



The Fleet Foot



Newsletter of the Gulf Winds Track Club



Robert and Kory Skrob
New editors of the
Fleet Foot

Send comments, ideas or
submissions to:

FleetFoot@GulfWinds.org

**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

Notable and Personal Bests

IronMan 70.3 North Carolina

Daniel Cook	5:00:32
Alison Thumm	5:05:11
Jeff Bowman	5:08:56
Robert W. Skrob	5:20:40
Kory Skrob	5:47:06
Lorien Abby	6:01:45
Mosisah Mavity	6:23:33
Michael Abbey	6:59:14
Joanne Maltese	7:00:18
Fran Bridges	8:14:39

GULF WINDS TRACK CLUB

Business Meeting Minutes for September 11, 2019
Hosted by Paul Guyas

Board Members Present: **Paul Guyas, Alyssa Terry, Laryn Flikkema, David Yon, Mary Jean Yon, Chika Okoro, Tec Thomas, Jim Halley, Tom Bianca, Zack Scharlepp, Mark Priddy, Tom Perkins, and Judy Alexander.**

Others Present: **Bill Lott, Felton Wright, Martha Guyas, Kaari Guyas, Sade Guyas, Lisa Unger, Sarah Thompson, 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 August meeting without objection.

Announcements from officers

No Announcements.

Old Business

No Old Business.

New Business

Wrap-up of the Summer Track Expenses – **Bill Lott and Tom Perkins**

Bill and Tom presented the expenses of the 2019 Summer Track Series. Overall, expenses from this event totaled

(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 Bianca	561-213-2092	tbianca@comcast.net
Beginning Running Group Coordinator:	Chika Okoro	202-276-4101	gwtc_coaches@yahoo.com
GWTC Website:	www.gulfwinds.org		

Contents

Minutes	2,4,5
Presidents column	6
Race Calendar	7,8
Featured Feet	10,11
Race Results	17-21
Grand Prix	21-24

(Continued from page 2)

\$2,402.04, which included t-shirts, security costs, ice cream social, etc. for all of the participants.

2019 Breakfast on the Track Financial Report – Felton Wright

Felton presented the wrap-up of the 2019 Breakfast on the Track. This event resulted in a total revenue of \$2,889.92 and total expenditures of \$2,079.17 with a net income of \$810.76. Felton requested that 50% of the total revenue be donated to Gulf Winds Track Club and the other 50% of the total revenue be donated to the Maclay School Track Boosters. A motion was made to approve the suggested donations from the 2019 Breakfast on the Track's total revenue; this motion was seconded and approved unanimously.

Women's distance festival budget- Lisa Unger

Lisa presented the proposed budget for the 2019 Women's Distance Festival. This budget included an estimated total revenue of \$2,500.00 and estimated total expenses of \$2,250.00 with estimated total proceeds of \$250.00. A motion was made to approve the proposed budget for the 2019 Women's Distance Festival, which was seconded and approved unanimously. Following the race, Lisa will propose that \$125 of the total proceeds go to Gulf Winds Track Club while the remaining \$125 be donated to Brehon Family Services.

Wrap-up of the Miller Landing Madness 8K/5K/3K Races – Bill Lott and Tom Perkins

Bill and Tom presented the wrap-up of the Miller Landing Madness 8K/5K/3K Race. This event resulted in an estimated total revenue of \$2,817.00 and estimated total expenditures of \$3,572.06 with an estimated net loss of \$755.06. There was a total of 1,321 lbs of canned food items collected for Second Harvest Food Bank and \$668.00 of cash donations to Second Harvest Food Bank.

Beginning Running Group's Membership – Chika Okoro

Chika requested that qualified participants in GWTC's 2019 Beginning Running Group receive a complimentary GWTC membership for the remainder of the year until December 31, 2019. A motion to approve this request was made, seconded, and passed unanimously.

RRCA Guidelines for Leading a Group Run – Judy Alexander

Judy Alexander shared and led a discussion pertaining to the Road Runners Club of America (RRCA) guidelines for safe & successful group runs, which can be found at

<https://www.rrca.org/education/guidelines-for-leading-a-group-run>. Judy informed the board that these guidelines may assist GWTC in providing exemplary services, as well as in preventing possible liability issues in the future. Board members generally agreed that it would be a good idea to implement at least some of these guidelines. Paul appointed Tom Biance, GWTC's training group coordinator, to determine the best approach to implementing some of these guidelines within our club's own training groups.

GWTC's Relationship with Local Running Stores – Judy Alexander

Judy believes it would be a good idea for GWTC members to support the running stores in Tallahassee, which include but are not limited to Fleet Feet and Trail and Ski. Suggested ways of supporting these stores may include purchasing running gear from them, as well as coordinating for these stores to play a role in upcoming running training groups and races.

New Summer Trail Series Director – Paul Guyas

Bobby York has volunteered to become the new Summer Trail Series race director. A motion was made to approve this change of race director, which was seconded and approved unanimously.

Committee Reports

Treasurer's Report - Laryn Flikkema

As of August 31, 2019, Gulf Winds Track Club's Statement of Financial Position reads as follows: total assets of \$218,772.99. GWTC's Statement of Activity from July 1, 2019 – August 31, 2019 includes a gross profit of \$15,592.23, total expenditures of \$55,400.59, and net revenue of -\$39,808.36. GWTC's monthly statement of activity for August 2019 includes a monthly gross profit of \$4,701.37, total expenditures of \$43,870.39 and net revenue of -\$39,169.02.

Equipment Report - Bill Lott and Tec Thomas

Bill reported there is a Chronomix that is not working, which appears to have a dead battery. He is in the process of repairing it by installing a new battery. Moreover, on Wednesday, August 21, 2019, **Tec Thomas, Monica Judd, Judy Alexander, Chika Okoro, Mike Savage,** and **Bill Lott** met at the storage unit and cleaned all of the tables of which there are about 50. Due to time restraints, the water coolers could not be cleaned that day, so they will be cleaned at a future date.

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

Bill Lott reported GWTC chip timed four races in August including one non-club (St. George Island Sizzler 5K) and

(Continued on page 5)

(Continued from page 4)

three club races (Breakfast on the Track 1 Mile, Miller Landing Madness 8K/5K/3K, and GWTC Summer Trail Series Race #4 at Maclay Gardens 5 Mile). Four races (one non-club and three club) are scheduled to be chip timed in September. Moreover, a third Time Machine has been purchased at a cost of \$1,135.00. This purchase was part of the \$5,000 authorized for new equipment purchases and repairs by the Board at its meeting of June 12, 2019.

Triathlete Report - Wayne Thumm

Nothing new to report.

Membership Report –Mark Priddy

Mark stated the club currently has 1183 members from a total of 633 households. GWTC has gained 7 members since August.

Training Report – Thomas Bianche

Thomas reported the Beginning Runner's Group will begin on Wednesday, September 25, 2019 at 6 P.M. at the FSU track. This group will begin by running 1 mile and will work their way up to a 5k.

Education and Lecture Coordinator Report - Chris Stanley

Nothing new to report.

Race Director Coordinator Report – Mary Jean Yon

The GWTC Race Directors met on September 8 and had a productive meeting. The group discussed the pros and cons of purchasing a credit card reader to be used for registration at club races. Mark Priddy is the contact on this and will continue exploring this option with Capital City Bank. It was pointed out that RunSignUp can also be used by people with their phones at registration events and is probably a less expensive option for the club. Succession planning for race directors was also discussed as several race directors are considering stepping down over the next year. Most immediate is the GWTC 5 & 10 Mile Challenge. **Vicky Verano** and **Ana Sutherland** will be stepping down after five (very good) years of directing this race. They will use the 2019 race as a transition to train somebody new who has expressed an interest in taking over the race. The group discussed several ideas for recruiting new race directors. Other topics included making sure that all GWTC races have a sweeper or a system in place to make sure all runners are in at the end of the race and best ways to recruit and keep volunteers for races. Race directors responded favorably to the idea of a central volunteer coordinator to supplement their regular efforts.

Bobby York added that he will be changing the Swamp Forest Trail Marathon to the Swamp Forest Half - Marathon and Quarter - Marathon, thus dropping the marathon and

ultra distances.

Trail Coordinator Report –Jim Halley

Jim reported that **Dominic Milner** is working with the Tallahassee Mountain Bike Association (TMBA) to schedule a trail care event for Sunday, September 15, 2019.

Chenoweth Fund Report – David Yon

Nothing new to report.

Website Committee Report – David Yon

David requests that all comments and corrections pertaining to the new Gulf Winds Track Club's website be sent to either David Yon or Peg Griffin.

Youth Council Report – Kaari Guyas

Nothing new to report.

Clothing Coordinator Report –Laura McDermott and Sherri Wise

Nothing new to report.

Social Report – Vicky Droze

Vicky stated via email that there is a tentative plan for the October social to include a hayride through the Alfred B. Maclay Gardens State Park to look at all of the scarecrow entries. Date: TBD.

Newsletter Report – Fred Deckert

Nothing new to report.

A motion to adjourn was made, seconded, and passed. The meeting adjourned at 8:43 P.M.

Alyssa Terry, Secretary

President's column - Paul Guyas

This month, I would like to use my time and space to break some news. The 2020 GWTC Grand Prix schedule is complete. Ok, the crack staff behind gulfwinds.org already has me scooped, but humor me, will ya? They may have been first, but nowhere else will you find such expert commentary on the 17 events that will make up the next Grand Prix. Before I get too far, a big thanks to the Committee on Awards for their work on the matter - that's **Jim, Vicky, Bonnie, Meredith, Tom, Stephanie**, and chaired by **Erik**.

If you're an astute observer, you may have already noted that the GP is fourteen events for adults and seven for youth 14 and under. So where do I get 17? Four events appear on both lists. Let's check it out. In January we kick off at Innovation Park with a kinda-sorta out and back course with rolling hills and a loop around the FSU Mag Lab by means of the GWTC Bowlegs 5k. This race historically gives 100% of the proceeds to the FSU Faculty and Friends Scholarship Fund. Then we up the ante from 5k to 10k with the Trent 10k for adults and the kids begin their 2020 campaign with the choice of 5k or mile. The 11th running of the race will be the 2nd time the 10k distance is offered. The race at Roberts

Elementary benefits Trent (McElory)'s Touch Foundation. In February you can get over your marathon legs on the St. Marks Trail at the Flash 6k. More often, the 12k is offered as the marquee event, but with the shorter distance featured in this schedule, the non-typical 6k distance, and the flat and fast course - I smell a personal best or at the very least a great after-party on the water's edge.

The leap year brings us a special treat: racing on February 29th. The last time we had a Leap Day Saturday was 1992 and I don't see any races on the results calendar for that day so who knows, this may be a first for the Club. First or not, don't miss the chance to do a Leap Race - the Buck Lake Bobcat 5k Trail Run. The youth return to the competition there as well and have the choice of the 5k or the shorter race which has been a 1.2 mile in years past. March takes the adult competition to the 5th race, the Shamrock Scurry 5k with a fast first mile and then a later climb up pancake hill which I suppose is a parallel to the pancake breakfast afterward where you may go too hard too early and then pay for it later.

The single race in April is by many accounts the premier 5k on the GWTC annual calendar, the Palace Saloon 5k. If you haven't done this one before, well where have you been, but you must run this race. It's an extremely flat and fast opening 3k and the finish is a full half-mile downhill. Awards are plentiful and post-race beverages are courtesy of the host site. At the end of April the youth get their first stand-alone event, the Nene Fest 5k or choice of the mile. The first half of the adult series finishes out in May with the Tails and Trails 10k through Tom Brown Park mostly along the shared use trail. The host and benefactor is the Tallahassee Animal Shelter Foundation.

The second half of the Grand Prix schedule in the first half of the year and we stay on the trails for the Potluck 4 miler.

Besting your competition while simultaneously trying to hit your predicted time is a challenge I have yet to solve. Proceeds go to the GWTC Chenoweth Fund.

We skip July, but have two races in the first 8 days of August. First (on the 1st) the ECCC (Elder Care Community Council) St. George Island Sizzler. This race is a bit of a drive from Tallahassee, but there are worse destinations than St. George Island and after the 5k, we can expect discounts on fare from **Doc Meyer's** Island Pub. Then GWTC's preeminent track event, the Breakfast on the Track Mile the only race where you can watch the entirety of the competition without having to keep up with the leaders. Both Youth and adults compete. In September Adults take a two-lap tour of the Silver Lake recreation area during the Salute to Prefontaine 5k Forest Run. The youth get their chance by running their first of two consecutive GWTC one mile races named after Hall of Famers at the Tim Simpkins one mile, usually the undercard for the Sickle Cell 5k. Let's see if this proves to be the fastest mile in town. However... In November the Awards Committee has wished personal bests upon all of us by giving both adults and youth the first Grand Prix edition of the Rex Cleveland Magic (Downhill) Mile - and yes, it's downhill, no tricks. The youth series concludes with this race from Myers Park to Railroad Square.

Turkey Trot is back on the schedule! The most popular, biggest, and in many ways the best race in the area will be contested for points in 2020, at least the 15k will be. Finally, we wrap up our elite competition with the Tannenbaum 6k at the area's most decorated and competitive course, Apalachee Regional Park, home of the NCAA National Championships and other high-profile events.

Overall, this schedule is faster than in the past few years with more shorter races. Also, it has been commended for the even balance of races throughout the year's calendar. I think the Committee did a great job putting this together. So that's it, plan your training schedule accordingly. And don't forget to run this year's **Rex Cleveland Mile** and Turkey Trot coming up this month.



November 2019

- 02 Race for Pace 5K**, 7:45 a.m. 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 by Railroad Square). Online registration available at RunSignUp.com (no additional fee). David Yon at david@radeylaw.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.
- 09 Hands & Hearts for Horses Veterans Day 5K/1M**, 8:30 a.m. Hands & Hearts for Horses, 3824 Lower Cairo Rd., Thomasville, GA. Online registration available at RunSignUp.com. Susie Shin at Susie@handsandheartsforhorses.com.
- 09 Patriot 5K Run/Walk & 10K**, 8 a.m. (CT). American Legion Emerald Coast Post 402, 17680 Ashley Ave., Panama City Beach, FL. Online registration available at Active.com. Rebecca DeBell at (850) 527-9265.
- 09 Freemason's and #Workaddict(s) UPLIFT 5K/1M Run for the Children of HOPE Summer Program**, 8 a.m. Lifetime Sports Complex, TCC Campus, 444 Appleyard Dr. (Run for the Cookies course). Online registration available at Eventbrite.com. Dennis Smith at dsmith3@fsu.edu.
- 09 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 Dultz at (850) 526-4673 or (850) 272-0225 or pcmarainna08@gmail.com.
- 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.
- 15 NCAA Division I South Region Cross-Country Championships**, 8:30 a.m. women 6K; 9:30 a.m. men 10K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.ncaa.com.
- 16 Community Leadership Academy (CLA) Run the Race 5K/Fun Run**, 8 a.m. Centerville Conservation Community Lake House, 6653 Lake Pisgah Dr. Online registration available at RunSignUp.com. Tracie Fulford at 509-7045.
- 23 USATF Junior Olympic Regional (FL, GA, SC) XC Championships**, time TBA. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.usatf.org/events.
- 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.

December 2019

- *07 GWTC 10M/5M Challenge**, 8 a.m. Hawks Rise Elementary School (use Meridian Rd. parking lot entrance). Online registration available at RunSignUp.com (no additional fee). Visit www.GulfWinds.org; or Vicky Verano or Ana Sutherland at 10MileChallenge@gmail.com.
- 07 Jingle Bell Run**, 6:15 p.m. Corner of S. Monroe St. and Park Ave. Online registration available at RaceIt.com. Visit www.talgov.com; or Tallahassee Parks & Recreation at 891-3866 or 891-3860.
- 07 Red Nose Run 5K/1M Kids Fun Run**, 8 a.m. Thomas University, 1501 Millpond Rd., Thomasville, GA. Online registration at RunSignUp.com.
- *14 Tallahassee Ultra Distance Classic 50M/50K/Marathon**, 7 a.m. Wakulla Springs State Park, 15 miles south of Tallahassee on SR 267. Online registration available at UltraSignUp.com. Visit www.TallahasseeUltra.com; or www.GulfWinds.org; or Robin Bennett at tallahasseeultra@gmail.com.

(Continued on page 8)

(Continued from page 7)

***21 Tannenbaum 6K Cross-Country Run**, 9 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Online registration available at RunSignUp.com (no additional fee). Visit www.GulfWinds.org; or Herb Wills at hwills@gmail.com.

January 2020

***04 Swamp Forest Trail Run (Half Marathon/6.5M)**, 8 a.m. Elinor Klapp-Phipps Park, Gate B, 1.3 miles west on Miller Landing Rd. Online registration available at RunSignUp.com (no additional fee). Bobby York at byorkjr@msn.com.

***11 Bowlegs 5K Run for Scholarship**, 9 a.m. FSU/FAMU Engineering Building, Innovation Park, 2525 Pottsdamer St. (across from Seminole Golf Course). Online registration available at RunSignUp.com (no additional fee). Visit www.GulfWinds.org; or Larry Giunipero at 878-5569; or Bill Hillison at 893-4557.

11 Run for Lawson 10K/5K/1M, 8:30 a.m. Holy Comforter Episcopal School, 2001 Fleischmann Rd. Online registration and additional information available at www.runforlawson.org. Cathy Mayfield at emc4223@aol.com.

11 Dr. James H. Crowdis 10K/5K Run, 9:30 a.m. First United Methodist Church, 397 College St., Blakely, GA. Online registration available at RaceEntry.com. Visit <http://crowdisrun.weebly.com>; or Tony Gilbert at tonygilbert@windstream.net or (229) 723-5070.

***18 GWTC 30K/15K**, 8 a.m. The Retreat at Bradley's Pond, across from Bradley's Country Store on Old Centerville Rd. Online registration available at RunSignUp.com (no additional fee). Visit www.GulfWinds.org; or Zach DeVeau at zachdeveau@gmail.com; or Jillian Heddaeus at jillianheddaeus@gmail.com.

25 The Trent 10K/5K/1M (5K/1M GP for youth only), 8 a.m. Roberts Elementary School, 5777 Pimlico Dr. Online registration available at Eventbrite.com. Visit <http://www.trentstouch.com/trent-trot>; or Kim McFarland or Kim Vinson at thetrent10@gmail.com or 488-0923.



2019 BEGINNING RUNNING GROUP

September 25th - November 13th

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

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?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 – Dan Koeppel

Childhood ambition:

In no particular order, I wanted to be a Fighter Pilot, an Archaeologist, and a Garbage Man - what kid didn't want to hang off the side of the truck as it drove around?

Current occupation:

Software Engineer

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

I would spend my days building houses for Habitat or another similarly minded organization.

Favorite running memory:

This past Springtime 5K. It was the first time our two girls both raced with us. It was also the first time that Gracie, our oldest daughter, beat me in a race. At 13 years old, she won the woman's race and broke 20 minutes. I was so proud of her, but it also motivated me to work that much harder to try and keep up with her.

Indulgence:

Dark chocolate, a great Yamhill-Carlton Pinot Noir, and a Speyside single malt

Non-running hobbies:

I enjoy cooking dinner, working in the yard and trying to finish the NY Times crossword before my second cup of coffee gets cold.



Favorite reads:

For fiction, *The Lord of the Rings* is probably my favorite. Running book that I am currently into is *Run For Your Life*, by Mark Cucuzzella.

Best place to run in Tallahassee:

My favorite run has to be the trails at Elinor Klapp-Phipps Park. Not an easy run, but if you are looking for a great technical trail run where you can completely lose yourself in your own thoughts, they cannot be beat.

Preferred running technology:

I love my Garmin Forerunner with Running Dynamics Pod in terms of the feedback it gives me, but by far, the most impactful tech I employ are zero-drop Altra trainers, which helped by break a lifetime of heel-striking, and my yoga mat, which I credit with improvements in flexibility, strength, balance and breathing control.

Perfect day:

Coffee, yoga and a trail run. Home in time to knock a couple of outdoor projects off the list before lunch. Watch a movie with the family and then head out back to let the kids swim while I fire up the grill.

Biggest challenge:

Fitting 36 hours worth of obligations and want-to's into a 24 hour day and still find time to sleep. Sleep usually loses.

Gulf Winds Track Club approved 2019 Grand Prix schedule

December 7 – GWTC 5 Mile Challenge

December – TUDC Marathon or 50k or 50 mile

Kids Grand Prix

November 28 - Turkey Trot – 1 mile

Featured Feet – Anna Koeppel

Childhood ambition:

I always wanted to be a pediatrician.

Current occupation:

I am a Pediatrician

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

I would still want to be a pediatrician. I would hire a full-time scribe to help with documentation. The best part of my profession is interacting with my patients and their families and so much of medicine has become charting and not actual face time spent with patients.

Favorite running memory:

My favorite running memory is the Charleston half marathon in 2018. Dan and I ran it for my birthday and it was my best time ever. It was freezing and I am sure this was my motivation to finish as quickly as possible. It was a great weekend and filled with lots of great memories.

Indulgence:

Russian River Valley Pinot Noir, M and M's, Blue and White porcelain – an obsession and I cannot stop collecting.

Non-running hobbies:

Interior design, My 2 children and their many activities, going to Tallahassee



Nursery.

Favorite reads:

The Help, Where the Crawdads Sing

Best place to run in Tallahassee:

Miccosukee Greenway and Lake Overstreet trails

Preferred running technology:

The Peloton Tread. Rebecca Gentry and Matt Wilpers have inspired me to run faster and improved my mile time by over 1 minute in 10 months. I would have never pushed myself to sprint at age 41.

Perfect day:

60 degrees and sunny. A long run on the beach. A big breakfast and spending the rest of the day outside with my family either planting flowers or boating.

Biggest challenge:

My biggest challenge is getting faster. I really want to run a 1:30 half marathon and the older I get the harder this challenge becomes. It often seems there are not enough hours in the day to work full time, have a family and train. Every morning when my alarm goes off at 4:45 AM I remind myself it is a privilege to be able to run.

New Members

Nushy	Alam	Betty	Dewar
Ocean	Anderson	Joe	Dewar
Brittany	Atwell	William	Dewar
Whitney	Bauer	Gwen	Drake
Lauren	Biddle	Claire	Duchemin
William	Boyer	Tiffany	Elkins
Georgia	Brightman	Devonte	Fason
James	Brightman	Ashley	Findeisen
Moonju	Brightman	Maggie	Fleming
Roger	Cain	Ronald	Francisco
Erin	Callan	Melissa	Ganey
Cassidy	Craig	Breana	Giblin
Ellen	Dees	Sara	Hall
Stephen	Dees	Antonio	Henriques

Joelle	Henry	Antoinetta	Plaster
Lisa	Hetrick	Mckayla	Plaster
Kearns	Hiett	Michael	Plaster
Adrianne	Holmes	Michael	Plaster
Levon	Hoomes	Tamara	Roberts
Sara	Hoomes	Kim	Russell
Tammy	Hornbaker	Palace	Saloon
Thomas	Howell	Travis	Sampiero
Zakiya	Hoyett	Kenneth	Schick
Barbara	Hudson	Marissa	Schrenk
Hwayoung	Jeoung	Jon	Sewell
Chandra	Johnson	Madeline	Sewell
Jennifer	Johnson	Brandy	Smen
Denice	Jones	Rachel	Solomon
Athena	Landy	Dana	Stetson
Martha	Larson	Mila	Turner
Jamie	LeFebvre	Jenna	Von See
Zlia	MacPherson	Megan	Welch
Elaine	Mohr	Toma	Wilkerson
Jacque	Myers	Jennifer	Williams
Jayan	Nair	Gee	Wilson
Alan	Pascal	Wendi	Works
		Michael	Zimvy

Buying or selling your home?
Call a name you can trust.



- * **Helping sellers & buyers & in our area since 1990 ***
- * **Expertise in pricing & preparing for the market ***
 - * **I can show you any listed property! ***
 - * **Marketing power of Coldwell Banker ***

Nancy Stedman, Broker Associate, CRS, GRI



**HARTUNG AND
NOBLIN, INC.**



(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.

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.

How They Train: 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



**Sustainable
Tallahassee**

*Registration Available on
evenbrite.com*

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

CHIP TIMING BY GULF WINDS TRACK CLUB

Water

DON'T FORGET YOUR REUSABLE
WATER BOTTLE!

4!
The 3 R's

REDUCE
REUSE
RECYCLE

Run!

WWW.SUSTAINABLETALLAHASSEE.ORG / 850-597-9836

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

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

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

1	Gary Droze	58	19:13	54	Luis Jiminez	24:10	115	Hal Davis	63	28:03	
2	Keelan Tidwell	15	19:22	55	Brennan Abramovitz	24:20	116	Morris Davis	63	28:06	
3	Nick Ciarlariello	17	19:23	56	Jordan Bentley	26	24:20	117	Riza Johnson	13	28:06
4	Will Sullivan	16	19:29	57	Bryan Meli	12	24:24	118	Ian Osterhaus	12	28:21
5	Ryan Truchelut	33	19:35	58	David Yon	63	24:28	119	David Cessar	25	28:27
6	Michael Martinez	53	19:52	59	Tyler Stowers	13	24:31	120	Tec Thomas	68	28:33
7	Terance Keenan	54	20:03	60	Grant Payne	15	24:36	121	Roger Carroll	5	28:39
8	Bill McNulty	61	20:29	61	Rich Heitmeyer	38	24:39	122	Ben Faglie	11	28:42
9	Paul Guyas	41	20:32	62	Adrienne Capeless	30	24:40	123	Timothy Guhl	50	28:49
10	Timothy Qualls	40	20:33	63	Sharon Sason	31	24:51	124	Tolar Griffin	43	29:00
11	Wyatt Stafford	16	20:37	64	Juan Zepeda	43	24:53	125	Noah Glunt	12	29:02
12	Duane Evans	52	20:47	65	Monica Toth	30	24:54	126	Mark Kasper	58	29:08
13	Garrett White	19	20:50	66	Michael Cipriano	61	24:58	127	Josh Briggs	15	29:11
14	Jim Halley	39	20:52	67	Robert Steinmetz	63	25:01	128	Martha Guyas	35	29:22
15	Gatlin Nennstiel	20	20:56	68	Lauren Heitmeyer	40	25:03	129	Kelley Coe Elurfa	55	29:28
16	Jordan Huston	29	21:02	69	Sarah Costello	14	25:10	130	Scott Moore	27	29:33
17	Matthew Steen	16	21:16	70	Nancy Proctor	58	25:19	131	Jonathan Grabb	36	29:34
18	Joe Woodson	45	21:19	71	Norah Peters	13	25:25	132	Dylan Ferguson	15	29:37
19	Gavin Payne	17	21:20	72	Ron Christen	73	25:29	133	Thoren Knispel	11	29:38
20	Tristan Lanasa	26	21:24	73	Nikky Manausa	38	25:29	134	Betsy Miller	41	29:39
21	Kurt Dietrich	28	21:26	74	Tim Lleman	40	25:32	135	Keith Haskins	36	29:41
22	Carson Freeland	14	21:28	75	Grace Kennedy	30	25:37	136	Caroline Taylor	14	29:42
23	Philip Sura	49	21:29	76	Maddie Manausa	13	25:39	137	Tre Scott	11	29:43
24	Joey Davis	16	21:30	77	Nancy Stedman	57	25:47	138	Sonya Dudley	50	29:43
25	Randy Manausa	10	21:41	78	Trent Parsons	10	25:50	139	Carlos Zapata	74	29:45
26	Luke Meli	11	21:53	79	Craig Bruner	63	25:51	140	Adam Day	13	29:48
27	Zach Weston	31	21:56	80	Michael Labossiere	53	25:52	141	Emily Sikes	38	30:07
28	Zach Deveau	31	21:58	81	Stephen Gensits	64	25:53	142	Francee Laywell	57	30:10
29	Luke Agaard	15	22:00	82	Roberto Singleton, Jr	26	26:11	143	Gene Opheim	73	30:20
30	Wendell Grouby	33	22:10	83	Grayson Boyd	15	26:12	144	Kingsley Knispel	11	30:20
31	Harper Davis	13	22:18	84	Theresa Meli	14	26:15	145	Craig Willis	68	30:24
32	Morgan Wilson	15	22:19	85	Vera Peters	11	26:16	146	Emily Meli	16	30:46
33	Jamichael Steen	17	22:19	86	David Anderson	69	26:18	147	Timothy Fraser	41	30:53
34	Caleb Lindsey	13	22:30	87	Michael Savage	62	26:21	148	Courson Brookins	16	30:58
35	Lou Maxwell	44	22:32	88	Morgan Crews	13	26:21	149	Maggie Boyd	13	30:58
36	Aaron Taylor	26	22:38	89	Sammie Drawdy	14	26:34	150	James Woodward	39	30:59
37	Waylon Peters	12	22:42	90	Paula O'Neill	58	26:35	151	Justin Whitfield	43	31:05
38	Kent Grayson	13	22:45	91	Jason Hamilton	18	26:35	152	Eberhard Roeder	51	31:10
39	Brian Molen	43	22:56	92	Samantha Fillmore	43	26:42	153	Kirsten Kinsley	47	31:18
40	Esteban Parra			93	Tom Ratliffe	71	26:44	154	Kristie Lamb	45	31:20
	Rodriguez	28	23:03	94	Marie Dennis	44	26:45	155	Debbie Peters	58	31:32
41	Katie Sherron	37	23:05	95	Madi Payne	13	26:46	156	Matthew Brock	29	31:38
42	Jerome Roberts	34	23:24	96	Heather Malloy	51	26:47	157	Finley Boyd	11	31:52
43	Ryan Kennedy	28	23:28	97	Kolton Grambling	16	26:48	158	Debbie Edwards	45	32:00
44	Matthew Arceneaux	16	23:28	98	Tsige Tadesse	51	26:56	159	Diana Caldwell	63	32:05
45	Logan Lamb	15	23:31	99	Gigi Mediate	12	27:07	160	Mark Kellerhals	58	32:06
46	Nico Wienders	48	23:42	100	Sarah Dugas	40	27:07	161	Jay Silvanima	59	32:12
47	Katherine Bouck	15	23:44	101	Warner Lunt	14	27:15	162	Julia Sura	48	32:12
48	Fanxiu Zhu	50	23:46	102	Joe Vega	65	27:15	163	Fran McLean	61	32:23
49	Carson Mennstiel	22	23:49	103	Jennie Merchant	27	27:16	164	Mark Giles	27	32:34
50	Laura McDermott	39	23:51	104	Connor Aarons	12	27:29	165	Diana Elsner	26	32:49
51	Jerry McDaniel	65	23:52	105	Jeff Kuperberg	59	27:36	166	Quint Brown	9	32:51
52	Hunter Watson	15	23:57	106	Mike Boll	55	27:36	167	David Cox	61	33:03
53	Seth Kerr	31	24:02	107	Stephen Machado	14	27:37	168	Noelle Roorda	17	33:06
				108	Jonathan Jackson	39	27:41	169	Donnie Pitts	45	33:10
				109	Beau Woodson	12	27:41	170	Amy Peterson	62	33:12
				110	Sylvia Peters	9	27:42	171	Colleen Mullen	33	33:13
				111	Geoffrey Adams	39	27:43	172	Kassie Ernst	33	33:18
				112	Darren Robinette	51	27:44	173	Charles Edwards	65	33:20
				113	Elias Bernstein	12	27:47	174	Mary Jean Yon	63	33:28
				114	Lauchlin Faglie	13	27:57	175	Allie Dollar	10	33:32

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

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
7	Michael Martinez	M 53	18:30

73	John Knowles	M	34	26:28	139	Jami Kimbrell	F	41	35:21	6	Myles Gibson	53 M	1:27:55
74	Catherine Jones	F	60	26:29	140	Lyndon Dallas Jr	M	36	35:45	7	Bob Deak	65 M	1:28:56
75	Timothy Fraser	M	41	26:33	141	Tiere Henry	F	39	36:07	8	Bryce Kelley	24 M	1:30:11
76	Tec Thomas	M	68	26:47	142	Corrine Taylor	F	36	36:10	9	Jon Maner	46 M	1:30:31
77	Hal Davis	M	63	26:51	143	Kendra Phillips	F	31	36:10	10	Donald Smith	40 M	1:33:17
78	Thomas Johnson	M	43	26:54	144	Valerie Dallas	F	39	36:23	11	Chris O'Kelley	26 M	1:33:27
79	Mike Manausa	M	56	26:55	145	Adrianne Holmes	F	41	36:26	12	Geb Kiro	53 M	1:34:30
80	Lauren Pason	F	27	27:09	146	Hannah Francis	F	15	36:30	13	Philip Sura	49 M	1:35:04
81	Kathleen Lipson	F	29	27:27	147	Becky Ajhar	F	54	37:29	14	Paul Guyas	42 M	1:35:29
82	Sonya Dudley	F	50	27:29	148	Charles Ervin	M	76	37:34	15	Carter Hay	48 M	1:36:05
83	Harris Wiltsher	M	51	27:42	149	Darbi Balkom	F	11	37:41	16	Katie Sherron	37 F	1:37:40
84	Robert Walters	M	27	27:51	150	Letitia Brown	F	45	37:59	17	Tony Guillen	50 M	1:37:41
85	Fran McLean	F	61	27:53	151	Sarah Young	F	36	38:02	18	Camilo Ordenez	40 M	1:38:35
86	Kim Sims	F	40	28:01	152	Wanda Bradley	F	60	38:03	19	Kirk Fechter	32 M	1:38:42
87	Nick Nichols	M	76	28:03	153	Deborah Curry	F	60	38:44	20	Joel Piotrowski	50 M	1:40:53
88	Morris Davis	M	63	28:04	154	Tanise Jackson	F	58	39:11	21	Eric Schulz	27 M	1:41:11
89	Kerry Phillips	M	42	28:08	155	Bethany Lacey	F	37	39:50	22	Zack Andrews	30 M	1:42:15
90	Michelle Comeaux	F	46	28:09	156	Sara Craig	F	45	40:37	23	Kyle Kraeft	30 M	1:42:28
91	Emily Sikes	F	38	28:23	157	Elboni Moore	F	41	40:37	24	Alyssa Moore	25 F	1:42:30
92	Rohan Mehta	M	34	28:25	158	Hope Gaines	F	52	41:18	25	Fanxiu Zhu	50 M	1:44:33
93	Gene Opheim	M	73	28:29	159	Tamara Roberts	F	53	41:18	26	Michael Kennett	46 M	1:45:36
94	Diana Caldwell	F	63	28:43	160	Kimberly Moore	F	48	41:40	27	Mark Tombrink	31 M	1:45:54
95	Debbie Peters	F	58	28:43	161	Elizabeth Haywood	F	22	41:44	28	William Mrazek	34 M	1:46:46
96	Jay Silvanima	M	59	28:56	162	George Hughes	M	40	41:49	29	Gavin Dunn	29 M	1:47:01
97	Andrew Barnes	M	9	29:12	163	Latoya Fountain	F	40	41:59	30	Laura McDermott	39 F	1:47:54
98	Debbie Edwards	F	45	29:14	164	Amanda Green	F	55	42:13	31	Hal Davis	63 M	1:48:24
99	Brice Barnes	F	38	29:36	165	Nicole Bruce	F	21	42:21	32	Joseph Sollohub	49 M	1:49:08
100	Lance McGee	M	39	29:39	166	Jennifer Stokes	F	54	42:28	33	William Pipkin	36 M	1:49:20
101	Eric Hinson	M	46	29:42	167	Anthony Thompson	M	34	43:26	34	Maria Andrews	29 F	1:50:04
102	David Cox	M	61	29:53	168	Mary Lou Manausa	F	81	43:43	35	Michael Cipriano	61 M	1:50:13
103	Keirstin Mosher	F	19	30:06	169	Etriya Francis	F	45	44:51	36	Gabe Peters	31 M	1:50:21
104	Amy Peterson	F	62	30:06	170	Cassidy Coleman	F	25	44:52	37	Monica Toth	30 F	1:50:42
105	Mark Kellerhals	M	58	30:11	171	Laila Francis	F	9	45:10	38	Kevin Malfa	35 M	1:51:08
106	Yolonda Green	F	43	30:41	172	Nathan Francis	M	46	45:11	39	Sarah Dugas	40 F	1:51:30
107	Sydney Niles	F	25	30:57	173	Emily Edwards	F	28	48:09	40	Juan Ordenez	45 M	1:51:39
108	Terry Butler	M	66	31:00	174	Barbara T Hudson	F	78	48:25	41	Micah Andrews	30 M	1:52:05
109	Kassie Ernst	F	33	31:05	175	Athena Rodriguez	M	84	48:53	42	Jerry McDaniel	65 M	1:52:13
110	John McCoy	M	70	31:12	176	Danielle Price	F	25	50:38	43	Mary Jane Hayden	39 F	1:53:49
111	Berince				177	DeGanyan Andrew	M	34	50:39	44	Craig Bruner	63 M	1:54:35
	Mercer-Lewis	F	59	31:28	178	James Varley	M	79	50:43	45	Nancy Proctor	58 F	1:55:19
112	David Darst	M	76	31:40	179	Sheila Labissiere	F	33	51:29	46	Patrick Bateman	32 M	1:55:27
113	Mary Jean Yon	F	63	31:44	180	Vernique Footman	F	39	53:39	47	Ron Christen	73 M	1:56:04
114	Heather Myers	F	27	31:52	181	Margarete Deckert	F	86	54:22	48	Tom Ratliffe	72 M	1:56:48
115	Thomas Biance	M	38	31:55	182	Aundrea Hannah	F	50	58:54	49	Julie Fink	37 F	1:57:36
116	Jamie Lasker	M	37	31:59	183	Curtis Rush	M	32	61:15	50	David Anderson	69 M	1:58:31
117	Laura Parsons	F	34	32:06	184	Royle King	M	33	61:16	51	Joe Vega	65 M	1:58:55
118	Patricia Dugan	F	69	32:10	185	Karl Knight	M	47	61:16	52	Robert Wigen	53 M	1:59:18
119	Dawn Farnsworth	M	68	32:34	186	Julianna Murphy	F	22	64:29	53	Michael Labossiere	53 M	1:59:35
120	Carol Winger	F	71	32:40	187	Coleman Beal	M	22	64:29	54	Samantha Fillmore	43 F	2:00:19
121	Lesia Evans	F	52	32:42						55	Christopher Renn	32 M	2:01:23
122	Jan Blue	F	65	33:10						56	Julie Duggins	36 F	2:03:03
123	Bridget Carter	F	51	33:21						57	Tiffany Nunnally	40 F	2:03:07
124	Megan Flack	F	35	33:25						58	Jennie Merchant	27 F	2:03:12
125	John Tan	M	45	33:29						59	Melanie Jackson	40 F	2:03:15
126	Jessica Yeary	F	35	33:32						60	Kurtis Roqueplot	35 M	2:04:17
127	Laura Battle	F	36	33:33						61	Stephen Gensits	64 M	2:06:29
128	David Moore	M	46	33:34						62	Timothy Fraser	41 M	2:06:59
129	Mary Stutzman	F	71	34:00						63	Dominic Milner	39 M	2:07:13
130	Sharon Childers	F	34	34:02						64	David Yon	63 M	2:07:20
131	Fran Bridges	F	59	34:25						65	Gary Griffin	70 M	2:07:54
132	Dianna Weston	F	65	34:26						66	John Dew	61 M	2:08:14
133	Zeljka Popovic	F	25	34:28						67	Betsy Miller	41 F	2:08:29
134	Nickie Reddick	M	52	34:32						68	Karina Anderson	33 F	2:08:45
135	Jon Brown	M	45	34:53						69	Mark Schlakman	58 M	2:09:08
136	Anjali Jain	F	12	35:11						70	Kelley Elurfali	55 F	2:10:55
137	Amit Jain	M	38	35:11						71	Kristen Bowers	45 F	2:11:00
138	Perha Varley	F	75	35:15						72	Lisa Dowling	33 F	2:11:00
										73	Martha Guyas	35 F	2:12:49
										74	Michelle Comeaux	46 F	2:13:40

Pine Run 20K
10/05/2019
Gary Griffin, R.D.

1	Chris Jones	26 M	1:24:34
2	Mickey Moore	49 M	1:26:29
3	Hong-Guo Yu	51 M	1:26:51
4	Bryce Parry	20 M	1:26:55
5	Christian Minor	32 M	1:27:16

75	Jack McDermott	50 M	2:13:41
76	Sarah Monbarmen	33 F	2:14:39
77	Ludmila De Faria	51 F	2:15:51
78	Kirsten Kinsley	47 F	2:16:24
79	Sonya Dudley	50 F	2:17:03
80	Joseph Patton	53 M	2:17:30
81	Leah Kiros	13 F	2:19:01
82	Deborah Waldrep	49 F	2:22:05
83	Carlos Zapata	74 M	2:22:35
84	Megan Federico	36 F	2:22:40
85	Cliff Waldrep	49 M	2:22:44
86	Scott Wright	63 M	2:22:45
87	Debbie Peters	58 F	2:25:44
88	Rachel Moebus	33 F	2:25:55
89	Clark Casey	38 M	2:25:56
90	Brian Haskew	36 M	2:26:05
91	Emily Sikes	38 F	2:26:30
92	Debbie Edwards	45 F	2:26:41
93	Tyler Riley	23 M	2:26:45
94	Sharon Sollohub	54 F	2:26:53
95	Allie Caldwell	29 F	2:28:34
96	Jim Hall	69 M	2:29:53
97	Michelle Butler	36 F	2:30:55
98	Diana Caldwell	63 F	2:33:20
99	Tec Thomas	68 M	2:36:11
100	Keith Berry	62 M	2:40:08
101	Erin Vaughn	33 F	2:40:11
102	Rachelle Spinks	33 F	2:40:11
103	Jayan Nair	46 M	2:40:39
104	Bill Hillison	75 M	2:42:25
105	Dana Stetson	62 M	2:42:26
106	Kassie Ernst	33 F	2:43:48
107	Meagan Chisholm	33 F	2:45:29
108	Sarah Logan Beasley	28 F	2:46:13
109	Patricia Dugan	69 F	2:47:05
110	David Farnsworth	68 M	2:48:19
111	Danny Langston	56 M	2:55:39
112	Claire Duchemin	63 F	3:00:32
113	Steve Shaw	62 M	3:09:53

114	Johnny Creel	65 M	3:11:47
115	Ray Stinson	59 M	3:11:48
116	Catherine Bowers	43 F	3:25:57

Prefontaine 5K 9/28/2019 Doug Bell, R.D.

1	Paul Guyas	M	41	20:36
2	William Springer	M	13	21:22
3	Hans Hassell	M	36	22:36
4	Austin Gray	M	16	23:25
5	Michael Kennett	M	45	23:38
6	Francisco Ju Juan	M	17	23:44
7	Michael Square	M	15	24:45
8	Josh Briggs	M	15	25:54
9	Ayden Pearson	M	17	25:54
10	Jacob Parks	M	21	26:57
11	Donald Hinchman	M	13	27:14
12	Isabel Davis	F	13	27:15
13	Levi Bilbo	M	17	27:18
14	Jonathon Faircloth	M	13	27:23
15	Martha Guyas	F	35	28:00
16	Michael Labossiere	M	53	28:12
17	John Cowart	M	66	28:33
18	Douglas Gorton	M	61	28:47
19	Marlee Tucker	F	15	29:12
20	Dylan Young	M	12	29:24
21	Sean Gray	M	11	30:08
22	Kaari Guyas	F	12	30:23
23	Sade Guyas	F	10	30:24

24	Michelle Therrien	F	39	30:40
25	Michelle Comeaux	F	46	30:49
26	Kendra Essig	F	29	30:50
27	Hal Davis	M	63	30:51
28	Scott Ingram	M	53	30:53
29	Adia Barber	F	15	30:55
30	Luke Bloomquist	M	11	31:00
31	Robert Walters	M	27	31:04
32	Alvin Smith	M	59	31:06
33	Luke Springer	M	11	32:01
34	Hank Stringer	M	50	32:35
35	Josiah Friddle	M	12	32:45
36	Cole Robinson	M	12	32:58
37	Alondra Jimenez	F	14	34:13
38	Kathy Rodzinka	F	60	34:36
39	Connie Clark	F	57	35:34
40	Jessica Yeary	F	35	36:32
41	Delilah Thomas	F	32	37:21
42	Makayla Varner	F	16	38:01
43	Raines Mosteller	M	11	38:12
44	James Mosteller	M	49	38:21
45	Maya Loizeaux	F	43	38:39
46	Gretchen Deyoung	F	58	38:47
47	Mike Owen	M	53	38:53
48	Katherine Owen	F	44	38:54
49	Chika Okoro	F	39	40:03
50	Antonio Henriques	M	75	41:19
51	Carol Rhodes	F	71	44:40
52	Robin McDougall	F	51	45:28
53	Joseph Mabry	M	38	45:59
54	Wyli Wagner	F	12	47:17
55	Taylor Wagner	M	35	47:19
56	Daniel Alley	M	29	50:57
57	Bonnie Stark	F	65	56:23

Grand Prix Standings through Pine Run 20K

Female Overall	#	GP Events
	Points	
Centner, Ann	9	270
Maxwell, Lou	10	158
Barnes, Brittney	9	156
McDermott, Laura	13	150
Sherron, Katie	8	143
Sava, Amanda	5	110
Terry, Alyssa	6	109
Liles-Weyant, Stephanie	5	
	76	
Rosen, Sheryl	3	57
Moore, Alyssa	3	54
Unger, Lilli	4	54
Toth, Monica	4	48
Proctor, Nancy	7	47
Manausa, Nikky	5	44
Dempsey, Angela	5	37
Stedman, Nancy	7	35
Dugas, Sarah	2	28
Heddaeus, Jillian	3	25
Allen, Jamila	2	22
Wise, Sherri	2	22
Heitmeyer, Lauren	3	21
Cox, Renee	1	20

Early, Jenny	2	20
Tadesse-Kiros, Tsige	1	17
Augustyniak, Shelby	1	15
Fillmore, Samantha	2	14
Reina, Laura	2	14
Tyner, Ruffian	2	14
Maier-Katkin, Birgit	1	13
McVay, Deanna	1	13
Ward, Kendall	1	13
Bentley, April	1	11
Koepfel, Anna	1	11
Laywell, Natalie	1	11
Kennedy, Grace	2	10
Dennis, Marie	1	9
McNees, Shannon	1	9
De Faria, Ludmila	1	7
Dimacali, Marien	1	7
Merchant, Jennie	1	7
Sellati, Laura	1	7
Thumm, Alison	1	7
O'Neill, Paula	2	6
Halley, Kristin	1	5
Miller, Betsy	1	5
Poage, Stacey	1	5
Spencer, Emma	1	5

Abbey, Lorien	1	3
Elurfalli, Kelley	1	3
Malloy, Heather	1	3

F1-9		
Sikes, Charlotte	7	130
Heitmeyer, Haley	7	112
Rowe, Caroline	5	50
Molen, Chloe	3	39
Johnson, Emily	4	34
Johnson, Lily	4	34
Youngberg, Isabella	3	32
Kennett, Lydia	2	22
Campbell, Rachel	3	16
Marshall, Samantha	2	8
Youngberg, Reese	1	8
Lamere, Rylan	1	6
Maxwell, Liliana	1	6
Smart, Lucy	1	4

F10-14		
Lewis, Clifton	5	90
Lewis, Stella	4	67
Manausa, Maddie	5	60
Kiros, Leah	4	49

Guyas, Sade	5	46	Peterson, Jenny	1	2	Clark, Kristina	2	20
Sims, Madison	3	42				Devlieger, Tanya	2	16
Guyas, Kaari	4	41	F35-39			Davis, Elle	1	15
Thumm, Payton	3	38	McDermott, Laura	13	212	McNees, Shannon	1	15
Kristian, Kaitlyn	4	37	Sherron, Katie	8	160	Milford, Angie	1	15
Campbell, Lydia	3	26	Heitmeyer, Lauren	9	84	Shelton, Susan	1	15
Fernandez, Sarah	3	20	Manausa, Nikky	5	69	Brown, Amy	1	12
Brinkmann, Reilynn	1	8	Sikes, Emily	9	68	Johnston, Zandra	1	12
Hall, Anna Jo	2	8	Wise, Sherri	4	55	Skrob, Kory	1	12
Brinkmann, Eliane	1	6	Heddaeus, Jillian	4	51	Frost, Shanin	1	10
Blay, Laney	1	4	Butler, Michelle	4	36	Smith, Sunita	1	10
Bush, Riley	1	2	Early, Jenny	2	30	Bush, Becky	1	6
Hall, Madalyn	1	2	Sims, Kim	4	28	Young, Tami	1	6
Stanley, Savannah	1	2	Zapata, Melissa	2	22	Angle, Shannon	1	4
			Flack, Megan	4	20	Duffey, Shelly	1	2
F15-19			McVay, Deanna	1	20			
Unger, Lili	4	80	Sellati, Laura	2	20	F50-54		
Laywell, Natalie	1	20	Williams, Donica	2	20	Elurtali, Kelley	11	157
Ward, Kendall	1	20	Petty, Johanna	3	18	Dudley, Sonya	13	148
Marshall, Taylor	1	15	Halley, Kristin	1	15	Dempsey, Angela	7	140
Molen, Emily	1	15	Spencer, Emma	1	15	Tadesse-Kiros, Tsige	7	120
			Ashton, Melissa	1	12	Evans, Lesa	6	48
F20-24			Johnson, Jessica	2	10	Malloy, Heather	2	40
Sava, Amanda	5	100	McCarthy, Deirdre	1	8	Reina, Laura	2	35
Moore, Alyssa	3	60	Okoro, Chika	2	8	Crews, Sharon	2	30
McNees, Madison	2	32	Campbell, Jamie	1	4	De Faria, Ludmila	2	30
Jones, Megan	2	30	Chipps-Walton, Sarah	1	4	Abbey, Lorien	2	24
Zahora, Nikki	1	20	Jones, Angela	1	4	Hermes, Sarala	4	24
Brunell, Cyndel	1	15	Thompson, Sarah	1	2	Jeter, Karen	3	22
murphy, julianna	1	15				Antley, Mona	2	16
			F40-44			Strickland, Trina	3	16
F25-29			Maxwell, Lou	10	195	Tessmer, Connie	2	16
Centner, Ann	9	180	Dugas, Sarah	10	144	Cashulette, Lisa	2	14
Merchant, Jennie	9	123	Fillmore, Samantha	8	124	Lang, Patty	3	14
Terry, Alyssa	6	92	Miller, Betsy	10	111	Verano, Vicky	2	12
Beasley, Sarah Logan	65	6	Edwards, Debbie	12	102	Carter, Bridget	1	10
			Richards, Kendrah	7	36	Guillen, Ann	1	10
Kennedy, Grace	3	42	Tyner, Ruffian	2	35	Sollohub, Sharon	1	10
Allen, Jamila	2	30	Dennis, Marie	2	24	Ward, Kim	1	8
Caldwell, Allie	3	29	Augustyniak, Shelby	1	20	Cox, Lisa	1	6
Byrd, Marina	2	23	Harris, Jamie	1	20	Pagano, Sandy	1	4
Hadden, Michelle	1	15	Rozwadowski, Faye	3	20	Condo, Michelle	1	2
Myers, Heather	1	12	Kamerick, Elizabeth	4	18	McNeal, Linda	1	2
Sawyer, Amanda	1	10	Woods, Mitzi	2	18	Wingate, Dee Dee	1	2
Smen, Brandy	1	8	Howard, Denise	2	16			
			Koeppel, Anna	1	15	F55-59		
F30-34			Thumm, Alison	1	15	Proctor, Nancy	12	225
Barnes, Brittney	9	170	Cooper, Cyndi	2	12	Stedman, Nancy	9	152
Guyas, Martha	10	131	Kimbrell, Jami	2	12	O'Neill, Paula	8	102
Toth, Monica	5	83	Martin, Melissa	1	12	Peters, Debbie	11	98
Ernst, Kassie	7	69	Poage, Stacey	1	10	Maier-Katkin, Birgit	6	76
Bevis, Brittany	5	56	Griffin, Robyn	1	6	Ausley, Loranee	6	62
Rosen, Sheryl	3	55	Harrell, Beverly	2	6	Laywell, Francee	6	54
Parsons, Laura	5	50	Marshall, Melissa	1	2	Bridges, Fran	5	30
Chisholm, Meagan	5	43				Dimacali, Marien	2	30
Monbaren, Sarah	2	22	F45-49			Jones, Cathy	2	18
Cox, Renee	1	20	Comeaux, Michelle	8	140	Rodzinka, Kathy	1	12
Desai, Vaishali	1	12	Liles-Weyant, Stephanie	5	100	Wharton, Belinda	1	12
Litman, Melanie	1	12				Clarke, Connie	1	10
Vaughn, Erin	1	10	Sura, Julia	5	82	Dugger, Emma	2	10
Spinks, Rachelle	1	8	Bentley, April	2	35	Noyes, Lisa	2	8
Rideout, Ann	1	6	Degrummond, Juli	3	34	Munoz, Karen	1	6
Dennis, Laura	1	4	Dillon, Kelli	3	24	Bridges, Mary Lee	1	4

Clark, Julie	1	4	O'Kelley, Chris	5	92	Bernstein, Elias	4	46	
Presnell, Pamela	1	4	Knauf, David	8	83	Bernstein, Andres	3	40	
Bender, Theresa	1	2	Parry, Bryce	3	77	Aarons, Connor	4	36	
Davis, Patricia	1	2	Guyas, Paul	7	71	Johnston, Jacob	2	22	
Waller, Pam	1	2	Smith, Don	7	65	Aldrovandi-Reina, Filippo	1	20	20
			McNulty, Bill	7	63	Edwards, Connor	1	20	
F60-64			Evans, Duane	6	54	Fernandez, Henry	2	18	
McLean, Fran	10	180	Martinez, Mike	4	54	Harrell, Cooper	1	15	
Caldwell, Diana	9	165	McDermott, Jack	4	50	Guyer, Andrew	1	10	
Yon, Mary Jean	10	133	Sura, Philip	6	46	Manausa, Jack	2	10	
Blue, Jan	7	71	Droze, Gary	2	41	David, Fenner	1	8	
Tappen, Mary Jane	6	48	Moore, Mickey	2	39	Guillen, Andrew	1	8	
Weston, Dianna	4	34	Busboom, Brad	2	37	Maxwell, Cadden	1	8	
Tidwell, Lauryl	3	32	Kiros, Geb	5	35	Blay, Jonah	1	6	
Sheppard, Judi	4	28	Halley, Jim	3	29	Marshall, Alex	1	6	
Peterson, Amy	2	24	Guillen, Tony	3	26				
Griffin, Peg	2	20	Murphy, Thomas	2	26	M15-19			
Wright, Bonnie	2	18	Hanley, Will	2	18	Parry, Bryce	3	60	
Godbey, Karen	1	15	Guyer, Aaron	1	17	Petty, Nick	2	40	
Fitzgerald, Susan	1	10	Hay, Carter	2	16	Duey, Ewan	1	20	
Murphy, Jill	2	10	Laywell, Matthias	1	15	Rutledge, Leo	1	20	
McNeal, Barbara	1	6	Rutledge, Leo	1	15	Ingram, Connor	1	15	
Bruner, Patricia	1	4	Malfa, Kevin	2	14				
Bulloch, Susan	1	2	Maradzike, Elvis	1	13	M20-24			
			David, Tad	2	12	Laywell, Matthias	2	40	
F65-69			Zhu, Fanxiu	2	12	munroe, samuel	1	20	
Dugan, Patricia	11	180	Piotrowski, Joel	1	11	Parks, Travis	1	20	
Hurt, Stephanie	6	120	Grossman, Zachary	1	9	Lang, Charlie	1	15	
Widener, Nancy	6	110	Molen, Brian	1	7				
Flippo, Kathy	4	46	munroe, samuel	1	7	M25-29			
Cornwell, Susan	2	27	Unger, Tim	1	7	La Nasa, Tristan	10	172	
Levins, Linda	1	12	woodson, joe	1	7	Kline, Charlie	6	120	
Priddy, Anne	1	12	Zepeda, Juan	1	7	O'Kelley, Chris	6	100	
			Tombrink, Mark	1	5	Parra Rodriguez, Esteban	7	97	97
F70-74			Dietrich, Kurt	1	3	Bentley, Jordan	5	54	
Stutzman, Mary	9	152	Flikkema, Laryn	1	3	Key, Nicholas	4	41	
Varley, Perha	8	137	Manausa, Dan	1	3	Kennedy, Ryan	2	20	
Winger, Carol	3	60	Parker, Thomas	1	3	Dietrich, Kurt	1	15	
Guhl, Julie A	1	12	Weyant, Mike	1	3	Schulz, Eric	1	15	
White, Marsha	1	10				Slupecki, Jacob	1	12	
			M1-9			Wright, Jamie	1	12	
F75-79			Sikes, Benjamin	6	95	Harker, Philip	1	6	
Cleveland, Mae	1	20	Heitmeyer, Landon	4	47				
Hudson, Barbara	1	20	Thumm, Connor	3	45	M30-34			
			Fernandez, Peter	2	40	Truchelut, Ryan	11	195	
F80-84			Parsons, Trent	2	35	Deveau, Zach	7	114	
Manausa, Mary Lou	7	125	Sims, Chase	2	35	Bateman, Patrick	7	92	
Skofronick, Dot	3	60	Fillmore, Colton	4	32	Tombrink, Mark	3	60	
			Moore, Shane	3	28	Kerr, Seth	5	59	
F85-99			Parsons, Spencer	1	20	Busboom, Brad	2	40	
Deckert, Margarete L	6	110	Campbell, Jude	2	18	Oliver, Hugh	3	26	
Rodriguez, Clementina	2		Bryner, Ian	1	15	Mrazek, Bill	2	25	
	40		Campbell, Andrew	1	12	Shiver, Jon	2	25	
			Cannon, Tyler	1	12	Campbell, Chase	1	20	
Male Overall	# GP Events		Smart, Oscar	1	12	Kirschner, Matthew	1	12	
	Points		Stanley, Cy	1	12	Maradzike, Elvis	1	12	
Truchelut, Ryan	11	194	Griffin, Peyton	1	8	Perkins, Casey	2	12	
Johnson, Charlie	6	160	Deveau, Barrett	1	6	Peters, Gabe	1	12	
Kline, Charlie	6	160				Dennis, Brett	1	10	
Yu, Hong-Guo	9	139	M10-14			Thompson, Anthony	1	8	
La Nasa, Tristan	9	108	Manausa, Randy	6	107	Parks, Tyler	1	6	
Deveau, Zach	6	94	Rowe, Jackson	4	70				
			Kiros, Jonathan	4	49				

M35-39			Murphy, Thomas	2	40	M60-64		
Smith, Don	9	147	Blay, Allen	3	34	McNulty, Bill	11	220
Johnson, Charlie	6	120	Noriega, Tarik	3	24	Yon, David	12	150
Haskins, Keith	9	99	Klepper, Rob	1	15	Gensits, Stephen	12	125
Malfa, Kevin	5	72	Wienders, Nico	1	15	Wright, Felton	8	115
Halley, Jim	3	55	Guhl, Tim	1	12	Cipriano, Michael	8	108
Shaw, Kyle	4	47	Thumm, Wayne	1	12	Davis, Hal	12	100
Biance, Thomas	6	46	Bradshaw, Kevin	1	10	Davis, Morris	8	50
Heitmeyer, Rich	3	34	Skrob, Robert	1	10	Dew, John	4	30
Kristian, Tommy	2	25	Baker, Mike	1	8	Steinmetz, Robert	2	22
Milner, Dominic	2	24	Solohub, Joe	1	6	Savage, Michael	2	18
Shanahan, Jake	3	22				Cox, David	4	16
Nash, Jon	1	20	M50-54			Priddy, Mark	2	10
Jones, Melvin	1	15	Yu, Hong-Guo	9	160	Berry, Keith L	1	6
Hohmeister, Matt	2	14	Knauf, David	10	145	Gorton, Douglas	1	6
Kannampallil, Bala	2	14	Evans, Duane	10	126	Jones, Ithel	1	6
Chisholm, Patrick	1	12	Zhu, Fanxiu	10	96	Whitton, Jeff	2	6
Jackson, Jonathan	1	12	Kiros, Geb	7	82	Stetson, Dana	1	4
McGee, Lance	1	12	Martinez, Mike	4	80	Sivyer, John	1	2
Parker, Thomas	1	12	Strickland, Julian	5	48			
Wilson, Steven	1	12	Guillen, Tony	3	44	M65-69		
Andersen, Erik	1	10	David, Tad	4	41	Anderson, David	13	209
Corn, Worth	1	10	Labossiere, Michael	8	38	Vega, Joe	12	150
Graham, Jason	1	10	Boll, Mike	6	32	Griffin, Gary	8	135
Scharlepp, Zack	1	6	Wigen, Robert	4	32	Thomas, Tec	11	120
			Weyant, Mike	3	26	McDaniel, Jerry	5	95
M40-44			Crews, Mack	2	22	Farnsworth, David	10	60
Guyas, Paul	13	237	Corbin, Brian	2	21	Willis, Craig	5	60
Zepeda, Juan	11	122	Jeter, Mark	2	20	Edwards, Charles	5	36
Ordonez, Camilo	8	110	Bryan, Jeff	1	10	Butler, Terry	3	18
Fraser, Timothy	10	94	Lang, Chuck	2	10	Kronenburg, Tony	2	18
Molen, Brian	7	89	Cashin, Dan	1	8	Brunger, Robbie	2	16
Flikkema, Laryn	6	66	Wingate, Tim	1	8	Levins, Buddy	1	10
Hanley, Will	3	45	Dillon, Bill	1	6	Hutto, Casey	1	8
Guyer, Aaron	2	40	Hunt, John	1	4			
Griffin, Tolar	4	24	Laywell, Eric	1	4	M70-74		
Poage, Stuart	3	22	Fillmore, Jim	1	2	Christen, Ron	13	260
Grossman, Zachary	1	20				Ratliffe, Tom	10	150
Johnson, Thomas	2	16	M55-59			Zapata, Carlos	11	131
Koeppel, Daniel	1	15	Unger, Tim	10	190	Opheim, Gene	11	106
woodson, joe	1	15	Curry, Dave	8	127	Tully, Jim	5	69
Martin, Michael	2	14	Manausa, Mike	8	90	McCoy, John	6	56
Ashton, Daniel	1	12	Silvanima, Jay	6	60	McGuire, Bill	1	15
Stanley, Chris	1	12	Sosna, Rich	5	47	Hammock, Richard	2	14
Cooper, Rob	2	6	Droze, Gary	2	40	Winger, Craig	2	14
Johnston, Gary	1	6	Devlieger, T J	2	30	henriques, antonio	1	10
Whitfield, Justin	2	6	Kasper, Mark	2	27	Hillison, Bill	1	10
Williams, Justin	1	6	Kellerhals, Mark	2	22			
Schale, Steven	1	4	Langston, Danny	1	20	M75-79		
Hall, Ben	1	2	Stephens, Jimmy	2	20	Darst, David	9	175
			Stiles, Mike	2	20	Varley, Jim	6	89
M45-49			Mountin, Eric	1	15	Livingston, Ed	4	65
Sura, Philip	11	187	Aldrovandi, Ettore	1	12	Nichols, Nick	1	20
Kennett, Michael	7	88	Cucchi, George	1	12	Guhl, Bill	1	15
Manausa, Dan	7	84	Herring, Myron	1	12			
McDermott, Jack	5	82	Rowe, Keith A	2	10	M80-84		
Piotrowski, Joel	4	50	Vesuvio, Mark	1	10	Rodriguez, Estan	3	60
Whiddon, Darren	6	48	Bottcher, Tim	1	8	Degrummond, Bill	2	35
Hay, Carter	3	47	Findley, Tom	1	8			
Ordonez, Juan	5	42						
Moore, Mickey	2	40						