



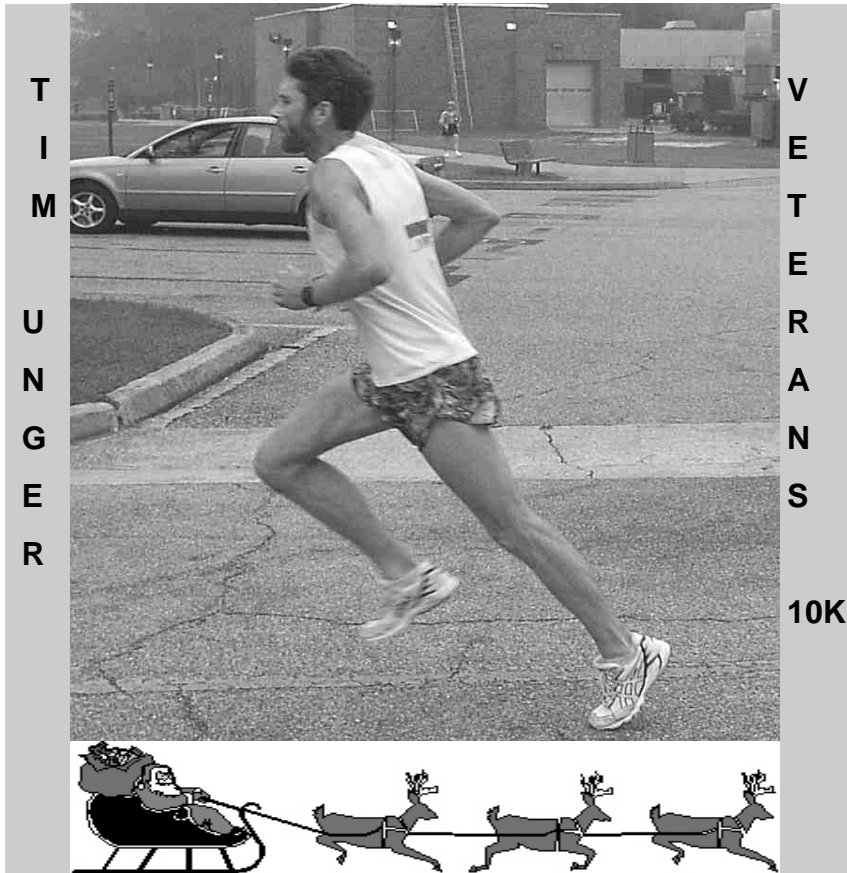
The Fleet Foot



\$2.00

Volume 29 Issue 11 Newsletter of the Gulf Winds Track Club

Dec. 2004



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Grand Prix Races

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Nov.
25 **Turkey Trot 5K/10K/15K/1M**

NOTE: GRAND PRIX RESULTS WILL BE
UPDATED IN THE JANUARY FLEET FOOT.
See the November issue for results through the
Prefontaine 5K



Veterans 10K Classic at Bainbridge College, GA

L to R, top to bottom: Gary Droze, Gary Cato, Bill deGrummond
Bill Hillison, Clint Watkins, Ray Hanlon, Maria Vives, Joe Crook
Nick Yonclas, Tom Ratliffe, Seeley Lovett.

Contest corner

The November contest was won by **Jackie McDaniel** and **Mike Schneider**.

Olympic Trivia Contest

The winner receives a years membership to GWTC. It must be given to a non-member.

1. In 1924, Grantland Rice called this Finn the Superman. He won the 1500, 3K and 10K.
2. She was called the best woman athlete in the world 1900-1949 and won 3 medals, 2 gold's in 1932.
3. In 1936 he won 4 track and field gold medals.
4. This unknown Kiwi in 1960 made his coach famous after his 800M victory.
5. In 1964 he ran the race of his life to win the 10K in record time.
6. He started the Kenyan distance dynasty by winning the 10K in 1968.
7. In 1972 he won the 5K and 10K. The 10K was in world record time.
8. This Dutch housewife in 1948 won 4 gold medals.
9. In 1984 she won the first woman's Olympic marathon.
10. These women tangled feet in the 1984 Olympic 1500.
11. He won the marathon in 1960 and 1964 without and with shoes.
12. This FAMU star won the 100M in 1964.
13. In 1952 he groaned and grimaced his way to 3 long distance victories in the 5K, 10K and marathon.
14. In 1984, she was the first woman to run under 11 seconds for the 100M in the Olympics.
15. The famous 100M sprinter of "Chariots of Fire".

GULF WINDS TRACK CLUB October 13, 2004 Business Meeting Hosted by Fran McLean

Board/GWTC Members present: Lisa Unger, Fred & Margarete Deckert, Charlie Yates, Jerry Ongley, Tom Perkins, Bonnie Wright, Hobson Fulmer, Jane Johnson, Paul Ahnberg and Fran McLean
Guests present: none

Tom Perkins called the meeting to order at 7:40 PM and quorum was established. The September minutes were reviewed. A motion was made, seconded and passed by unanimous vote to accept the minutes as presented.

Guest Presentations: none

NEW BUSINESS:

Lisa Unger – Opened discussion about an e-mail she received from Sondra Lee. Sondra is an engineer with the city and asked if the board could help her determine prime locations for the city to install drinking fountains. It was suggested that Lisa respond to Sondra by asking for a list of the current locations of drinking fountains. The board would then offer suggestions for additional locations.

Tom Perkins – Opened discussion about the placement of a drinking fountain on the Overstreet Trail, which is part of Maclay Gardens State Park. GWTC would purchase the hardware and Maclay State Park division would install the fountain. The location is know as "the cabins", near "the bridge" which is approximately at the 3.5M mark or 1.5M mark, depending on which direction the trail is run. There was discussion concerning use of the fountain. Pros included many GWTC members use the trail and it would also be a great gesture for the community at large. Cons included not all members of GWTC use the trail and there is an access fee for use of the trail. A motion was made for the club to spend up to \$2000.00 to purchase the hardware for Maclay State Parks division to install. After additional discussion, the motion was seconded and passed by a 6/3 vote. Tom also mentioned that the Miccosukee Greenway, which is maintained by the county, has plans to install additional drinking fountains and permanent mile markers. This location may be used for events such as the ACC XC Championships when hosted by FSU as

well as Track and Field Championships.

REPORTS:

Race Director(s) report(s) – Fred Deckert

presented the proposed Ultra budget. A motion was made, seconded and passed by unanimous vote to accept the budget as presented. **Jane Johnson** presented the Women's Distance Challenge budget. A motion was made, seconded and passed by unanimous vote to accept the budget as presented. **Fred Deckert** reported that he received payment for advertisement in the Fleet Foot from the Alan C. Sundberg 5k. There was discussion about how GWTC could further support this race. Waiving the equipment rental fee was discussed, but declined due to fairness to other races. A motion was made, seconded and after additional discussion, passed by unanimous vote to send back the \$100.00 advertisement payment along with a note thanking the organization the work they do, especially as it relates to GWTC members.

Training Committee Report – Jerry

Ongley reported that there are 100+ participants in the Beginning Runner class and 30 – 35 in the ½ Marathon training group. A club member has volunteered to lead a full marathon training group.

Membership report – Fran McLean reported for Brian Corbin that there are currently 826 members represented by 492 memberships.

Race Director Coordinator report – Char-

lie Yates has received several inquires about race directing and open dates. Charlie advised that usually about 1/3 of inquires materialize into actual races.

Clothing Coordinator report – Margarete

Deckert submitted payment for the several shirts she has sold. A motion was made, seconded and passed by unanimous vote authorizing Margarete to give up to 50 Running Journals to the ½ Marathon Training group.

Newsletter report – Fred Deckert reported that he received an inquiry about expanding the membership giveaway contests to include up to 10 memberships per month. There was discussion, but no resolution. The idea will be readdressed as Fred develops more contest ideas.

Treasurer's report – Bonnie Wright

discussed the Budget and Treasurer's reports, which included recent disbursements and receipts.

Grand Prix Committee report – Paul

Ahnberg presented the proposed slate of 2005 Grand Prix races. A motion was made to accept the slate as presented and seconded. More discussion was held to determine if the WDC should be included. There were already 2 races scheduled in November including Turkey Trot and FSU Cares. Discussion was held concerning WDC needing the support of being Grand Prix to survive, let alone profit. However, it was also discussed that the race director for 2005 is yet undetermined and FSU Cares has already submitted an official request to be on the 2005 schedule. It was suggested that either FSU Cares be dropped or the date for WDC be changed to another month. The motion was withdrawn and the committee was asked to reconsider the schedule and possible include WDC.

Racing Team Coordinator report –

Lisa Unger for Tim Unger advised that the team competition portion of the Del Champs race, which was to be the last team race of 2004, has been cancelled due to damage by Hurricane Ivan.

Lecture Series report –

Jane Johnson will be giving a lecture on 10/21 at Myers Park Community Center beginning at 7PM.

Chenoweth report – no report;

Equipment report – no report;

Triathlete report – no report; **Social**

Coordinator report – Jimmy Kalfas

No report

OLD BUSINESS:

Loose Ends:

The meeting adjourned at approximately 9:10 PM. Arrangements for the location of the next meeting have not yet been made, but it will be held on November 10, 2004.

These minutes have been reviewed and accepted by the board.

Lisa Unger, Secretary.

The Fleet Foot

Newsletter of the Gulf Winds Track Club

Editor: Fred Deckert, 893-9739,
fdeckert1@juno.com

Columnists: Jack McDermott, Jane Johnson, Lisa Unger

Advertising Copy

The maximum print size of our page is 4.5 in. wide by 7.5 in. high. If possible, ads should be sent as MS Word files. Ads will look best with standard fonts (Arial, Times New Roman), formatted to fit the desired size. The simple way is to use 2 inch margins on 8.5x11 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. Questions, contact the editor.

Advertising Payments –NEW RATES!

Full Page-\$58, Half Page – \$32, 1/4 Page-\$18, Run twice, no changes – \$52, 28, 15 each. Letter-size centerfold race flyer-\$125. Yearly rates: 450, 250, 135. Payment in advance/checks payable to GWTC-Fleet Foot and sent to: Fred Deckert, 6323 Count Fleet Trail, Tallahassee, FL 32309

Submissions/Contributions

Submissions are strongly encouraged. For text, 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.

Deadline: 3rd Saturday of each month.

Change of Address

Your newsletter will not be forwarded; you must provide your new address and phone number. By mail to: GWTC-MSHP, P.O. Box 3447, Tallahassee, FL 32315; or call Brian Corbin: 383-1361, or email him at brirun@comcast.net

Gulf Winds Track Club

P. O. Box 3447, Tallahassee, FL 32315
Area code for all phones is 850

President

Tom Perkins 894-2019
tomperkins51@yahoo.com

Vice President

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david@radeylaw.com

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Membership

Brian Corbin 383-1361,
brirun@comcast.net

Equipment

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jdexter@mailier.fsu.edu

Race Director Coordinator

Charles Yates 385-2768
yatesc1@earthlink.net

Racing Teams Coordinator

Tim Unger 562-2901,
ungerTL@juno.com

Past Presidents

Jane Johnson 894-1610
janeelizjohnson@hotmail.com
Paul Hiers 656-7201,
phiers@comcast.net

Articles/Race Results for Democrat

Gary Droze 942-7333,
gdroze@maclay.org.

Clothing Coordinator

Margarete Deckert 893-9739
fdeckert1@juno.com

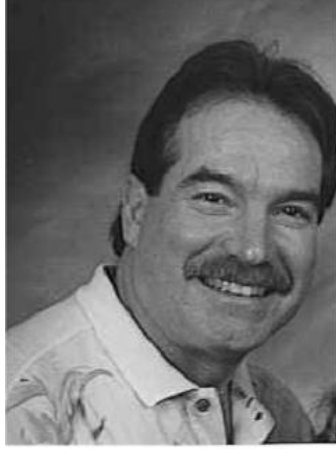
Social Coordinator

Jimmy Kalfas 321-2629 cell
triguy316@yahoo.com

Lecture Series

Arthur Remillard
arthurremillard@yahoo.com

GWTC Web Site - www.gulfwinds.org



**Pulpits Happen
Tom Perkins**

It is with mixed emotions that I announce that Sports Beat is closing its doors at the end of December. The store has always been there for my running needs. Shoes, shirts, race flyers, and even advice, whether I wanted the advice or not, were always there. Sports Beat became the unofficial clubhouse of Gulf Winds Track Club. The number of hours I spent in that store hashing out details for races, stuffing race packets, and registering runners is astronomical. The economy has not been kind to small family-owned businesses. The Wal-Mart monopoly does not allow such competition to survive any more. I would like to thank Shannon Sullivan for his love and loyalty to Gulf Winds Track Club. Shannon, you are a survivor, and you will land on your feet running. On behalf of Gulf Winds Track Club, thank you for your years of dedication to our cause.

The GWTC Christmas/Holiday

Party will be held on December 11 at the American Legion Hall at Lake Ella. Everyone is encouraged to come and join in on our largest social of the year. Bring a covered dish or dessert and your dancing shoes. This is always a festive occasion and a great time to catch up with old friends and make new friends. Check the Gulf Winds web site at for important details about all club events.

Slate of candidates for GWTC in 2005:

**President: Tom Perkins
Vice President: David Yon
Secretary: Beth Alexander
Treasurer: Bonnie Wright**

Candidates for the Directors at Large (5 to be chosen):

**Judy Alexander
David Darst
Nadine Dexter
Hobson Fulmer
Linda Johnson
Fran McLean
Mark Priddy
Clint Watkins
Lee Willis**

**Welcome to our new members
11/1/04**

RITA	BORELLI
RANDY	DUMM
L.A.	HANLON
ANDY	HANLON
BARBIE	HARTSFIELD
CAROLYN	HAYS
DENNIS	HITCHENS
SHERIDAN	JOSLIN
ANDREA	SHAW
ANA	SUTHERLAND
KATHRYN	VOIGT
BERT	WILKERSON
CAROL	WINGER

**The Annual Gulf Winds
Holiday Party**

December 11, 2004

**American Legion Hall at
Lake Ella**

7:00 p.m. – 11:00 p.m.

**Music, dancing, food,
beverages, holiday
cheer, candy canes, and
of course - friends!**



The shirts and logbook are \$10. Singlets on the right are nylon tricot.
Men's is on the far right. The visor and "license" plate are \$5 each.

Contact: Margarete Deckert 893-9739

M. Felton Wright

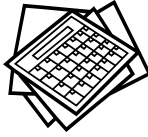
Vice President
Financial Consultant
Certified Financial Planner



Merrill Lynch

Private Client Group

215 South Monroe Street
Suite 300
Tallahassee, Florida 32301
850 599 8978
800 937 0663



Race Calendar

Please note: Most of the events below are not organized by or affiliated with Gulf Winds Track Club. **Grand Prix Events are underlined**. Confirmed events are in **bold**. CT=Central Time. Entry forms may be at local stores, races and GWTC meetings. If



no state is listed, it is Florida. **Verify information** before traveling; errors, omissions and changes do occur. If not listed, area code is 850. To list races (no charge), send details to fdeckert1@juno.com.

Call (850) 386-GWTC (4982) for a recording of more recent information on area events and the Gulf Winds Track Club. Sponsor: Dunn Chiropractic, 1213 N Monroe St, Phone 222-1171.

Special thanks to Charlie Yates for the race information.

Nov.

25 *Turkey Trot 15K/10K/5K/1M. 8 a.m. Southwood. David Yon 425-6671,668-2236 or david@radeylaw.com. Form p.11, ad p. 19

27 Swine Time 5K. 8:30 a.m. Train Depot, Climax, GA. Info: Paul Fryer 229 246-8560 or Mona Fryer 229 248-0383.

Dec.

04 Jingle Bell Run. 6:45 p.m. Call and Monroe St. Sportsbeat 576-3338. Flyer page 21

04 10 Mile Challenge. 8:30 a.m. Killearn Lakes Elementary School, Judy Alexander 383-1361. Flyer p. 20

11 Tallahassee Ultradistance Classic 50K/50M. 7 a.m. Wakulla Springs State Park. Fred Deckert 893-9739, fdeckert1@juno.com. Flyer page 23

25 Last Gasp Trail Run 5K. Dothan, AL

Jan.

02 Apalachicola River Bridge 10K/1M Run. 2:30 p.m. EST. Apalachicola. Hobson Fulmer 850 927-2510. starnesfulmer@gtcom.net

08 Kiwanis River Run 5K/10K/1M. 9 a.m. Earle May Boat Basin, Bainbridge, GA. Ben Fuller 229 243-7798.

15 Bowlegs 5K. 9 a.m. FSU/FAMU Eng. Building, Innovation Park. Larry Guinipero 878-5569, Bill Hillison 893-4557

22 GWTC 30K . Time, Site TBA. Jerry & Jackie McDaniel 297-3798.

Feb.

05 Flash 12K. 8 a.m. St. Marks Trailhead. Joe Dexter 878-7880, 245-3798.

12 Run for the Cookies 5K/1M. 8:45 a.m. Tallahassee Community College. Jeanne O'Kon or Tom Perkins 894-2019.

20 Tallahassee Marathon/Half Marathon. 8 a.m. Mike Long Track, Tallahassee. Toma Wilkerson, Jack McDermott. 94marathonjack@comcast.net-6833, tomanjon@comcast.net, 766-3889

26 Blue Angel Marathon/5K. 7 a.m. CT. Pensacola Air Station. 850 452-3806, exts 315, 340, 320.

* indicates GWTC event. Please send race information and flyers to fdeckert1@juno.com, preferably in MS Word.

Remaining Grand Prix Events for 2004

Nov. 25 Turkey Trot 15K, 10K, 5K, 1M, Southwood

Grand Prix Events for 2005

Feb 5 Flash 12K
 Feb 12 Cookie Run 5K
 Feb 20 Tallahassee Marathon/Half Marathon (Sunday; both races count)
 Apr 2 Springtime 10K
 Apr 9 Palace Saloon 5K
 Jun 4 Potluck 4-mi (trail run)
 Jun 18 Summer Sizzler 5K (St George Island)
 Aug 20 Breakfast on the Track 1-mi
 Aug 27 Miccosukee Madness 4-mi (trail run)
 Sep 3 Shaw's 5-mi
 Oct 15 Pine Run 20K (trail run)
 Nov 6 FSU Cares 5K (Sunday) (May change)
 Nov 24 Turkey Trot 5K/10K/15K (Thursday; all races count)
 Dec 3 Ten Mile Challenge

CHILDREN'S SCHEDULE

Feb 12 Cookie Run 1-mi (5K can also count but if both races are run then only the 1-mi counts)
 Apr 2 Springtime 1-mi
 Jun 4 Potluck 1-mi (trail/grass run)
 Jun 18 Summer Sizzler 1-mi (St George Island)
 Aug 13 Breakfast on the Track 1-mi
 Nov 24 Turkey Trot 1-mi (Thursday)

P.R.'s!

Jamie Wright 24:28 FSU vs. UF 5K

Some "Senior" personal ads seen in Florida newspapers:

(Who says seniors don't have a sense of humor?)

FOXY LADY: Sexy, fashion-conscious blue-haired beauty, 80's, slim, 5'4" (used to be 5'6"), searching for sharp-looking, sharp-dressing companion. Matching white shoes and belt a plus.

LONG-TERM COMMITMENT: Recent widow who has just buried fourth husband, and am looking for someone to round out a six-unit plot. Dizziness, fainting, shortness of breath not a problem.

SERENITY NOW: I am into solitude, long walks, sunrises, the ocean, yoga and meditation. If you are the silent type, let's get together, take our hearing aids out and enjoy quiet times.

(Continued on page 17) "Seniors"



Discounts for GWTC members



Show your GWTC membership card or newsletter mailing label when purchasing goods or services at these businesses and you'll benefit from discounts as indicated.

Kelly Wood, LMT (MA#21209) Sports, relaxing, and rehabilitation massage
\$10 off full hour session. 575-1096

Heather Warner, LMT #31847. Sports massage for improved performance and recovery. \$10 off regular prices. 681-2122 (work), 878-0714 (home).

Sports Beat, 800 Ocala Road # 100, Tallahassee, FL 32304 phone 850-576-3338. 10% off of all running clothes & accessories & shoes.

Great Webspectations: 20% discount on all Web design services. Will also evaluate your existing site free of charge. www.greatwebspectations.com or 850-514-2132 (Tallahassee).

Pro Fitness Consultants, Multi-Sport/Triathlon and Personal Training, 10% off regular prices. Contact Rolando or Claritza, 297-1300.

Tallahassee Massage Therapy; Brett A. Pace L.M.T. (MA #0010284), 681-2122; Sports massage for rehabilitation and prevention; \$5 off half hour price, \$10 off full hour price.

Ivan Glymph - The Fitness Edge. ACSM & USCF certified, 656-1299; 10% GWTC discount on all services: personal training, testing, exercise prescription, cycle coaching & more

Gail Rossier - Freelance Video Producer. 10% discount on sports, exercise or special event video production. 222-2048.

Shaw's Athletics, 1415 Timberlane Rd (Market Square), 893-5597 10% off running shoes with cash or check; 5% with credit card; returns for store credit only.

Intelligent Internet Strategies: New web-hosting accounts - 20%; Web site development or makeover - 10%; All electronic marketing activities - 5%. 894-1095. iistrategies.com

Mark Campbell, Licensed Massage Therapist, Certified Personal Trainer. 10% off to Gulf Winds Members.

Responsible, fun babysitter, reasonable rates, has taken TMH Babysitting Course: Call Whitney Alexander 383-1361.

DENISE A. CARAFANO, LMT (MA-27475) 878-8418, Deep Tissue/Swedish Massage (Chair massage available, also) 30 minutes @ \$30 & 10% off.

GOODFINDS, Second Hand Furniture & Collectibles **Cassandra C. Shepherd, Proprietor**. 3100-A South Adams Street, Tallahassee, FL 32301. 850/402-3100 or 850/544-0621. GWTC members will get the royal treatment at GOODFINDS.

Discounts do not apply to special sale items, or when using coupons or other discounts. At time of purchase, please show your membership card (back of each issue).

Note to Businesses

We'll put you in this list if you offer a discount to Gulf Winds Track Club members. Email: fdeckert1@juno.com. Your product or service need not be running-related.

Training Groups/Weekly Events

Intervals: Tuesdays, 6pm EST / 6:30pm EDT FSU Track. Planned, supervised workout for runners intent on improving in distance races. Contact John at 212-5680 (days); 656-7064 (eves) or Gary Droze 668-2373 (work) 942-7333 (home) email gdroze@maclay.org. See the Tuesday Night Speedwork album

<http://members3.clubphoto.com/john272201/221734/guest.phtml> .

Sunday Streakers: Sunday mornings, 7:00 a.m. at various locations. 10 miles minimum at about 9 min. per mile. Averages 8-15 people. Come join us! To get on the e-mail list to receive information on where and when the group meets contact Sue Kelly, kellys@dfmc.org

Trail Running: This group meets as many as four times every weekend. Locations are decided and e-mailed to the group late each week. To be added to this group, e-mail John Kalin (joka51@juno.com) or call John at 656-7064 (home - eves), 212-5680 (cell - days). All runs are off-road, and some include separate pacing for varying abilities.

Half-marathon training Group: Mondays 6:00pm-7:30pm, Winthrop Park (Corner of Mitchell & Betton) August 2nd-October 18th. GWTC membership required.

Jerry Ongley @ 562-1905 or e-mail dubiousrunner@hotmail.com

Beginning Running Class: Wednesdays 6:30-7:30pm, FSU Track, September 8-November 3rd. Cost \$20 and entry fee for two 5K events, includes temporary GWTC membership and GWTC T-shirt. Information, Nadine Dexter @878-7880 or e-mail nadine.dexter@med.fsu.edu

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



Triathlete Training

Cycling: go to <http://www.cccyclists.org/roadsched.php3> for capital city cyclist training rides.

Swimming: Master's swim 5:30 AM Monday thru Friday - Myers Park Pool, monthly fee gets you a coach on deck.

Master's swim 11:40 AM Monday thru Friday - Trousdell Pool, daily fee gets you a lifeguard in the stand.

Social Events: www.gulfwinds.org for more club info, and to join GWTC.

Multi-Sport Clubs & Contacts:

- USA/World Race Calendar by State - www.trifind.com
- Beaches Fine Arts Triathlon Series, Jacksonville FL - www.bfastriathlon.org
- Clermont Triathlons - www.triflorida.com
- John Boyle Races - www.cuattheraces.com
- Exclusive Sports Marketing Races - www.palmtreesportsclub.com/ (Publix Family Fitness Weekends)
- Set-Up Inc., Triathlons in the NC,SC,GA area - www.set-upinc.com
- Charleston Triathlon Club, South Carolina, www.awod.com/gallery/probono/ctc/
- Nature Coast Sprint Triathlon Series, www.drc911.com/triathlon.htm
- Blue Sky Sports, Triathlons in the North / Central Georgia Area, www.tribluesky.com/
- Great Smokey Mountain Triathlon Club, www.gsmtc.com

**The Great Floridian
Half-Ironman, Clermont, FL Octo-
ber 23, 2004**

This was the last of my three planned A-races for this year. Because of a hamstring injury in January, I never made it to the starting line of my first A-race (a marathon), and performed below par at the second (the Gulf Coast Triathlon). But my training had gone better in recent months, so I hoped to put in a better showing this time. Because of its legendary hills, I knew this half-iron course would be considerably slower than the Gulf Coast course. Nevertheless, I figured I should be able to finish in a time close to this year's Gulf Coast time (6:03:46), which should be good enough to enable me to place in Clermont.

Ron Morrell and I drove down on Thursday. He went as a spectator this time. We drove over the bike course (I was afraid of making a wrong turn in the race) and checked into the Hampton Inn before making our way to the event's pasta dinner. On Friday I had some repair done on my bike before checking it in. I wanted to eat early enough to avoid digestive difficulties during the race, so we skipped the Tri-Newbie's Online gathering that night. I was very nervous during the preparations Saturday morning, and relieved when my wave finally got under way.

Although I've worked very hard on my swimming this year, it remains by far my slowest event. The swim course seemed very crowded, and we kept bumping into each other in the tannin-darkened waters of Lake Minneola. I could barely see my own hand when my arm was fully extended, and I couldn't see anyone else well enough to find a draft. My chief problem, though, came toward the end, where the sun was in my eyes and I could not see well. I ended up on the wrong side of the pier, looking up to hear people shouting "This way! This Way!" I corrected my error, but it probably cost me a couple of minutes.

I felt pretty good throughout the bike leg,

but held back for fear of blowing up before the end of the race. Like the swim course, the bike course was rather crowded. As a slow swimmer, I typically end up passing droves of other cyclists, but forward progress was hampered in several cases by blockers who insisted on riding right next to the center line even when not passing. For some reason, many of them seemed to think that "on your left" was an insult, even when spoken in a polite tone. There was also one section where the automobile traffic was rather scary.

The hills come in the last third of bike course. I'm a little afraid of losing control during steep downhill, so on some of them I sat up, using my body's wind resistance as a brake; that also enabled me to catch some cooling breeze and to ease the tension in my back. Nevertheless, I noticed after the race that I had reached a maximum velocity of 40.8 mph. When I reached Sugarloaf Mountain, which is the most notorious hill on the course and which had caused me some trepidation, I saw that most of the cyclists around me had dismounted and were walking their bikes up. I shifted down to my lowest gear, got out of the saddle, and continued at the slowest cadence that I could manage without losing control. I found that I was able to climb the hill without going anaerobic. In fact, when the hill flattened out a little toward the top, I was able to accelerate, returning to 18mph+ by the crest. Guess I'm a better climber than I thought!

Ever since my injury early in the year, I had really worked on getting my run speed back. I wanted to play it conservatively, and my heart rate felt somewhat high, so I started a little slowly. Despite one quick port-a-potty stop and walking through one aid station, I managed my first mile well under 10 minutes, so I felt like things looked good. Noticing that my slow uphill trot was scarcely any faster than the walking pace of competitors around me, I walked up two of the hills (something I've never done in past races) and let my heart rate get back down. The rest of the time, I concentrated on keeping my cadence up and staying relaxed,

Dear Gulf Winds Triathletes,

I'm sending you a heartfelt and appreciative "thank you" for being there at Ironman Florida. You don't know what an incredible rush it was to see your smiling faces and to hear your shouts of encouragement, especially when spirits were sagging and energy was waning. And to have this benefit four times during the marathon was almost an unfair competitive advantage. You guys (and Ladies) are awesome to take time away from other personal endeavors to stand hours upon hours, pushing us on. You were a major factor in helping me to the finish and for that I will always be grateful.

Next year, I'll join you especially since you'll be cooking food for the gang.

Again, thank you for making a difference. All of you mean very much to me.

George (Palmer)

Report on the GWTC Beginning Running Class - Fall 2004

By Nadine Dexter

This year's GWTC beginning running class began after Labor day on September 8th. It was both exciting and terrifying when we had over 80 students show up for that first class. The group would grow to 103 registered students with new enrollments reaching into the 6th week of class. This would be an impossible class to handle by oneself and is most effectively taught with team leaders. So I had called together some terrific team leaders to help run the class. We had 4 divisions that students could choose from based on athletic level. The advanced group lead by Julie Clark and Jerry Ongley; the intermediate group lead by Beth Alexander with assistance from Jemma Bouhoutta,; a beginning group directed by me and a race walking group lead by Jeannie O'Kon and Tom Perkins.

Thru the 9 weeks of class, that included at least 1 hurricane, we had a steady attendance by our students. The weekly average was 53 students. In fact I have been told that we have had a terrific rate of student retention for such a physically demanding class.

and each mile marker seemed to come in around 9-10 minutes (although I wasn't always quite sure, as the mile markers got rather confusing because of the two concurrent races). As usual, the last few miles became a battle to hang on. But I managed to push on to the end, finishing the run leg in 2:03:40 (average 9:27 pace, 1/19 in AG). Ordinarily, I'd consider that a pretty miserable run pace, but I think it wasn't too bad under the circumstances.

I was gratified to bring home hardware, for the first time ever in a distance longer than Olympic. Because of the comparative difficulty of the course, I think that my finish time represents a decided improvement over my Gulf Coast time. At least ONE of my A-races went well this year!

Note: Rob had a finishing time of 6:04:30 for a second place in the (55-59) age group in this very competitive event.

Featured Feet

Mary Jean Yon

1. *How long have you been running?*

I tried running once while in college and it didn't take. Then I tried again in 1985 while dating David

and got so much positive reinforcement that I traded in my tennis racquet and never looked back!

2. *Favorite place to run?*

There's absolutely no way to name just one place. From a casual Saturday morning run with the Sloths at Forest Meadows to a weekday run along the Pensacola waterfront to an exploratory run in a new city or country...I love every opportunity I get to run!

3. *Most memorable running experience?*

Again, the love of the sport makes it impossible to name just one. But here's three contenders: 1) my first marathon (1988) and the thrill of qualifying for Boston with a good friend, 2) running the Last Marathon in Antarctica (1999) and pausing to have my picture taken with a group of cheering penguins, and 3) crossing the finish line at the Comrades Marathon (2000) in Pietermaritzburg, South Africa and realizing I just ran 54 miles.

4. *What do you do to get psyched before a race?*

This question is probably better asked a year from now as I continue to plot my comeback. But I can tell you that over the years, I've had a variety of superstitions that get me through stressful race situations. It could be anything from eating chicken wings the night before a race (long ago!) to flossing my teeth the morn-



ing of the race (awhile back) to wearing the right socks (nowadays). Who knows what it will be this time next year!

5. *Favorite non-running hobby?*

Traveling with David...it's always an adventure... some more daring than others!

6. *Occupation?*

Protecting your environment! Actually, I'm a traveling bureaucrat that works and lives in Pensacola during the week and serves as the Director of the Northwest District for the Department of Environmental Protection.

7. *Personal hero(ine)?*

Here we go again. I can't name a single hero or heroine but I do know that I try to acknowledge and respect all those whose actions make the world a better place. Examples include: Jimmy Carter, Nelson Mandela and my (deceased) Dad...in his own unique way.

8. *Ideal travel destination?*

Anywhere I haven't been yet that calls to me and is in need of a Yon exploration.

9. *What would you study if you could go back to school just for fun?*

Photography...with an emphasis on black & white photography.

10. *Most recent book you read?*

I've got two on-going right now: "Skinny Dip" by Carl Hiaasen and "Fanatics & Fools" by Arianna Huffington.

Featured Feet David Yon

1. How long have you been running?

My first journal entry is March of 1983. I am sure I had a few start-stop efforts before that, but I consider that "the start." I have a December 1982 GWTC newsletter with my address on it.

2. Favorite place to run?

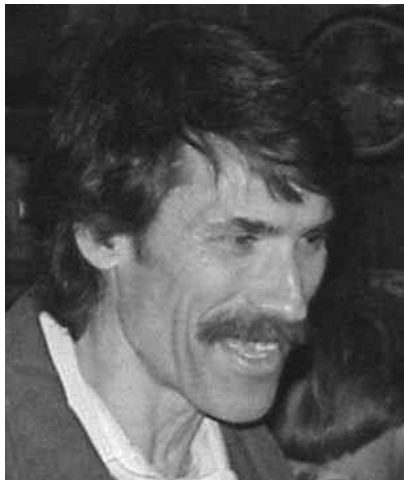
Outdoors. I have run so many great places, I really can't pick one. Forest Meadows has to be near the top though as the terrain is beautiful and the friendships are great.

3. Most memorable running experience?

Again, there really is no way to pick one. Mary Jean and I have been fortunate to share so many great places across the world through running. The act of being able to share those experiences with her is number one. Beyond that, my first marathon in Killlearn, my first time qualifying for Boston and then running Boston for the first time were all very special.

4. What do you do to get psyched before a race?

I try to "experience" the race in my mind - thinking about the pace I want to run and how it will feel at different places. I try to practice



overcoming the negatives I am likely to experience when completing the race.

5. Favorite non-running hobby?

Traveling and experiencing new places.

6. Occupation?

Practice law.

7. Personal hero(ine)?

I always struggle with this concept and I don't really identify people this way. Nelson Mandela would be my top choice though and someone I admire greatly. He was not only a person of great courage and principle willing to pay the ultimate price for his concepts of justice, but also willing to let go of power in his country when the time came and assure an orderly transition.

8. Ideal travel destination?

Almost any place I have never been before. Of the places we have already gone, certainly Africa has captured a piece of me as well.

9. What would you study if you could go back to school just for fun?

Well, two topics I would love to learn more about are photography and writing.

10. Most recent book you read?

I am in the middle of a book called Plan of Attack by Bob Woodward right now.



GWTC Springtime 10K Training Group

This Group will prepare you to complete the Springtime Tallahassee 10K on April 2nd, 2005

Mondays at 5:45pm Feb 7th – Mar 21st

**Meeting Location is at Myers
Park**

Wear Running shoes and reflective clothing. Be prepared to jog 3 miles at your own pace on the first day.

No fees. A waiver form is required and may be filled out on the first day. All walkers please start at 5:30pm. We will be training on sidewalks and on the road on the actual Springtime course. **All participants are responsible for their own safety.** Each week course maps will be distributed and volunteers will be out there running with the group. All participants who follow the program will be able to successfully complete the Springtime 10K run. Participants are responsible for their own Springtime 10K entry fees and are also encouraged to join Gulf Winds Track Club. For more information contact Julie Clark preferably by e-mail at juliecla@msn.com or call 575-9266. Everyone is welcome. (note: an adult should accompany children under 14).

Run to Posey's on Christmas Eve Morning Dec. 24 Rail trail head anytime after 7:30 a.m. See story below by David Yon. A Special Fun Run!

If you asked me to select one event that best reflected GWTC, I would have a hard time selecting a better example than the Christmas Eve Run to Posey's. More than anything else it is a gathering of family and friends. The run roughly follows the path of the old Tallahassee-St. Marks Railroad.

I am not certain when the event first began, but the early 80's seem most likely. Rex and Mae Cleveland both report running the event in 1982 and doubt that was the first year the run occurred. The concept of a paved trail was, at best, a gleam in Joe Beckham's eyes then. Joe reports that the old railroad tracks came up in 1983 and the trail was paved in 1987. My first year participating was 1984 and I noted in my diary that there are "around 26 people" running the distance from the trail head.

For many years, running to Posey's meant running along an abandoned railway bed, sometimes on pavement, sometimes on dirt road and sometimes through thick sand or mud where railroad tracks once lay. The gleam in Joe's eye of a real trail became a reality though after a lot of hard by Joe and others in the St. Marks Rails to Trails Association.

The Run to Posey's has always been a very loosely organized event, but sometime in the late 80's Mary Jean Yon and Jodi Waldron began organizing water stops and even produced a few flyers to advertise the run. The event took off and now it is not unusual to see nearly 100 faces in Posey's who have run or biked some part of the trail on Christmas Eve. There is a group start at the trail head near the corner of Capital Circle and South Monroe Street around 7:30 or 8:00 a.m. If you start there and run to Posey's the distance is around 16 miles. Others will jump in along the way, running whatever distance they may choose. Yet another group is likely to start at Posey's and run out and back. By late morning though, Posey's will be packed with sweaty bodies and lots of smiles.

David can be contacted at 668-2236 or david@radeylaw.com

Tallahassee - St. Marks Railroad Historical Chronology (From <http://www.bigring.com/Trail/trail.html>). Also see www.gulfwinds.org

(Continued from page 9) "Seniors"

WINNING SMILE: Active grandmother with original teeth seeking a dedicated flosser to share rare steaks, corn on the cob and caramel candy.

BEATLES OR STONES? I still like to rock, still like to cruise in my Camaro on Saturday nights and still like to play the guitar. If you were a groovy chick, or are now a groovy hen, let's get together and listen to my eight-track tapes.

MEMORIES: I can usually remember Monday through Thursday. If you can remember Friday, Saturday and Sunday, let's put our two heads together.

MINT CONDITION: Male, 1932, high mileage, good condition, some hair, many new parts including hip, knee, cornea, valves. Isn't in running condition, but walks well.

FSU versus UF 5K CHALLENGE
Saturday, November 20, 2004
Joe & Nadine Dexter, R.D.'s

1. Chris Holland	18	17:06	OVM
2. Bill McGuire	57	17:43	GMaster
3. Calvin Vannoy	16	18:26	Gator
4. David Yon	49	18:31	Master
5. Tony Guillen	35	18:33	Gator
6. Scott Ruplinger	23	19:06	
7. Zack Andrews	15	19:17	
8. Felton Wright	47	19:18	
9. Hobson Fulmer	49	19:25	Gator
10. Mike Sims	52	19:31	
11. Mike LaBossiere	38	19:56	
12. Myron Herring	45	20:41	
13. John Cha	23	20:46	
14. Roger Michard	14	20:53	
15. Chuck Davis	43	21:07	
16. Raymond Miller	22	21:22	
17. Mike McGehee	27	21:40	
18. Julie Clark	43	21:48	OVF
19. Nick Nichols	61	22:09	SeniorGM
20. Mark Delegal	37	22:52	Gator
21. Connie Clark	43	22:58	MasterF
22. Whitney Weimar	18	23:52	
23. Randy Taylor	33	23:58	
24. Jamie Wright	11	24:28	Young M
25. Tom Perkins	53	24:28	
26. David Darst	61	24:44	Clydes
27. Freya Lahtinen	17	25:01	Young F
28. Richard Addison	50	25:08	Gator
29. Saira Haider	22	25:09	
30. Greg Jones	44	25:14	
31. Mark Hillis	62	25:17	
32. Jim Zimmerman	61	25:22	
33. Lucy Clay Lovett	25	25:50	
34. Jim McKinney	55	26:18	
35. Heather Lammons	26	26:58	
36. Susanna Snyder	20	27:02	
37. Katie Carson	28	27:03	
38. Kristen Snyder	31	27:25	
39. Rew Woodruff	33	27:26	Gator
40. Katie Coleman	20	27:39	
41. Bob Keller	70	27:50	
42. Dave Bigoney	31	28:05	Gator
43. Wallace Randell	52	28:05	Gator
44. Robert Morris	73	29:28	Oldest
45. Tom Scott	54	30:19	
46. Ronnie Moore	31	30:41	
47. Nadine Dexter	45	30:52	
48. Nada Stauffer	51	31:56	GMF/Gtr
49. Jennifer Hoelsing	24	33:32	
50. Jere Moore	72	44:27	

**The Runner's
Zodiac**

Jack McDermott



Sagittarius ("The Archer") (Nov. 23 – Dec. 21)

Key Characteristics: Overconfident and Reckless

Key Phrase: "I should have stayed in bed."

Key Injury: Tennis Elbow

Famous Runners: Johannes Kolehmainen (Dec. 9), William Frank (Dec. 12), Peter Snell (Dec. 17)

Horoscope: Being a Fire sign, this is going to be a tough year for Sagittarius. Some Leo or Pisces is going to goad you into doing something really stupid. It could be a new diet, or a new training regimen. Don't listen to them – they are just trying to live vicariously through you.

Your overconfident and reckless nature will catch up to you this year. Venus' brief appearance during the Spring Solstice coinciding with the full moon in April means that you will have a few Spring and Summer blow-ups because you went out too fast. Try to learn to pace yourself.

Sometime during the Summer you will be tempted to cross-train by a good intentioned, but dim-witted Cancer. It could be something crazy like Tennis, Basketball, Spin-class, or Aerobics. With your overconfident nature you will probably take up the challenge, only to be injured by Fall.

If you can somehow avoid injury, Mars' appearance in your upper quadrant does show some promise in Fall races. Positive energy is directing you to a long-distance out-of-town race like the Pine Run, Boston-Mini, or Draggln Tail. However, Mars' quick exit could mean some problems during your training, specifically, being attacked by wild animals or dogs during a training run. Be sure to bring some meat-oriented treats just in case

Back of the Pack By Jack McDermott

I have been scouring the country for new race ideas to bring to the Tallahassee Marathon. The Portland Marathon in September had some extra excitement due to some rumblings on Mount St. Helens 50 miles to the north. The race director told a news reporter: "We're having the marathon even if the volcano erupts --- although we may be wearing gas masks."

I also did the Mystic Marathon in Connecticut in with my running buddy Sue Kelly. The race featured natural coastline, wealthy mansions, and New England clam chowder, donuts, pizza and beer at the finish line. I think I gained three pounds.

More recently I embarked on the Peachtree City 50K in Georgia. It was a 31-mile race with 6 separate loops of 5.17 miles each. Having not tapered, or carb-loaded before this race --- I think it would have been more appropriate to change it to 9 loops of 3.5 miles each so I could have imagined being in Dante's nine levels of hell.

Come to think of it --- I just ran 83 miles of races in the last two months, and didn't come up with one good idea!

2005 Tallahassee Marathon Safari

As you may have heard, Toma Wilkerson and I will be co-directing the race this year. My inspiration for a new theme came from the flash flood that canceled the race two years ago, specifically, that we feature different animals at the mile markers to entertain the runners. *(And if worse came to worse, we'll just build an ark and do the marathon on the poop deck.)*

We did our first "dry-run" last Sunday *(no pun intended, although it was sunny)*. On the positive side, the animals did add important symbolism to the race. We had Guinea Pigs at Mile 1, the Ostrich at Mile 12 with his head in the sand *(indicating denial)*, and the Hyenas at Mile 16 *(to laugh at the runners)*. And because of the newborn babies in the club, I was sure to put a Stork at Mile 23 with the instructions, "Stay away from my girlfriend, please!"



Another positive note, certain animals came in handy by helping our race volunteers.

The pair of Kangaroos we placed at Mile 8 alleviated the need for an aid table, as we just used their pouches. We also saved on preparation time by putting a Goat and several cups at Mile 6. *(Just come early before the milk is gone.)* And after personally being accosted by fire ants on a training run recently, I found it particularly helpful to stand next to the Aardvark at Mile 3.

However, like all new experiments, there were negatives. The Orangutans at Mile 11 ate all the bananas and Gu-packets; we still haven't cleared the Water Buffalos through U.S. Customs; and we had to send the Zebras back to Africa with hoof and mouth disease. And who thought animals could be so political? The Republican Party objected to our use of a Donkey at mile 18, while the Democratic Party protested the Elephant at Mile 9. And I thought we only ordered two Rabbits for Mile 22 -- but now there are 12 of them! I want a re-count! A few attorneys in the club are a little concerned about the Ferrets at Mile 15 who keep biting runners, or the Boa Constrictors at Mile 17 that keep strangling runners. Frankly, I think that's why we have waiver forms.

These were not the only complications. The Beavers at Mile 21 keep gnawing on the aid tables until the tables collapsed, and although the slogan is nice for Mile 11 --- "You don't need luck if you see a duck," the birds all flew south, and are wintering in Boca Raton.

Our use of animals did not stop with the mile markers. Instead of T-shirts, the Tallahassee Marathon was planning to offer a free marsupial in each race packet --- just indicate armadillo, opossum, or skunk on your race registration form. And just like most marathons end up with too many extra-large T-shirts, it does appear we will have some leftover skunks. The sponsors were also anxious to join as a local HMO is sponsoring a free rabies clinic in the finish area while the Toy Box is offering free dog collars.

Come to think of it, this whole "animal" concept is terrible. Hopefully we'll come up with something better. See you February 20, 2005 at the FSU track!

If you're looking for a companion dog that's good on the leash, look no further. Ivan is a one year old neutered male (nicknamed Strider) who loves to go running. He will match your stride for stride, doesn't pull or swerve as you run, and is very gentle. Call Wade at **(850) 284-4324** to give him a good home.



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Anthony's **BOWLEGS 5K RUN FOR SCHOLARSHIP** *Lucy Ho's*
 Sponsored by the FSU Faculty & Friends Club and Gulf Winds Track Club

One Mile Fun Walk for Walkers

DATE: Saturday, January 15, 2005 at 9:00 a.m.

PLACE: Start/Finish at the FSU/FAMU Engineering Building-Innovation Park - Pottsdamer Street - Across from the Seminole Golf Course.

COURSE: RRCA Certified (#FL 93033 DL) Mostly flat winding through the Innovation Park area.

AWARDS: Bowlegs shirt to all paid entrants (First 75 on race day, others in 7 days) Awards to the fastest (one award per participant)

Male & Female (top three)	Male & Female Student
Male & Female Educator	Male & Female Walker
Male & Female Faculty Club Runner	Male & Female Club Walker

PRIZES: Drawing after race, must be present to win.

FEE: \$12 by Jan. 11 or \$15 on race day. \$7 if no shirt desired.

INFO: Call Larry Giunipero (878-5569) or Bill Hillison (893-4557)

ENTRY: Visit www.Gulfwinds.org/flyers 2005.pdf

NET PROCEEDS BENEFIT FSU'S FACULTY & FRIENDS CLUB SCHOLARSHIP FUND

On Running and Obsession: An Evening with Jane Johnson
By Art Remillard

This October 21st, Jane Johnson gave an extraordinary lecture to club members. The subject of the night was eating disorders, a topic that enlightened some and painfully resonated with others. While women certainly face the stringent bodily regulations of contemporary society more than men do, Jane noted that eating disorders do not discriminate based on gender. Indeed, male runners seeking faster times or sleeker bodies sometimes try to run themselves thin. "Running anorexia," she said, is no less dangerous or destructive.

Surprisingly, Jane told us that she had never fully explained her story to anyone until that night. With pictures and emotionally charged commentary, Jane discussed how challenges with self-image plagued her throughout her life. Looking at Jane and knowing her as a club member, it's hard for us to imagine her having a distorted self-image! And this, she explained, is part of the problem. Despite the best intentions of friends and family, sometimes compliments and comments about her body only strengthened her resolve to lose more weight. In her own words, Jane made her body a "report card," and a positive or negative change in weight or appearance reflected directly on her self-worth. Jane explained that managing her eating disorder came with the help of faith and family – both slowly helped her understand her inherent value.

In running, Jane explained, there is a fine line between dedication and obsession. Runners, especially the younger ones, are prone to the latter thus making it extremely important for parents, friends, and coaches to keep an eye out for the warning signs. Confrontations on topics such as these are never easy – and we discussed some tactics. Mae Cleveland noted that a direct approach could oftentimes have a negative effect, thus making a subtler advance more effective. For example,

by asking the person if they are "happy," you quietly open a door to address the problem without drawing immediate hostility.

In all, the evening gave us much to consider. When I asked Jane to give a lecture, I never imagined she would discuss what she did. As Jane explained to me, her difficulties in the past now give her an opportunity to share these meaningful experiences. It takes great fortitude to do what Jane did, and I know everyone there appreciated what she had to offer.

Habitat for Humanity 5K
Nov. 13, 2004

Name	Time
Jason Carter	19:43 14
Jake Brewer	19:49 40
Noah St.John	19:54 51
Fritz Stoppelbein	20:14 54
Michael LaBossiere	21:52 27
Jordan Mason	22:14 30
Roger Michard	22:14 56
Steve Tower	22:19 24
Matthew Flick	22:26 68
Stuart Nincehelser	22:56 96
Zach Tower	22:58 45
Morgan Elam	23:19 85
Alex Elliott	23:20 50
Rebecca Thienemh	23:35 99
Diane Doroftei	23:37 03
Michael S. Hancock	23:51 90
Kaitlyn Crandall	24:15 55
Erin Davies	24:33 41
Elizabeth Wingfield	24:57 02
Ivan Lopez	24:58 79
Stacy Whittington	25:45 04
Karen Reschly	25:51 04
Joe Ullo	26:00 62
Hollis Parks	26:17 93
Josh Doyle	26:29 62
Vanessa Painter	26:33 27
Theresa Landon	27:22 31
Suzanne Beard	27:33 27
Russell Brun	27:36 45
Kristie Morrill	27:43 93
Katie Armstrong	28:07 22
Carrie Campbell	28:35 19

Matt Lake	28:36 09	Jessica Word	44:56 24
Sarah Tripp	28:51 03	Claire Connolly	44:56 53
Mary Stutzman	28:57 27	Jim Antista	45:29 20
Lepi Kerr, Travis	29:10 22	Lauren Antista	45:29 61
Greg Lejedal	29:10 49	Brittany Conway	45:33 76
Chris Cain	29:20 81	Emily Zoeller	45:34 06
Christine Klassen	29:24 25	Lauren Knabel	46:02 02
Eric Hernandez	29:27 07	Allison Hein	46:02 29
Shannon Raysin	29:31 03	Joanna Nicoletti	46:02 55
Nicole Evans	29:32 65	Cheri Cox	46:02 78
Unknown	29:33 03	Sara Staeb	46:15 03
David Soles	30:08 75	Michael Norton	46:52 68
Rocky Cabagnot	30:17 79	Unknown	46:55 28
Carla Leto	30:33 27	Sarah Dale	48:33 37
Kathy Gartley	30:57 22	Rebecca Rosenberg	49:13 99
Vica Post	31:03 58	Stephanie Sanford	49:14 57
Jillian Somers	31:03 83	Brittany Horwitt	49:22 64
Brian Delgado	31:37 26	Katherine Elza	49:22 93
Tiffany Schaltenbrand	31:49 32	Erin Schroeder	49:23 20
Sommer Shelley	32:02 60	Sarah Gandy	49:38 11
Padrah Reichmann	33:10 76	Jennifer Britt	49:39 76
Katie Tooma	33:28 17	Kim Kransan	53:53 03
Jessica Long	33:35 95	Sarah Rosenberg	53:53 38
Melanie Jones	33:42 00	Unknown	54:05 87
Jennifer Hancock	33:52 14	Helen Anderson	54:09 36
Cecilia Wong	34:19 86	Rachel Christofel	54:09 62
Laura Parker	34:38 83	Renee Ledue	54:10 38
Nichole Cambridge	34:54 36	Linden Davis	54:10 68
Cerelle Hanes	34:54 78	Kris Christopher	56:39 97
Eileen Reynolds	35:32 94	Jenna Reed	56:40 68
Amanda Steel	38:13 52	Michele Miller	56:41 11
Jamie Curry	38:13 79	Ashley Brimmer	56:41 42
Brian Zagorski	39:12 63	Raphael Achong	57:00 41
Ryan Baker	39:20 76	Crystal Wilkerson	57:00 96
Damon Miller Jr.	40:51 73	Elizabeth Winslow	57:02 02
Jamaal A. Jones	40:52 01	Melanie Kopp	57:06 29
Unknown	40 9 07	Tandy Seery	59:06 75
Jenelle Sckolnik	41:09 78	Richard Hoops	59:08 32
Sarah Caponigro	41:10 06	Seung-Bum Yang	1:00:43 93
Barbara Crandall	41:40 44	Portia Dinoso	1:00:44 24
Sarah Brooks	41:40 77	Danielle Duffoure	1:00:44 77
Cathy O'Rourke	41:41 20	Chad Burkhalter	1:00:45 54
Nichola Gaskin	41:41 51	Bryan Spells	1:03:11 20
Shavonda Mobley	42:07 77	Samuel Richards	1:03:11 72
Tonya Huff	42:08 09	Ponte Riddick	1:03:12 76
Juan Estrada	42:55 89	Larry Green	1:03:12 77
Lindsay Elliott	43:16 98	Theron Decastro	1:03:14 03
Bret Permesly	43:17 91	Unknown	1:03:14 39
Liza Arias	43:26 24	Unknown	1:03:14 76
Amanda Warren	43:26 63	Unknown	1:03:17 55
Cheron McKinnie	43:53 06	Chris Evans	1:03:36 12

**Veterans Day Classic 10K
Bainbridge, GA 11/13/04**

				54	Mary	Chason	f	36	52:12		
				55	Carlos	Zapato	m	58	52:23		
				56	Jim	Zimmerman	m	61	52:53		
1	Gary	Droze	m	43	33:42	57	Mary Jean	Yon	f	48	53:18
2	Art	Remillard	m	30	36:03	58	Amy	Smith	f	40	53:52
3	Chris	Holland	m	18	36:17	59	Jay	Wadsworth	m	40	53:53
4	Zach	Calloway	m	25	36:46	60	Lisa	Unger	f	37	54:01
5	Tim	Unger	m	45	37:09	61	Phillip	Wenturine	m	12	54:19
6	David	Yon	m	48	37:11	62	Barbara	Yonclas	f	57	54:35
7	Bill	McGuire	m	57	37:25	63	Jo Lena	Pace	f	32	54:40
8	Matthew	Greene	m	16	38:40	64	Kathy	Lindsay	f	45	54:42
9	JP	Chesser	m	17	39:10	65	Julie	Harris	f	39	54:48
10	Gavin	Naylor	m	44	39:32	66	Jacque	Myers	f	48	55:09
11	Mike	Sims	m	52	39:44	67	Mae	Cleveland	f	64	55:12
12	Felton	Wright	m	47	40:06	68	Susan	Carstens	f	50	55:15
13	Tom	Ratliffe	m	57	40:23	69	Jean	Brock	f	39	55:48
14	Bill	Hillison	m	60	40:38	70	Bob	Keller	m	70	55:55
15	Seeley	Lovett	f	28	42:39	71	Susan	Ledford	f	41	56:00
16	Myron	Herring	m	45	42:53	72	Mike	Schneider	m	67	56:10
17	Trung	Nguyen	m	17	43:18	73	Melissa	Zapata	f	25	56:25
18	Niklas	Manz	m	36	43:26	74	Joanie	Williams	f	38	56:53
19	Gary	Cato	m	48	43:28	75	Ruth	Jones	f	53	57:12
20	Julie	Clark	f	43	43:30	76	Kelly	Harrell	f	38	57:50
21	Bob	Fisher	m	48	43:55	77	Phillip	Tomberlin,	m	53	58:00
22	Ron	Christen	m	58	44:25	78	Augusta	Bostick	f	36	58:15
23	Michael	Crook	m	37	45:14	79	Patrick	Smith	m	37	58:30
24	Kirsten	Baggett	f	37	45:27	80	Perha	Varley	f	60	58:36
25	Shana	Martin	f	33	45:59	81	Frankie	Warren	f	13	58:57
26	Nick	Nichols	m	61	46:01	82	Jenn	Wright	f	25	59:09
27	Nick	Yonclas	m	61	46:28	83	Bob	Wright	m	56	59:09
28	Rex	Cleveland	m	65	47:08	84	Dale	Brock	m	58	59:21
29	Cody	Morrison	m	19	47:17	85	Jennifer	Gagnon	f	34	59:43
30	Rachel	Willis	f	29	47:20	86	Bill	deGrummond	m	70	1:00:16
31	Wayne	Whiddon	m	46	47:24	87	Susan	Cornwell	f	55	1:01:07
32	Clint	Watkins	m	62	47:32	88	LeAnn	Inlow	f	43	1:01:25
33	Judy	Alexander	f	43	47:34	89	Jessica	Monk	f	14	1:02:09
34	Terry	Tenold	m	55	47:36	90	Dale	Goodman	m	43	1:02:22
35	Craig	Burnside	m	44	47:53	91	Christina	Stabley	f	29	1:02:42
36	Vicki	Cunniff	f	43	48:04	92	Robert	Morris	m	73	1:03:02
37	Cynara	Miller	f	43	48:09	93	Margarete	Deckert	f	71	1:03:45
38	Sissi	Carroll	f	46	48:10	94	Arthur	Ward	m	71	1:05:05
39	Ithel	Jones	m	50	48:10	95	Heidi	Wells	f	39	1:09:23
40	Frank	Rudd	m	41	48:17	96	Georgia	McIntyre	f	51	1:10:03
41	Jimmy	Ledford	m	48	48:31	97	Dawn	Brown	f	56	1:10:12
42	Harry	Detwiler	m	45	49:08	98	Martha	Haynes	f	50	1:14:12
43	Maria	Vives	f	31	49:14	99	Terry	Massa	f	47	1:17:37
44	Nancy	Widener	f	55	49:24	100	Amy	Smith	f	35	1:18:26
45	Kara	Taylor	F	14	49:34	101	Evellyn	Chivers	f	39	1:18:27
46	Mike	Boll	m	40	49:37	102	Fred	Fabacher	m	68	1:21:08
47	Kristine	Isom	f	20	49:57	103	Judy	Shapiro	f	53	1:24:45
48	Geoffrey	Wenturine	m	50	50:18	104	Jere	Moore	m	72	1:30:59
49	Scott	Heath	m	33	50:40	105	Josephine	Newton	f	78	1:32:05
50	Jerry	Chestnutt	m	54	50:53	106	Charles	Yates	m	79	1:37:02
51	Joe	Crook	m	25	51:03	107	Pee Wee	Lambert	f		1:55:00
52	Penny	Isom	f	41	51:09						
53	Gordon	Morgan	m	57	51:32						

**FSU Cares 5K at Wescott Bldg.
Nadine Dexter, RD**

Overall Male			30-34 Female		
Larson, Kyle	18	17:16.30	De La Costa, Yves	32	22:39.50
Overall Female			Vives, Maria	31	24:07.13
Eagen, Allison	25	20:20.44	Taylor, Liberty	31	26:23.19
Master Male			35-39 Male		
Zharkov, Voludymyr	41	19:48.68	Corbin, Brian	37	18:30.49
Master Female			Manz, Niclas	36	20:34.55
Clark, Julie	43	20:36.92	Oronje, Dan	39	20:43.84
Grandmaster Male			35-39 Female		
Mcguire, Bill	57	18:22.67	Degrummond, Julie	35	29:27.24
Grandmaster Female			Lake, Jennie	38	35:37.39
Stutzman, Mary	56	28:02.80	40-44 Male		
10-14 Male			Taylor, Tom	41	22:08.45
Dietrich, Kurt	13	20:14.38	Boll, Mike	40	22:58.48
Michaud, Roger	14	20:43.59	Weber, Eric	43	30:28.73
Garrigan, Danny	14	23:41.09	40-44 Female		
10-14 Female			Killius, Krista	41	20:51.44
Taylor, Kara	14	23:32.08	Verhagen, Jan	42	25:53.26
Lynn, Devon	12	36:45:00	Verano-crawford, Vicky	40	29:22.82
Beane, Ausley	6	41:06.17	45-49 Male		
15-19 Male			Herring, Myron	45	20:15.13
Black, Jared	16	17:55.73	Asztalos, Bob	45	20:26.63
Hoomes, Levon	15	18:05.25	Kelly, John	47	20:49.14
Stoppelbei, Fritz	18	18:53.80	45-49 Female		
15-19 Male			Lindsay, Kathy	45	24:32.29
Weimar, Whitney	18	23:55.32	Myers, Jacque	48	25:28.76
Crandall, Kaitlyn	15	24:38.38	Pitts, Linda	45	27:54.99
Pitts, Ashlee	15	26:18.46	50-54 Male		
20-24 Male			Sims, Mike	52	18:56.58
Meldrum, Ryan	22	20:08.20	Sullivan, Shannon	50	20:26.83
Nunes, Nicholas	24	20:17.12	Kimmons, Bill	52	21:56.06
Fetzer, Kevin	21	20:53.98	50-54 Female		
20-24 Female			Beason, Susan	50	30:17.92
Anderson, Jennifer	22	22:58.80	Bernal, Vicky	53	32:58:00
Wilks, Traci	21	24:04.70	Shamis, Missy	53	37:37.49
Hunt, Kathryn	21	24:18.14	55-59 Male		
25-29 Male			Morgan, Gordon	57	23:49.32
Corbillon, Fabien	28	19:31.72	Reiser, Robert	57	23:51.06
Sumner, Chris	25	21:15.82	Steele, David	55	24:20.32
Smith, Seth	27	21:41.59	55-59 Female		
25-29 Female			Barnum, Tricia	59	34:44.79
Warner, April	28	25:44.90	Cooper, Elaine	56	38:35.16
Walisky, Chantel	25	28:00.23	Sorensen, Bonnie	56	46:06.70
Cannon, Wendi	25	30:15.34	60-64 Male		
30-34 Male			Hillis, Mark	62	24:38.09
Shelfer, Clay	30	20:45.58	Stone, Lee	60	29:48.21
Lochore, Hugh	30	21:18.68	Murphy, Kevin	60	47:17:00
Schlatterer, Joerg	31	22:24.22	60-64 Female		
			Kaplan, Ann	61	39:22.96
			70-74 Male		
			Degrummond, Bill	70	28:25.67

**Women's Distance Classice 5K
Jane Johnson, RD**

1	Art	Remillard	M 30	17:23	47	Sherri	Jackman	F 41	24:43
2	Sarah	D-Williams	F 40	18:08	48	Kaitlyn	Crandall	F 15	24:53
3	Dale	Ruby	M 42	18:19	49	David	Darst	M 61	25:01
4	Bill	Mccord	M 42	18:28	50	Whitney	Alexander	F 14	25:06
5	Eric	Smith	M 32	18:29	51	Jacque	Myers	F 48	25:16
6	Brent	Jones	M 29	18:35	52	Adrienne	Love	F 26	25:34
7	Graham	Hawkes	M 13	18:42	53	Segun	Togun	M 22	25:36
8	Levon	Hoomes	M 15	18:47	54	Diana	Jones-ellis	F 48	25:42
9	Bill	Mcguire	M 57	18:50	55	Jo Lena	Pace	F 32	26:00
10	David	Yon	M 48	19:40	56	Dawn	Wells	F 24	26:14
11	Jeff	Nielsen	M 47	19:41	57	Greg	Jones	M 43	26:27
12	Jim	Carson	M 41	19:45	58	Freya	Lahtinen	F 17	26:32
13	David	Cox	M 46	19:57	59	Susan	Ledford	F 41	27:12
14	Lisa	Johnson	F 23	20:15	60	Mary	Stutzman	F 56	27:26
15	Gary	Cato	M 48	20:18	61	Bob	Hoelzle	M 54	27:36
16	Clay	Shelfer	M 30	20:44	62	Janet	Hastings	F 52	27:40
17	Mike	Labossiere	M 38	20:57	63	Emily	Ruddell	F 58	27:48
18	Bob	Fisher	M 48	21:24	64	Perha	Varley	F 60	27:56
19	Niclas	Manz	M 36	21:24	65	Katie	Carson	F 28	28:15
20	Bill	Perry	M 56	21:29	66	Jennifer	Condon	F 34	28:16
21	Myron	Herring	M 45	21:34	67	Richard	Ziegler	M 45	28:17
22	Julie	Clark	F 43	21:38	68	Linda	Pitts	F 45	28:18
23	Kevin	Fetzer	M 21	21:47	69	Kristen	Snyder	F 31	28:23
24	Sue	Hensley	F 43	21:52	70	Kristen	Kane	F 23	29:17
25	Roger	Michard	M 14	21:54	71	Lise	Melbye	F 23	29:18
26	Kirsten	Baggett	F 37	22:11	72	Nicola	Menchetti	F 15	29:21
27	John	Larussi	M 31	22:42	73	Lee	Stone	M 60	29:33
28	Nick	Nichols	M 61	22:44	74	B. J.	Foster	F 57	30:55
29	John	Showalter	M 45	23:09	75	Margarete	Deckert	F 71	30:59
30	Bob	Capasso	M 49	23:12	76	Amy	Brown	F 31	31:31
31	Jennifer	Anderson	F 22	23:20	77	Arthur	Ward	M 71	31:44
32	Terry	Tenold	M 55	23:29	78	Marie	Kaempfer	F 23	31:56
33	Jimmy	Ledford	M 48	23:30	79	Susan	Kaempfer	F 52	31:58
34	Kersten	Kinsley	F 33	23:36	80	Katie	Mccabe	F 19	32:27
35	David	Flowers	M 15	23:36	81	Ronni	Moore	F 31	32:50
36	Connie	Clarke	F 43	23:38	82	Kelly	Russell	F 32	32:52
37	Danielle	Jackman	F 12	23:39	83	Katie	Mcghee	F 27	32:54
38	Mary Jean	Yon	F 48	23:49	84	Laura	Kelley	F 44	33:37
39	Joerg	Schlatterer	M 31	23:55	85	Sue	Skinner	F 54	34:35
40	George	Kolp	M 59	23:57	86	Becky	Ajhar	F 39	34:36
41	Nancy	Widener	F 55	24:11	87	Susan	Larussi	F 28	34:48
42	John	Rakestraw	M 68	24:19	88	Nancy	Sumners	F 32	35:22
43	Kathryn	Voigt	F 43	24:22	89	Natoya	Alee	F 31	35:53
44	Heather	Doran	F 0	24:28	90	Kris	Shields	F 56	44:24
45	Judie	Kean	F 59	24:32	91	Charlie	RYates	M 79	45:10
46	Mike	Boll	M 40	24:41	92	Jere	Moore	M 72	45:11
					93	Valerie	B Reen	F 48	45:42
					94	Josephine K	Newton	F 78	46:35

**Boston Min - Half Marathon
10/30/04**

1	YON	DAVID	M	48	1:23:55	61	YONCLAS	NICK	M	60	1:48:07
2	GALLOWAY	ZACH	M	25	1:25:37	62	PUMPHREY	MARK	M	41	1:48:17
3	NIELSON	JEFF	M	46	1:26:07	63	VOIYT	KATHRYN	F	43	1:48:20
4	McDERMOTT	JACK	M	35	1:26:45	64	CLARK	KARA	F	31	1:48:22
5	JONES	BRENT	M	29	1:27:28	65	SPEIGHT	CHUCK	M	58	1:48:33
6	BERNACKI	DAVE	M	48	1:27:57	66	MAJORS	TIMOTHY	M	32	1:48:34
7	LGEUBUSH	JAMES	M	36	1:28:50	67	STOCKMAN	PIPER	F	41	1:49:20
8	MARK	IMIE III	M	27	1:29:03	68	CLARK	BRIAN	M	23	1:49:41
9	KASPER	MARK	M	43	1:30:39	69	MILLER	CYNARA	F	43	1:49:46
10	SILVANIMAN	JAY	M	44	1:30:58	70	ROWE	KEITH	M	43	1:49:46
11	RATLIFFE	TOM	M	57	1:31:07	71	WHITE	JAMIE	M	23	1:50:09
12	HILLISON	BILL	M	60	1:31:36	72	WATKINS	CLINT	M	62	1:50:32
13	HEATH	SHAWN	M	34	1:31:40	73	GRAHAM-ROWAN	MARY	F	38	1:51:08
14	JOHNSON	JANE	F	45	1:31:57	74	ALEXANDER	JUDY	F	43	1:51:32
15	SIMS	MIKE	M	52	1:31:58	75	HINSON	FRED	M	58	1:51:33
16	ROBERTS	ANDY	M	37	1:32:34	76	DORDINGHAUS	DAWN	F	42	1:51:42
17	WALLACE	DAVE	M	44	1:33:42	77	PASQUIER	MICHAEL	M	24	1:52:08
18	GUILLEN	TONY	M	35	1:34:07	78	FENNELLY	HELEN	F	41	1:52:23
19	WRIGHT	FELTON	M	47	1:34:26	79	PEEPLS	KRISTINA	F	34	1:52:30
20	McCANN	DAVID	M	20	1:34:40	80	JONES	ITHEL	M	50	1:52:30
21	SINYARD	MITCHELL	M	44	1:35:06	81	YON	MARY JEAN	F	48	1:52:49
22	DAVIS	CAMERON	M	22	1:35:54	82	KILINSKI	JENNIFER	F	25	1:52:58
23	LIKENS	GEOFF	M	39	1:36:43	83	VIVES	MARIA	F	31	1:53:16
24	FISHER	BOB	M	48	1:37:08	84	BEA	ALFRED	M	48	1:53:32
25	CATO	GARY	M	48	1:37:37	85	WHIDDON	WAYNE	M	46	1:53:33
26	JAMES	SCOTT	M	39	1:38:15	86	CLARK	CATRINA	F	24	1:53:55
27	FENNEMA	BUD	M	48	1:38:36	87	ELSTER	JOBST	M	32	1:54:14
28	BRYAN	JEFF	M	37	1:38:36	88	BREWTON	TIM	M	49	1:54:15
29	HERRING	MYRON	M	45	1:38:44	89	WHIDDON	TODD	M	28	1:54:27
30	CLARK	JULIE	F	43	1:38:56		JOHNSON	CHAD (R)	M	33	-----
31	KUPERBERG	JEFF	M	44	1:39:32	90	JUDD	CHRIS	M	26	1:54:30
32	DURDEN	STEVE	M	45	1:40:00	91	RESCOTT	BRIAN	M	47	1:55:00
33	MITCHELL	SCOTT	M	53	1:41:24	92	MEDDERS	JERRY	M	60	1:55:08
34	PORTERO	JOY	F	43	1:41:33	93	BAXLEY	KAREN	F	44	1:55:31
35	GRIFFIN	GARY	M	55	1:41:33	94	BEALL	GARY	M	49	1:56:07
36	BRINSON	BARBARA (4)	F	37	1:42:01	95	DROZE	VICKY	F	29	1:56:18
37	LIKENS	KIM	F	36	1:42:06	96	ETHERTON	JOHN	M	23	1:56:23
38	CROOK	MICHAEL	M	37	1:42:11	97	JOHNSON	VIVIAN	F	63	1:56:33
39	THOMAS	ALAN	M	45	1:42:12	98	STENBERG	AMY	F	31	1:56:34
40	AMOS	MICHAEL	M	34	1:42:16	99	BURKETT	FRANKLIN	M	48	1:56:36
41	ANLEY	SHELTON	M	52	1:43:03	100	SHEA	TONY	M	42	1:57:07
42	BURNSIDE	CRAIG	M	44	1:43:40	101	WIDENER	NANCY	F	55	1:57:27
43	PORTERO	CHUCK	M	43	1:43:51	102	MCBRIDE	RUSSELL	M	39	1:58:02
44	BAGGETT	KIRSTEN	F	37	1:44:01	103	SHELBY	JOHN	M	50	1:58:20
45	STORY	JAMIE (R)	M	4	1:44:19	104	DAVIS	BILL	M	53	1:58:21
46	MARINO	CHRIS	M	32	1:44:30	105	STINSON	RAY	M	44	1:58:23
47	COLLINS	KEITH	M	51	1:44:40	106	JERNIGAN	MICHAEL	M	28	1:58:33
48	TOMBLIN	BEN	M	22	1:45:40	107	STUCKEY	MICHELLE	F	35	1:58:50
49	WALL	ANDY	M	59	1:45:43	108	THOMPSON	DAVID	M	48	1:59:12
50	BRYAN	STEVEN	M	50	1:46:13	109	WIENER	MELANIE	F	23	1:59:17
51	COX	DAVID	M	46	1:46:53	110	HOBBS	CARL	M	53	1:59:31
52	MCBEE	BLAKE	M	50	1:46:55	111	CARTER	LAGARY	M	38	1:59:34
53	SHEMANSKY	KELLEY	F	23	1:46:57	112	ROBERSON	PATRICIA	F	32	1:59:38
54	MCLEAN	FRAN	F	47	1:46:59	113	WEBB	BRIAN	M	27	1:59:50
55	MCDUGALD	FERRELL	M	72	1:47:01	114	PROCTOR	TOM	M	33	2:00:00
56	ELLIS	ERIC	M	25	1:47:02	115	UNGER	LISA	F	37	2:00:23
57	VARGAS	LOU	M	55	1:47:03	116	BOLL	MICHAEL	M	40	2:00:30
58	CHIN	JUDY	F	44	1:47:14	117	CALHOUN	JILL	F	41	2:01:22
59	CLARKE	CONNIE	F	43	1:47:16	118	CALHOUN	JOHN	M	57	2:01:23
60	CARROLL	SISSI	F	46	1:47:34	119	HEIN	NANCY	F	48	2:01:27
						120	EDMOND	BRIDGETT	F	35	2:01:28
						121	FRIZZELL	ROBERT	M	29	2:01:28
						122	NO NAME				

10	MARK	AMY	F24	39:04
11	COODY	SANDRA	F51	39:12
12	HEIRS	JOEY	M 58	39:47
13	MILLS	EILEEN	F50	40:27
14	CAFRETT	JUDY	F52	40:26
15	HEIDE	BOB	M 56	41:04
16	MILLS	DOUG	M 51	41:12
17	HUFFMAN	MERIDETH	F22	41:51
18	BRUCE	AL	M 63	42:28
19	ELKINS	BEAU	M 27	42:45
20	FRENCH	DENA	F 41	42:47
21	POWELL	CHARLES	M 53	42:48
22	MORGAN	GLEN	M 63	42:55
23	ELKINS	BETTY	F 54	42:59
24	FUNDERBURKE	DENENE	F 40	43:31
25	HANKEY	LAUREN	F 14	43:33
26	SCOTT	REBECCA	F 14	43:45
27	BROWNE	LORI	F 43	43:52
28	JACKSON	DENA	F 50	44:04
29	FUNDERBURKE	JOSH	M 10	44:10
30	HOFFMAN	HEATHER	F 26	46:02
31	SANDERS	DEBORAH	F 44	46:03
32	DEBOSE	MICHELLE	F 35	46:07
33	BENTLEY	KATHY	F 46	46:24
34	SHEARER	CARRIE	F 46	46:25
35	SIMS	LEZLIE	F 44	46:25
36	BUTLER	MODENE	F 54	48:08
37	KELLEY	KATHY	F 49	48:09
38	HOSKINS	TAYLOR	F 13	48:11
39	LAZARY	TRICIA	F 48	48:18
40	BRADSHAW	BONNIE	F 47	48:19
41	DYE	BRAD	M 36	49:13
42	POWELL	DEBBIE	F 47	49:14
43	POWELL	MANDY	F 24	49:15
44	LONG	KRISTIN	F 37	49:45
45	SANDERS	MARSHELLE	F 31	49:46
46	MAXWELL	RICHARD	M 40	50:29
47	SPEIGHT	ANN	F 57	51:23
48	MAXWELL	AMANDA	F 37	51:31
49	PENMAN	ANNE	F 51	51:32
50	GRANITO	MARIA	F 57	53:01
51	PARKER	SYDNEY	F 29	53:04
52	PAKER	JOHN	M 32	53:16
53	HILL	KEITH	M 72	53:17
54	ISHEDA	MARIA	F 35	55:23
55	LEITE	BRENO	M 45	55:24
56				
57	BRUCE	SAM	M 7	55:27
58	BRUCE	JAKE	M 9	55:28
59	BRUCE	KRISTALL	F 35	55:33
60	DYE	LAUREN	F 4	58:25
61	DYE	JAMI	F 33	58:30
62	BRUCE	BRIAN	M 36	58:47
63	HOFFMAN	NANCY	F 58	59:20
64	BARNARD	LAURA	F 80	59:22
65	FUNDERBURKE	TIFFANY	F 12	59:30
66	BACON	TIRA	F 12	59:48
67	BACON	DENA	F 49	60:19
68	HOSKINS	JESSE	M 11	91:12
69	HOSKINS	BETTY	F 46	91:13

**Alan J. Sundberg Memorial 5K
at Maclay Park 10/30/04
Bill Sundberg, RD**

Shawn	Patterson	22	M	16:18
Gary	Droze	43	M	16:36
Eric	Smith	32	M	18:39
Karl	Hempel	53	M	19:05
Mike	LaBossiere	38	M	20:01
Seeley	Lovett	27	F	20:11
Sam	Higdon	30	M	20:28
Kurt	Dietrich	13	M	20:40
Brian	Durell	30	M	20:41
Travis	Miller	34	M	21:22
Chad	Lakin	28	M	21:27
Dan	Oronje	39	M	21:35
Herb	Wills	44	M	21:36
Steve	Toner	44	M	21:41
Kevin	Fetcer	21	M	21:46
Seth	Coffin	34	M	21:47
Chad	Henry	34	M	22:07
John	Vinson	40	M	22:14
Hugh	Lochore	30	M	22:21
Will	Estes	14	M	22:24
Zach	Toner	13	M	22:28
Frank	Flynn	45	M	22:29
Nick	Nichols	61	M	22:53
Tom	Johnson	34	M	23:04
Carl	Huang	47	M	23:15
Ace	Haddock	34	M	23:25
John	Showalter	45	M	23:31
Jose	Alicea	21	M	23:39
John	Rakestraw	67	M	23:45
Jennifer	Anderson	22	F	23:52
Tom	Schulde	38	M	23:56
Loranne	Ausley	41	F	24:00
Larry	Stevenson	47	M	24:01
Michael	Hancock	24	M	24:09
Andy	Davis	25	M	24:12
Kristine	Isom	20	F	24:12
Mark	Sandvoss	36	M	24:24
Kelton	?	52	M	24:38
Glen	Watson	59	M	24:48
Paul	Berk	33	M	25:11
Leya	Koussos	24	F	25:26
George	Merritt	52	M	25:35

Jerry Chestnutt	54 M	25:38	Kathryn Curley	19 F	32:25
David Brown	50 M	26:20	Layla Ghaznni	17 F	32:39
John Morrill	52 M	26:27	Margarete Deckert	71 F	32:41
Joe Ullo	34 M	26:34	Sheryl Brainard	33 F	32:54
Diana Ellis	48 F	26:36	Sondra Lee	36 F	32:55
Nikki Yingling	25 F	26:43	Charles Rehwinkel	44 M	32:58
Jeff Gilbert	31 M	26:44	Bill Sundberg	35 M	33:27
Scott Savery	47 M	26:49	Alan Mitchell	58 M	33:33
Maynard Sweelas	60 M	26:55	Laura Kelley	44 F	33:42
Brian Katz	53 M	26:57	Dave Watson	54 M	33:43
Laurie Grubbs	43 F	27:10	Leigh Gilmore	43 F	33:44
Vicki Wilson	42 F	27:31	Nicholas Bykowsky	51 M	33:47
Thurman Cutchins	45 M	27:44	Randy Durell	48 M	34:32
Rich Leslie	56 M	27:58	Barb McKibben	42 F	35:10
Kate Stevenson	16 F	28:05	Robyn Stevenson	43 F	35:11
Emily Ruddell	58 F	28:11	Daniel Wagnon	27 M	35:23
Janet Hastings	53 F	28:12	Pam Pafford	49 F	35:31
Brooke Lochore	30 F	28:23	James Bradley	19 M	36:09
Ali Wagnon	26 F	28:24	Judi Taber	48 F	36:15
Bridge Wilson	8 M	28:35	John Lindstrom	57 M	36:31
Burt Von Hoff	52 M	28:30	Rita Abaibanel	43 F	37:08
Charles Futch	62 M	28:33	Brandi Taylor	25 F	37:18
Katie Carson	28 F	28:34	Gene Sellers	69 M	37:48
Kristen Snyder	31 F	28:35	Ron Merrix	43 M	38:15
Jennifer Turner	28 F	28:38	Regina Morris	42 F	39:42
Josh Doyle	24 M	28:40	Blynn Linthicum	57 F	39:51
Bill Whitney	52 M	29:03	Anne Nelson	37 F	39:51
Kevin Langston	46 M	29:37	Alyson Peters	18 F	40:43
Michael Riley	49 M	29:40	Stephanie Smith	23 F	40:44
Salim	56 M	29:55	Deborah Beata	49 F	42:37
Marisol Roberts	34 F	29:56	Robert Beata	43 M	42:38
Penny Isom	41 F	29:57	Bishop Estes	6 M	43:40
Joseph Lewis Jr.	51 M	30:20	Austin Newberry	44 M	44:39
Ryan Harper	21 M	30:23	Katrina Hall	26 F	44:48
Elizabeth Tarver	26 F	30:25	Melissa Solis	35 F	44:49
Jennifer Bake	22 F	30:26	Margaret Zubrick	50 F	45:12
Riza Cruz	32 F	30:38	Jim Neill	55 M	45:26
John Kelly	47 M	30:39	Charles Yates	79 M	46:36
Lew Killian	57 M	30:58	Keith Kelley	45 M	48:36
Cheyenne Morris	13 F	30:59	Dennis Kelley	47 M	48:37
Anstead	66 M	31:37	Sue Anstead	62 F	67:07
Colleen Fahey	42 F	31:38	Wings Benton	58 F	67:07
Allison Barkas	11 F	31:39	Bob Benton	58 M	67:08
C.J. Barkas	8 M	31:54			
Chris Barkas	45 M	31:55			
Susan Beason	50 F	32:24			
Chip Curley	49 M	32:25			

**Medal of Honor 5K at FSU
10/23/04 Anthony deSantis, RD**

1	Kyle	Larson	M 18	18.20
2	Fritz	Stoppelbein	M 18	19.13
3	Chris	Underhill	M 18	19.56
4	Colin	Whitman	M 19	20.02
5	Greg	Polidora	M 21	21.17
6	Jason	Keable	M 18	21.24
7	Erin	Preston	F 21	21.34
8	Peter	Kaw	M 20	22.17
9	Sara	Halbersbrunner	F 19	22.23
10	Bryan	Dickey	M 21	22.31
11	Kevin	Fetler	M 21	22.53
12	Laurie	Burket	F 21	22.57
13	Bob	Fisher	M 48	23.01
14	Janet	Howard	F 21	23.18
15	Tom	Gluski	M 21	23.19
16	Rita	Borelli	F 18	23.34
17	Lyndsey	Hornbuckle	F 26	23.48
18	Randy	Taylor	M 32	24.05
19	Angela	Beidler	F 19	24.07
20	Kevin	Campbell	M 23	24.13
21	Matthew	Altman	M 21	24.16
22	Jennifer	Anderson	F 22	24.31
23	Kristi	Foreman	F 20	24.46
24	Jason	?	M 23	24.53
25	Andrew	Altman	M 23	25.34
26	William	Goodwin	M 20	25.50
27	John	Buckley	M 24	26.14
28	Jessey	Howard	F 22	26.20
29	Arvind	Radhakrishna	M 24	26.45
30	Jessica	Free	F 22	26.59
31	Jacque	Myers	F 48	27.27
32	Lindsay	Sorensen	F 25	27.33
33	Jim	McKinney	M 55	27.40
34	Danielle	Chinault	F 20	27.49
35	Mary	Stutzman	F 56	28.01
36	Robin	Brady	F 20	28.16
37	Chris	Maierson	M 24	28.20
38	Patty	Zamesnik	F 18	28.21
39	Elizabeth	Cox	F 18	28.41
40	Thomas	Hobbs	M 24	30.11
41	Sarah	LaRue	F 22	30.12
42	Joe	Hallaway	M 26	30.36
43	Megan	Beckwith	F 25	30.37
44	Jessica	Mulligan	F 23	31.32
45	Matthew	Ramirez	M 13	34.15
46	Meghan	Maloney	F 21	36.18
47	Jennifer	Traviesa	F 22	38.06
48	Katie	Allen	F 20	38.07
49	Margaret	Wright	F 21	40.04
50	Melissa	McCorkle	F 22	40.05

Marine Corps Marathon Finishers

Jerry	McDaniel	3:25:24
Jessica	Hendrix	4:06:43
Chuck	Davis	4:07:42
Mike	McGehee	4:07:44
Taylor	Drake	4:16:24
Mark	Whitley	4:36:52
Pamela	Breza	4:47:58
Anita	Kundra	5:23:41
Pete	McCarroll	6:25:38
Cathleen	McCarroll	6:25:39
Benjamin	Wunder	7:19:26

**Albertson's Christmas Connection
5K 10/23/04**

1	Gary	Droze	M 43	16.54
2	Bill	McGuire	M 57	18.37
3	Tony	Guillen	M 35	19.08
4	Mike	LaBossiere	M 38	20.04
5	Stephanie	Liles	F 32	20.12
6	Alex	Waller	M 47	21.14
7	Keith	Rowe	M 43	21.25
8	Alison	Eagen	F 25	21.33
9	Dan	Oronje	M 39	21.45
10	Kent	England	M 44	21.46
11	Bob	Fisher	M 48	21.53
12	Steve	Toner	M 44	22.05
13	Frank	Flynn	M 45	22.05
14	Julie	Clark	F 42	22.13
15	Niklas	Manz	M 36	22.25
16	Jordan	Mason	M 19	22.38
17	Nick	Nichols	M 61	22.43
18	Seth	Coffin	M 34	22.47
19	Luis N.	Serns	M 39	22.49
20	Tiffany	Jastrzembksi	F 27	23.01
21	Zachary	Toner	M 13	23.04
22	John	Jenkins	M 45	23.13
23	Mike	Novak	M 42	23.29
24	Brent	Ginn	M 25	23.43
25	Jimmy	Ledford	M 48	23.47
26	John	Showalter	M 45	23.51
27	Dan	Burke	M 38	24.13
28	Bruce	Lynn	M 57	24.48
29	Michael	Boll	M 40	24.49
30	John	Waldron	M 51	24.50
31	Trey	Dyal	M 31	25.15
32	Gene	Crawford	M 38	25.23
33	David	Darst	M 61	25.35
34	Richard	Addison	M 50	26.08
35	Kevin	Coleman	M 35	26.31
36	Randy	Wilkins	M 43	26.34

37	Pat	Connolly	M	28	26.36	104	Maggie	Munyon	F	10	61.38
38	Dennis	Hitcher	M	53	26.48	105	Dominique	Moreno	F	10	61.51
39	Scott	Lindeman	M	29	26.52	109	Teresa	Munyon	F	32	63.15
40	Bridget	Edmond	F	35	27.00						
41	Jason	Nonnell	M	19	27.24						
42	Greg	Jones	M	43	27.57						
43	Karen	Brown	F	27	28.19						
44	Jacque	Myers	F	48	28.22						
45	Melissa	Jackman	F	12	28.44						
46	Sherri	Jackman	F	41	28.45						
47	Toma	Wilkerson	F	35	29.11						
48	Charles	Futch	M	62	29.18						
49	Lauri	Louwsma	F	44	30.06						
51	Karen	Smith	F	46	30.30						
52	Kimberly	Pennington	F	20	30.36						
53	Pam	Novak	F	45	30.37						
54	Primus	Mtenga	M	51	30.52						
55	Arthur	Ward	M	71	31.23						
56	Margarete	Deckert	F	71	32.32						
58	Erin	Sjostrom	F	38	32.50						
59	Edie	McCarty	F	42	32.52						
60	Gary	Haines	M	47	33.05						
62	Dawn	Brown	F	55	33.18						
63	Maggi	Bergevin	F	24	33.30						
64	Chris	Savery	F	46	33.52						
65	Amanda	Carson	F	27	33.56						
66	Deo	Eustace	M	40	36.32						
67	Trevor	Graddy	M	8	37.40						
68	Sondra	Lee	F	36	37.45						
69	Sheryl	Brainard	F	33	37.46						
71	Michael	Blair	M	54	38.33						
72	Betsy	Thorpe	F	48	38.46						
74	Deana	Ponso	F	56	40.31						
76	Judy	Shapiro	F	52	43.10						
77	Mary	VanGuilder	F	52	43.23						
78	Jerry	VanGuilder	M	49	43.24						
79	Sabrener	Watson	F	35	44.22						
80	Charles	Yates	M	79	45.44						
81	Enid	Mazzone	F	57	46.02						
82	Kevin	Kozlowski	M	50	46.03						
83	Josephine	Newton	F	78	46.05						
84	Jeanette	Putma	F	64	47.22						
85	Aussevali	Raheem	F	63	47.49						
86	Angela	Asmus	F	32	48.30						
87	Debbie	Asmus	F	52	48.31						
88	Terry	Massa	F	47	49.31						
89	Sue	Massa	F	46	49.34						
90	Mary	Wright	F	51	50.18						
91	Pamela	Schmidt	F	57	50.19						
98	Michsella	Graddy	F	10	58.36						
99	Monica	Munyon	F	7	58.37						
100	Monica	Munyon	F	7	60.06						
101	Jolke	Graddy	M	7	60.08						
102	Kathy	Moreno	F	43	61.01						
103	Joy	Waller	F	10	61.28						

Missing places did not return cards

GWTC's Grand Prix

Each year the Grand Prix Committee designates certain races as Grand Prix events. Any **current** GWTC members competing in a Grand Prix race are eligible to earn points. But to be eligible for final awards they must enter and compete in, and turn in accurate, legible finish cards for at least three Grand Prix races. Correct birthdates must be known to the Committee. The Grand Prix standings and races are published in the newsletter. Points are awarded as follows: **Open points:** In order of finish to the first 10 as follows: 30, 20, 17, 15, 13, 11, 9, 7, 5, 3.

Age-group points: Awarded to the top 8 as follows: 20, 15, 12, 10, 8, 6, 4, 2.

Children's Grand Prix: Runners age 14 & under at start of year earn points only in events of 5k or less in distance, in age groups of 9 & under, 10-14.

Finish places of non-GWTC runners are not counted. **Note:** Your age at the beginning of the calendar year is your Grand Prix age all year.

Awards Committee:

David Yon (668-2236, david@radeylaw.com),

Jeanne O'Kon (894-2019) okon@raven.unr2.net,

Paul Ahnberg (562-6171) runhike-bird@comcast.net,

Jo Lena Pace (jolenapace@nettally.com) and

Lisa Unger (562-2901 ungerl@juno.com) If you think there is an error in the scoring or if you have questions or suggestions, the Committee would appreciate hearing from you.

Note: All new and renewing members must sign the waiver on this page. Don't forget to include a contribution to the GWTC Chenoweth Endowment Fund. Visit www.gulfwinds.org for more information on the Fund.

Today's Date _____ Sex (M, F) Birth Date: _____
Name _____
Street _____ Apt# _____
City, State _____
Zip Code _____ Phone _____
E-mail _____

Other Family Members joining? Please include name, sex and birth date below.

Membership Application _____ New _____ Renewal _____
Individual or Family Membership _____ \$20 or \$25
Amount of Chenoweth Contribution _____
First Class Option _____ \$5
Total Amount _____
Primary Member Signature _____

PRSRT-STD
U.S. Postage
PAID
Tallahassee FL
Permit No. 12

Signature(s) of other members

(Parent must sign for members less than 18 years of age)
Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run. I assume all risks associated with running and volunteering to work in club races, including but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Gulf Winds Track Club, Inc, and all sponsors, their representatives and successors from all claims or liabilities or any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All memberships expire December 31. Full year dues are \$20 individual; \$25 family (1 address). During Apr-Jun: \$16.25 \$20. Jul-Sep: \$12.50; \$15. Oct-Dec: \$23.75; \$30 (Oct-Dec includes next calendar year). For First Class Mail add \$5 (\$3.75 Apr-Jun, \$2.50 Jul-Sep, \$6.25 Oct-Dec).

Gulf Winds Track Club P. O. Box 3447, Tallahassee, FL 32315
Gulf Winds Track Club Membership Card

Check here if you are renewing and your information has not changed.