

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | SEPTEMBER 2026



SMIRF AND STRIDER CAMP WRAPS UP A SUCCESSFUL SUMMER



Photo credit: GWTC



VOLUME 51 | ISSUE 8

Tallahassee, FL
Gulf Winds Track Club

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | SEPTEMBER 2026

VOLUME 51 | ISSUE 8

Editor: Robert and Kory Skrob with Alex Baglietto,
FleetFoot@GulfWinds.org

Columnists: Jane Johnson (Featured Feet), Allen Blay and
Jerry McDaniel (Presidents Column), Bill Lott (Race Calendar).

Advertising Copy:

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GWTC-Fleet Foot and sent to, PO Box 3447, Tallahassee, FL 32315

Submissions/Contributions:

Submissions for publication are strongly encouraged, the preferred format
is Microsoft Word. If you have pictures or stories about your running
group, don't be shy, photos should be in jpg format. Contact us if you have
questions. Robert & Kory Skrob, (850) 270-8295, FleetFoot@GulfWinds.org

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JUNE BOARD MEETING RECAP

Here is a Gulf Winds Track Club Board of Directors meeting briefing about the meeting held June 10, 2026, hosted by David and Mary Jean Yon. The full meeting minutes are available at gulfwinds.org/minutes. To learn about future board meetings and their locations, visit gulfwinds.org/business-meetings. All GWTC members are welcome to attend any board meeting. Please join us if you are interested or curious about the work happening behind the scenes.

Awards4U Reaffirms Its Commitment to GWTC

Justin Varn of Awards4U joined the meeting to discuss the medals, T-shirts, socks and other items available to GWTC race directors. Awards4U wants to continue its relationship with the club and will compare competing bids and prices with the goal of matching or beating them.

Future Board Meetings Have a New Location Option

Future Board meetings can be held at the Florida Sheriffs Association building at 2617 Mahan Drive near Riggins Road. The facility includes a kitchen and bathrooms and allows beer.

A New Trail Is Coming to Orchard Pond Parkway

Jerry McDaniel recently attended a meeting about Orchard Pond Parkway and reported that a trail is being built along the parkway.

GWTC Members Head to RunSignUp Training

Bill and Kory and Robert Skrob are attending RunSignUp training in Minnesota. The Board approved covering their travel expenses so they can bring what they learn back to GWTC.

John Baughman and Travis Crow Take Over the Ultra Distance Classic

John Baughman and Travis Crow will serve as race directors for this year's Ultra Distance Classic. The pair already have some new ideas for possible changes to the course, and the Board approved their appointment.

GWTC Approves a New Privacy Statement

A new privacy statement prepared by Bill Dillon was approved by the Board. A few minor changes will be made before the policy is finalized and published on the GWTC website.

Flash 6K/12K Closes Out With Strong Attendance

The Flash 6K/12K generated \$816.20 in net revenue. Half of the net proceeds will go to Second Harvest of the Big Bend. Due to an oversight, CurePSP remained listed as the beneficiary on the registration page, so the \$469 in direct donations collected will be sent to CurePSP.

Springtime Generates More Than \$35,000 in Net Revenue

The Springtime 10K/5K/1 Mile drew slightly fewer than last year, while the new 5K course worked well and addressed several issues with the previous course. TPD costs were waived this year through a special waiver requested from the Springtime Jubilee organization. The race generated net revenue of \$35,177.63. Of the proceeds, 12.5 percent will go to NAMI, 37.5 percent to Holy Comforter and 50 percent will remain with GWTC.



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Palace Saloon 5K Provides Nearly \$19,000 to Community Organizations

The Palace Saloon 5K generated net revenue of \$35,268.53. The Oasis Center for Women and Girls will receive \$9,600, and the Norman Fixel Institute/University of Florida Foundation will receive \$9,300. Those totals include direct donations collected for the organizations. The remaining 50 percent of net revenue will stay with GWTC.

Marathon and Half Marathon Planning Moves Forward

The Board approved the contract with RuntheTangents, LLC for the Marathon and Half Marathon. All key committee chairs have been confirmed, an application for USATF sanctioning has been submitted and organizers are reaching out to TPD for course approval. Kory Skrob has earned RRCA Certified Race Director status and is now a certified RRCA course measurement specialist. Bill McGuire will assist with course certification, and GWTC members will receive a \$10 registration discount.

Several Club Leadership Positions Are Filled

Peg Griffin was confirmed as Treasurer for the remainder of the year, while Carter Hay and Mary Jean Yon were confirmed as Directors at Large to fill current vacancies. Kory Skrob will fill the USATF position previously held by Jay Silvanima, and Sarah Lester will replace Charles Kelly on the Grand Prix Committee. Mike Schmitt is interested in becoming equipment manager, while Danny Manausa is leading the morning workouts previously led by Gary Droze.

Breakfast on the Track Budget Is Approved

The Board approved the budget for Breakfast on the Track 1 Mile. The race is projected to generate \$2,750 in gross profit and \$561 in net profit.

GWTC 5/10 Miler Anticipates More Runners

The Board approved the budget for the GWTC 5/10 Miler. Race director Lisa Unger expects registration to increase this year and is looking for opportunities to reduce certain costs. Net expenses are projected at \$2,550.

Turkey Trot Prepares to Celebrate 50 Years

The 2026 Turkey Trot will mark the race's 50th anniversary, and organizers plan to make a bigger splash around both the milestone and the race's leadership transition. Danny and Allison Manausa will take over the race, while the same three charities continue to benefit from the race, with revenue divided four ways among the organizations and GWTC. The Board approved the 2026 budget.

Kids 18 and Under Continue to Run Miller Landing Madness for Free

Runners ages 18 and younger will once again participate in Miller Landing Madness 8K/5K/3K at no cost. This year's budget includes some new expenses, including a 50 percent charge for finisher medals from Awards4U after several years of receiving them for free. The City is also charging a park user fee, along with fees for trash removal and a City employee to be on site during the race.

Pine Run 20K Expects About 150 Runners

Approximately 150 runners are expected for this year's Pine Run 20K, with net income split between Tall Timbers and GWTC. The Board also discussed whether all proceeds, including direct donations, could potentially go to Tall Timbers following recent damage to the Beadel House, one of its centers.

Call for Nominations: 2026 GWTC Board of Director



The Committee on Nominations is seeking candidates to fill seats on the 2026 Board of Directors. All positions listed below are open to any current GWTC member. Candidates must plan to renew and maintain active membership throughout their term of office.

The Board meets on **the second Wednesday of each month at 7:00 p.m.** to conduct business and hear committee reports. Below is a summary of each position.

THE PRESIDENT serves as the chief executive officer of the Club and presides over Board meetings, represents the Club in relationships with other organizations or agencies, appoints non-voting Club Officials and Directors for Club Races and ensures that the Club's governance functions and duties are followed.

THE VICE-PRESIDENT serves as assistant to the President in all matters concerning the Club, and in the event of vacancy of the office of President, assumes the President's office and responsibilities.

THE SECRETARY is responsible for recording and maintaining the corporate documents including Club policies and minutes of all official meetings of the Club and ensure those documents are available to members;

maintains a calendar of corporate and tax due dates; and receives and maintain copies of reports of Board Members, Club Officials and committees.

THE TREASURER oversees all fiscal transactions of the Club; and keeps the membership informed concerning the Club's financial expenditures and standing.

THE DIRECTOR OF COMMUNICATIONS AND RECRUITMENT leads the communications team in promoting the Club and communicating Club business, collaborates with committees or individuals to recruit new members, coordinates and facilitates communication to all Club members to ensure the members are aware of all GWTC activities.

THE DIRECTOR OF RACE DIRECTORS serves as the advocate and representative of the directors of Club races; prepares policies, subject to approval of the Board, for directing Club races; coordinates schedules for Club races.; and assists in recruiting and developing directors for Club races.

THE DIRECTOR OF EDUCATION AND SOCIALS exchanges and disseminates information about health, fitness and running among Club members and the community; plans, coordinates and produces the Club's social activities.

DIRECTORS AT LARGE (6 Directors). While no official duties are assigned to the directors at large, they attend monthly Board meetings and offer solutions, advice and support regarding matters that come before the Board.

If you are interested in serving, please contact
Mark Priddy markpriddy@msn.com, or Peg Griffin, peggriff91@gmail.com
BY SEPTEMBER 30, 2026

GWTC Reviews Music Licensing Requirements

The club is looking into whether an RRCA music license is required when music is played at GWTC races. Lisa Unger will work with Bill Dillon and David Yon to clarify the legal requirements and determine what the club needs going forward.

GWTC Sales Tax Exemption Renewed

Race directors were also reminded that the club's sales tax exemption has been renewed through 2031, eligible purchases must be made with club funds, and race budgets and closeouts require Board approval.

RACER Committee Looks to Bring Running to Title One Schools

The RACER Committee is exploring a new direction for approximately \$14,000 that has remained in its account since before COVID. Danny Manausa proposed developing a program at Title One schools that could include training children and paying their Turkey Trot registration fees. The Board approved the new direction, and a formal budget is expected in September.

GWTC Merchandise Program Prepares for a Change

Sherri Wise is stepping down from her merchandise role. The club still has several items available for sale, including visors, magnets and sunshades, and only shirts were ordered this year at a cost of \$2,725. Sales through current online vendor Monogram Art have been low, so a new vendor is being considered.

Chip Timing Generates More Than \$8,600 This Fiscal Year

In May, GWTC chip timed one non-Club race (St. Peter's Anglican Cathedral Mother's Day 5K/1M) and one Club race (GWTC Summer Trail Series Race #1 –Oak Hammock Trail). A second non-Club race (Tails & Trails Half Marathon/10K/5K/1M) was also scheduled to be timed in May, but severe weather forced the cancellation of that event. In June, one non-Club race (Monticello Kiwanis 5K Melon Run) and two Club races (Great Potluck Bash 4-Mile Trail Prediction Run; and GWTC Summer Trail Series Race #2 –Redbug Trail) are scheduled to be chip timed. During July, scheduled to be chip timed are one non-Club race (Capital City Kiwanis Firecracker 5K) and one Club race (GWTC Summer Trail Series Race #3 –Cadillac Trail). Revenue received from chip timing non-Club races for the fiscal year-to-date (July 1, 2025 to May 31, 2026) totals \$8,611.

2027 Grand Prix Application Is Now Available

The Grand Prix race application has been updated for 2027 and posted on the GWTC website. All club races are automatically considered for inclusion on the Grand Prix schedule.

Beginning Running Group May Get a New Location

Bobby York has offered to lead the Beginning Running group, and Training Groups Coordinator Emily Webster is considering an alternate location for the group.

GWTC Is Looking for Its Next Generation of Leader

With Board elections ahead, the club is encouraging more members to consider getting involved in GWTC leadership.



Tallahassee, FL

Gulf Winds Track Club

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RACE CALENDAR

SEPTEMBER 2026



02 Pioneer Run (LCS middle schools only), 6 p.m. girls; 6:30 p.m. boys. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Host: Fort Braden Middle School, Duncan Mischler.

07 Bluebird Run for Brookie B. 5K/1M, 8 a.m. 1M; 8:30 a.m. 5K. J.R. Alford Greenway, 2500 S. Pedrick Rd. Online registration available at RunSignUp.com. Visit www.bluebirdrun.com; or Bill Bowers at bill@bluebirdrun.com.

09 Mustang Run (LCS middle schools only), 6 p.m. girls; 6:30 p.m. boys. Montford Middle School, 5789 Pimlico Dr. Host: Montford Middle School, Keith Cottrell.

11 Hoka Nights of Thunder XC Fest (College), 8 p.m. college men 8K/college women 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Additional information and registration available at www.NightsofThunder.com.

12 GWTC 5K Run/Walk for Sickle Cell Anemia/Tim Simpkins 1M Fun Run, 8 a.m. 1M; 8:30 a.m. 5K. Jake Gaither Community Center and Golf Course, 801 Bragg Dr. Online registration available at RunSignUp.com. Visit www.sicklecellfoundation.org; or Sickle Cell Foundation at sicklecellfoundation@gmail.com or (850) 222-2355.

12 Hoka Nights of Thunder XC Fest (Middle School/High School), 6 p.m. middle school 3K; 7 p.m. open 5K; 8 p.m. HS JV 5K; 9 p.m. HS varsity 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Additional information and registration available at www.NightsofThunder.com.

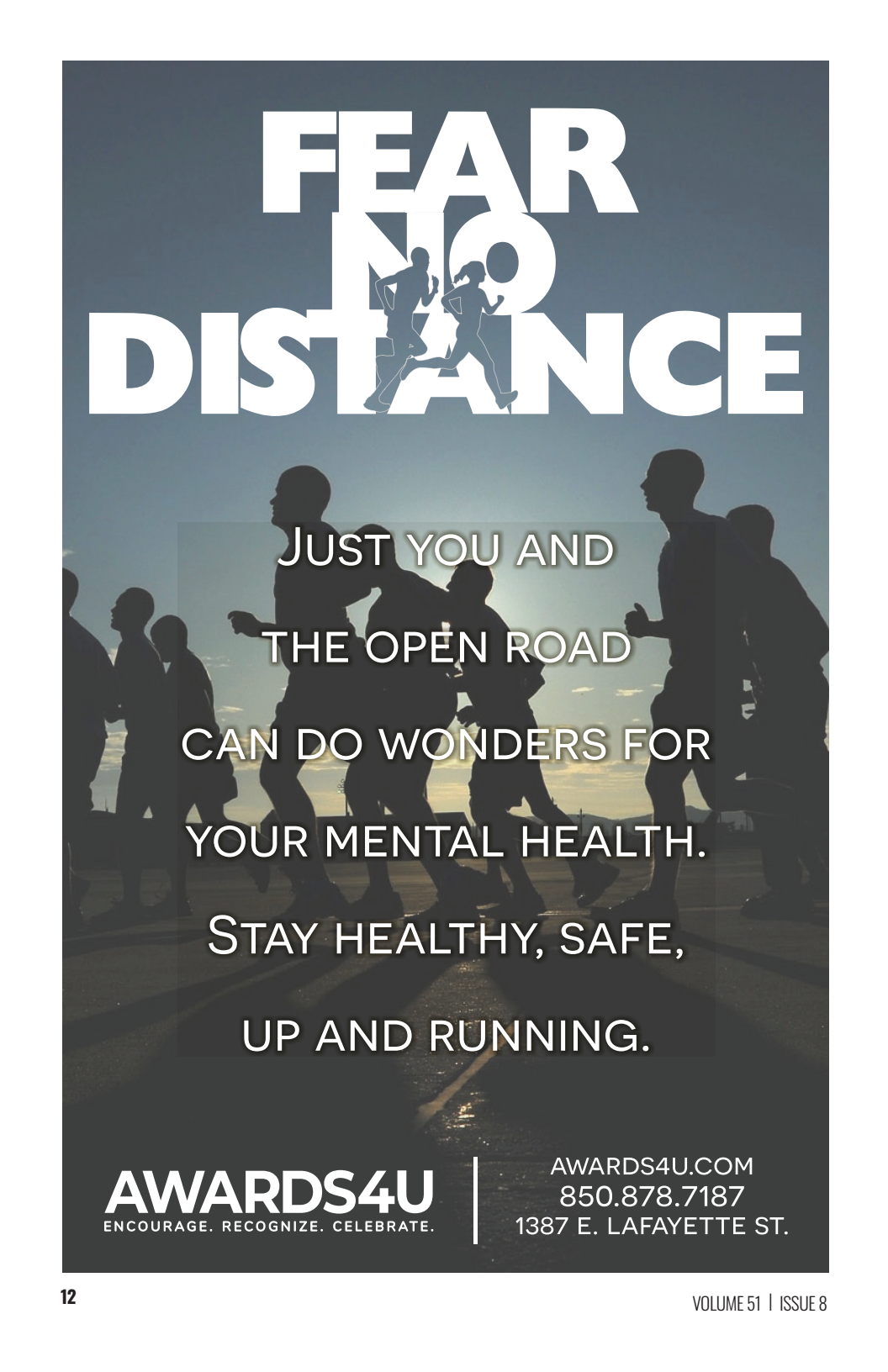
16 Owl Run (LCS middle schools only), 10:15 a.m. Everhart students; 10:30 a.m. girls; 11 a.m. boys. Gretchen Everhart School, 2750 North Mission Rd. Host: Grechen Everhart School, Jane Floyd.

18 FSU Cross Country Open, 7:40 a.m. men's 8K; 8:20 a.m. women's 6K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.seminoles.com.

19 GWTC Women's Distance Festival 5K, 8 a.m. women; 8:05 a.m. men. Optimist Park, 1800 E. Indianhead Dr. Online registration available at RunSignUp.com. Visit www.gulfwinds.org; or Lisa Unger at lisa.s.unger@gmail.com.

23 Ram Run (LCS middle schools only), 6 p.m. girls; 6:30 p.m. boys. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Host: Raa Middle School, Joshua Atkins.

FEAR NO DISTANCE

The background of the entire page is a photograph showing the silhouettes of a group of runners in motion. They are running on a road towards the horizon, where the sun is setting or rising, creating a warm, golden glow in the sky. The runners are in various stages of their stride, and their shadows are cast on the road surface.

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26 GWTC Salute to Steve Prefontaine 5K/1M Forest Run, 8:30 a.m. 1M; 9 a.m. 5K. Wallwood Scout Reservation on Lake Talquin, 23 Wallwood BSA Dr., Quincy, FL. Online registration available at RunSignUp.com. Visit www.gulfwinds.org; or Allen Blay at allen.blay@gmail.com.

26 St. John Paul II Panther XC Invitational (high school/middle school), 8 a.m. high school girls; 8:45 a.m. high school boys; 9:30 a.m. middle school girls; 10 a.m. middle school boys. St. John Paul II Catholic High School, 5100 Terrebonne Dr. Francee Laywell at fancyfrancee@yahoo.com.

27 Imitation Adults Fat Ass 2, 3 or 4 Hours, 7 a.m. Optimist Park, 1800 E. Indianhead Dr. Nancy Stedman at nancystedman@gmail.com.

30 Buck Run (Championship) (LCS middle schools only), 6 p.m. girls; 6:30 p.m. boys. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Host: Deerlake Middle School, Chris Burky.

OCTOBER 2026

06 Tallahassee Middle School Open Cross Country Championship, 5:15 p.m. girls 3K; 5:45 p.m. boys 3K. Holy Comforter Episcopal School, 2001 Fleischmann Rd. Jeremy Barlow at jbarlow@hces.org or (850) 698-8339.

09 FSU Cross Country Invitational (College), 7:40 a.m. men's 8K; 8:20 a.m. women's 6K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.seminoles.com.

10 GWTC Pine Run at Tall Timbers 20K, 7:30 a.m. Tall Timbers Research Station, 13093 Henry Beadel Dr. off CR 12. Online registration available at RunSignUp.com. Visit www.GulfWinds.org; or Carter Hay at (850) 294-9388, or Jennifer Hay at (850) 294-9395.

10 Visit Tallahassee Sports Pre-State Cross Country Meet (High School), 7:40 a.m. high school girls elite; 8:05 a.m. high school boys elite; 8:30 a.m. high school girls select; 8:55 a.m. high school boys select; 9:20 a.m. high school girls varsity A; 9:50 a.m. high school boys varsity A; 10:20 a.m. high school girls varsity B; 10:50 a.m. high school boys varsity B. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.visittallahassee.com; or Bob Thomas at bttrackguy@outlook.com.

10 Live Like Jared Memorial 5K and Fun Run, 8 a.m. 161 Centerline Rd., Crawfordville, FL. Online registration available at RunReg.com. April Blackburn at blackburn91@msn.com or (850) 228-1453.

17 Beyond Limits 5K Urban Adventure Race and Fun Run/Walk/Roll, 8 a.m. Fun Run/Walk/Roll; 8:30 a.m. 5K Adventure Race. Independence Landing in Southwood, 3025 School House Rd. Online registration and additional information available at RunSignUp.com.



Gulf Winds Track Club **GRAND PRIX**

All GWTC members receive points for finishing in the top 12 positions by age group for Grand Prix events. It's a fun way to compete with fellow members throughout the year.

2026 Complete Grand Prix Schedule

Date	Race	Adult	Youth
September 7	Bluebird Run 5K	5K	5K
September 19	Women's Distance Festival 5K	5K	5K
October 10	Pine Run 20K	20K	-
November 26	Turkey Trot 15K, 10K, 5K, & 1M	15K	5K or 1M
December 5	GWTC 10 & 5 MC	10M or 5M	-
December 12	Ultra 50K & 50M	50K or 50M	-
December 19	Tannenbaum 6K	6K	-

2026 ELIGIBILITY REQUIREMENTS

Members aged 15 and older must perform volunteer service for at least one GWTC race.

[Document your volunteer service here](#)

<https://tinyurl.com/GWTCVolunteer>

GRAND PRIX STANDINGS

Get the complete 2026 standings by visiting:
<https://runsignup.com/Series/GWTCGrandPrix>

24 Quail Trail 5K, 8 a.m. Pebble Hill Plantation, 1251 U.S. Hwy. 319 South, Thomasville, GA. Online registration available at RunSignUp.com. Visit <https://pebblehill.com/quail-trail-5k>; or Lori Everett at leverett@pebblehill.com.

26 FCSAA Region 8 Cross Country Championships, 8 a.m. men's 8K; 9 a.m. women's 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.njcaa.org.

27 Southwestern Athletic Conference (SWAC) Cross Country Championships, 9 a.m. men's 8K; 10 a.m. women's 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.swac.org.

31 Tallahassee Trick or Trot 5K/Fun Run, 8 a.m. Charlie Ward Champions Ranch, 5601 Capital Circle SE. Online registration available at RunSignUp.com. Supreme Athletic Services at supremeath@gmail.com.

31 Pavement for a Purpose 5K Halloween Edition 8 a.m. Davis Park, corner of 3rd Ave NE and 1st St. NE, Cairo, GA. Online registration available at RunSignUp.com. Chip Wells at cwells@fnbdc.com or (229) 378-7648.

NOVEMBER 2026

07 Working Well Corporate Cup Challenge, 8:30 a.m. (teams of 4 with one each completing in Family Fun Run, 5K(ish) Run, Office Olympics, Wellness Warrior Challenge, AND have fastest Wellness Challenge time). XC course at Apalachee Regional Park, 7550

Apalachee Pkwy. Online registration available at Eventbrite.com. Visit www.workingwelltoday.org; or Mary Barley at marybarley50@comcast.net.

11 Memorial to Memorial Veterans Day 5K, 8 a.m. Cascades Park, 1001 S. Gadsden St. (start at Florida Vietnam Veterans' Memorial - enter from Calhoun St.; finish on Suwannee St. near Korean War Memorial in Cascades Park). Online registration available at RunSignUp.com. Bob Asztalos at Bob.Asztalos@FDVA.FL.GOV.

13 NCAA Division I South Region Cross-Country Championships, 9:30 a.m. women's 6K; 10:30 a.m. men's 10K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.ncaa.com.

20 FHSAA Cross-Country State Championships, TBA. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.fhsaa.org.

21 Art Fest Half Marathon/10K/5K/1M, 8:30 a.m. half marathon; 9 a.m. 10K; 9:30 a.m. 5K; 10 a.m. 1M. The Arts Center of Moultrie, 401 7th Ave. SW, Moultrie, GA. Online registration available at RunSignUp.com. Krysta Porteus at programs@moultriearts.org.

26 GWTC Tallahassee Turkey Trot 15K/10K/5K/1M, 8 a.m. 1M; 8:30 a.m. 15K/10K/5K. Southwood State Office Complex, 4055 Esplanade Way. Online registration available at RunSignUp.com. Visit <http://tallyturkeytrot.com>; or David Yon at david@radeylaw.com.



PINE RUN 20K AT TALL TIMBERS

SATURDAY, OCTOBER 10, 2026 | 7:30 A.M.

TALL TIMBERS RESEARCH STATION, 13093 HENRY BEADEL DRIVE, TALLAHASSEE

The Pine Run 20K takes runners through the beautiful Tall Timbers research forest on undulating grassy trails and double track jeep roads. It's challenging, scenic and the only time all year Tall Timbers is open to runners!

WANT TO RUCK IT?

Take on the 14K Pine Ruck, with a 3-hour cutoff and weight standards of 10 lbs. for women and 20 lbs. for men.

REGISTER EARLY!

Prices increase after October 9.

PACKET PICKUP

Thursday before the race | 5–7 p.m.

REI Co-op, 1415 Timberlane Rd. #201

Pick up your bib Thursday and you'll be entered to **win a \$30 REI gift card!**

RACE DAY

7:30–10:30 a.m. | 3-hour cutoff

Water and Gatorade stations are available throughout the course.
Stay after you finish for music and refreshments. BYOB.

REGISTER NOW AT RUNSIGNUP

<https://runsignup.com/Race/FL/Tallahassee/PineRun>





PRESIDENTS COLUMN

By: Jerry McDaniel, GWTC President

The GWTC Annual Town Hall was a good and fun event! For those of you who were able to attend, those on the Board who were present and I enjoyed the socialization and sharing of club information in person. For those who were unable to come, I'll share some of the highlights here.

I opened with news of the Holy Comforter Track opening, which should occur this month. As I write this, the final surface for the track has been installed, with lining and marking to occur next week (by the time you read this). Preliminarily, I believe Gary Droze and Bill Lott will be moving Tuesday AM speedwork there in short order, but look to them for affirmative guidance.

Mark Priddy talked about the upcoming elections and encouraged folks to run for office. All 4 officer positions will likely change this time, hopefully predominantly or entirely from within current Board ranks. I do not recommend someone who has not yet been on the Board or attended several Board meetings run for these 4 jobs (President, Vice President, Treasurer, Secretary). It can be done, but it would serve the Club best if someone with some level of experience could occupy these jobs. The very best entry point for serving your club would be a Director at Large. In these jobs (there are 6), you can gain some experience with the flow of the meetings, figure out who you might make happy or mad with certain comments, and generally see how the club operates. Beyond these 10 positions, there are 5 other jobs in which you may have an interest. Take a look or contact me or Mark if you want to know more. Should you wish to run for one of the Officer positions and are not or have not been on the Board, I would highly recommend you start attending Board meetings for the balance of the year.

David Yon and Jeanne O'Kon shared the Club's efforts regarding youth running programs (SMIRFS and Summer Track), which are wildly successful, judging by the numbers, and a key pipeline to future GWTC members. More importantly, they are a hoped-for foundation for these kids to enjoy a lifetime of running, good health and an active lifestyle.

Emily Webster shared the successes of the Club's very active weekly group run activities (as well as annual race-specific training groups) and provided awards for leads in these categories.

Lisa Unger shared Race Director and race-specific changes upcoming for the year, i.e., Prefontaine will move back to town (Alford Greenway); the Ultra has new race directors in John Baughman and Travis Crow (John was up later in



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for mental health awareness & suicide prevention

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PRESIDENTS COLUMN CONTINUED

the agenda) and will move this race off-road to Munson Hills; upcoming Race Director training on RunSignUp (already occurred); etc.

Ashton Smith spoke on the Club's efforts in Communications, which are going through the roof on a variety of media outlets, as well as Mickey's podcast views, etc. If you have not noticed a significant uptick on social media and in your personal emails, take a harder look, as they are doing a wonderful job!

With Peg Griffin's assistance, I shared the club's present financial position (healthy) and the tremendous philanthropic achievements through the club's races, school grants, and the Chenewith Fund (over \$500,000 cumulatively over the last 5 years)!

Allen Blay shared an update on the GWTC BOA Marathon/Half (Robert and Kory were out of town), including improvements and cures learned from our 2026 races, course changes, etc.

Lastly, John Baughman shared a more detailed vision for the Ultra races, which was fairly tentative until the August Board meeting (8/12).

In sum, the Annual Meeting exhibited clear interest in Club activities, interest by certain members in running for office, good fellowship among members (notwithstanding free pizza and beverages), and good, clear status and updates for the year ahead.

Since this month's column has become relatively informational, I will wrap up with a couple of things presented, accepted or voted on at the August meeting. With special thanks to Bill Dillon, the Club now has a Privacy Policy. This governs our use of your personal information, so please take a look. It can be found in the footer on the home page or under Policies in the Business section. With special thanks to Peg Griffin, the 2026-2027 GWTC annual budget was voted out and is now posted under Business. Please peruse this information, as it governs much of what we do as a club. We intend to post quarterly status updates on spending, except for races, which occur throughout the year. These are done incrementally.

John Baughman has 3 race distances planned for the Ultra—10K, 25K and 50K—out of J. Lewis Hall Park in Woodville, running in the Munson Hills area. Allen Blay presented, and the Board passed, a Volunteer Recognition Policy, which is also posted under Policies in the Business section of the website. Allen did an incredible job researching and crafting this policy on his own, so please check it out! The last thing I will mention is that the Board voted to support Gary Droze in his efforts to seek the reopening of 2 Leon County tracks on weekend mornings.

All for now, folks! Go for a sweaty run.



BEYOND LIMITS

ADVENTURE 5K+ FUN RUN



Join us on Saturday, October 17th for a day of fun, fitness, and community — all in support of Independence Landing.

- ✓ **Unique challenges** along the 5k adventure course
- ✓ **Individual and team awards** by age groups
- ✓ **Costumes encouraged** (but not required)—great photo ops!
- ✓ **Medals** for every participant who completes all challenges before crossing the finish line
- ✓ **Special Brunch Menu** provided by The Press Café
- ✓ **Accessibility:** While the 5K course is physically demanding and includes a series of challenging obstacles, we are committed to making it as inclusive as possible. Accommodations can be requested during registration to help meet individual needs.

OCTOBER 17, 2026

8 AM Fun Run
8:30 AM Adventure Course

RACES START AT:
Independence Landing
3025 School House Road

PREFER SOMETHING A LITTLE MORE LAID BACK?

*Join us for the Fun Run/
Walk/Roll*—a shorter
course (less than a mile)
around the Independence
Landing complex, suitable
for all ages and abilities.

Advanced Registration is strongly encouraged. Limited spots available.



The Adventure Starts Here!

TO REGISTER, GO TO:
runsignup.com/IL

TO VOLUNTEER, TABLE OR SPONSOR:
please contact Barby@independencelanding.org

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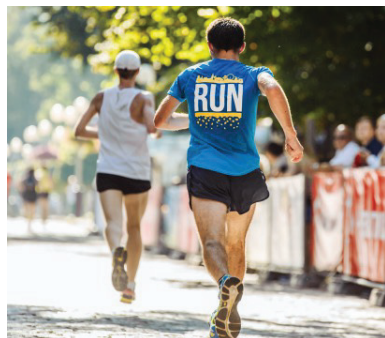
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5K for Sickle Cell Anemia & Tim Simpkins 1 Mile

**Saturday,
September 12, 2026**

Jake Gaither Community Center
801 Bragg Drive, Tallahassee, FL 32305

Proceeds go to the Sickle Cell Foundation

5K

PRICE: \$20

TIME: 8:30AM EDT-
11:00AM EDT

Registration Opens July 31, 2026
at 12:01am EDT

Tim Simpkins 1 Mile

PRICE: \$15

TIME: 8:00AM EDT-
11:00AM EDT

Registration Opens July 31, 2026
at 12:01am EDT

Shirts For Non-Participant

PRICE: \$20

TIME: 8:30AM EDT-
11:00AM EDT

Registration Opens July 31, 2026
at 12:01am EDT

Featuring a Team Race Competition in 5 Divisions: Men's, Women's, Co-Ed, Middle School, Elementary

*The course, through the historic Jake Gaither Neighborhood, is very fast
and provides participants with a great chance to run personal bests.
Volunteers for this race are abundant and enthusiastic.*



DEADLINE: You may join, create, or change teams up until 11:59 pm on Wednesday before the race. At midnight, team rosters are finalized. Note any team with less than four runners is not a valid team. In the case of co-ed teams, rosters with only one male or only one female cannot be considered valid.

Scan The Code To Signup!



<https://runsignup.com/Race/FL/Tallahassee/RunWalkforSickleCellAnemia5KTimSimpkins1MileFunRunforAll>



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Gulf Winds Track Club We Run This Town

More Than Miles: Three Coaches on the Journey of Cross Country

Host: Mickey Moore

Featuring: Chris Sumner of Lincoln High School, David Knauf of Chiles High School and Deanna McVay of Maclay School



Cross country season is here, which means early mornings, hot practices, muddy courses, weekend meets and plenty of parents sprinting across fields trying to catch their runner at the next turn.

This month, host Mickey Moore brought together three coaches who know the sport from just about every angle: Deanna McBay of Maclay School, Chris Sumner of Lincoln High School and David Knoff of Chiles High School. They explore what it takes to develop young runners, the challenges facing athletes today, what parents can do to help, and why success in cross country isn't always measured by the clock.

Build the Runner Before Chasing the Results

There is no secret workout that creates a great cross country runner. In fact, all three coaches kept coming back to something much less exciting: patience.

Knoff emphasized building a strong aerobic base before adding harder workouts. McBay takes a similarly cautious approach, particularly with younger athletes. A middle school runner might be capable of handling high mileage and producing impressive times, she explained, but that doesn't necessarily mean it is best for long term development.

Her goal is to develop "the person, the kid, the athlete first, the runner second."

After all, high school cross country lasts four years. College running is an option for relatively few athletes. Running itself, however, can last another 40 or 50 years.

Sumner's philosophy centers on creating a family atmosphere where every runner has a place. Winning is great, but he gets just as much satisfaction from watching a 35 minute 5K runner become a 20 minute runner and, more importantly, seeing that athlete develop a love for the sport.

Your Runner Doesn't Need to Train Like Everyone Else

One misconception that keeps some kids from trying cross country is the belief that joining the team means immediately running huge mileage. It doesn't.

Podcast



New runners start where they are and progress from there. Knoff pointed to a runner who improved her 5K time by seven minutes in a single season. Seeing her reach that personal milestone was every bit as exciting as watching another athlete break 16 minutes.

The same applies on race day. Sumner pushed back against the idea that runners have to be near the front during the first 800 meters to have a chance. He has watched some of Tallahassee's best runners start toward the back and steadily work their way through the field.

The Internet Can Be a Coach's Biggest Competition

Today's young runners have access to more training information than any generation before them. That can be a good thing, but it can also make a coach's job considerably harder.

An athlete sees what an elite runner posted online and suddenly wants to change workouts. Then someone else posts something different the following week.

"They're all searching for that magic pill," Sumner said, "and the internet will sell them a thousand of them."

Young runners can constantly see what their friends and competitors are running, how fast they ran it and how their own training compares. While that information can be useful, the coaches stressed the importance of athletes staying focused on their own development instead of chasing somebody else's mileage or times.

Sometimes the Best Thing a Coach Can Do Is Hold a Runner Back

Young athletes develop at very different rates, which makes it dangerous to decide too early who will or won't become a great runner. That is particularly important as athletes move through puberty and transition from middle school to high school. A standout middle school runner may plateau, while another child who barely made the team may eventually become the top runner in the program.

The temptation to do more can also lead directly to injury. A runner feels great, adds mileage or harder workouts and doesn't recognize the problem until something hurts. The coaches would rather have an athlete do a little less now and still be healthy in October than push too hard in August and spend the season injured.

Parents Have an Important Job, Too

Parents are a huge part of youth cross country. They drive across the state, help with meals and travel, volunteer and sometimes get their own workout racing around a course to cheer from multiple spots. But when it comes to the running itself, Knoff has a simple rule: "Let the coaches coach and I need the parents to parent." Instead of immediately asking why a race didn't go well, parents can provide support and allow coaches and athletes to evaluate the performance together.

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That doesn't mean parents and coaches shouldn't communicate. McBay stressed the value of regular communication and helping families see progress that may not be obvious from one race. Ultimately, everyone should be working toward the same goal: what is best for the athlete.

Don't Forget the Basics

When the conversation turned to fueling, injury prevention and race day preparation, the advice wasn't complicated. Eat enough. Hydrate before you get to practice. Get enough sleep. Build mileage gradually. Replace worn out shoes. And when something starts hurting, tell someone.

"Common knowledge isn't common practice," McBay pointed out.

The coaches also discussed the importance of nutrition and appropriate medical guidance for young endurance athletes. Rather than jumping immediately to supplements, McBay recommended a "food first" approach, while the panel discussed consulting appropriate healthcare professionals about individual nutritional needs and concerns.

Train the Mind Along With the Legs

Cross country hurts. There isn't really a way around that. Learning what to do when it gets hard is part of becoming a runner. The coaches encourage athletes to go into races with a plan rather than making decisions based on nerves or what everyone else is doing. They also emphasized that mental preparation shouldn't begin at the starting line. Hard practices are opportunities to notice where the mind goes when fatigue sets in and practice replacing negative thoughts with something more productive.

And when a race goes badly? Learn from it.

"The world didn't end today because you had a bad race," Knoff said.

The Wins That Don't Show Up in the Results

State championships matter. PRs matter. So do team rankings and fast finishes. But when coaches were asked what they loved most, none of them pointed to a trophy.

Knoff talked about helping kids discover what they are capable of and watching them develop as runners and leaders. McBay talked about the relationships coaches build with athletes over the years and seeing lessons learned through running carry into school, work and life.

"Individual successes and changes when you feel like you've actually impacted someone, that's huge," he said. "That's way more exciting than those state titles," Sumner said.

Maybe that's the best explanation of what makes cross country special. The finish line matters, but what happens to a young runner on the way there can matter a whole lot more.

Listen to this full episode and future stories from our running community on the We Run This Town podcast—available on the [Gulf Winds website](#), [YouTube](#) and wherever you listen to podcasts.



FEATURED FEET

ASHTON SMITH

Childhood ambition: To run in the Olympics.

Current occupation: Course Manager at FSU College of Business.

If money were no object, what profession would you choose? Formula 1 driver. Forza Ferrari!

Favorite running memory: Either finishing the Eugene Marathon on Hayward Field, the finish of Boulder 70.3, or growing up running around the lake in Southwood with my buddy Riley.

Indulgence: Tillamook ice cream.

Preferred running technology: Carbon plates are cool and all, but a running hat that fits just right—nothing better.

Non-running hobbies: Outside of biking and swimming, I do a lot of reading. Last year, I read 40 books, and so far, I've read 27 this year.

Favorite reads: Andy Weir, Brandon Sanderson, and anything narrated by Stephen Fry.

Best place to run in Tallahassee: Forest Meadows.

Biggest challenge: Getting out of bed in the morning. I love to sleep in.

Perfect day: A hard workout, tasty food, seeing something beautiful, and spending time with friends.

Jamie L. Wright, CFA, CFP®, CPFA®

Senior Vice President

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YEAR ROUND RUNNING GROUPS

Learn a lot more about
running groups by visiting
www.gulfwinds.org/training.

TUESDAY MORNING INTERVALS

Tuesday, 6:30am at the track at Holy Comforter
Episcopal School, 2001 Fleischman Road

TUESDAY EVENING INTERVALS

Tuesday, 6:00pm at Skate Park/Rattler Snake
on FAMU Way

MIDTOWN MIDWEEK MILES

Wednesday, 5:30am at Whole Foods Market

WEDNESDAY EVENING INTERVAL WORKOUT GROUP

Wednesday, 6:00pm at Harriman Circle Park

OPTIMIST PARK THURSDAY NIGHT GROUP RUN

Thursday, 6pm at Optimist Park

SUNDAY AT FOREST MEADOWS TRAIL RUN

Sunday, 7:30am at Forest Meadows Tennis Complex

REFLECTION TRAIL RUN

6:30pm 1st & 3rd Sunday of each month.
Tom Brown's Lafayette Heritage Trail
(501 Easterwood Dr). Meet at
the West Cadillac Trailhead signpost.



50 YEARS OF TURKEY TROT

This Thanksgiving, the Tallahassee Turkey Trot celebrates its 50th anniversary! Join us Thursday, November 26, at SouthWood as we mark five decades of runners, families, volunteers and Thanksgiving morning traditions.

THURSDAY, NOVEMBER 26 SOUTHWOOD

Registration is now open,
so make plans to run with us, volunteer or do both!

Meet Danny and Allison Manausa

You may already recognize Danny and Allison Manausa from the past few Turkey Trots. Over the last couple of years, they have been working alongside David and Mary Jean Yon, learning all the moving parts that go into making race morning happen.

This year, Danny and Allison are taking on a larger role as part of the Turkey Trot leadership team. Their involvement will continue to grow as they help carry one of Tallahassee's favorite running traditions into its next 50 years.

We can't wait to celebrate this milestone with you. Stay tuned for more 50th anniversary news and updates as we get closer to Thanksgiving!



Register for the 2026 Tallahassee Turkey Trot here:
<https://runsignup.com/Race/FL/Tallahassee/tallyturkeytrot>.



FEATURED FEET

LEAH SPIVEY

Childhood ambition: I wanted to be a Mighty Morphin Power Ranger (1990s edition).

Current occupation: A medical assistant for a reproductive endocrinology office.

If money were no object, what profession would you choose? A child/family advocate.

Favorite running memory: Having my 3-year-old niece run the Lafayette Heritage Trail with me. Her excitement was everything.

Indulgence: Huge foodie and espresso martini fan.

Preferred running technology: Wearing my Mizuno Neo Zen II running shoes with a pair of Feetures.

Non-running hobbies: Pilates, roller skating, and going to the movies.

Favorite reads: I'm currently reading a series by Tahereh Mafi.

Best place to run in Tallahassee: Cascades Park.

Biggest challenge: Reminding myself at the end of the day that I did my best.

Perfect day: On the boat with my husband, good vibes, and perfect weather.



Dear Jackie, Jerry & GWTC,
Thank you so very much for
your continued sponsorship
with HCES. Our families and
friends have enjoyed supporting
the Springtime race and the
GWTC. We are excited the
track is almost completed

and speed work can resume
for your members. We look
forward to a continued partner-
ship in the future.
Thank you, Ida

Our school family has so much
gratitude for your support and
love for our school. Peter

Thank You from Holy Comforter Episcopal School

Dear Jackie, Jerry & GWTC,

Thank you so very much for your continued sponsorship with HCES. Our families and friends have enjoyed supporting the Springtime races and the GWTC. We are excited the track is almost completed and speedwork can resume for your members. We look forward to a continued partnership in the future.

Thank you, Ida (director of advancement)

Our school family has so much gratitude for your support and love for our school.

Peter (headmaster)

Thank You, Bobby!

GWTC recently presented longtime Summer Trail Series Race Director Bobby York with a plaque in appreciation of his many years of service to the club. Kenneth Gloeckner will take over as race director for the Summer Trail Series. Thank you, Bobby, for all the time and dedication you've given to making this series a success!





A LOOK AT RACE DAY SATURDAY, AUGUST 15, 2026

MILLER LANDING MADNESS



Celebrating BREAKFAST ON THE TRACK

By Herb Wills

On Saturday morning, 8 August 2026, Hawthorne Hay won the Gulf Winds Track Club Mile at the Breakfast On The Track, running 4:44.39. Olivia Power took first in the women's division with a 6:03.91. Neither Hay nor Power had been born yet in 2001, the year that Ryan Deak set the all-time record for the Gulf Winds Track Club Mile of 4:21.47. In fact, 140 of the 223 athletes in the 2026 Mile were younger than Deak's 25-year-old record. "While Deak's mark continued to stand, eight single-age records fell in the 2026 Gulf Winds Track Club Mile. All the single-age records for the event are in the table below.



BREAKFAST ON THE TRACK

AUGUST 9, 2025

Updated records after 2026 Gulf Winds Track Club Breakfast on Track

(Record keeping by Herb Wills)

CHECK OUT THE RECORD FOR YOUR AGE GROUP

THEN, START TRAINING TODAY WITH A GOAL TO TAKE
YOUR AGE RECORD IN 2027. SEE YOU THEN!



UPDATED

SINGLE AGE RECORDS, MILE AT THE BREAKFAST ON THE TRACK

MALE

FEMALE

TIME	FIRST NAME	LAST NAME	AGE	YEAR
7:50.97	Jude	Peters	5	2026
7:23.12	Carter	Peters	6	2024
6:31.11	Landon	Heitmeier	7	2021
5:46.67	Landon	Heitmeier	8	2022
5:42.59	Landon	Heitmeier	9	2023
5:38.75	Randy	Manausa	10	2019
5:22.15	Landon	Heitmeier	11	2025
5:22.77	Kennan	Milford	12	2014
4:59.74	Patrick	Koon	13	2019
4:42	Ryan	Deak	14	1999
4:33.30	Trevor	Touchnon	15	2010
4:21.47	Ryan	Deak	16	2001
4:31.39	Whitney	Strickland	17	2008
4:34.43	Brennon	Clayton	18	2004
4:35.32	Joseph	Garcia	19	2015
4:35.13	Chris	Lake	20	2008
4:43.92	Adam	Wallenfelsz	21	2019
4:22.11	Matt	Mizecek	22	2014
4:58.35	Christopher	O'Kelley	23	2016
4:31.67	Matt	Mizecek	24	2016
4:39	Robert	Pautienus	25	1999
4:26	Lee	Willis	26	1999
4:42.67	Stephen	Cox	27	2011
4:25.03	Stan	Linton	28	2022
4:35.07	Lee	Willis	29	2002
4:37.96	Charlie	Johnson	30	2010
4:32.40	Lee	Willis	31	2004
4:49.55	Vince	Molosky	32	2011
4:42.38	Vince	Molosky	33	2012
4:45.17	Nate	Kaiser	34	2014
4:43.58	Nate	Kaiser	35	2015
5:08.96	Paul	Guyas	36	2014
4:26.90	Kevin	Sullivan	37	2011
4:57	Tim	Unger	38	1998
4:42.44	Andrew	Wills	39	2004
4:45	Doug	Gorton	40	1999
4:48.04	Mike	Martinez	41	2007
4:42.77	Charlie	Johnson	42	2022
4:48.49	Gary	Droze	43	2004
4:55.07	Jay	Wallace	44	2008
4:50	Tim	Simpkins	45	1999
4:56.38	Jay	Wallace	46	2010
4:55.64	Jay	Wallace	47	2011
5:04.11	Joseph	Carnegie	48	2014
5:00.04	Mike	Martinez	49	2015
5:07.38	Paul	Hoover	50	2000
4:52	Bill	McGuire	51	1998
5:12.41	Dale	Parfitt	52	2001
4:55.68	Bill	McGuire	53	2000
4:59.43	Bill	McGuire	54	2001
5:08.59	Bill	McGuire	55	2002
5:12	Hong-Guo	Yu	56	2025
5:10.77	Bill	McGuire	57	2004
5:19.71	Chuck	Lang	58	2023
5:22.28	Chuck	Lang	59	2011
5:36.18	Bill	McGuire	60	2007
5:32.52	Chuck	Lang	61	2026
5:59.36	Chris	Fuhrman	62	2026
5:51.46	Bill	McNulty	63	2021
5:49.25	Bill	McNulty	64	2022
5:48.29	Bill	McNulty	65	2023
5:52.31	Bill	McNulty	66	2024
5:56.18	Bill	McNulty	67	2025
5:54.02	Bill	McNulty	68	2026
6:42.65	Ron	Christen	69	2015
6:48.13	Ron	Christen	70	2016
6:46	Ron	Christen	71	2017
6:46.95	Ron	Christen	72	2018
7:05.56	Ron	Christen	73	2019
7:36.75	Carlos	Zapata	74	2019
7:27.29	Ron	Christen	75	2021
7:14.66	Ron	Christen	76	2022
7:52.71	Carlos	Zapata	77	2022
7:51.68	Ron	Christen	78	2024
8:09.27	Carlos	Zapata	79	2024
8:12.91	Ron	Christen	80	2026
8:42.07	Carlos	Zapata	81	2026
12:19.15	Robert	Morris	82	2014
16:40.19	Charlie	Yates	83	2008
13:09.68	Robert	Morris	84	2016
14:23	Robert	Morris	85	2017
22:32.97	Charlie	Yates	86	2011

TIME	FIRST NAME	LAST NAME	AGE	YEAR
11:28	L	Ashton	4	2025
9:41.89	Cecelia	Williams	5	2001
8:03	Cecelia	Williams	6	2002
7:11.50	Charlotte	Sikes	7	2018
6:46.46	Cecelia	Williams	8	2004
6:29.20	Cecelia	Williams	9	2005
6:08.04	Acadia	Hassell	10	2023
5:54.49	Charlotte	Sikes	11	2022
5:27.73	Cecelia	Williams	12	2008
5:26.67	Stefanie	Kurgatt	13	2008
5:09.21	Stefanie	Kurgatt	14	2009
5:00.97	Stefanie	Kurgatt	15	2010
5:05.82	Stefanie	Kurgatt	16	2011
5:01.31	Stefanie	Kurgatt	17	2012
5:37.81	Elizabeth	Santoro	18	2012
5:30	Kim	Winn	19	1999
5:44.15	Julia	Vola	20	2006
6:31.26	Ashely	Ross	21	2008
5:19.22	Sheryl	Rosen	22	2006
5:16.22	Emily	Ness	23	2013
5:27.85	Sheryl	Rosen	24	2008
5:27.21	Kelsey	Scheitlin	25	2009
5:16.68	Ann	Centner	26	2018
5:04.25	Ann	Centner	27	2019
5:17	Madeline	Frank	28	2025
5:12.07	Sheryl	Rosen	29	2013
5:15.36	Amy	Hines	30	2011
5:26.18	Michah	Adriani	31	2009
5:27.12	Katie	Sherron	32	2014
5:17.98	Katie	Sherron	33	2015
5:15.26	Sheryl	Rosen	34	2018
5:16	Katie	Sherron	35	2017
5:09.08	Sarah	Doctor-Williams	36	2000
5:08.94	Sarah	Doctor-Williams	37	2001
5:10.33	Sarah	Doctor-Williams	38	2002
5:02.28	Sarah	Doctor-Williams	39	2003
5:06.00	Katie	Sherron	40	2022
5:06.88	Katie	Sherron	41	2023
5:09.85	Katie	Sherron	42	2024
5:08.91	Katie	Sherron	43	2025
5:13.01	Sarah	Doctor-Williams	44	2008
6:16.01	Fran	McLean	45	2003
5:34.81	Sarah	Doctor-Williams	46	2010
6:07.79	Mary Anne	Grayson	47	2013
6:03.35	Fran	McLean	48	2006
5:54.81	Jane	Johnson	49	2008
6:12.37	Jane	Johnson	50	2009
6:12.15	Jane	Johnson	51	2010
5:53.33	Stephanie	Liles-Weyant	52	2024
6:02	Peggy	Simpson	53	1999
6:13.94	Peggy	Simpson	54	2000
6:56.25	Nancy	Widener	55	2004
6:51.89	Angela	Dempsey	56	2024
6:08.52	Michelle	Allen	57	2021
6:56.40	Angela	Dempsey	58	2026
7:27.15	Kelley Coe	El-Urfali	59	2023
7:04.36	Mae	Cleveland	60	2000
7:08	Kelley	Coe El-Urfali	61	2025
7:33.43	Nancy	Stedman	62	2024
6:59.53	Nancy	Proctor	63	2024
7:14.33	Nancy	Proctor	64	2025
7:09.77	Nancy	Proctor	65	2026
8:14	Margarete	Deckert	66	1999
8:19.66	Margarete	Deckert	67	2000
8:08.57	Perha	Varley	68	2012
8:23.01	Margaret	Deckert	69	2002
8:12	Carmen	Williams	70	2025
8:52.91	Perha	Varley	71	2015
9:04.45	Perha	Varley	72	2016
9:33	Perha	Varley	73	2017
9:30.26	Perha	Varley	74	2018
9:57.68	Perha	Varley	75	2019
11:07.81	Margarete	Deckert	76	2009
10:01.95	Perha	Varley	77	2021
10:34.21	Perha	Varley	78	2022
10:26.82	Perha	Varley	79	2023
9:33	Dot	Skofronick	80	2017
12:33.16	Margarete	Deckert	81	2014
12:45.20	Margarete	Deckert	82	2015
15:10.25	Margarete	Deckert	83	2016
14:18.76	Josephine	Newton	84	2010
14:58.00	Josephine	Newton	85	2011
14:52.47	Josephine	Newton	86	2012
14:48	Josephine	Newton	87	2013
15:08.02	Josephine	Newton	88	2014
15:24.21	Josephine	Newton	89	2015