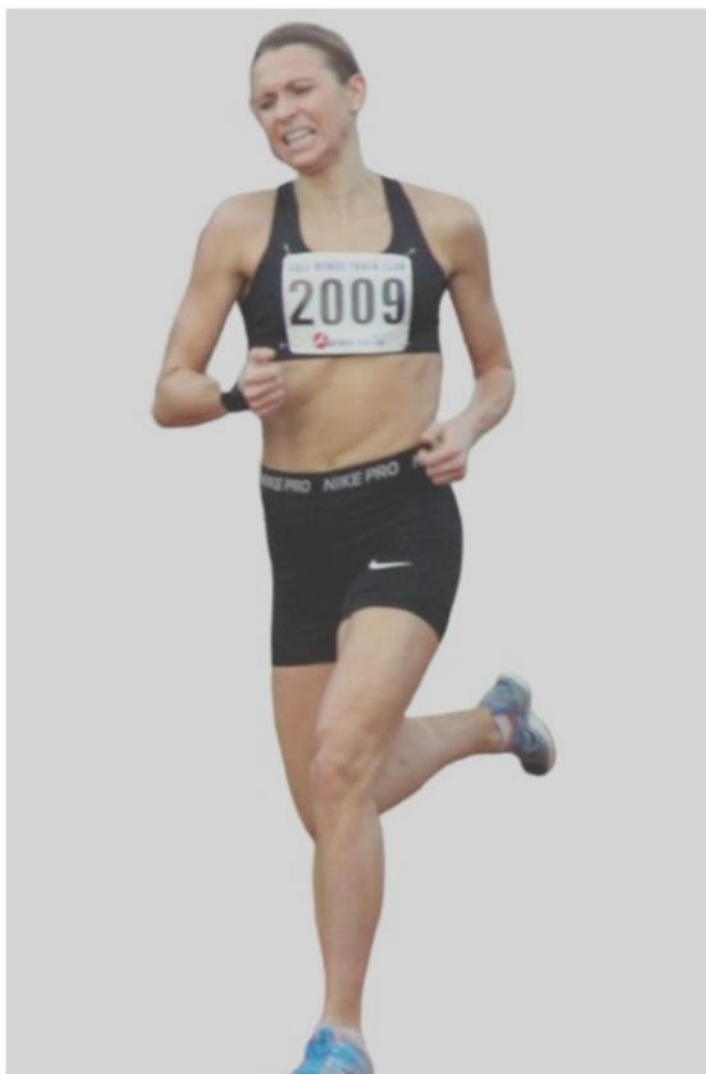




The Fleet Foot



Newsletter of the Gulf Winds Track Club



Ann Centner 5:05 at BOT Mile

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

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

Columnists: Jane Johnson (Featured Feet), Paul Guyas (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 August 14, 2019

Hosted by Joseph Petty

Board Members Present: Paul Guyas, Alyssa Terry, Laryn Flikkema, David Yon, Chika Okoro, Tec Thomas, Joseph Petty, Jim Halley, Kristin Halley, Herb Wills, Tom Biance, and Judy Alexander.

Others Present: Bill Lott, Johanna Petty, Sarah Shuler, and Connie Tessmer.

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

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

Announcements from officers

Due Dates – Alyssa Terry, Secretary

The deadline for all edits to the previous month's board meeting minutes, agenda items for the upcoming board meeting, and reports for all agenda items for the upcoming board meeting is the Saturday prior to the upcoming board meeting at noon. However, it would be greatly appreciated for these items to be submitted prior to this deadline.

Email Preference – Laryn Flikkema, Treasurer

Laryn requested that all emails pertaining to Gulf Winds Track Club business be sent to treasurer@gulfwinds.org rather than his personal email account.

Guidelines for Board Members – Paul Guyas

Paul reiterated January's message to the board regarding expectations. The three key components are: being present, giving and taking the opportunity for all to have a voice, and working as a cohesive team. Paul identified a situation recently where through email a concern was brought up to multiple board members followed by collaborative team discussion, clarification of roles, and planning, but unilateral actions were hastily taken. Paul asks that individual Board members take extra effort to consider established roles and to support the Board in its entirety when considering actions and responses.

Old Business

No Old Business.

(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	850-933-2725	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	2,4,5,6
Presidents column	7
Race Calendar	8,9
Featured Feet	12
Race Results	19-25
Grand Prix	25-28

(Continued from page 2)

New Business

Pine Run budget – Gary Griffin

Gary presented the proposed budget for the 2019 Pine Run. This budget included estimated total revenue of \$4,200.00 and estimated total expenditures of \$1,655.00 with estimated net proceeds of \$2,545.00. Gary requested that 50% of the overall proceeds be donated to Tall Timbers while the other 50% of the overall proceeds go to Gulf Winds Track Club. A motion was made to approve the 2019 Pine Run budget, which was seconded and approved unanimously. Gary stated he will present the 2019 Pine Run Financial Report in November of 2019.

2019 Tannenbaum 6k Budget – Herb Wills

Herb presented the proposed budget for Gulf Winds Track Club's ninth annual Tannenbaum Trail 6K cross-country race, scheduled for December 21, 2019 at Apalachee Regional Park. Herb reported his proposed budget includes estimated total revenue of \$2,100.00 and estimated total expenditures of \$1,976.00 with estimated net proceeds of \$124.00. He stated this year's budget closely resembles the 2018 budget with the exception of a slightly higher unit cost on gloves, as well as an increased number of awards to accommodate the addition of another age group as recommended by the GWTC Youth Council. The Tannenbaum's youth age groups will now be 8 and under, 9 to 10, 11 to 12, 13 to 14, and 15 to 19. A motion was made to approve the 2019 Tannenbaum Trail 6K budget, which was seconded and approved unanimously. Of note, the 2018 race was the RRCA-Florida State Cross-Country Championship. This fall Herb will be applying to have that designation again in 2020. By having the budget approved in advance of the 2019 cross-country season, Herb should be able to promote the Tannenbaum to athletes attending races at Apalachee Regional Park this fall. Herb stated he will present the 2019 Tannenbaum Trail 6K Financial Report by February 2020's board meeting.

Discussion of Group Run Requirements – Connie Tessmer

Connie made the following recommendations for group runs: 1) Introduce yourself to newbies and tell them that you're glad they've joined you, 2) Break down the run for those that want to join the group but not go the full distance, and outline pace groups and recruit pace leaders whenever possible, 3) Plan how you're going to prevent anyone from getting lost, 4) Verify that you start and finish with the same number of people, and 5) Recruit a sweeper who runs with or behind the slowest runner. The

board discussed ways to make these suggestions possible, which primarily included methods to recruit more volunteers.

Halloween Symphony Spooktacular – David Yon

David Yon reported the City of Tallahassee and the Tallahassee Symphony Orchestra have requested GWTC's participation as a trick-or-treat stop at their fourth annual Halloween Symphony Spooktacular event that will take place on Friday, October 25, 2019 from 6-8:30 pm at Cascades Park. This event will include kids' activities, trick-or-treat stations, food trucks, as well as a free family concert at 7:00 pm. There is no fee to participate, however it is asked that each trick-or-treat station have at least 1,000 pieces of candy to give away to children that come to their stop. Each trick-or-treat station will consist of a chair that should be decorated by the station's volunteers. There will be friendly competition among the trick-or-treat stops with multiple categories and prizes for each winner, including the categories of "Best Candy," "Best Decorations," and "Best Overall Costume." Volunteers are permitted to have their organization name at the station, either by method of a branded table cloth if you bring a 6-foot table or a maximum 18"x24" size yard sign. Banners or feather flag banners are not permitted and solicitations are not permitted. Board members unanimously agreed this would be a good volunteer opportunity.

Update on the Committee on Contract Review – Paul Guyas

Paul informed the Board that the committee on contract review is fully staffed with five members: **Tom Bianco, David Yon, Nancy Stedman, Bill Dillon, and Michael Kennett.**

Grand Prix Awards Committee

Paul reviewed the bylaws for this standing committee clarifying the need for seven members, including two of which must be board members meaning that one more position needs filled. In the interest of fairness, Paul asked that anyone interested, please send a message after the meeting. However, after the meeting, Paul apologetically corrected the issue, stating there is already a full committee already. There will likely be openings next year as members rotate off.

Beginning Running Group – Chika Okoro and Sarah Shuler

Chika and Sarah reported the Beginning Running Group will begin on September 25th. They requested a separate budget of \$200 for this running group in order to pay for the necessary supplies and advertising. A motion was made to

(Continued on page 5)

(Continued from page 4)

provide the Beginning Running Group with a budget of \$200, which was seconded and approved unanimously. Chika and Sarah stated the Beginning Runners Group was originally offered at a charge and was then offered for free to GWTC members; however, they now would like to provide this training group for free to the community and mentioned the possibility of providing participating members with a complimentary Gulf Winds Track Club membership through the end of this year. The board responded that **Mark Priddy** would have to be consulted about whether this would be possible with our new membership payment system.

Payment of Deposit for Turkey Trot Shirts – David Yon

David requested \$20,000 from the board for payment of deposit for 2019's Turkey Trot shirts. A motion for this amount was made, seconded, and unanimously approved.

Committee Reports

Treasurer's Report - Laryn Flikkema

As of July 31, 2019, Gulf Winds Track Club's Statement of Financial Position reads as follows: total assets of \$257,942.01. GWTC's Statement of Activity from July 1, 2019 – July 31, 2019 includes a gross profit of \$10,890.86, total expenditures of \$11,530.20, and net revenue of -\$639.34.

Equipment Report - Bill Lott & Tec Thomas

Tec stated he has a work crew, including **Mike Savage** and Monica Judd, who has volunteered to wash Gulf Winds' tables and coolers from the rentals. He has secured permission from facility management for this to occur. The tentative date for this event is Wednesday, August 21. Moreover, Tec inquired about the policy regarding who is exempt from paying a deposit fee. It was determined that individuals renting equipment for a school activity, such as a high school track meet, do not have to pay the fee while individuals and/or schools who are putting on an event to benefit an organization do have to pay the fee. **Bill Lott** then reported the handle on the small race clock carrying case has worn out and will no longer stay attached to the case. Bill will attempt to fix this 25-year-old carrying case; however, if it is not fixable, a soft-sided carrying case costs \$139.00 and a hard-sided carrying case costs \$399.00.

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

Bill Lott reported GWTC chip timed four races in July, including two non-club races (Capital City Kiwanis Firecracker 5K and the Tally Mac Mile) and two club races (Summer Trail Series Races #2 at Munson Hills and the Summer Trail

Series Race #3 at Tom Brown Park). Four races are scheduled to be chip timed in August. Moreover, he stated that two rain covers for the video cameras used with the chip timing equipment were purchased at a total cost of \$85.98 (\$42.99 each). Two more rain covers will likely be purchased in the near future so that there will be rain covers for all four video cameras used by the Chip Timing Crew.

Triathlete Report - Wayne Thumm

Nothing new to report.

Membership Report –Mark Priddy

Mark reported via email that there are currently 1,171 Gulf Winds Track Club members from a total of 621 households.

Training Report – Tom Bianco

Tom stated the Sunday Interval group has wrapped up now that the Breakfast on the Track has been completed. Tom is currently working out the details for when the Tallahassee Marathon Training Group will begin. He has started to create a schedule that would incorporate the longer GWTC races, but he will need volunteers to assist with some of the hydration stop set ups. The Beginning Running Group will take place from September 25th through November 13th on Wednesday nights at the FSU track. The Turkey Trot Training Group will start on October 3rd and meet at the Kinetix gym in Southwood for 8 weeks to get ready for the race.

Education and Lecture Coordinator Report - Chris Stanley

Nothing new to report.

Race Director Coordinator Report – Mary Jean Yon

Mary Jean reported via email that efforts are underway to schedule the next meeting of the GWTC Race Directors.

Trail Coordinator Report –Jim Halley

Jim reported that **Dominic Milner** is setting up a trail cleanup with the Tallahassee Mountain Bike Association. He requested that individuals respond to Dominic's survey to help determine the best day and time for a group cleanup at Maclay's single track trails prior to the 5-mile Summer Trail Series race set to take place there.

Chenoweth Fund Report – David Yon

The Chenoweth Fund received one request for funding. Wakulla Middle School asked for \$1,000 to help with

equipment for cross country and track runners. The committee unanimously approved an award of \$500. David asked to make a motion for the GWTC board to ratify this decision; if ratified, the check for \$500 should be made out to Wakulla Middle School running programs. A motion was made, seconded, and approved unanimously.

Website Committee Report – David Yon

David stated Gulf Winds Track Club has officially transitioned to their new website. Please contact either Peg Griffin or David Yon with any comments, questions, or corrections.

Youth Council Report – Kaari Guyas

Paul provided the Youth Council Report on behalf of Kaari Guyas. He stated the Youth Council met with Amy Hines to learn about the Tallahassee Striders. Amy provided some insight as to the outreach of her program as far as which schools may know about it and which don't. It was determined that although she may reach the school contact, the information is not necessarily being passed on to students.

Clothing Coordinator Report –Laura McDermott and Sherri Wise

Laura reported via email that Gulf Winds is now selling seat covers that are charcoal colored and extra-long (34" x 62"). These longer covers will enable runners to place them over their headrests if desired. These seat were purchased for \$27.50 each and will be sold for \$30.00.

Social Report – Vicky Droze

Vicky reported via email that 11 people attended game night on July 7th, which was the best turnout since its inception in January 2018. Brittany Bevis posted an entertaining video highlighting the event onto the Gulf Winds Facebook group for those interested. Vicky requests that GWTC members share upcoming game nights on Facebook since the majority of members are not on GWTC's listserve. The next game night will take place on August 4th with the following games: Scattergories, Family Feud, Taboo, cards, dice, Pictionary, etc. Members are also encouraged to bring their favorite game to teach the group. Game nights are usually held at Momo's on Market St. The club buys the pizza and soft drinks and members buy their own alcoholic drinks. Postcards offering a \$5 drink credit continue to be randomly sent to 20 members every couple of months so be on the look out! Call or email Vicky Droze for more information at (850)339-7766 or vickydroze@comcast.net

Nothing new to report.

A motion to adjourn was made, seconded, and passed. The meeting adjourned at 8:45 P.M.

Alyssa Terry, Secretary

Newsletter Report – Fred Deckert

President's Column Paul Guyas

Okay, let's see here... a welcome message, a history lesson, a whirlwind, a race agenda, a personal story, giving love to a GWTC program, technology updates, giving love to another GWTC program... It looks like I'm all over the place with my column topics. I am not going to break stride now. This month is once again something new: a help wanted ad.

The Club's backbone is the volunteers. If you haven't volunteered much, that's OK, but we would love to have you, in fact we need you. When - not if - you do volunteer, you will see just like I saw and just like I continue to see that there are more and more things being done that you didn't even know existed. Don't know where to start? Read on.

We have a fantastic idea and we need a fantastic person to fill the role.

We are looking for a club-wide Volunteer Coordinator. This person will be the first point of contact for anyone looking to generally volunteer for the Club, receiving the information and making that initial contact. Also, he or she will publicize and generate interest in the volunteer roles and tasks that are available, assist race directors in finding and coordinating volunteers for their races, advocate for adequate coverage for group runs (sweepers, rabbits, pacers), assess and match up people and jobs based upon time, location, and skill.

When introducing the Youth Council in February, I fully acknowledged that we didn't know exactly what they would do, but we knew they would do it well. This may be a similar case. In my time on the Board, I have seen positions materialize based upon the needs of the Club, but also I have seen positions be revolutionized by those fulfilling established roles. Based upon the potential outreach to the community (running and beyond) and impact on the Club this Volunteer

Coordinator can and should be revolutionary. We would want this person not only to connect people, but also to take ownership over the role and find new ways to engage and organize - the more creative the better.

We are also looking for anyone who wants to direct or learn about directing a race. We have several long-time Race Directors looking to pass the baton to the next generation. In each and every case we have discussed and confirmed that there will be a very smooth handoff including a mentorship/apprenticeship from the current directors and even more support than usual for up and coming race directors - I can attest to this personally. Raise your hand and let us know. Help is always appreciated.

Are you considering running for a Board position in the upcoming elections? If so, great! If you're not sure, you might be interested in assisting someone in their job. I know most of us would love to have some back-up and someone who knows the job in case of an absence, illness, or influx of duties. Of course this would very nicely lead to taking over the given role in time.

If you or someone you know would be interested in any of these, please send a full-page resume, references, and background checks... only kidding. Just let me know and we can talk more about the vast possibilities of these exciting new roles in the Club.

Upcoming Racing news:

We have the Salute to Prefontaine 5k Forest Run on September 28th at 8:30 (**Doug Bell**, RD). Then the Pine Run on October 5th at 7:30am (**Gary Griffin** and **Peg Griffin**, RD's). These races are both on excellent and unique trails with the Prefontaine being at Silver Lake and the Pine Run being your only opportunity of the year to run at Tall Timbers - that one's a grand prix this year! See you out there.



Sept. 2019

- 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@swgrrc.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 Raceroster.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 -
Male not available**



2019 BEGINNING RUNNING GROUP

September 25th - November 13th

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

Featured Feet - Meagan Chisholm

Childhood ambition:
To be a Mom

Current occupation:
Assistant Professor of
Educational Psychology at
Valdosta State
University

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

I would still do what I do!



Favorite reads:
Outlander series at the
moment

**Best place to run in
Tallahassee:**
Lafayette Heritage or
Miccosukee Greenway
for trails, St. Marks for
long distances

**Preferred running
technology:**
Apple Watch and
AirPods

Perfect day:

Sunny and 65°

Favorite running memory:

Running on the beach during the Donna
26.2 in 2011 (even though I forgot to pack
my sneakers and had to buy some from
Target the night before)

Indulgence:
Pizza buffet

Non-running hobbies:
Traveling, hiking, biking/spin, Zumba

Biggest challenge: Getting on the trails
in Tallahassee (or down for races)
because I live in Thomasville, work in
Valdosta, and have a toddler

Gulf Winds Track Club approved 2019 Grand Prix schedule

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

September 21 - Women's Distance Festival –
1 mile

November 28 - Turkey Trot – 1 mile

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Bluebird RUN & WALK for BROOKIE B



Thank you, Gulf Winds Track Club members!

You volunteered. You donated. You participated. You helped make the Bluebird Run for Brookie B on Labor Day a huge success. Over 500 people witnessed our message of suicide awareness and prevention. We ran and walked for our mental health.

Let's do it again next Labor Day!

Bluebird Run for Brookie B
Organized by NAMI Tallahassee
Local Affiliate of the National Alliance on
Mental Illness
BluebirdRun.com



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source that can provide
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Bill McNulty, age 61Did you compete in high school XC or track?

Yes, at Maynard Evans H.S., Orlando

Did you compete in college XC or track?

No, but I was a member of Florida Track Club during college, in Gainesville, FL

How many years have you been running?

45

Over the past 6 months to one year, how many miles a week do you typically run when not injured and consistently running?

25 to 30 miles.

What are some of your lifetime personal records?

Mile-5:01 5K-17:04 10K - 35:30 10 M - 60:49 13.1 M - 1:25:49 Marathon: 3:04:40.

What running events do you train for or what are your training goals?

I like the variety and the competition in the GWTC Grand Prix schedule - it's a great concept that has stood the test of time. I think my favorite race now is the Tallahassee Half Marathon.

What does your typical week of running look like?

Run 5 or 6 miles at 6 AM, with a light on my visor to avoid tripping on clueless armadillos (yes, that's happened). I found long ago that I can't run after work because there's too much going on in life late in the day that pulls me away from the training. If I am a week or more away from a 5K or 10K race, I run at ~90%. If I am in the week of the race, I run at ~80%. Don't run the day before the race, and not much, if at all, the day after - those are good days to walk. Walk for half an hour 4 days a week to ward off training injuries. Train with the orthotics - but race without them. Train on a course that mimics the race course. Spend extra time outdoors to acclimate, free from the diminishing effects of air conditioning. Weight train and do core exercises twice a week. If injured, or training for a half marathon or longer, try to bike 25 miles or longer once a week.

How much sleep do you usually get at night?

6 hours. 7 hours is a rare treat. I have to run or do something physical to sleep right.

What injuries have hampered your training over the past year?

None to speak of this year. I seem to only get long-term injuries by running marathons - but the event is like a flame to a moth.

Do you take any dietary or medical supplements?

No, just a balanced diet and probiotics. Be careful about iron levels if you donate blood. Get blood tests periodically if you're an older runner. You can't compete well if you're anemic!

What type of running shoes do you prefer?

Asics Cumulus

Do you race in a different type of running shoe?

No, except if the race is XC or the BOT Mile, then I run in Altra Zero Drop Spikes. Woo! (This is my free plug - when are they going to call me about a marketing contract?)

Do you stretch?

Yes, just a few minutes before and after running - I try to stretch all the muscle groups, especially lower body.

What are your favorite running routes?

I run from my house in Piney-Z 99% of the time. I'm a one-minute jog from the trails that give me access to Alford Greenway and Tom Brown Park. The Piney-Z neighborhood has some excellent hills. On weekends I do long runs into Southwood.

What advice do you have for beginning or experienced runners to help them with their training?

My best advice to all runners in America is to live in Tallahassee - it's a great running town. So check the box on that one. Beginning runners - don't try to train with people a lot faster than yourself. Train with people at your level or just run on your own so that you'll like running well enough to not quit, thus allowing you to transition to higher performance levels without burnout.





2019 BEGINNING RUNNING GROUP

September 25th - November 13th

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



Join us to get
training, tools,
and support
to build your
endurance and
complete a 5k!

Cost: FREE !

Visit [Training](http://www.gulfwinds.org) at
www.gulfwinds.org
for more information

Register at
bit.ly/gwtc2019brg

Participants under age 14 must be
accompanied on all runs by an adult.

9TH ANNUAL



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TRASH DASH 5K

Saturday, October 26, 2019

Leon County Apalachee Regional Park

7:30 AM Registration / Packet Pickup

8:30 AM Trash Dash 5K

7550 Apalachee Parkway

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WDF5K
9/21/2019
Lisa Unger, R.D.

1	Paul Allen	M 20	16:17
2	Bryce Parry	M 20	16:56
3	Tristan Cravello	M 20	17:02
4	Michael Niezgoda	M 30	17:21
5	Ann Centner	F 27	18:00
6	Ryan Truchelut	M 33	18:15
7	Zach Deveau	M 31	18:19
8	Hong-Guo Yu	M 51	18:40
9	Elvis Maradzike	M 33	18:46
10	Keshawn Nelson	M 22	19:18
11	Paul Guyas	M 41	19:20
12	Geb Kiros	M 53	19:22
13	David Knauf	M 55	19:27
14	Philip Sura	M 49	19:33
15	Ashton Smith	M 18	19:35
16	Bill McNulty	M 61	19:43
17	Duane Evans	M 52	19:47
18	Katie Sherron	F 37	19:58
19	Alyssa Moore	F 25	20:30
20	Brittney Barnes	F 31	20:33
21	Jonathan Kiros	M 10	20:38
22	Camilo Ordonez	M 40	20:44
23	Brian Molen	M 43	20:47
24	Esteban Parra		
	Rodrigue	M 28	20:59
25	Fanxiu Zhu	M 50	21:09
26	Michael Kennett	M 45	21:30
27	Tim Unger	M 60	21:38
28	Felton Wright	M 62	21:44
29	Juan Zepeda	M 43	21:54
30	Kendall Ward	F 19	21:55
31	Laura McDermott	F 39	22:15
32	Brennan Abramowitz	M 22	22:15
33	Juan Ordonez	M 45	22:26
34	Nancy Stedman	F 57	22:45
35	Kaley Ford	F 25	22:53
36	Leah Kiros	F 13	23:04
37	Chris O'Kelley	M 26	23:07
38	Angela Dempsey	F 51	23:09
39	Lauren Heitmeyer	F 40	23:18
40	Michael Cipriano	M 61	23:26
41	Madison Sims	F 12	23:30
42	Kennedy Bell	F 11	23:30
43	Nancy Proctor	F 58	23:31
44	Trent Parsons	M 10	23:47
45	David Yon	M 63	23:48
46	Samantha Fillmore	F 43	23:51
47	Bradley Perry	M 40	23:51
48	Ron Christen	M 73	23:51
49	Tsige Tadesse-Kiros	F 52	23:58
50	Dave Curry	M 56	23:59
51	Sarah Dugas	F 40	24:07
52	Lord Wyrick	M 18	24:07
53	David Anderson	M 69	24:14
54	Tom Ratliffe	M 71	24:15
55	Darren Whiddon	M 47	24:27
56	Lee Starling	M 51	24:28

57	Mark Kasper	M 58	24:33
58	Peter Hettmann	M 27	24:38
59	John Knowles	M 34	24:42
60	Shelton Ansley	M 67	24:43
61	Michael Labossiere	M 53	24:48
62	Tarik Noriega	M 49	24:56
63	Marina Byrd	F 29	25:00
64	Stephen Gensits	M 64	25:00
65	Georgina Hernandez	F 29	25:13
66	Perry Ponder	M 60	25:26
67	Betsy Miller	F 41	25:33
68	Hal Davis	M 63	25:40
69	Timothy Fraser	M 41	25:41
70	Joe Vega	M 65	25:46
71	Carlos Zapata	M 74	25:54
72	Belinda Wharton	F 58	25:55
73	Kristen Bowers	F 45	25:59
74	Loranne Ausley	F 55	26:01
75	Craig Willis	M 68	26:01
76	Thomas Johnson	M 43	26:05
77	Tec Thomas	M 68	26:36
78	Mj Kinard	F 38	26:43
79	Mike Manausa	M 56	26:44
80	Kelley Elurfalli	F 55	26:58
81	Kim Sims	F 40	27:00
82	Jennie Merchant	F 27	27:00
83	Andrew Nix	M 14	27:04
84	Jonathan Ethridge	M 13	27:05
85	Sonya Dudley	F 50	27:13
86	Mindi Rojas	F 40	27:17
87	Francee Laywell	F 58	27:26
88	Michelle Comeaux	F 46	27:36
89	Debbie Peters	F 58	27:39
90	Nicole Benson	F 41	27:41
91	Emily Sikes	F 38	27:42
92	Fran McLean	F 61	27:54
93	Jay Silvanima	M 59	28:34
94	Diana Caldwell	F 63	28:43
95	Allie Caldwell	F 29	28:43
96	Debbie Edwards	F 45	28:49
97	Rich Sosna	M 56	29:05
98	Nancy Widener	F 70	29:47
99	Kim Ward	F 53	30:04
100	Melody Zepeda	F 18	30:10
101	Jennifer Castleberry	F 49	30:24
102	Mary Jean Yon	F 63	30:29
103	Emily Perry	F 28	30:33
104	Kassie Ernst	F 33	30:42
105	Kate Ricci	F 29	30:46
106	Debbie Page	F 52	30:48
107	Peg Griffin	F 63	30:50
108	Jessica Johnson	F 36	30:57
109	Lesa Evans	F 52	30:57
110	Eloisa Hernandez	F 26	30:59
111	Patricia Dugan	F 69	31:07
112	Laura Parsons	F 34	31:20
113	Sarah Peebles	F 33	31:40
114	Thina Jones	F 45	31:41
115	Nathan Matthews	M 37	31:46
116	Carol Winger	F 71	32:15
117	Perha Varley	F 75	32:27
118	Bailey Rider	F 24	32:34
119	Dustin Bowden	M 40	32:42
120	Nathan Hagaman	M 36	32:42
121	Erin Nelson	F 26	32:43
122	Faye Rozwadowski	F 40	32:47
123	Darbi Balkum	F 11	32:57
124	Jami Kimbrell	F 41	32:57
125	Deborah Ansley	F 63	33:02
126	David Farnsworth	M 68	33:04
127	Jan Blue	F 65	33:10
128	Angela Jones	F 38	33:20
129	David Darst	M 76	33:24
130	Mary Stuzman	F 71	33:34
131	Chika Okoro	F 39	33:57
132	Melissa Farley	F 49	34:05
133	Kendrah Richards	F 42	35:38
134	Tom Taylor	M 71	35:46
135	Alex Marshall	M 13	35:56
136	Daniel Feliciano	M 24	36:22
137	Antonio Henriques	M 75	36:48
138	Lisa Noyes	F 56	36:52
139	Jamie Lasker	M 37	36:53
140	Anson Books	F 10	36:58
141	Aster Frances-Templi	F 11	37:24
142	Ingrid Hanley	F 10	37:25
143	Dot Skofronick	F 82	37:35
144	Toni Sturtevant	F 40	37:45
145	Soheyla Mahdavian	F 35	37:51
146	Wendi Works	F 48	38:10
147	Brandy Smen	F 29	38:11
148	Molly Williams	F 34	38:49
149	Charly Nottke	F 44	40:14
150	Patty Ryan	F 55	40:14
151	Sherry Lake	F 55	40:26
152	Jessica Scher	F 66	40:38
153	Gwendolyn Drake	F 60	40:40
154	Jasmin Graham	F 24	41:23
155	Mary Lou Manausa	F 81	43:59
156	Kathy Flippo	F 66	43:59
157	Shari Youngblood	F 56	44:21
158	Kimberly Mask	F 39	46:38
159	Melissa Marshall	F 42	47:05
160	Douglas Hughes	M 53	47:48
161	Jennifer Killingsworth	F 46	47:53
162	Barbara T Hudson	F 78	47:59
163	James Varley	M 79	51:01
164	Craig Winger	M 71	51:01
165	Bonnie Stark	F 65	51:14
166	Christina Barfield	F 43	51:56
167	Suzanne Morris	F 70	52:25
168	Raina Lloyd	F 7	52:25
169	Patricia Hughes	F 53	52:48
170	Taylor Marshall	F 20	63:38

Bluebird 5K
9/02/2019
Bill Bowers, R.D.

1	Gary Droze	58	19:13	49	Carson Mennstiel	22	23:49	111	Geoffrey Adams	39	27:43
2	Keelan Tidwell	15	19:22	50	Laura McDermott	39	23:51	112	Darren Robinette	51	27:44
3	Nick Ciarlariello	17	19:23	51	Jerry McDaniel	65	23:52	113	Elias Bernstein	12	27:47
4	Will Sullivan	16	19:29	52	Hunter Watson	15	23:57	114	Lauchlin Faglie	13	27:57
5	Ryan Truchelut	33	19:35	53	Seth Kerr	31	24:02	115	Hal Davis	63	28:03
6	Michael Martinez	53	19:52	54	Luis Jiminez		24:10	116	Morris Davis	63	28:06
7	Terance Keenan	54	20:03	55	Brennan Abramovitz	22	24:20	117	Riza Johnson	13	28:06
8	Bill McNulty	61	20:29	56	Jordan Bentley	26	24:20	118	Ian Osterhaus	12	28:21
9	Paul Guyas	41	20:32	57	Bryan Meli	12	24:24	119	David Cessar	25	28:27
10	Timothy Qualls	40	20:33	58	David Yon	63	24:28	120	Tec Thomas	68	28:33
11	Wyatt Stafford	16	20:37	59	Tyler Stowers	13	24:31	121	Roger Carroll	5	28:39
12	Duane Evans	52	20:47	60	Grant Payne	15	24:36	122	Ben Faglie	11	28:42
13	Garrett White	19	20:50	61	Rich Heitmeyer	38	24:39	123	Timothy Guhl	50	28:49
14	Jim Halley	39	20:52	62	Adrienne Capeless	30	24:40	124	Tolar Griffin	43	29:00
15	Gatlin Nennstiel	20	20:56	63	Sharon Sason	31	24:51	125	Noah Glunt	12	29:02
16	Jordan Huston	29	21:02	64	Juan Zepeda	43	24:53	126	Mark Kasper	58	29:08
17	Matthew Steen	16	21:16	65	Monica Toth	30	24:54	127	Josh Briggs	15	29:11
18	Joe Woodson	45	21:19	66	Michael Cipriano	61	24:58	128	Martha Guyas	35	29:22
19	Gavin Payne	17	21:20	67	Robert Steinmetz	63	25:01	129	Kelley Coe Elurfa	55	29:28
20	Tristan Lanasa	26	21:24	68	Lauren Heitmeyer	40	25:03	130	Scott Moore	27	29:33
21	Kurt Dietrich	28	21:26	69	Sarah Costello	14	25:10	131	Jonathan Grabb	36	29:34
22	Carson Freeland	14	21:28	70	Nancy Proctor	58	25:19	132	Dylan Ferguson	15	29:37
23	Philip Sura	49	21:29	71	Norah Peters	13	25:25	133	Thoren Knispel	11	29:38
24	Joey Davis	16	21:30	72	Ron Christen	73	25:29	134	Betsy Miller	41	29:39
25	Randy Manausa	10	21:41	73	Nikky Manausa	38	25:29	135	Keith Haskins	36	29:41
26	Luke Meli	11	21:53	74	Tim Lleman	40	25:32	136	Caroline Taylor	14	29:42
27	Zach Weston	31	21:56	75	Grace Kennedy	30	25:37	137	Tre Scott	11	29:43
28	Zach Deveau	31	21:58	76	Maddie Manausa	13	25:39	138	Sonya Dudley	50	29:43
29	Luke Aagaard	15	22:00	77	Nancy Stedman	57	25:47	139	Carlos Zapata	74	29:45
30	Wendell Grouby	33	22:10	78	Trent Parsons	10	25:50	140	Adam Day	13	29:48
31	Harper Davis	13	22:18	79	Craig Bruner	63	25:51	141	Emily Sikes	38	30:07
32	Morgan Wilson	15	22:19	80	Michael Labossiere	53	25:52	142	Frances Laywell	57	30:10
33	Jamichael Steen	17	22:19	81	Stephen Gensits	64	25:53	143	Gnee Ophelm	73	30:20
34	Caleb Lindsey	13	22:30	82	Roberto Singleton, Jr	26	26:11	144	Kingsley Knispel	11	30:20
35	Lou Maxwell	44	22:32	83	Grayson Boyd	15	26:12	145	Craig Willis	68	30:24
36	Aaron Taylor	26	22:38	84	Theresa Meli	14	26:15	146	Emily Meli	16	30:46
37	Waylon Peters	12	22:42	85	Vera Peters	11	26:16	147	Timothy Fraser	41	30:53
38	Kent Grayson	13	22:45	86	David Anderson	69	26:18	148	Courson Brookins	16	30:58
39	Brian Molen	43	22:56	87	Michael Savage	62	26:21	149	Maggie Boyd	13	30:58
40	Esteban Parra			88	Morgan Crews	13	26:21	150	James Woodward	39	30:59
	Rodriguez	28	23:03	89	Sammie Drawdy	14	26:34	151	Justin Whitfield	43	31:05
41	Katie Sherron	37	23:05	90	Paula O'Neill	58	26:35	152	Eberhard Roeder	51	31:10
42	Jerome Roberts	34	23:24	91	Jason Hamilton	18	26:35	153	Kirsten Kinsley	47	31:18
43	Ryan Kennedy	28	23:28	92	Samantha Fillmore	43	26:42	154	Kristie Lamb	45	31:20
44	Matthew Arceneaux	16	23:28	93	Tom Ratliffe	71	26:44	155	Debbie Peters	58	31:32
45	Logan Lamb	15	23:31	94	Marie Dennis	44	26:45	156	Matthew Brock	29	31:38
46	Nico Wienders	48	23:42	95	Madi Payne	13	26:46	157	Finley Boyd	11	31:52
47	Katherine Bouck	15	23:44	96	Heather Malloy	51	26:47	158	Debbie Edwards	45	32:00
48	Fanxiu Zhu	50	23:46	97	Koltton Grambling	16	26:48	159	Diana Caldwell	63	32:05
				98	Tsige Tadesse	51	26:56	160	Mark Kellerhals	58	32:06
				99	Gigi Mediate	12	27:07	161	Jay Silvanima	59	32:12
				100	Sarah Dugas	40	27:07	162	Julia Sura	48	32:12
				101	Warner Lunt	14	27:15	163	Fran McLean	61	32:23
				102	Joe Vega	65	27:15	164	Mark Giles	27	32:34
				103	Jennie Merchant	27	27:16	165	Diana Elsner	26	32:49
				104	Connor Aarons	12	27:29	166	Quint Brown	9	32:51
				105	Jeff Kuperberg	59	27:36	167	David Cox	61	33:03
				106	Mike Boll	55	27:36	168	Noelle Roorda	17	33:06
				107	Stephen Machado	14	27:37	169	Donnie Pitts	45	33:10
				108	Jonathan Jackson	39	27:41	170	Amy Peterson	62	33:12
				109	Beau Woodson	12	27:41	171	Colleen Mullen	33	33:13
				110	Sylvia Peters	9	27:42	172	Kassie Ernst	33	33:18

173 Charles Edwards	65	33:20	233 Alan Abramovitz	22	42:49	7 Michael Martinez	M	53	18:30
174 Mary Jean Yon	63	33:28	234 Pete Kenwin	66	43:08	8 Hong-Guo Yu	M	51	18:38
175 Allie Dollar	10	33:32	235 Teri Bahn	64	43:33	9 Tristan Lanasa	M	26	18:52
176 Dustin Dollar	42	33:32	236 Lisa Glunt	39	43:47	10 Sheryl Rosen	F	35	19:03
177 Nikki Zahora	24	33:41	237 Bryce Fehringer	21	44:26	11 David Knauft	M	55	19:14
178 David Darst	76	33:43	238 Trixie Smith	40	44:48	12 Donald Smith	M	39	19:28
179 Terry Butler	66	33:56	239 Robert Remes	45	44:48	13 Geb Kiroso	M	53	19:40
180 John McCoy	70	33:58	240 Sarah Chippis-Walton	38	45:27	14 Philip Sura	M	49	19:49
181 Brittany Lunt	35	34:00	241 Meagan Chisholm	33	45:27	15 Bill McNulty	M	61	19:59
182 Emma Green	13	34:04	242 Katherine Jacques	29		16 Randy Manausa	M	10	20:04
183 Matt Liebenhaut	40	34:05	45:59			17 Alyssa Moore	F	25	20:07
184 Donald Venable	54	34:20	243 Norah Grabb	10	46:14	18 Duane Evans	M	52	20:08
185 Gary Gayle	58	34:22	244 Jaime Garcia Bolao	47	46:31	19 Katie Sherron	F	37	20:14
186 Laura Parsons	34	34:24	245 Hugh Oliver	34	47:01	20 Matthew Kirschner	M	31	20:28
187 Nancy Widener	70	34:30	246 Katie Oliver	34	47:01	21 Brittney Barnes	F	31	20:29
188 Kate Ricci	22	34:37	247 Matt Knispel	48	47:07	22 Meg Ogile	F	28	20:30
189 David Farnsworth	68	35:01	248 Michelle Kalms	17	47:28	23 Camilo Ordonez	M	40	20:51
190 Cherie Pagan	49	35:26	249 Mary Ann Knispel	47	48:20	24 Fanxihu Zhu	M	50	21:03
191 Mark Wiman	51	35:29	250 Mary Lou Manausa	81	48:38	25 William Mrazek	M	34	21:24
192 John Tan	45	35:36	251 Kathy Flippo	66	48:44	26 Lou Maxwell	F	44	21:31
193 Tony Conigliaro	49	35:40	252 Addison Lucas			27 Michael Kennett	M	45	21:38
194 Tanner Baggett	11	35:50	Kwasnesk	29	48:47	28 Jaleel Williams	M	25	21:43
195 Faith Steen		36:01	253 Jhamieka Greenwood	28	48:47	29 Justin Brown	M	22	21:49
196 Kendrah Richards	42	36:07	254 Alexandra Castillo	28	49:06	30 Laura McDermott	F	39	22:05
197 Giselle Sherry-Marsh	37	36:15	255 Marsha White	72	49:47	31 Esteban Parra			
198 Burt Von Hoff	67	36:20	256 Madison Remes	13	50:00	Rodriguez	M	28	22:07
199 Patricia Dugan	69	36:25	257 Jamie Remes	40	50:01	32 Felton Wright	M	62	22:11
200 Anita Forester	53	36:31	258 William Guhl	77	50:40	33 Cecilia Bouaichi	F	23	22:15
201 Faye Rozwadowski	40		259 Patricia Davis	57	50:58	34 Juan Zepeda	M	43	22:32
202 Fiona Steinmetz	21	36:39	260 Barbara T Hudson	78	51:20	35 Michael Cipriano	M	61	22:35
203 Carol Winger	71	36:42	261 Michelle Gayle	57	52:03	36 Cassidy Denk	M	21	22:36
204 Anna Burton	16	36:51	262 Mae Cleveland	79	52:42	37 Trent Parsons	M	10	22:41
205 Lorraine Ausley	55	36:59	263 Tim Brewton	64	52:44	38 Trey Crowley	M	22	22:44
206 Leighton Faglie	11	37:08	264 Danie Brackett	34	52:50	39 Nancy Stedman	F	57	22:47
207 Tom Taylor	71	37:16	265 Larry Kubiak	40	53:19	40 Jillian Heddaeus	F	36	23:14
208 Paul Brown	44	37:16	266 Eddie Brower	27	54:33	41 Michael MacNamara	M	34	23:18
209 Thomas Bianca	38	37:18	267 Margeling Santiago	27	54:35	42 Connor Aarons	M	12	23:21
210 Bailey Ryder	22	37:34	268 Gerald Powell	50	55:19	43 Bradley Stewart	M	35	23:24
211 Dylan Sumner	49	37:36	269 Vicky Verano	55	55:30	44 Robert Sessoms	M	21	23:28
212 Lesa Evans	50	37:37	270 Kara Walker	29	56:10	45 Lauren Heitmeyer	F	40	23:40
213 Regan Jager	49	37:48	271 Richard Ellsworth	44	56:11	46 David Yon	M	63	23:46
214 Jon Brown	45	38:26	272 Craig Winger	71	57:39	47 Samantha Fillmore	F	43	23:56
215 Isabelle Kalms	44	38:29	273 Debra McMillan	58	57:40	48 Jordan Bentley	M	26	23:59
216 Alexis Castillo	28	38:34	274 Kathy Randall	52	61:02	49 Sarah Dugas	F	40	24:03
217 Dianna Weston	65	38:51	275 Margarete Deckert	86	62:02	50 Michelle Hadden	F	30	24:10
218 Judy Ognibene	61	39:02	276 Kathleen Goldfarb	71	70:40	51 Maddie Manausa	F	13	24:15
219 David White	34	39:07				52 Michael Boll	M	55	24:15
220 Megan Flack	35	39:10				53 Tsige Tadesse-Kiros	F	51	24:23
221 Reid Brookins	12	39:42				54 Dave Curry	M	56	24:25
222 Regina Rice	45	39:59				55 David Anderson	M	69	24:30
223 Barbara McNeal	63	40:05				56 Stephen Gensits	M	64	24:30
224 Mary Stutzman	71	40:29				57 Darren Whiddon	M	47	24:36
225 Connie Tessmer	52	40:39				58 Madison Sims	F	12	24:39
226 Hope Steen		41:10				59 Paula O'Neill	F	58	24:42
227 James Safar	52	41:42				60 Michael Labossiere	M	53	24:49
228 Brian Will	66	41:42				61 Tommy Kristian	M	40	24:50
229 Julie Guhl	73	41:54				62 Martha Guyas	F	35	25:27
230 Elizabeth Haywood	22	42:11				63 Darren Robinette	M	51	25:40
231 Lisa Noyes	56	42:19				64 Jim Tully	M	72	25:43
232 Autumn Clarke	26	42:21				65 Douglas Gorton	M	61	25:49
						66 Perry Ponder	M	10	25:53
						67 Joe Vega	M	65	25:56
						68 Lorraine Ausley	F	55	26:00
						69 Betsy Miller	F	41	26:13
						70 Carlos Zapata	M	74	26:21
						71 Emily Kaiser	F	27	26:25

Sickle Cell 5K
9/14/2019
Sickle Cell, R.D.

1 Paul Allen	M	20	16:02
2 Bryce Parry	M	20	17:09
3 Tristan Cravello	M	20	17:26
4 Zach Deveau	M	31	17:53
5 Ann Centner	F	27	18:09
6 Ryan Truchelut	M	33	18:24

72	Mary Wheeler	F	31	26:27	139	Jami Kimbrell	F	41	35:21	3	Dan Koeppel	M43	19:59.9
73	John Knowles	M	34	26:28	140	Lyndon Dallas Jr	M	36	35:45	4	Matt Reynolds	M16	20:16.3
74	Catherine Jones	F	60	26:29	141	Tiere Henry	F	39	36:07	5	Tyler Carver	M15	20:45.9
75	Timothy Fraser	M	41	26:33	142	Corrine Taylor	F	36	36:10	6	Kent Grayson	M13	21:08.6
76	Tec Thomas	M	68	26:47	143	Kendra Phillips	F	31	36:10	7	James Duggan	M15	21:12.9
77	Hal Davis	M	63	26:51	144	Valerie Dallas	F	39	36:23	8	Alison Thumm	W42	21:27.1
78	Thomas Johnson	M	43	26:54	145	Adrianne Holmes	F	41	36:26	9	AJ LaMothe	M14	21:29.3
79	Mike Manausa	M	56	26:55	146	Hannah Francis	F	15	36:30	10	Trey Crowley	M22	22:12.7
80	Lauren Pason	F	27	27:09	147	Becky Ajhar	F	54	37:29	11	Colin Davis	M15	22:18.2
81	Kathleen Lipson	F	29	27:27	148	Charles Ervin	M	76	37:34	12	Caden Bruner	M15	22:19.4
82	Sonya Dudley	F	50	27:29	149	Darbi Balkom	F	11	37:41	13	Trent Parsons	M10	22:39.2
83	Harris Wiltsher	M	51	27:42	150	Letitia Brown	F	45	37:59	14	X Unknown		22:42.9
84	Robert Walters	M	27	27:51	151	Sarah Young	F	36	38:02	15	Gavin Poucher	M10	22:43.6
85	Fran McLean	F	61	27:53	152	Wanda Bradley	F	60	38:03	16	Rich Heitmeyer	M38	22:48.1
86	Kim Sims	F	40	28:01	153	Deborah Curry	F	60	38:44	17	Robbie Allman	M17	22:56.9
87	Nick Nichols	M	76	28:03	154	Tanise Jackson	F	58	39:11	18	Shannon		
88	Morris Davis	M	63	28:04	155	Bethany Lacey	F	37	39:50		Colavecchio	W42	22:58.0
89	Kerry Phillips	M	42	28:08	156	Sara Craig	F	45	40:37	19	Connor Aarons	M12	23:05.4
90	Michelle Comeaux	F	46	28:09	157	Elboni Moore	F	41	40:37	20	Daniel Ashton	M43	23:06.4
91	Emily Sikes	F	38	28:23	158	Hope Gaines	F	52	41:18	21	Anna Koeppel	W41	23:08.6
92	Rohan Mehta	M	34	28:25	159	Tamara Roberts	F	53	41:18	22	Joshua DeGrace	M30	23:15.1
93	Gene Opheim	M	73	28:29	160	Kimberly Moore	F	48	41:40	23	Madison Sims	W12	23:18.2
94	Diana Caldwell	F	63	28:43	161	Elizabeth Haywood	F	22	41:44	24	Andy Allman	M15	23:27.3
95	Debbie Peters	F	58	28:43	162	George Hughes	M	40	41:49	25	William Yaakob	M15	23:31.2
96	Jay Silvanima	M	59	28:56	163	Latoya Fountain	F	40	41:59	26	Ryan Buck	M32	23:34.0
97	Andrew Barnes	M	9	29:12	164	Amanda Green	F	55	42:13	27	Fletcher Ward	M14	23:35.2
98	Debbie Edwards	F	45	29:14	165	Nicole Bruce	F	21	42:21	28	Kyle North	M28	23:57.8
99	Brice Barnes	F	38	29:36	166	Jennifer Stokes	F	54	42:28	29	Parker Thompson	M16	24:02.5
100	Lance McGee	M	39	29:39	167	Anthony Thompson	M	34	43:26	30	Nikki North	W27	24:04.4
101	Eric Hinson	M	46	29:42	168	Mary Lou Manausa	F	81	43:43	31	Lauren Heitmeyer	W40	24:07.4
102	David Cox	M	61	29:53	169	Etriya Francis	F	45	44:51	32	Kyle Otis	M15	24:10.0
103	Keirstin Mosher	F	19	30:06	170	Cassidy Coleman	F	25	44:52	33	Lillian Koeppel	W11	24:12.7
104	Amy Peterson	F	62	30:06	171	Laila Francis	F	9	45:10	34	Tim Klemm	M40	24:21.4
105	Mark Kellerhals	M	58	30:11	172	Nathan Francis	M	46	45:11	35	Miller Strickland	M15	24:22.9
106	Yolonda Green	F	43	30:41	173	Emily Edwards	F	28	48:09	36	Greg Lane	M49	24:23.8
107	Sydney Niles	F	25	30:57	174	Barbara T Hudson	F	78	48:25	37	Michelle Hadden	W30	24:40.5
108	Terry Butler	M	66	31:00	175	Estan Rodriguez	M	84	48:53	38	Bill Yaakob	M50	24:40.9
109	Kassie Ernst	F	33	31:05	176	Danielle Price	F	25	50:38	39	Hayden Keri	M14	24:44.7
110	John McCoy	M	70	31:12	177	De'garny Andrew	M	34	50:39	40	Jackson Rich	M15	24:46.6
111	Berinice				178	James Varley	M	79	50:43	41	David Anderson	M69	24:50.3
	Mercer-Lewis	F	59	31:28	179	Sheila Labissiere	F	33	51:29	42	Jackson Beener	M11	24:54.7
112	David Darst	M	76	31:40	180	Vernique Footman	F	39	53:39	43	Jon Hughes	M61	24:57.4
113	Mary Jean Yon	F	63	31:44	181	Margarete Deckert	F	86	54:22	44	Bambi Gantt	W38	25:05.0
114	Heather Myers	F	27	31:52	182	Aundrea Hannah	F	50	58:54	45	Layne Goodwin	W33	25:05.5
115	Thomas Biance	M	38	31:55	183	Curtis Rush	M	32	61:15	46	X Unknown		25:10.8
116	Janie Lasker	M	37	31:59	184	Royle King	M	33	61:16	47	Jennie Merchant	W27	25:14.6
117	Laura Parsons	F	34	32:06	185	Karl Knight	M	47	61:16	48	Garrett Elebash	M14	25:15.5
118	Patricia Dugan	F	69	32:10	186	Juliana Murphy	F	22	64:29	49	Greg Breyfogle	M41	25:22.1
119	David Farnsworth	M	68	32:34	187	Coleman Beal	M	22	64:29	50	Melissa E. Cooper	Un	25:30.7
120	Carol Winger	F	71	32:40						51	Mitchel Wilson	M26	25:37.5
121	Lesa Evans	F	52	32:42						52	Lindsay Calabro	W42	25:41.6
122	Jan Blue	F	65	33:10						53	Paul C West	Un	25:41.8
123	Bridget Carter	F	51	33:21						54	Dawson Kitchens	M16	25:43.8
124	Megan Flack	F	35	33:25						55	Cezar Georgescu	M27	25:44.5
125	John Tan	M	45	33:29						56	Keegan Mills	M12	25:50.9
126	Jessica Yeary	F	35	33:32						57	Jonna Snider	W39	26:06.3
127	Laura Battle	F	36	33:33						58	Wayne Reed	M40	26:13.7
128	David Moore	M	46	33:34						59	Trey Noble	M14	26:13.8
129	Mary Stutzman	F	71	34:00						60	Carter Brazzell	M13	26:24.7
130	Sharon Childers	F	34	34:02						61	Karen Duncan	W43	26:36.7
131	Fran Bridges	F	59	34:25						62	Austin Clark	M18	26:37.0
132	Dianna Weston	F	65	34:26						63	Cindy Schofield	W37	26:39.1
133	Zeljka Popovic	F	25	34:28									
134	Nickie Reddick	M	52	34:32									
135	Jon Brown	M	45	34:53									
136	Anjali Jain	F	12	35:11									
137	Amit Jain	M	38	35:11									
138	Perha Varley	F	75	35:15									

Race for Trace 5K
9/07/2019
Becky Patterson, R.D.

1	Corey Osgood	M23	18:41.7
2	Michael Martinez	M53	18:47.7

64	Christopher Moya	M43	26:45.3	124	Joe Maleszewski	M51	29:59.2	185	Rachel Dasher	W42	32:38.8
65	Dillon Brewer	M13	26:51.2	125	Holly Gainey	W32	30:00.5	186	Natasha Cass	M11	32:41.7
66	X Unknown		27:01.5	126	Kate Edden	W29	30:00.6	187	Jack Bahmer	M11	32:42.0
67	Kaitlyn Mixon	W30	27:03.8	127	Jake Clinger	M13	30:07.5	188	Nicole Moultry	W34	32:42.4
68	Lucy Evanson	W38	27:07.6	128	Erica Mckibbin	W46	30:08.7	189	Tom Coogle	M39	32:47.1
69	Ashley Kubiak	W33	27:07.7	129	Teeah Grim	W42	30:14.0	190	Melissa Coogle	W39	32:47.2
70	Tasha Watkins	W32	27:08.9	130	Laura Dennis	W33	30:17.9	191	Ben Bahmer	M11	32:48.9
71	Jeremy Cummings	M42	27:10.3	131	Madeline Bahmer	W16	30:19.6	192	Rachael Davis	W35	32:55.1
72	Alex Garcia	M14	27:14.1	132	Kathlena Harriossn	W27	30:21.9	193	Ben Fairbrother	M34	32:57.2
73	Hudson Mills	M14	27:14.6	133	Jake Moya	M8	30:22.7	194	Harley Charroin	M7	33:00.4
74	Mikey Woods	W43	27:41.2	134	Mitch Outlaw	M35	30:23.4	195	Alexis Rojas	W31	33:01.6
75	Ryan Capas	M34	27:42.7	135	Jessi Outlaw	W32	30:23.6	196	Jordana Charroin	W39	33:01.7
76	J.C. Munoz	M42	27:47.0	136	Brian Mills	M48	30:28.6	197	Kristine Boyd	W45	33:02.2
77	Jeff Heidel	M40	27:48.0	137	Mark Kellerhals	M58	30:30.6	198	Catie Yarroworough	W34	33:02.3
78	Bradi Register			138	Anna Heitz	W33	30:32.8	199	Sharon Lippman	W57	33:07.1
	Wilson	Un	27:56.6	139	Will Perry	M32	30:35.5	200	Kimberly Cooper	W45	33:08.7
79	Bill Dillon	M53	27:58.1	140	Alana Robinson	W16	30:37.4	201	Jennifer Fagan	W34	33:09.9
80	Emily Sikes	W38	27:58.2	141	X Unknown		30:42.0	202	Emily Zettle	W17	33:10.2
81	Brett Dennis	M33	27:58.5	142	Greg Perry	M49	30:47.8	203	X Unknown		33:11.0
82	Lisa Munroe	W44	27:59.4	143	Morgan Johanson	W30	30:48.5	204	Laurel Jaeger	W25	33:12.6
83	Brandy Simmons	W43	27:59.7	144	Angela Perry	W49	30:48.6	205	Gerard lamothe	M44	33:19.8
84	Rachel Best	W31	28:04.6	145	Paulina Brewer	W40	30:49.1	206	X Unknown		33:20.2
85	Kim Sims	W40	28:06.0	146	Shawn Roberts	M46	30:50.8	207	Kate Dickinson	W30	33:20.7
86	kent safriet	M45	28:10.5	147	Jason Johnson	M49	30:52.9	208	Amber Meo	W30	33:29.8
87	Jon Bellamy	M30	28:11.5	148	X Unknown		30:53.2	209	Jim Matheu	M53	33:30.9
88	Russell Cotton	M57	28:17.7	149	Johnnie Blackburn	M44	30:56.7	210	Ben Brown	M41	33:32.3
89	Jenn Bronson	W41	28:18.8	150	X Unknown		31:01.7	211	Joshua Smith	M25	33:33.3
90	Evan Brazzell	M11	28:19.9	151	Sadaf Kamkar	W35	31:03.2	212	Micah Ables	M8	33:36.4
91	Andi Vilardo	W11	28:22.1	152	Kristie Shaw	W32	31:03.9	213	Steve Nichols	M47	33:38.5
92	Emmal Liko	M32	28:24.1	153	X Unknown		31:04.7	214	Andrea Ables	W43	33:39.3
93	Mason Keri	M17	28:24.8	154	Melanie Woods	W34	31:05.7	215	Kaia Ables	W10	33:39.9
94	harry DiMartino	M40	28:27.6	155	X Unknown		31:06.0	216	Brittany Moore	W36	33:42.4
95	Anthony Schreiber	M45	28:29.9	156	Rob Klepper	M47	31:06.9	217	Tina Bahmer	W44	33:43.5
96	X Unknown		28:31.6	157	Jennifer Bryan	W35	31:09.2	218	Luke Bahmer	M11	33:43.7
97	Kameron Biggs	M23	28:36.6	158	Stokes Bryan	M9	31:09.3	219	X Unknown		33:48.1
98	Andrew Harrison	M29	28:39.3	159	Matt Lynch	M26	31:16.1	220	Samantha Moya	W8	33:49.0
99	Dalton Knapp	M15	28:47.1	160	Rachel Apple	W29	31:16.4	221	Brittany Stith	W30	33:53.2
100	Kristen Knapp	W49	28:50.5	161	Lisa Harris	W52	31:20.0	222	Amelia Angleton	W29	33:57.2
101	Jacob Lardakis	M23	28:51.8	162	Ben Bush	M43	31:21.4	223	Matthew Russo	M35	33:59.0
102	Jeremy Fagan	M37	28:55.2	163	X Unknown		31:30.3	224	Stephanie Shumate	W33	34:06.1
103	Christina Munoz	W31	28:55.6	164	Garrett Doyle	W36	31:31.1	225	Sarah Harris	W39	34:09.6
104	Katie Newman	W33	29:03.0	165	Jennyfer Fomes	W26	31:37.1	226	Christy Phillips	W33	34:10.2
105	Cooper Johnson	M14	29:03.6	166	Dr. Jason Oberste	Un	31:41.4	227	Sarah Ardelean	W39	34:13.5
106	Jeff McFarland	M61	29:04.0	167	Diane Nemej	W51	31:45.8	228	Gladys Godfrey	W50	34:14.5
107	Shawn Hanway	W31	29:06.4	168	Laura Parsons	W34	31:55.5	229	X Unknown		34:17.7
108	Mike Petroczy	M37	29:09.9	169	Ashley Pierce	W36	32:00.2	230	Rachel Lacey	W37	34:20.6
109	Siena Duncan	W16	29:11.4	170	Agustin Vilardo	M39	32:01.7	231	Ivette Torres	W42	34:21.2
110	X Unknown		29:14.5	171	Christina Tate	W35	32:02.8	232	Brittany Morgan	W26	34:32.8
111	Christy Worley	W42	29:17.6	172	Nyla Robinson	W16	32:04.0	233	Mike McGuire	M25	34:33.2
112	Garret Warner	M36	29:24.4	173	Parks Allman	M46	32:07.3	234	Hunter Chotovinsky	M22	34:35.9
113	Gavin Dickinson	M24	29:24.9	174	X Unknown		32:14.0	235	Megan Flack	W35	34:41.3
114	Angile Delune	W39	29:26.0	175	Stephany Turney	W31	32:14.4	236	Shanin Frost	W47	34:49.0
115	Amber Frazier	W31	29:26.8	176	Chloe Molinaro	W17	32:14.9	237	Traci Klepper	W49	34:49.4
116	Andy Tate	M42	29:28.5	177	Anna Thomas			238	Jessica Yearly	W35	34:52.7
117	Brandi Roberson	W32	29:28.6		Jewell's	Un	32:17.6	239	Sarah Sherlock	W32	34:57.3
118	Isabel Cummings	W11	29:31.8	178	Rachel Breyfogle	W41	32:23.8	240	Steve Bahmer	M46	34:58.1
119	X Unknown		29:36.9	179	Rob Kreps	M48	32:29.7	241	Amy Otis	W43	34:58.4
120	Kathryn Sarah			180	Ben Vilardo	M7	32:31.6	242	Olivia Bahmer	W15	34:58.4
	Munroe	Un	29:42.4	181	Carmen Vilardo	W39	32:31.7	243	X Unknown		35:03.9
121	X Unknown		29:47.1	182	Paul Reynolds	M47	32:35.4	244	Sofia Guerrero	W18	35:04.7
122	Caroline Noble	W53	29:47.5	183	Sanjog Singh	M15	32:36.7	245	Anthony Roberts	M57	35:08.3
123	Kyra Pryor	W33	29:49.9	184	Michael Criswell	M33	32:37.5	246	Beckham Mills	M7	35:28.4

247	Kelli Dillon	W49	35:36.3	307	Josh Gagnier	M28	39:27.2	367	Donna Collins	W49	44:52.0
248	John Hunt	M51	35:36.7	308	Jenny Gagnier	W28	39:27.4	368	Cindy Meadows	W59	44:52.2
249	Vicki Hamman	W58	35:53.4	309	Lauren Adams	W15	39:30.4	369	Sarah Damm	W41	44:54.5
250	Riley Schrieber	W9	35:56.5	310	Justin Preikschas	M34	39:30.6	370	Holly Cox	W48	45:00.4
251	Kurt Schrieber	M39	35:56.7	311	Patty Ryan	W54	39:30.7	371	Hilary Brazzer	W48	45:14.1
252	Jessica Ferrell	W35	36:04.7	312	X Unknown		39:40.8	372	John Brazzell	M57	45:15.2
253	X Unknown		36:07.5	313	Andrea Goddard	W48	39:48.1	373	Jamie McDonnell	W29	45:22.7
254	Louise Stults	W47	36:07.9	314	Rhonda Blackburn	W54	40:02.5	374	Michelle Clinger	W40	45:47.0
255	Patrick Roche	M34	36:28.0	315	Vernon Blackburn	M55	40:02.7	375	Dev Singh	M7	45:47.7
256	Cole Thomas	M16	36:28.7	316	Chelsea Williams	W31	40:05.2	376	isabella west	W5	45:47.9
257	Becky Ajhar	W54	36:30.9	317	Debora Barley	W60	40:06.8	377	X Unknown		45:47.9
258	Vicki Crain	W40	36:41.5	318	Shana Wood	W43	40:07.6	378	Abigail West	W7	45:51.5
259	Jon Dasher	M43	36:43.7	319	Amanda Fillingim	W34	40:07.8	379	Kelly Vance	W34	45:54.2
260	X Unknown		36:46.7	320	X Unknown		40:12.2	380	X Unknown		45:54.9
261	Robert Quinn	M40	36:46.8	321	Joy Cloud	W48	40:19.8	381	Declan Vance	M5	45:55.6
262	Colin Brazzell	M11	36:50.7	322	John Carson			382	Maya Singh	W7	45:59.4
263	Sarah Drake	W16	36:51.3		Merchant	Un	40:27.1	383	Amy West	W40	46:05.3
264	Lynn Helton	W56	36:53.6	323	Cooper Hill	M12	40:27.7	384	X Unknown		46:05.5
265	Brian Kendall	M45	37:01.2	324	Sage Street	W7	40:36.6	385	Ivan Bruno	M46	46:41.0
266	X Unknown		37:09.3	325	April Steinberg	W34	40:36.7	386	X Unknown		46:41.1
267	X Unknown		37:09.8	326	X Unknown		40:37.0	387	Kheva Stenson	W29	46:58.2
268	Luke LaFrance	M9	37:10.2	327	Jamie Pitts	W43	40:43.1	388	Kim Prior	W55	46:59.9
269	Travis Sherlock	M35	37:12.9	328	X Unknown		40:46.8	389	Haileigh Boyton	W25	47:16.9
270	Ali Helton	W28	37:15.4	329	Maddy Stewart	W19	41:06.6	390	Kayci Soucy	W25	47:25.7
271	Miles Safriet	M12	37:20.5	330	Caroline Stein	W19	41:06.9	391	Ashley Rogers	W23	47:27.9
272	Astrid Gonzalez	W39	37:22.0	331	Sarah Anders	W30	41:08.9	392	Matt Ferrell	M31	47:29.7
273	Mara Scott	W50	37:26.2	332	X Unknown		41:09.4	393	Jennifer Kjellerup	W45	47:30.4
274	Claudia Henao	W42	37:26.9	333	X Unknown		41:09.5	394	Jennifer Dooley	W43	47:31.0
275	Stacy Heidel	W34	37:29.0	334	X Unknown		41:10.7	395	Kim English	W62	47:36.2
276	Karen de Cardenas	Un	37:31.1	335	Jack Schrieber	M11	41:30.7	396	X Unknown		47:40.5
277	Leanne Groom	W38	37:36.7	336	Jimmie Crain	M49	41:35.7	397	X Unknown		47:42.2
278	Bridget Hughes	W40	37:43.4	337	Wendi Works	W48	41:38.0	398	X Unknown		47:43.8
279	X Unknown		37:43.7	338	Thomas Bandur	M9	41:41.4	399	Sarah Carruthers	W30	47:57.1
280	Juz Arteaga	W52	37:48.0	339	Jeremy Ables	M43	41:54.6	400	Dustin Carruthers	M36	47:57.2
281	Gaby Anisso	W38	37:49.2	340	Blair Kallestad	W38	41:57.9	401	Jennifer Killingsworth	W46	48:11.9
282	Denise Hernandez	W59	37:50.3	341	Brittany			402	Shari Youngblood	W56	48:24.1
283	Rosemary Pavon	W44	37:50.7		Schmeckenbecher	W32	42:09.5	403	Jennifer Sullivan	W33	48:25.5
284	Luke Hedrick	M22	37:54.9	342	Courtney Coppola	W28	42:17.3	404	Emma Perry	W32	48:25.6
285	Eric Taylor	M52	37:55.1	343	Caitlin Morgan	W29	42:19.7	405	Nicolette Wanous	W26	48:51.2
286	X Unknown		37:56.6	344	Whitney Anders	W33	42:32.7	406	Melissa Reiter	W48	49:00.1
287	Jackie Carlton	W21	38:06.6	345	Annabelle Crum	W5	42:32.9	407	Matthew Wanous	M40	49:00.4
288	Vannah Parramore	W32	38:17.4	346	Cole Kendall	M9	42:33.2	408	Raaz Singh	M7	49:08.8
289	Kristi McQueen	W29	38:19.2	347	Joey Doody	M37	42:47.2	409	Krishna Singh	M50	49:21.4
290	Jennifer Stover	W44	38:21.2	348	Suzanne Bymes	W60	43:10.7	410	X Unknown		49:29.4
291	Daniel Dasher	M10	38:29.8	349	Diane Lucas	W64	43:11.0	411	Reena Singh	W50	49:35.7
292	Elizabeth Strickland	W47	38:36.0	350	X Unknown		43:17.0	412	Rekha Singh	W14	49:36.2
293	Erik Davis	M37	38:37.0	351	X Unknown		43:24.2	413	Leigh Schrieber	W42	49:42.5
294	Ann Slappey	W43	38:37.0	352	X Unknown		43:24.5	414	Kathleen Barker	W62	50:11.7
295	Lee McQuagge	W40	38:37.1	353	Debra Bryant	W66	43:29.5	415	Alice Tyre	W32	50:38.1
296	Jackson Greene	M21	38:40.0	354	Paul Vazquez	M57	44:16.6	416	X Unknown		51:19.2
297	Victor Robinson	M39	38:40.8	355	Kelly Vazquez	W54	44:16.6	417	Debra Smith	W59	52:17.6
298	Cody Adams	M11	38:46.7	356	Connie Williams	W52	44:16.7	418	Kai Robinson	W18	52:28.1
299	X Unknown		38:48.1	357	Colten Preikschas	M6	44:20.4	419	Devan Robinson	M14	52:28.3
300	X Unknown		38:49.1	358	Caden Preikschas	M7	44:21.6	420	Michelle Messier	W49	53:46.0
301	Steven Damm	M42	38:49.9	359	Telisha Watson	W34	44:21.7	421	Amy Steffens	W44	53:46.5
302	Robert Crisler	M41	39:10.3	360	Kathy Dunnigan	W61	44:24.8	422	Susan Holmes	W52	53:47.5
303	Brandi Crisler	W35	39:10.3	361	X Unknown		44:30.8	423	Randy Roberts	M51	54:08.8
304	Amanda Hammerli	W40	39:13.2	362	X Unknown		44:31.1	424	Traynor Barker	M20	55:25.2
305	Sheron Keri	W48	39:15.7	363	X Unknown		44:47.8	425	Lea Ann Gates	Un	56:15.3
306	Jamie Sellars	W36	39:19.7	364	Ashley Petroczy	W34	44:48.0	426	X Unknown		56:41.8
				365	X Unknown		44:49.7	427	X Unknown		56:43.1
				366	Christy Pilman	W47	44:49.7	428	Angela Jackson	W43	58:03.7

429	Natasha Cass	W40	58:04.2
430	Kristin Olson	W38	58:04.8
431	Amy Cole	W44	58:05.1
432	X Unknown		58:05.5
433	X Unknown		58:05.8
434	X Unknown		58:06.8
435	Clayton Lovett	M31	58:06.9

19	Fanxui Zhu	50 M	46:43
20	Cecilia Bouaichi	23 F	47:07
21	Megan Chapman	28 F	47:21
22	David Yon	63 M	48:12
23	Mark Tombrink	31 M	48:46
24	Monica Toth	30 F	48:48
25	Laura Sellati	40 F	48:53
26	Patrick Bateman	31 M	49:36
27	Darren Whiddon	47 M	50:24
28	Jeff Bryan	51 M	50:32
29	Kaley Ford	24 F	50:32
30	Julie Duggins	36 F	50:49
31	Hal Davis	63 M	51:12
32	John Rasmussen	43 M	51:17
33	Joe Vega	65 M	51:18
34	Kurtis Roqueplot	35 M	51:23
35	Jamie Harris	42 F	51:31
36	Deirdre McCarthy	39 F	52:08
37	Stephen Gensits	63 M	52:41
38	Peter Hettmann	27 M	52:52
39	Michael Labossiere	53 M	53:40
40	Becky Leckinger	56 F	54:04
41	Amelia Wilson	29 F	54:19
42	Zach Barnes	32 M	54:32
43	Kelly Whalon	47 F	54:47
44	Martha Guyas	35 F	54:57
45	Carla McDonald	40 F	55:47
46	Lance Jacobson	29 M	55:48
47	Mickey Phillips	45 M	55:52
48	Sue Cottrill	57 F	55:55
49	Brendan Hawkins	28 M	58:01
50	Michael Healy	35 M	58:02
51	Erik Andersen	36 M	58:04
52	Dominic Milner	38 M	58:10
53	Michelle Therrien	38 F	58:59
54	Sonya Dudley	50 F	59:20
55	Sam Rudd	19 M	59:20
56	Andy Tatem	55 M	59:42
57	Kearstin Hess	26 F	59:45
58	Kenneth Wilson	57 M	1:36
59	Sharon Sollohub	54 F	1:01:11
60	Michelle Comeaux	46 F	1:01:29
61	Trey Noble	14 M	1:02:39
62	Morris Davis	62 M	1:02:47
63	Mary Fran Andree	38 F	1:02:48
64	Dana Stetson	62 M	1:02:48
65	Caroline Noble	53 F	1:03:37
66	Jonathan Dom	34 M	1:03:54
67	Marina Byrd	28 F	1:04:06
68	Jennifer Gensits	55 F	1:04:33
69	Charles Edwards	65 M	1:04:57
70	Lisa Cox	54 F	1:05:35
71	Meagan Chisholm	33 F	1:05:48
72	Sarah Logan Beasley	28 F	1:06:50
73	Faye Rozwadowski	40 F	1:08:27
74	Steven Schale	44 M	1:08:28
75	David Farnsworth	68 M	1:09:46
76	David Darst	76 M	1:13:02
77	Megan Flack	35 F	1:13:04
78	Jeanie Wilson	54 F	1:13:18
79	Lisa Tatem	56 F	1:13:19
80	Ashley Kennett	33 F	1:16:52
81	Angela Jones	38 F	1:16:53
82	Steve Collins	51 M	1:17:20
83	Chika Okoro	39 F	1:19:18
84	Kelleigh Helm	32 F	1:23:00
85	Marjorie Rolling	48 F	1:26:17
86	Carmen Rasmussen	44 F	1:26:20
87	Kristina Clark	46 F	1:26:21
88	Chrissy Seymore	40 F	1:30:59
89	Denise Spivey	48 F	1:30:59
90	Jeffrey Whitton	63 M	1:31:29
91	Susan Bulloch	64 F	1:52:45

**Macley Trail 4.5M
8/24/2019
Jim & Kristen Halley,
R.D.'s**

1	Zach Deveau	31 M	39:00
2	Auston Dodson	21 M	39:53
3	Ryan Kunz	36 M	40:17
4	Timothy Qualls	40 M	40:43
5	Paul Guyas	41 M	41:10
6	Kyle Kraeft	30 M	42:23
7	Rachel Durbin	24 F	43:00
8	Philip Sura	49 M	44:14
9	Eric Chiotti	21 M	44:15
10	Jack Schwenkler	12 M	44:26
11	Alyssa Terry	25 F	44:55
12	Dan Fortunas	58 M	44:58
13	Michael Kennett	45 M	45:12
14	Camilo Ordóñez	40 M	45:22
15	John Schwenkler	37 M	45:37
16	Clifton Lewis	11 F	45:40
17	Kevin Malfa	35 M	45:46
18	Robert Wigen	53 M	46:27

Grand Prix Standings through WDF

Name	# GP Events	Points	Tadesse-Kiros, Tsige	17
Female Overall			Augustyniak, Shelby	1
Centner, Ann	9	270	Dugas, Sarah	1
Maxwell, Lou	10	158	Reina, Laura	2
Barnes, Brittney	9	156	Tyner, Ruffian	2
McDermott, Laura	12	133	Maier-Katkin, Birgit	1
Sherron, Katie	7	113	McVay, Deanna	1
Sava, Amanda	5	110	Ward, Kendall	1
Terry, Alyssa	6	109	Bentley, April	1
Liles-Weyant,			Koeppel, Anna	1
Stephanie	5	76	Laywell, Natalie	1
Rosen, Sheryl	3	57	Kennedy, Grace	2
Unger, Lilli	4	54	Dennis, Marie	1
Manausa, Nikky	5	44	McNees, Shannon	1
Dempsey, Angela	5	37	De Faria, Ludmila	1
Proctor, Nancy	6	36	Dimacali, Marien	1
Stedman, Nancy	7	35	Sellati, Laura	1
moore, alyssa	2	34	Thumm, Alison	1
Toth, Monica	3	33	O'Neill, Paula	2
Heddaeus, Jillian	3	25	Fillmore, Samantha	1
Allen, Jamila	2	22	Halley, Kristin	1
Wise, Sheri	2	22	Poage, Stacey	1
Heitmeyer, Lauren	3	21	Spencer, Emma	1
Cox, Renee	1	20	Abbey, Lorien	1
Early, Jenny	2	20	Malloy, Heather	1
			Sikes, Charlotte	7
			Heitmeyer, Haley	7
			Rowe, Caroline	5
			Molen, Chloe	3
			Johnson, Emily	4
			Johnson, Lily	4
			Youngberg, Isabella	3
			Kennett, Lydia	2
			Campbell, Rachel	3
			Marshall, Samantha	2
			Youngberg, Reese	1
			Lamere, Rylan	1
			Maxwell, Liliana	1
			Smart, Lucy	1
			F10-14	
			Lewis, Clifton	5
			Lewis, Stella	4
			Manausa, Maddie	5
			Kiros, Leah	4
			Guyas, Sade	5
			Sims, Madison	3
			Guyas, Kaari	4
				41

Thumm, Payton	3	38	Sikes, Emily	8	56	Johnston, Zandra	1	12
Kristian, Kaitlyn	4	37	Wise, Sherri	4	55	Skrob, Kory	1	12
Campbell, Lydia	3	26	Heddaeus, Jillian	4	51	Frost, Shanin	1	10
Fernandez, Sarah	3	20	Early, Jenny	2	30	Smith, Sunita	1	10
Brinkmann, Reillynn	1	8	Sims, Kim	4	28	Bush, Becky	1	6
Hall, Anna Jo	2	8	Butler, Michelle	3	26	Young, Tami	1	6
Brinkmann, Eliane	1	6	Zapata, Melissa	2	22	Angle, Shannon	1	4
Blay, Laney	1	4	Flack, Megan	4	20	Duffey, Shelly	1	2
Bush, Riley	1	2	McVay, Deanna	1	20			
Hall, Madalyn	1	2	Sellati, Laura	2	20	F50-54		
Stanley, Savannah	1	2	Williams, Donica	2	20	Dempsey, Angela	7	140
			Petty, Johanna	3	18	Elurfali, Kelley	10	137
F15-19			Halley, Kristin	1	15	Dudley, Sonya	12	136
Unger, Lilli	4	80	Spencer, Emma	1	15	Tadesse-Kiros, Tsige	7	120
Laywell, Natalie	1	20	Ashton, Melissa	1	12	Evans, Lesa	6	48
Ward, Kendall	1	20	Johnson, Jessica	2	10	Malloy, Heather	2	40
Marshall, Taylor	1	15	McCarthy, Deirdre	1	8	Reina, Laura	2	35
Molen, Emily	1	15	Okoro, Chika	2	8	Crews, Sharon	2	30
			Campbell, Jamie	1	4	Abbey, Lorien	2	24
F20-24			Chippis-Walton, Sarah	1	4	Hermes, Sarala	4	24
Sava, Amanda	5	100	Jones, Angela	1	4	Jeter, Karen	3	22
moore, alyssa	2	40	Thompson, Sarah	1	2	Antley, Mona	2	16
McNees, Madison	2	32				Strickland, Trina	3	16
Jones, Megan	2	30	F40-44			Tessmer, Connie	2	16
Zahora, Nikki	1	20	Maxwell, Lou	10	195	De Faria, Ludmila	1	15
Brunell, Cyndel	1	15	Dugas, Sarah	9	124	Cashulette, Lisa	2	14
murphy, julianna	1	15	Fillmore, Samantha	7	109	Lang, Patty	3	14
			Miller, Betsy	9	99	Verano, Vicky	2	12
F25-29			Edwards, Debbie	11	92	Carter, Bridget	1	10
Centner, Ann	9	180	Richards, Kendrah	7	36	Guillen, Ann	1	10
Merchant, Jennie	8	103	Tyner, Ruffian	2	35	Ward, Kim	1	8
Terry, Alyssa	6	92	Dennis, Marie	2	24	Cox, Lisa	1	6
Beasley, Sarah Logan	5		Augustyniak, Shelby	1	20	Pagano, Sandy	1	4
	53		Harris, Jamie	1	20	Condo, Michelle	1	2
Kennedy, Grace	3	42	Rozwadowski, Faye	3	20	McNeal, Linda	1	2
Allen, Jamila	2	30	Kamerick, Elizabeth	4	18	Wingate, Dee Dee	1	2
Byrd, Marina	2	23	Woods, Mitzi	2	18			
Hadden, Michelle	1	15	Howard, Denise	2	16	F55-59		
Caldwell, Allie	2	14	Koeppel, Anna	1	15	Proctor, Nancy	11	205
Myers, Heather	1	12	Thumm, Alison	1	15	Stedman, Nancy	9	152
Sawyer, Amanda	1	10	Cooper, Cyndi	2	12	O'Neill, Paula	8	102
			Kimbrell, Jami	2	12	Peters, Debbie	10	83
F30-34			Martin, Melissa	1	12	Maier-Katkin, Birgit	6	76
Barnes, Brittney	9	170	Poage, Stacey	1	10	Ausley, Lorraine	6	62
Guyas, Martha	9	116	Griffin, Robyn	1	6	Laywell, Francee	6	54
Ernst, Kassie	6	63	Harrell, Beverly	2	6	Bridges, Fran	5	30
Toth, Monica	4	63	Marshall, Melissa	1	2	Dimacali, Marien	2	30
Bevis, Brittany	5	56				Jones, Cathy	2	18
Rosen, Sheryl	3	55	F45-49			Rodzinka, Kathy	1	12
Parsons, Laura	5	50	Comeaux, Michelle	7	120	Wharton, Belinda	1	12
Chisholm, Meagan	4	39	Liles-Weyant, Stephanie	5		Clarke, Connie	1	10
Cox, Renee	1	20		100		Dugger, Emma	2	10
Desai, Vaishali	1	12	Sura, Julia	5	82	Noyes, Lisa	2	8
Leitman, Melanie	1	12	Bentley, April	2	35	Munoz, Karen	1	6
Monbarren, Sarah	1	10	Degrummond, Juli	3	34	Bridges, Mary Lee	1	4
Rideout, Ann	1	6	Dillon, Kelli	3	24	Clark, Julie	1	4
Dennis, Laura	1	4	Clark, Kristina	2	20	Presnell, Pamela	1	4
Peterson, Jenny	1	2	Devlieger, Tanya	2	16	Bender, Theresa	1	2
			Davis, Elle	1	15	Davis, Patricia	1	2
F35-39			McNees, Shannon	1	15	Waller, Pam	1	2
McDermott, Laura	12	197	Milford, Angie	1	15			
Sherron, Katie	7	140	Shelton, Susan	1	15	F60-64		
Heitmeyer, Lauren	9	84	Brown, Amy	1	12	McLean, Fran	10	180
Manausa, Nikky	5	69						

Caldwell, Diana	8	145	Busboom, Brad	2	37	Manausa, Jack	2	10	
Yon, Mary Jean	10	133	Sura, Philip	5	37	David, Fenner	1	8	
Blue, Jan	7	71	Halley, Jim	3	29	Guillen, Andrew	1	8	
Tappen, Mary Jane	6	48	Murphy, Thomas	2	26	Maxwell, Cadden	1	8	
Weston, Dianna	4	34	Kiros, Geb	4	24	Blay, Jonah	1	6	
Tidwell, Lauryl	3	32	Guillen, Tony	2	23	Marshall, Alex	1	6	
Sheppard, Judi	4	28	Hanley, Will	2	18				
Peterson, Amy	2	24	Guyer, Aaron	1	17	M15-19			
Griffin, Peg	2	20	Laywell, Matthias	1	15	Parry, Bryce	2	40	
Wright, Bonnie	2	18	Rutledge, Leo	1	15	Petty, Nick	2	40	
Godbey, Karen	1	15	Malfa, Kevin	2	14	Duey, Ewan	1	20	
Fitzgerald, Susan	1	10	Maradzike, Elvis	1	13	Rutledge, Leo	1	20	
Murphy, Jill	2	10	David, Tad	2	12	Ingram, Connor	1	15	
McNeal, Barbara	1	6	Zhu, Fanxiu	2	12				
Bruner, Patricia	1	4	Hay, Carter	1	11	M20-24			
Bulloch, Susan	1	2	Piotrowski, Joel	1	11	Laywell, Matthias	2	40	
			Grossman, Zachary	1	9	munroe, samuel	1	20	
F65-69			Moore, Mickey	1	9	Parks, Travis	1	20	
Dugan, Patricia	10	160	Molen, Brian	1	7	Lang, Charlie	1	15	
Hurt, Stephanie	6	120	munroe, samuel	1	7				
Widener, Nancy	6	110	Unger, Tim	1	7	M25-29			
Flippo, Kathy	4	46	woodson, joe	1	7	La Nasa, Tristan	10	172	
Cornwell, Susan	2	27	Zepeda, Juan	1	7	Kline, Charlie	6	120	
Levins, Linda	1	12	Tombrink, Mark	1	5	Parra Rodriguez, Esteban	7	97	
Priddy, Anne	1	12	Dietrich, Kurt	1	3	O'Kelley, Chris	5	80	
			Flikkema, Laryn	1	3	Bentley, Jordan	5	54	
F70-74			Manausa, Dan	1	3	Key, Nicholas	4	41	
Stutzman, Mary	9	152	Parker, Thomas	1	3	Kennedy, Ryan	2	20	
Varley, Perha	8	137	Weyant, Mike	1	3	Dietrich, Kurt	1	15	
Winger, Carol	3	60				Slupecki, Jacob	1	12	
Guhl, Julie A	1	12	M1-9			Wright, Jamie	1	12	
White, Marsha	1	10	Sikes, Benjamin	6	95	Harker, Philip	1	6	
			Heitmeyer, Landon	4	47				
F75-79			Thumm, Connor	3	45	M30-34			
Cleveland, Mae	1	20	Fernandez, Peter	2	40	Truchelut, Ryan	11	195	
Hudson, Barbara	1	20	Parsons, Trent	2	35	Deveau, Zach	7	114	
			Sims, Chase	2	35	Bateman, Patrick	6	82	
F80-84			Fillmore, Colton	4	32	Kerr, Seth	5	59	
Manausa, Mary Lou	7	125	Moore, Shane	3	28	Busboom, Brad	2	40	
Skofronick, Dot	3	60	Parsons, Spencer	1	20	Tombrink, Mark	2	40	
			Campbell, Jude	2	18	Oliver, Hugh	3	26	
F85-99			Bryner, Ian	1	15	Shiver, Jon	2	25	
Deckert, Margarete L	6	110	Campbell, Andrew	1	12	Campbell, Chase	1	20	
Rodriguez, Clementina	2	2	Cannon, Tyler	1	12	Kirschner, Matthew	1	12	
	40		Smart, Oscar	1	12	Maradzike, Elvis	1	12	
			Stanley, Cy	1	12	Perkins, Casey	2	12	
Male Overall			Griffin, Peyton	1	8	Dennis, Brett	1	10	
Truchelut, Ryan	11	194	Deveau, Barrett	1	6	Mrizek, Bill	1	10	
Johnson, Charlie	6	160				Thompson, Anthony	1	8	
Kline, Charlie	6	160	M10-14			Parks, Tyler	1	6	
Yu, Hong-Guo	8	119	Manausa, Randy	6	107				
La Nasa, Tristan	9	108	Rowe, Jackson	4	70	M35-39			
Deveau, Zach	6	94	Kiros, Jonathan	4	49	Smith, Don	8	127	
Knauf, David	8	83	Bernstein, Elias	4	46	Johnson, Charlie	6	120	
O'Kelley, Chris	4	79	Bernstein, Andres	3	40	Haskins, Keith	9	99	
Guyas, Paul	6	64	Aarons, Connor	4	36	Malfa, Kevin	4	57	
McNulty, Bill	7	63	Johnston, Jacob	2	22	Halley, Jim	3	55	
Parry, Bryce	2	60	Aldrovandi-Reina, Filippo	1	20	Shaw, Kyle	4	47	
Evans, Duane	6	54				Biance, Thomas	6	46	
Martinez, Mike	4	54	Edwards, Connor	1	20	Heitmeyer, Rich	3	34	
McDermott, Jack	4	50	Fernandez, Henry	2	18	Kristian, Tommy	2	25	
Smith, Don	6	50	Harrell, Cooper	1	15	Shanahan, Jake	3	22	
Droze, Gary	2	41	Guyer, Andrew	1	10	Nash, Jon	1	20	

Jones, Melvin	1	15	Yu, Hong-Guo	8	140	Sivyer, John	1	2
Hohmeister, Matt	2	14	Evans, Duane	10	126			
Kannampallil, Bala	2	14	Zhu, Fanxiu	9	86	M65-69		
Chisholm, Patrick	1	12	Martinez, Mike	4	80	Anderson, David	12	194
Jackson, Jonathan	1	12	Kiros, Geb	6	67	Vega, Joe	11	138
mcgee, lance	1	12	Strickland, Julian	5	48	Griffin, Gary	7	125
Milner, Dominic	1	12	David, Tad	4	41	Thomas, Tec	10	112
Parker, Thomas	1	12	Boll, Mike	6	32	McDaniel, Jerry	4	75
Wilson, Steven	1	12	Guillen, Tony	2	32	Willis, Craig	5	60
Andersen, Erik	1	10	Labossiere, Michael	7	32	Farnsworth, David	9	54
Corn, Worth	1	10	Weyant, Mike	3	26	Edwards, Charles	5	36
Graham, Jason	1	10	Wigen, Robert	3	24	Butler, Terry	3	18
Scharlepp, Zack	1	6	Crews, Mack	2	22	Kronenburg, Tony	2	18
			Corbin, Brian	2	21	Brunger, Robbie	2	16
M40-44			Jeter, Mark	2	20	Levins, Buddy	1	10
Guyas, Paul	12	217	Bryan, Jeff	1	10	Hutto, Casey	1	8
Zepeda, Juan	11	122	Lang, Chuck	2	10			
Ordonez, Camilo	7	95	Cashin, Dan	1	8	M70-74		
Molen, Brian	7	89	Wingate, Tim	1	8	Christen, Ron	12	240
Fraser, Timothy	9	82	Dillon, Bill	1	6	Ratliffe, Tom	9	135
Flikkema, Laryn	6	66	Hunt, John	1	4	Zapata, Carlos	10	119
Hanley, Will	3	45	Laywell, Eric	1	4	Opheim, Gene	11	106
Guyer, Aaron	2	40	Fillmore, Jim	1	2	Tully, Jim	5	69
Griffin, Tolar	4	24				McCoy, John	6	56
Poage, Stuart	3	22	M55-59			Winger, Craig	2	16
Grossman, Zachary	1	20	Unger, Tim	10	190	McGuire, Bill	1	15
Johnson, Thomas	2	16	Curry, Dave	8	127	Hammock, Richard	2	14
Koeppel, Daniel	1	15	Manausa, Mike	8	90			
woodson, joe	1	15	Silvanima, Jay	6	60	M75-79		
Martin, Michael	2	14	Sosna, Rich	5	47	Darst, David	9	175
Ashton, Daniel	1	12	Droze, Gary	2	40	Varley, Jim	6	89
Stanley, Chris	1	12	Devlieger, T J	2	30	Livingston, Ed	4	65
Cooper, Rob	2	6	Kasper, Mark	2	27	Nichols, Nick	1	20
Johnston, Gary	1	6	Kellerhals, Mark	2	22	Guhl, Bill	1	15
Whitfield, Justin	2	6	Stephens, Jimmy	2	20			
Williams, Justin	1	6	Stiles, Mike	2	20	M80-84		
Schale, Steven	1	4	Mountain, Eric	1	15	Rodriguez, Estan	3	60
Hall, Ben	1	2	Aldrovandi, Ettore	1	12	Degrummond, Bill	2	35
			Cucchi, George	1	12			
M45-49			Herring, Myron	1	12			
Sura, Philip	10	172	Rowe, Keith A	2	10			
Manausa, Dan	7	84	Vesuvio, Mark	1	10			
Kennett, Michael	6	80	Bottcher, Tim	1	8			
McDermott, Jack	4	80	Findley, Tom	1	8			
Whiddon, Darren	6	48						
Murphy, Thomas	2	40	M60-64					
Piotrowski, Joel	3	40	McNulty, Bill	11	220			
Ordonez, Juan	4	38	Yon, David	11	140			
Hay, Carter	2	35	Wright, Felton	8	115			
Blay, Allen	3	34	Gensits, Stephen	11	113			
Noriega, Tarik	3	24	Cipriano, Michael	7	93			
Moore, Mickey	1	20	Davis, Hal	11	80			
Klepper, Rob	1	15	Davis, Morris	8	50			
Wienders, Nico	1	15	Dew, John	3	22			
Guhl, Tim	1	12	Steinmetz, Robert	2	22			
Thumm, Wayne	1	12	Savage, Michael	2	18			
Bradshaw, Kevin	1	10	Cox, David	4	16			
Skrob, Robert	1	10	Priddy, Mark	2	10			
Baker, Mike	1	8	Gorton, Douglas	1	6			
			Jones, Ithel	1	6			
M50-54			Whitton, Jeff	2	6			
Knauf, David	10	145						