:21	285	Brittany Stith	F	30	34:22
167	Jamye Bowen	F	28	28:58	227	Meagan Chisholm	F	33	31:22	286	Kristine Boyd	F	45	34:03
168	Sydney Niles	F	24	29:15	228	Joseph Piotrowski	M	37	31:21	287	Dennis Keane	M	25	34:35
169	Jasmine Spittler	F	25	29:11	229	Stevon Gilbert	M	43	31:56	288	Laura Frandsen	F	58	34:20
170	Grayson Graham	M	21	29:17	230	Rachel Ritter	F	33	31:54	289	Christen Ellrich	F	35	34:49
171	Amy Brown	F	46	29:11	231	Jacob Ohlsen	M	19	31:55	290	Zeljka Popovic	F	25	34:38
172	Timothy Guhl	M	50	29:35	232	Thomas Baughman	M	15	32:09	291	James Cook	M	37	34:03
173	Gina Conn	F	31	29:22	233	Gary Gayle	M	58	32:14	292	Zandra Johnston	F	45	34:50
174	Ashley Fleming	F	32	29:21	234	Kimberly Cooper	F	45	32:16	293	Stefanie Johnson	F	53	34:43
175	Cara Keogh	F	25	28:54	235	Jonathan Lozano	M	25	32:32	294	Burt Von Hoff	M	67	34:45
176	Bill Morse	M	56	29:37	236	Laura Parsons	F	34	32:26	295	Debra Williams	F	57	34:42
177	Kariana Briceno	F	21	29:33	237	Gary Frandsen	M	63	32:07	296	Dana Reeves	F	37	35:03
178	Michael Barr	M	31	29:18	238	Michael Isaacson	M	41	32:20	297	Elizabeth Eversole	F	24	34:38
179	Greg Keeter	M	56	29:27	239	Jodi Stevens	F	32	32:23	298	Katharine Suma	F	34	35:02
180	Nicholas Petty	M	17	29:20	240	Elliot Smith	M	11	32:26	299	Ken Peacock	M	55	34:55
181	Alexandra Norman	F	30	29:25	241	Eloisa Hernandez	F	26	32:46	300	Matt Guse	M	45	35:04
182	Keith Westphal	M	58	29:44	242	Charlie Catlin	M	11	32:54	301	Ann Rideout	F	34	35:20
183	Dustin Evans	M	36	29:27	243	Jimmy Stephens	M	59	32:46	302	Megan Flack	F	35	34:55
184	Johanna Petty	F	40	29:24	244	John Rakestraw	M	82	32:53	303	Thina Jones	F	45	35:31
185	David Tadlock	M	35	29:06	245	Kaitlyn Kelley	F	23	32:36	304	Nicole Kelly	F	14	35:33
186	Steve Schale	M	44	29:50	246	Lindsay Slaughterback	F	27	32:17	305	Elizabeth Rodriguez	F	46	35:26
187	Kara Stover	F	48	30:04	247	Kelly Maxwell	F	35	32:38	306	Carrie Woodson	F	42	35:22
188	Teeah Grim	F	41	29:52	248	Rachel Stys	F	26	32:49	307	Jeffrey Kelly	M	44	35:37
189	Debbie Peters	F	58	30:06	249	Brandon Stys	M	23	32:51	308	Todd Woodward	M	18	35:19
190	John Stys	M	53	30:08	250	Kathleen McClung	F	49	32:28	309	Francine Farrington	F	56	35:28
191	Vicky Rose	F	29	30:08	251	Dennis Golabek	M	54	32:57	310	Sarah Churchill	F	9	35:20
192	Rachel Dodrill	F	35	29:37	252	Bonnie Wright	F	63	32:49	311	Paige Churchill	F	14	35:20

312 Jennifer Fagan	F	34	35:08	372 Chuck Bunker	M	59	38:18	431 Lee Chipps-Walton	M	34	41:59
313 Lauren Smith	F	30	35:25	373 Lisa Cashulette	F	54	38:10	432 Kim Tadlock	F	34	41:58
314 Christopher Smith	M	37	35:25	374 Nadine Love	F	33	38:01	433 Louise Bradshaw	F	40	41:58
315 Donna Collins	F	49	35:40	375 Emily Casey	F	33	38:37	434 Cindy Meadows	F	58	43:09
316 Samantha Green	F	47	35:42	376 Lisa Noyes	F	55	38:15	435 Morgan Hicks	F	32	43:17
317 Amanda Armetta	F	33	35:34	377 Beth Carter	F	53	38:23	436 Antonio Santiago	M	40	43:06
318 Brian Mills	M	48	35:47	378 Lori Sever	F	35	38:44	437 Maria Whitaker	F	41	43:20
319 Claire Smith	F	40	35:34	379 Autumn Cuddy	F	27	39:02	438 Jaclyn Santiago	F	33	43:08
320 Cathy Zenko	F	44	35:31	380 Andrea Frohoff	F	26	39:10	439 Dolores Alcorn	F	63	43:23
321 Dan Durrenberger	M	33	35:30	381 James McAllister	M	37	39:03	440 Marleni Bruner	F	37	43:04
322 Kathy Mills	F	44	35:50	382 Shannon Guse	F	44	38:59	441 Rebecca Evers	F	36	43:05
323 Beckham Mills	M	6	35:51	383 Sandra Bucklew	F	51	38:56	442 Lillian Cleveland	F	27	43:19
324 Fran McLean	F	61	35:40	384 Lisa Shaw	F	35	39:01	443 John Farrington	M	58	42:46
325 John McCoy	M	70	35:44	385 Jed Padilla	M	39	38:41	444 Theresa Haworth	F	51	43:49
326 Meredith Salas	F	30	35:48	386 Lawson Phillips	M	8	39:14	445 Jackie Carlton	F	21	43:17
327 Mike Reeves	M	49	36:01	387 Jeffrey Phillips	M	37	39:15	446 Amanda James	F	39	43:36
328 Patrick Walsh	M	44	35:42	388 Rhonda Westphal	F	58	39:23	447 Fran Golabek	F	53	43:47
329 Connor Mooneyhan	M	20	35:44	389 Kelley Burk	F	40	39:30	448 Andy Le	M	37	43:50
330 Angela Jones	F	38	35:49	390 Jessica Ervin-Huang	F	45	39:18	449 Mara Bobay	F	22	43:48
331 Stefanie Clark	F	28	35:57	391 Jen Kjellerup	F	45	39:18	450 Anna Cleveland	F	30	43:53
332 Brittany Pico	F	28	35:57	392 Frank Armetta	M	35	39:33	451 Blake Carter	M	30	43:34
333 Steven McClung	M	57	35:50	393 Telania Ward	F	29	40:01	452 Michelle Gayle	F	57	44:12
334 Dianna Weston	F	65	36:15	394 Amber Farrington	F	34	38:57	453 Susan Anderson	F	58	44
335 Shanetta Keel	F	31	35:52	395 Ron Vongs	M	34	38:58	454 Amanda Fillingim	F	33	44:13
336 Claire Duchemin	F	63	36:12	396 Steven Bohl	M	59	39:36	455 Walt Williams	M	65	44:15
337 Michael Ohlsen	M	52	36:20	397 Jonathon Durkee	M	36	40:09	456 Matt Hurd	M	35	44:42
338 John Cook	M	31	35:53	398 Marlee Mills	F	12	40:01	457 Cheryl Roberts	F	39	44:51
339 Suong Le	F	39	36:53	399 Erin Shields	F	32	40:05	458 Manderson Meuth	M	12	45:21
340 Jessica Johnson	F	36	36:34	400 Cynecia Welch	F	33	40:06	459 Theresa Habet	F	52	45:07
341 Joshua Tomkiewicz	M	7	36:17	401 Michael Gladwin	M	69	39:53	460 Sara Cunningham	F	23	45:23
342 Jen Kennedy	F	40	35:52	402 Candace Bunker	F	50	40:05	461 Cathi Wilkinson	F	64	45:06
343 Ressa Tomkiewicz	F	35	36:24	403 Susan Macak	F	26	40:23	462 Shirley Kearney	F	39	45:18
344 Ursula Holly	F	41	36:38	404 Jennifer Betts	F	48	40:33	463 Rachel Hopkins	F	14	45:23
345 Lisa Nichols	F	43	36:40	405 Lauren Johnson	F	26	40:40	464 Owen Padilla	M	9	45:02
346 Necia Little	F	43	36:44	406 Chandra Johnson	F	60	40:40	465 Rebekah Hopkins	F	19	45:28
347 Danny Moore	M	58	37	407 Justin Johnson	M	24	40:40	466 Victoria White	F	20	45:26
348 Joy Moore	F	57	37:01	408 Joe Safar	M	51	40:49	467 Ben Wilkinson	M	75	45:26
349 Pamela White	F	57	37:08	409 Lee McQuagge	F	40	41:14	468 Anna Padilla	F	39	45:34
350 Natalie Geyer	F	32	37:11	410 Amanda Benowitz	F	31	41	469 Jeniffer Abdullah	F	26	46:28
351 Kimberly Little	F	29	37:19	411 Amber Jackson	F	21	41:26	470 Jamie Sellars	F	35	46:04
352 Jessica Yeary	F	35	36:58	412 Jordan Cross	F	21	41:26	471 Artuhur Copeland	M	51	46:52
353 Sydney Campbell	F	28	37:27	413 Steve Weiland	M	52	41:24	472 Noal Weiland	F	51	47:01
354 Edith Pietrykowski	F	56	37:27	414 Richard Zeigler	M	60	41:34	473 Steve Jones	M	41	46:48
355 Caden Sponholtz	M	16	37:33	415 Jennifer Chu	F	22	41:54	474 Mike Neff	M	50	46:55
356 David Johnson	M	62	37:47	416 Ofelia Sivyver	F	62	42	475 Caitlin Delmas	F	24	47:41
357 Kyler Davies	M	15	38:07	417 Edward Lomero	M	27	41:22	476 Lisa Evans	F	60	47:47
358 Tom Taylor	M	71	37:44	418 Chris Hombaker Sr	M	64	42:07	477 Laura Gross	F	54	47:25
359 Micah Deem	M	10	38:04	419 Lilah Mills	F	10	42:10	478 David Williams	M	57	47:47
360 Preston Bikus	M	5	37:30	420 Corey Mills	M	43	42:11	479 Maria Cooper	F	27	48:27
361 Megan Bikus	F	27	37:31	421 Jenna Mills	F	35	42:12	480 Chris Cauley	M	47	48:17
362 Jennifer McBride	F	45	37:53	422 Joanne Cline	F	57	42:10	481 Rebecca Jones	F	40	48:29
363 Melissa Farley	F	49	37:45	423 Suzanne Hopkins	F	53	42:08	482 Amy Porter	F	42	49:34
364 David Poole	M	58	38:24	424 Dinah Johnson	F	39	42:09	483 Chantel Flowers	F	22	49:11
365 Olivia Falk	F	25	38:29	425 Wendy Bevan-Baker	F	63	42:16	484 Savannah Sams	F	31	49:09
366 Erin Wright	F	41	37:56	426 Clara Bruner	F	13	42:05	485 Felicia Kirkland	F	34	49:31
367 Brandy Fortune	F	45	38:08	427 Charlotte Seigler	F	44	42:06	486 Alicia Pendleton	F	38	49:33
368 David Campbell	M	58	38:03	428 Jennifer Pruden	F	44	42:30	487 Tony Watts	M	31	49:59
369 Emily Ettle	F	16	38:24	429 Sarah Chipps-Walton	F	37	41:56	488 Nicki Garcia	F	51	50:24
370 Cindy Burgess	F	60	38:22	430 Jude Chipps-Walton	M	4	42:56	489 Gabrielle Garcia	F	28	50:25
371 Richard Hammock	M	73	38:08					490 Kathryn Tatum	F	31	50:08

491 Michelle Outlaw	F	40	50:04	21 John Schwenkler	M	37	49:39
492 Jennifer Doyle-CornF	39	50:46	22 Jeff Bryan	M	51	49:47	
493 Allison Peters	F	33	50:43	23 Eric Mason	M	35	49:51
494 Christina Barfield	F	43	51:51	24 Hal Davis	M	63	50
495 Nina Jackson	F	50	53:05	25 Kaley Ford	F	24	50
496 Jessica Mitchell	F	21	52:52	26 Laura Sellati	F	40	51:05
497 Ilenia Garcia	F	21	53:05	27 Clifton Lewis	F	11	51:11
498 Melissa Miller	F	24	53:19	28 Gary Johnston	M	44	51:15
499 Janet Miller	F	55	53:18	29 Lance Jacobson	M	29	51:39
500 William Rogers	M	6	52:58	30 Megan Chapman	F	28	51:41
501 Tiffany Shearer	F	37	53:15	31 Stella Lewis	F	14	52:05
502 Shannon Gambol	F	38	53:16	32 Joe Vega	M	65	52:06
503 Abigail Rogers	F	8	53:26	33 Peter Hettmann	M	27	52:19
504 Brian Keeler	M	44	53:49	34 Monica Toth	F	30	52:20
505 Tiffany Wollum	F	34	53:49	35 Darren Whiddon	M	47	52:23
506 Cassie Turner	F	31	54:07	36 Patrick Bateman	M	31	52:26
507 Susan Dattes	F	49	54:06	37 Jamie Harris	F	42	52:45
508 Ethan Wilson	M	9	55:46	38 Robin Bishop	M	55	53:03
509 Stephen Rogers	M	42	55:06	39 Mark Tombrink	M	31	53:38
510 Tanya Quinn	F	52	55:11	40 Zach Barnes	M	32	53:42
511 Seth Jones	M	15	56:34	41 Stephen Gensits	M	63	53:51
512 Jaidyn Hulsey	F	14	56:37	42 Becky Leckinger	F	56	54:05
513 Camille Wilson	F	6	57:19	43 Kelly Whalon	F	47	54:30
514 Sara Thomas	F	32	57:05	44 Michael Labossiere	M	53	55:22
515 Alfred Wilson	M	4	58:02	45 Deirdre McCarthy	F	39	55:50
516 Annette Wilson	F	63	60:13	46 Brendan Hawkins	M	28	56:45
517 Leroy Rasberry	M	34	62:20	47 Michael Healy	M	35	56:45
518 Kaitlyn Vierday	F	22	62:24	48 Carla McDonald	F	40	57:10
519 Timothy Falk	M	52	62:30	49 Mickey Phillips	M	45	57:40
				50 Mike Dearth	M	34	57:41
				51 Kenneth Wilson	M	57	58:11
				52 Tolar Griffin	M	43	58:44
				53 Dominic Milner	M	38	58:57
				54 Sonya Dudley	F	50	59:10
				55 Carlos Zapata	M	74	59:21
				56 Joseph Edgcombe	M	70	59:23
				57 Andy Tatem	M	55	59:24
				58 Lynn Pantton	F	56	59:36
				59 Michelle Comeaux	F	46	1:01:17
				60 Alysha Gutierrez-Tapia	F	16	1:01:41
				61 John Dom	M	34	1:01:44
				62 William Miller	M	53	1:03:08
				63 Sharon Sollohub	F	54	1:03:25
				64 Natalie Napier	F	35	1:03:25
				65 Jennifer Gensits	F	55	1:04:01
				66 Charles Edwards	M	65	1:04:39
				67 Lisa Cox	F	54	1:04:53
				68 Eric Hudack	M	30	1:04:55
				69 See Timer	1:04:56	10:50	
				70 Meagan Chisholm	F	33	1:05:08
				71 Kearstin Hess	F	26	1:05:46
				72 Michelle Butler	F	36	1:06:24
				73 Sam Rudd	M	19	1:07:21
				74 Nathan Dunfee	M	39	1:07:21
				75 Jeanie Wilson	F	54	1:09:25
				76 Lisa Tatem	F	56	1:09:31
				77 David Darst	M	76	1:13:44
				78 Megan Flack	F	35	1:15:48
				79 Ashley Kennett	F	33	1:17:54
				80 Kristina Clark	F	46	1:18:59
				81 Angela Jones	F	38	1:18:59
				82 Melise Hulslander	F	27	1:21:26
				83 Steve Collins	M	51	1:22:41

**Paul Hoover 5K
6/29/2019
Michael Atkinson, R.D.**

1 Daniel Wiedeman	M	17	18:31
2 Travis Parks	M	23	18:42
3 Stephen Votaw	M	18	18:52
4 Michael Martinez	M	53	19:06
5 Noah Deem	M	12	19:24
6 Tristan La Nasa	M	26	19:28
7 Dalton Gray	M	19	19:36
8 Scott Lloyd	M	19	19:40
9 Jaquez Jones	M	16	19:52
10 Simon Cole	M	16	20:07
11 Logan Kilpatrick	M	15	20:12
12 Duane Evans	M	52	20:24
13 Tripp Pitts	M	15	20:52
14 Philip Sura	M	49	21:05
15 Meg Ogle	F	28	21:18
16 Matthew Kirschner	M	31	21:38
17 William Mrazek	M	34	21:50
18 Brandon Smiroldo	M	16	21:52
19 Michael Kennett	M	45	21:55
20 Steven Wilson	M	38	22:01
21 Isaac Furtado	M	15	22:27
22 Bryce Estep	M	15	22:39
23 Brandon Garces	M	16	22:39
24 Timothy Poloronis	M	36	22:54
25 Alfred Bryant Jr.	M	34	22:58
26 Justin Mosley	M	12	23:26
27 Emily Smith	F	34	23:30
28 Joseph Wiedeman	M	14	23:34
29 Glenn Palmer	M	49	23:46
30 Jordan Bentley	M	26	24:12
31 Logan Richardson	M	15	24:13
32 Lilliana Lewis	F	12	24:16
33 Tirzah Votaw	F	17	24:17
34 Doug Cole	M	54	24:19
35 Paula O'Neill	F	58	24:29
36 Stephen Gensits	M	63	24:31
37 Josh Conway	M	22	24:48
38 Nina Prince	F	17	24:54
39 Ethan Laroche	M	22	25:14
40 Maren Prince	F	14	25:18
41 Lauren Guyer	F	12	25:21
42 Jordan Deem	M	21	25:38
43 Michael Labossiere	M	53	25:46
44 Camryn Deem	F	15	25:52
45 Lyndon Thacker	M	29	25:59
46 Birgit Maier-Katkin	F	56	26:02
47 Patrick Walsh	M	44	26:07
48 Josh Dismuke	M	26	26:11
49 Joe Vega	M	65	26:19
50 Sarah Dugas	F	40	26:22
51 Jim Tully	M	72	26:22
52 John Prince	M	41	26:32

**Munson Hills Trail
7/6/2019
Jim & Kristin Halley,
R.D.'s**

1 Zach Deveau	M	31	38:24
2 Myles Gibson	M	52	39:17
3 Ryan Kunz	M	36	40:22
4 Morgan Castano	M	17	43:30
5 Kyle Kraeft	M	30	43:48
6 Rachel Durbin	F	24	43:56
7 Ryan Baumbach	M	39	44:16
8 Alyssa Terry	F	25	44:44
9 Philip Sura	M	49	45:13
10 Jack Schwenkler	M	12	45:29
11 Fanxiu Zhu	M	50	45:40
12 Kevin Malfa	M	35	45:43
13 Brian Molen	M	43	46:43
14 Dan Fortunat	M	58	46:57
15 Michael Kennett	M	45	47:11
16 Emily Molen	F	17	47:14
17 Cecilia Bouaichi	F	23	47:37
18 James Wilkinson	M	36	48:38
19 Robert Wigen	M	53	49:16
20 Sarah Logan	F	28	8:16

53	Katy Sparrow	F	28	26:41	117	Philip J Bullock	M	67	34:03	179	Kensely Hoover	F	11	57:22
54	Brian Deem	M	51	26:53	118	Bill Martinez	M	56	34:03	180	Richard Campbell	M	41	57:42
55	Tec Thomas	M	67	27:18	119	Emily Le Blanc	F	15	34:20	181	Marc Campbell	M	12	57:42
56	Tabitha Boyer	F	16	27:20	120	Ashley Bowen	F	32	34:20	182	Sheri Hall	F	46	58:25
57	Shelly Herman	F	35	27:21	121	Danielle Faircloth	F	27	34:39	183	Kathleen VanHoene	F	57	58:36
58	Samantha Spence	F	13	27:22	122	Sherri Jackman	F	56	34:39					
59	Carlos Zapata	M	74	27:24	123	Hal Szafran	F	19	34:41					
60	Alex Curles	M	15	27:26	124	Megan Flack	F	35	35:11					
61	Isabella Laughton	F	11	27:27	125	Donnie Pitts	M	45	35:14					
62	Richard Tullis	M	37	27:29	126	Anthony Roberts	M	57	35:49					
63	Tolar Griffin	M	43	27:41	127	Kenneth Barron	M	49	36:13					
64	Douglas Gorton	M	60	27:47	128	Dianne Martinez	F	46	36:17					
65	Dillon Grey	M	24	27:48	129	Allen Proctor	M	58	36:26					
66	Casey Luzius	F	26	27:58	130	Elyias Rivera	M	12	36:43					
67	Sonya Dudley	F	50	27:59	131	Dana Omeara	F	25	36:47					
68	William Omeara	M	26	28:04	132	Natalie Geyer	F	32	37:08					
69	Ashlyn Speigner	F	15	28:06	133	Emma Hughes	F	20	37:27					
70	David Yon	M	63	28:15	134	Robert-Michael								
71	Hal Davis	M	63	28:40		Midkiff	M	20	37:27	1	Zach DeVea	M	33	35:27
72	Keith Westphal	M	58	28:48	135	Mary Stutzman	F	70	37:39	2	Ryan Kunz	M	36	35:54
73	Madison Coalson	F	14	28:51	136	Keith Gray	M	43	38:03	3	Morgan Castano	M	17	38:46
74	Lenzie Vickers	F	16	28:52	137	Blake McGinnis	M	12	38:18	4	Rachel Durbin	F	24	38:53
75	Keri Livingston	F	14	28:58	138	Sonia Guthrie	F	59	38:45	5	Austin Dodson	M	21	38:54
76	Zach Faircloth	M	27	29:23	139	Ward				6	Ryan Baumbach	M	39	39:08
77	Jimmy Harrod	M	27	29:25	140	Jessica Deneen	F	28	38:52	7	Paul Guyas	M	41	39:29
78	Brooke Barber	F	26	29:27	141	Rhonda Westphal	F	58	38:56	8	Kyle Kraeft	M	30	39:44
79	Daniel Barber	M	26	29:28	142	Nicholas Boutwell	M	36	39:32	9	Jack Schwenkler	M	12	40:07
80	Teeah Grim	F	41	29:29	143	Marina Byrd	F	28	39:59	10	Geoffrey Paine	M	40	41:22
81	Jason Stewart	M	13	29:34	144	Faye Rozwadowski	F	40	39:59	11	Brian Molen	M	43	41:33
82	Austin Hatcher	M	13	29:52	145	Janemarie Krier	F	57	40:23	12	Tristan A. Lanasa	M	26	41:35
83	Julia Sura	F	48	29:55	146	Jeanlouis Krier	F	57	40:59	13	Camilo Ordenez	M	40	41:36
84	Nancy Widener	F	69	30:00	147	Brookes Yarborough	M	37	41:03	14	Fanxiu Zhu	M	50	41:42
85	Kelly Hildreth	F	46	30:03	148	Patty Ryan	F	54	41:25	15	Philip Sura	M	49	41:45
86	Ray Geyer	M	33	30:33	149	Jamie Pitts	F	43	41:25	16	Hal Fravel	M	38	41:46
87	Mark Kellerhals	M	58	30:40	150	Christina Vermette	F	26	41:29	17	Cecilia Bouaichi	F	23	42:14
88	Shannon Angle	F	46	30:46	151	Chris HombakerSr	M	64	42:12	18	Kevin Malfa	M	35	42:21
89	Andrew Campell	M	9	30:50	152	David Hicks	M	30	42:38	19	Dan Fortunas	M	58	42:31
90	Trista Heffern	F	14	31:01	153	Matthew Kirkland	M	34	42:52	20	Michael Kennett	M	45	42:53
91	Cory Wilson	M	31	31:21	154	Abigail Hogan	F	14	43:23	21	John Schwenkler	M	37	43:27
92	Rob Williams	M	65	31:21	155	Danny Cedeno	M	27	43:28	22	John Rasmussen	M	43	44:00
93	Kimberly Curles	F	12	31:37	156	Jerry Ongley	M	72	44:05	23	Lou Maxwell	F	44	44:00
94	Ryleigh Hoover	F	9	31:39	157	Linda Ongley	F	68	44:05	24	James Wilkinson	M	36	44:38
95	Tiffany Dillon	F	43	31:39	158	David Dicks	M	40	44:15	25	Jeff Bryan	M	51	45:01
96	Lori Ann Buckner	F	16	31:46	159	Ean Dicks	M	7	44:16	26	Kaley Ford	F	24	45:03
97	Rick Burnette	M	59	31:46	160	Solomon Bennett	M	25	44:44	27	Eric Mason	M	35	45:07
98	Michael Atkinson	M	54	32:27	161	Esther Bennett	F	26	44:45	28	Zach Barnes	M	32	45:45
99	Sebastian Cole	M	14	32:33	162	Avery Costa	F	14	45:11	29	Robert Wigen	M	53	45:45
100	Erin Livingston	F	51	32:38	163	Cara Lickteig	F	36	45:26	30	Megan Chapman	F	28	45:46
101	Peg Griffin	F	63	32:39	164	Arthur Copeland	M	51	46:08	31	Stella Lewis	F	14	45:46
102	Delilah Thomas	F	32	32:51	165	Joan Mattern	F	67	47:25	32	Clifton Lewis	F	11	45:47
103	Courtney Starling	F	32	33:06	166	Jennifer Krambeck	F	48	47:46	33	Laura Sellati	F	40	46:43
104	Zaniya Freeman	F	16	33:11	167	Jay Palmer	M	12	47:57	34	Eric Laywell	M	54	46:57
105	Chase Wells	M	33	33:15	168	Heather Rivera	F	34	47:57	35	Peter Hettmann	M	27	47:01
106	Gracie Huston	F	15	33:15	169	Shari Youngblood	F	55	48:07	36	Joe Vega	M	65	47:13
107	Samantha Green	F	47	33:17	170	Azura Vermette	F	11	51:35	37	Michael Boll	M	55	47:57
108	Kimberly Cooper	F	45	33:17	171	Christina Barfield	F	43	51:53	38	Stephen Gensits	M	63	48:04
109	Jessica Wells	F	33	33:19	172	Barbara Hudson	F	78	52:23	39	Hal Davis	M	63	48:31
110	Lee Lewis	M	47	33:34	173	Lisa Yarborough	F	38	54:56	40	Patrick Bateman	M	31	48:33
111	Elizabeth Vermette	F	29	33:40	174	Cheryl Carroccino	F	50	55:39	41	Abbey Schultz	F	20	48:46
112	Kendrah Richards	F	42	33:45	175	Kimberly Baker	F	31	55:40	42	Mike Dearth	M	34	48:56
113	Lindsay Schiller	F	28	33:50	176	Cheryl Kylie				43	Darren Whiddon	M	47	49:12
114	Micah Deem	M	10	33:54		Carroccino	F	25	56:08	44	Monica Toth	F	30	49:17
115	M J Yon	F	63	33:58	177	Latasha Bissell	F	31	56:09	45	Becky Leckinger	F	56	49:21
116	Dana Stetson	M	62	33:58	178	Steve Dillon	M	47	57:22	46	Lance Jacobson	M	29	49:22
										47	Kelly Whalon	F	47	49:28
										48	Mark Tombink	M	31	49:59
										49	Martha Guyas	F	35	50:02

RedBug Run
6/22/2019
Jim & Kristen Halley,
R.D.'s

50	Melissa Zapata	F	40	50:05	75	Vincent Cicco	M	47	55:16		Beasley	F	28	1:04:40
51	Deirdre McCarthy	F	39	50:12	76	Kenneth Wilson	M	57	55:31	101	David Darst	M	76	1:06:26
52	Kurtis Roqueplot	M	35	50:22	77	Dominic Milner	M	38	56:13	102	Lauri Tidwell	F	62	1:06:28
53	Jamie Harris	F	42	50:42	78	Michelle Comeaux	F	46	56:56	103	Kenny Schultz	M	50	1:06:30
54	Chris Bracken	M	42	50:48	79	William Miller	M	53	57:29	104	Carmen Rasmussen	F	44	1:06:30
55	Gary Johnston	M	44	51:02	80	Ashlee Morgan	F	35	57:39	105	Meagan Chisholm	F	33	1:06:57
56	Michael Labossiere	M	53	51:22	81	Isaac Gutierrez	M	50	57:39	106	Angela Klopff	F	43	1:07:03
57	Alysha				82	Eve Phillips	F	56	58:07	107	Jeanie Wilson	F	54	1:07:03
	Gutierrez-Tapia	F	16	52:01	83	Timmy Todd	M	10	58:28	108	Kelleigh Helm	F	32	1:07:05
58	Mickey Phillips	M	45	52:05	84	Jennifer Gensits	F	55	58:55	109	Angela Jones	F	38	1:09:36
59	Carla McDonald	F	40	52:22	85	Michelle Thermen	F	38	59:05	110	Casey Teske	F	44	1:10:29
60	Michael Healy	M	35	52:54	86	Sharon Sollohub	F	54	59:41	111	Marjie Rolling	F	48	1:10:29
61	Amelia Wilson	F	29	53:19	87	Kearstin Hess	F	26	1:06	112	Elizabeth Kamerick	F	42	1:12:00
62	Leah Keller	F	12	53:20	88	Lisa Cox	F	54	1:01:09	113	Kristina Clark	F	46	1:13:11
63	Jonathan Dom	M	34	53:42	89	Bobby York	M	54	1:01:44	114	Clay Kimbro	M	35	1:13:38
64	Jared Smith	M	30	53:45	90	Joyce Godbey	F	63	1:01:51	115	Melise Hulslander	F	27	1:13:44
65	Elise Fisher	F	26	53:49	91	Nathan Dunfee	M	39	1:02:04	116	Jennifer Bendfelt	F	34	1:15:06
66	Chad Linville	M	46	53:49	92	Maritza Tapia	F	47	1:02:12	117	Andrea Medvid	F	50	1:15:09
67	Carlos Zapata	M	74	54:29	93	Michelle Butler	F	36	1:02:13	118	Ashley Kennett	F	33	1:15:10
68	Sonya Dudley	F	50	54:31	94	Natalie Napier	F	35	1:02:20	119	Gail Steinkuehler	F	51	1:18:27
69	Sam Rudd	M	19	54:34	95	Caroline Noble	F	53	1:02:23	120	Chrissy Seymore	F	40	1:21:38
70	Vanessa Todd	F	12	54:42	96	Laura Hansen	F	34	1:02:24	121	Denise Spivey	F	48	1:21:39
71	Kendall Todd	F	10	54:42	97	Charles Edwards	M	65	1:02:43	122	Ron Fryk	M	44	1:22:42
72	Mj Kinard	F	37	54:45	98	Kirsten Brazier	F	41	1:03:34	123	Jeffrey Whitton	M	63	1:26:43
73	Joseph Edgecombe	M	70	54:54	99	Steven Schale	M	44	1:03:36	124	Sue Cottrill	F	57	1:26:45
74	Dominic Cicco	M	8	55:13	100	Sarah Logan				125	Susan Bulloch	F	64	1:38:52



Tallahassee, FL
Gulf Winds Track Club

2019 BEGINNING RUNNING GROUP

September 25th - November 13th

Meet on Wednesdays at 6:00 PM at the FSU Track

Grand Prix Standings through BOT

Name	# GP Events	Points					
Female Overall			McDermott, Laura	9	96	Allen, Jamila	2 22
Centner, Ann	7	210	Liles-Weyant, Stephanie	5	76	Proctor, Nancy	4 22
Barnes, Brittney	7	128	Sherron, Katie	4	58	Wise, Sherri	2 22
Maxwell, Lou	8	117	Unger, Lilli	4	54	Cox, Renee	1 20
Sava, Amanda	5	110	Rosen, Sheryl	2	37	Early, Jenny	2 20
Terry, Alyssa	6	109	Manausa, Nikky	4	35	Heddaeus, Jillian	2 20
			Dempsey, Angela	4	30	Toth, Monica	2 18

Tadesse-Kiros, Tsige	1	17	F15-19			McCarthy, Deirdre	1	8
Augustyniak, Shelby	1	15	Unger, Lilli	4	80	Okoro, Chika	1	6
Dugas, Sarah	1	15	Laywell, Natalie	1	20	Campbell, Jamie	1	4
Reina, Laura	2	14	Molen, Emily	1	15	Johnson, Jessica	1	4
Stedman, Nancy	4	14				Thompson, Sarah	1	2
Tyner, Ruffian	2	14	F20-24					
Maier-Katkin, Birgit	1	13	Sava, Amanda	5	100	F40-44		
McVay, Deanna	1	13	McNees, Madison	2	32	Maxwell, Lou	8	155
Bentley, April	1	11	Jones, Megan	2	30	Dugas, Sarah	6	87
Koeppel, Anna	1	11	Brunell, Cyndel	1	15	Miller, Betsy	6	69
Laywell, Natalie	1	11				Edwards, Debbie	8	68
Dennis, Marie	1	9	F25-29			Fillmore, Samantha	4	59
McNees, Shannon	1	9	Centner, Ann	7	140	Tyner, Ruffian	2	35
De Faria, Ludmila	1	7	Terry, Alyssa	6	92	Richards, Kendrah	5	28
Dimacali, Marien	1	7	Merchant, Jennie	6	76	Augustyniak, Shelby	1	20
Sellati, Laura	1	7	Beasley, Sarah Logan	5	53	Harris, Jamie	1	20
Thumm, Alison	1	7	Allen, Jamila	2	30	Kamerick, Elizabeth	4	18
Fillmore, Samantha	1	5	Kennedy, Grace	2	22	Woods, Mitzi	2	18
Halley, Kristin	1	5	Sawyer, Amanda	1	10	Howard, Denise	2	16
Poage, Stacey	1	5	Byrd, Marina	1	8	Koeppel, Anna	1	15
Spencer, Emma	1	5	Caldwell, Allie	1	4	Thumm, Alison	1	15
Abbey, Lorien	1	3				Cooper, Cyndi	2	12
Kennedy, Grace	1	3	F30-34			Dennis, Marie	1	12
Malloy, Heather	1	3	Barnes, Brittney	7	135	Martin, Melissa	1	12
O'Neill, Paula	1	3	Guyas, Martha	7	89	Poage, Stacey	1	10
			Bevis, Brittany	5	56	Rozwadowski, Faye	1	10
F1-9			Toth, Monica	3	43	Griffin, Robyn	1	6
Sikes, Charlotte	6	110	Rosen, Sheryl	2	35	Harrell, Beverly	2	6
Heitmeyer, Haley	6	100	Chisholm, Meagan	3	31			
Rowe, Caroline	5	50	Ernst, Kassie	3	26	F45-49		
Youngberg, Isabella	3	32	Cox, Renee	1	20	Liles-Weyant, Stephanie	5	100
Johnson, Lily	3	28	Parsons, Laura	2	20	Comeaux, Michelle	5	80
Johnson, Emily	3	26	Desai, Vaishali	1	12	Sura, Julia	4	62
Molen, Chloe	2	24	Leitman, Melanie	1	12	Bentley, April	2	35
Campbell, Rachel	3	16	Monbarren, Sarah	1	10	Degrummond, Juli	3	34
Kennett, Lydia	1	12	Rideout, Ann	1	6	Dillon, Kelli	3	24
Youngberg, Reese	1	8	Dennis, Laura	1	4	Clark, Kristina	2	20
Lamere, Rylan	1	6	Peterson, Jenny	1	2	Devlieger, Tanya	2	16
Marshall, Samantha	1	6				Davis, Elle	1	15
Maxwell, Liliana	1	6	F35-39			McNees, Shannon	1	15
			McDermott, Laura	9	152	Milford, Angie	1	15
F10-14			Sherron, Katie	4	80	Shelton, Susan	1	15
Lewis, Clifton	5	90	Manausa, Nikky	4	59	Brown, Amy	1	12
Lewis, Stella	4	67	Wise, Sherri	4	55	Johnston, Zandra	1	12
Manausa, Maddie	5	60	Heitmeyer, Lauren	6	50	Skrob, Kory	1	12
Kiros, Leah	4	49	Heddaeus, Jillian	3	39	Frost, Shanin	1	10
Sims, Madison	3	42	Sikes, Emily	5	34	Smith, Sunita	1	10
Thumm, Payton	3	38	Early, Jenny	2	30	Bush, Becky	1	6
Kristian, Kaitlyn	4	37	Butler, Michelle	3	26	Young, Tami	1	6
Campbell, Lydia	3	26	Zapata, Melissa	2	22	Angle, Shannon	1	4
Guyas, Kaari	3	26	McVay, Deanna	1	20	Duffey, Shelly	1	2
Guyas, Sade	4	26	Sellati, Laura	2	20			
Fernandez, Sarah	3	20	Williams, Donica	2	20	F50-54		
Brinkmann, Reillynn	1	8	Petty, Johanna	3	18	Dempsey, Angela	6	120
Hall, Anna Jo	2	8	Halley, Kristin	1	15	Elur tali, Kelley	8	113
Brinkmann, Eliane	1	6	Spencer, Emma	1	15	Dudley, Sonya	9	101
Blay, Laney	1	4	Ashton, Melissa	1	12	Tadesse-Kiros, Tsige	4	70
Bush, Riley	1	2	Flack, Megan	2	10	Reina, Laura	2	35
Hall, Madalyn	1	2	Sims, Kim	2	10	Crews, Sharon	2	30
Stanley, Savannah	1	2						

Abbey, Lorien	2	24	Dugan, Patricia	7	110	Parker, Thomas	1	3	
Hermes, Sarala	4	24	Widener, Nancy	4	70	Weyant, Mike	1	3	
Evans, Lesa	3	22	Cornwell, Susan	2	27				
Jeter, Karen	3	22	Flippo, Kathy	2	22	M1-9			
Malloy, Heather	1	20	Levins, Linda	1	12	Sikes, Benjamin	5	80	
Antley, Mona	2	16	Priddy, Anne	1	12	Heitmeyer, Landon	4	47	
Strickland, Trina	3	16				Thumm, Connor	3	45	
De Faria, Ludmila	1	15	F70-74			Fernandez, Peter	2	40	
Cashulette, Lisa	2	14	Stutzman, Mary	6	110	Parsons, Trent	2	35	
Lang, Patty	3	14	Varley, Perha	6	110	Fillmore, Colton	3	24	
Guillen, Ann	1	10				Parsons, Spencer	1	20	
Tessmer, Connie	1	10	F80-84			Campbell, Jude	2	18	
Verano, Vicky	1	8	Manausa, Mary Lou	4	70	Moore, Shane	2	18	
Cox, Lisa	1	6	Skofronick, Dot	2	40	Bryner, Ian	1	15	
Pagano, Sandy	1	4				Sims, Chase	1	15	
Condo, Michelle	1	2	F85-99			Campbell, Andrew	1	12	
McNeal, Linda	1	2	Deckert, Margarete L	4	70	Cannon, Tyler	1	12	
Wingate, Dee Dee	1	2	Rodriguez, Clementina	2	40	Stanley, Cy	1	12	
						Griffin, Peyton	1	8	
F55-59			Male Overall						
Proctor, Nancy	9	170	Johnson, Charlie	6	160	M10-14			
Stedman, Nancy	6	97	Kline, Charlie	6	160	Manausa, Randy	5	87	
Maier-Katkin, Birgit	6	76	Truchelut, Ryan	8	137	Rowe, Jackson	4	70	
O'Neill, Paula	6	75	La Nasa, Tristan	7	92	Kiros, Jonathan	4	49	
Peters, Debbie	7	61	Yu, Hong-Guo	6	91	Bernstein, Elias	4	46	
Laywell, Francee	4	36	O'Kelley, Chris	4	79	Bernstein, Andres	3	40	
Ausley, Loranne	3	34	Knauf, David	6	67	Johnston, Jacob	2	22	
Dimacali, Marien	2	30	Deveau, Zach	4	57	Aarons, Connor	3	21	
Bridges, Fran	4	24	McDermott, Jack	4	50	Aldrovandi-Reina, Filippo	1	20	20
Rodzinka, Kathy	1	12	McNulty, Bill	5	45	Edwards, Connor	1	20	
Clarke, Connie	1	10	Evans, Duane	5	43	Fernandez, Henry	2	18	
Dugger, Emma	2	10	Smith, Don	5	43	Harrell, Cooper	1	15	
Jones, Catherine	1	8	Guyas, Paul	4	40	Guyer, Andrew	1	10	
Munoz, Karen	1	6	Busboom, Brad	2	37	Manausa, Jack	2	10	
Bridges, Mary Lee	1	4	Sura, Philip	3	29	David, Fenner	1	8	
Clark, Julie	1	4	Murphy, Thomas	2	26	Guillen, Andrew	1	8	
Presnell, Pamela	1	4	Guillen, Tony	2	23	Maxwell, Cadden	1	8	
Bender, Theresa	1	2	Martinez, Michael	2	22	Blay, Jonah	1	6	
Waller, Pam	1	2	Halley, Jim	2	20	Marshall, Alex	1	6	
			Hanley, Will	2	18				
F60-64			Guyer, Aaron	1	17	M15-19			
McLean, Fran	7	125	Laywell, Matthias	1	15	Petty, Nick	2	40	
Yon, Mary Jean	7	101	Rutledge, Leo	1	15	Duey, Ewan	1	20	
Caldwell, Diana	5	95	Malfa, Kevin	2	14	Rutledge, Leo	1	20	
Blue, Jan	5	55	David, Tad	2	12	Ingram, Connor	1	15	
Tappen, Mary Jane	6	48	Zhu, Fanxiu	2	12				
Tidwell, Lauryl	3	32	Droze, Gary	1	11	M20-24			
Sheppard, Judi	4	28	Hay, Carter	1	11	Laywell, Matthias	2	40	
Weston, Dianna	2	20	Piotrowski, Joel	1	11	munroe, samuel	1	20	
Wright, Bonnie	2	18	Kiros, Geb	2	10	Parks, Travis	1	20	
Godbey, Karen	1	15	Grossman, Zachary	1	9	Lang, Charlie	1	15	
Fitzgerald, Susan	1	10	Moore, Mickey	1	9				
Griffin, Peg	1	10	Molen, Brian	1	7	M25-29			
Murphy, Jill	2	10	munroe, samuel	1	7	La Nasa, Tristan	8	132	
Bruner, Patricia	1	4	Unger, Tim	1	7	Kline, Charlie	6	120	
Bulloch, Susan	1	2	Zepeda, Juan	1	7	O'Kelley, Chris	4	65	
			Tombrink, Mark	1	5	Parra Rodriguez, Esteban	4	50	50
F65-69			Flikkema, Laryn	1	3	Key, Nicholas	4	41	
Hurt, Stephanie	6	120	Manausa, Dan	1	3	Bentley, Jordan	3	34	

Slupecki, Jacob	1	12	Williams, Justin	1	6	Aldrovandi, Ettore	1	12
Wright, Jamie	1	12	Schale, Steven	1	4	Cucchi, George	1	12
Kennedy, Ryan	1	10	Hall, Ben	1	2	Herring, Myron	1	12
Harker, Philip	1	6	Whitfield, Justin	1	2	Rowe, Keith A	2	10
						Vesuvio, Mark	1	10
M30-34			M45-49			Bottcher, Tim	1	8
Truchelut, Ryan	8	140	Sura, Philip	7	112	Findley, Tom	1	8
Bateman, Patrick	6	82	Manausa, Dan	7	84			
Deveau, Zach	4	64	McDermott, Jack	4	80	M60-64		
Kerr, Seth	4	47	Kennett, Michael	4	50	McNulty, Bill	8	160
Busboom, Brad	2	40	Murphy, Thomas	2	40	Yon, David	8	105
Tombrink, Mark	2	40	Piotrowski, Joel	3	40	Gensits, Stephen	8	89
Shiver, Jon	2	25	Hay, Carter	2	35	Wright, Felton	6	85
Campbell, Chase	1	20	Blay, Allen	3	34	Davis, Hal	8	66
Oliver, Hugh	2	16	Ordonez, Juan	3	26	Cipriano, Michael	4	57
Perkins, Casey	2	12	Whiddon, Darren	4	26	Davis, Morris	6	46
Dennis, Brett	1	10	Moore, Mickey	1	20	Dew, John	3	22
Parks, Tyler	1	6	Noriega, Tarik	2	16	Cox, David	4	16
			Klepper, Rob	1	15	Savage, Michael	1	12
M35-39			Thumm, Wayne	1	12	Steinmertz, Robert	1	12
Johnson, Charlie	6	120	Bradshaw, Kevin	1	10	Priddy, Mark	2	10
Smith, Don	7	107	Skrob, Robert	1	10	Jones, Ithel	1	6
Haskins, Keith	8	89	Baker, Mike	1	8	Whitton, Jeff	2	6
Malfa, Kevin	4	57				Sivyer, John	1	2
Shaw, Kyle	4	47	M50-54					
Halley, Jim	2	35	Knauf, David	8	121	M65-69		
Biance, Thomas	4	28	Yu, Hong-Guo	6	105	Anderson, David	9	139
Shanahan, Jake	3	22	Evans, Duane	7	93	Griffin, Gary	7	125
Nash, Jon	1	20	Zhu, Fanxiu	6	60	Vega, Joe	8	96
Heitmeyer, Rich	2	19	Strickland, Julian	5	48	Thomas, Tec	7	80
Jones, Melvin	1	15	Kiros, Geb	4	42	McDaniel, Jerry	3	55
Hohmeister, Matt	2	14	David, Tad	4	41	Willis, Craig	3	40
Kannampallil, Bala	2	14	Martinez, Michael	2	40	Farnsworth, David	6	36
Chisholm, Patrick	1	12	Guillen, Tony	2	32	Edwards, Charles	4	30
Milner, Dominic	1	12	Weyant, Mike	3	26	Kronenburg, Tony	2	18
Parker, Thomas	1	12	Wigen, Robert	3	24	Brunger, Robbie	2	16
Wilson, Steven	1	12	Crews, Mack	2	22	Levins, Buddy	1	10
Andersen, Erik	1	10	Corbin, Brian	2	21	Hutto, Casey	1	8
Corn, Worth	1	10	Boll, Michael	4	20	Butler, Terry	1	4
Graham, Jason	1	10	Jeter, Mark	2	20			
Kristian, Tommy	1	10	Labossiere, Michael	4	14	M70-74		
Scharlepp, Zack	1	6	Bryan, Jeff	1	10	Christen, Ron	10	200
			Lang, Chuck	2	10	Ratliffe, Tom	7	105
M40-44			Cashin, Dan	1	8	Opheim, Gene	9	84
Guyas, Paul	10	177	Wingate, Tim	1	8	Zapata, Carlos	7	80
Zepeda, Juan	8	87	Dillon, Bill	1	6	Tully, Jim	4	49
Flikkema, Laryn	6	66	Hunt, John	1	4	McCoy, John	4	38
Molen, Brian	5	65	Laywell, Eric	1	4	McGuire, Bill	1	15
Ordonez, Camilo	5	60	Fillmore, Jim	1	2	Hammock, Richard	2	14
Fraser, Timothy	6	56						
Hanley, Will	3	45	M55-59			M75-79		
Guyer, Aaron	2	40	Unger, Tim	9	170	Darst, David	6	120
Poage, Stuart	3	22	Curry, Dave	6	92	Livingston, Ed	4	65
Grossman, Zachary	1	20	Manausa, Mike	6	65	Varley, Jim	4	62
Griffin, Tolar	3	16	Sosna, Rich	4	41			
Koeppel, Daniel	1	15	Devlieger, T J	2	30	M80-84		
Martin, Michael	2	14	Silvanima, Jay	3	30	Rodriguez, Estan	2	40
Ashton, Daniel	1	12	Droze, Gary	1	20	Degrummond, Bill	2	35
Stanley, Chris	1	12	Stephens, Jimmy	2	20			
Cooper, Rob	2	6	Stiles, Mike	2	20			
Johnston, Gary	1	6	Mountin, Eric	1	15			