



The Fleet Foot

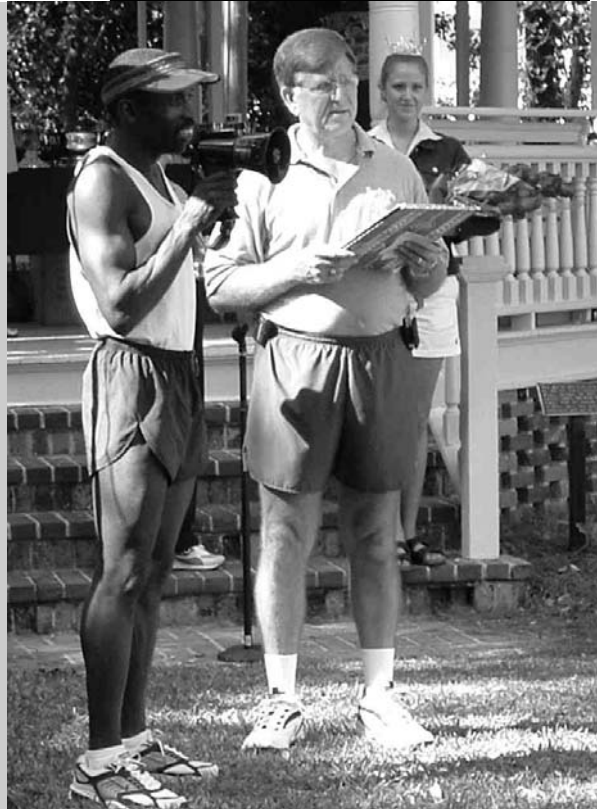


\$2.00

Volume 29 Issue 6

Newsletter of the Gulf Winds Track Club

June 2004



Rose City 10K Winner Jesse Close and Race Director Dr. James Story

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Grand Prix Races

June

- 05 Potluck 4 M
- 26 Rails to Trails

July

- 03 Firecracker 5K



3rd Annual Red Hills Tri - future triathlon and running stars!

L to R from top. 1st Male - Patrick Dix, 1st female - Kara Taylor, Alex Bowman, Luke Liles, Allison Barkas, Lily Williams, Whitney Alexander, Darcy Watson & Jackie Van LANDINGHAM, Julia Draper

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), are 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

David Yon 668-2236
david@radeylaw.com

Secretary

Lisa Unger 562-2901,
ungertl@juno.com

Treasurer

Bonnie Wright 386-3500
bwright@electro-net.com

Directors at Large

Judy Alexander 383-1361,
jalexander98@comcast.net
Jerry Ongley 562-1905,
dubiousrunner@hotmail.com
Hobson Fulmer 850 927-2510
starnesfulmer@gtcom.net
Fran McLean 877-9016
franm@stslaw.com
Jeff Bryan 942-4149
Jsb6to3@yahoo.com

Membership

Brian Corbin 383-1361,
brirun@comcast.net

Equipment

Joe Dexter 878-7880,
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

GULF WINDS TRACK CLUB
April 14, 2004 Business Meeting
 Hosted by **Joe and Nadine Dexter**

Board/GWTC Members present: **Tom Perkins, David Yon, Joe & Nadine Dexter, Jerry Ongley, Bonnie Wright, Lisa Unger, Fred & Margarete Deckert, Fran McLean, Tim Unger, Judy Alexander, Brian Corbin, Jane Johnson, Paul Ahnberg, Jeff Bryan, Billy Oram**
 Guests present: none

Tom Perkins called the meeting to order at 7:35 PM and quorum was established. The March minutes were read and accepted by motion, 2nd and vote.

NEW BUSINESS:

REPORTS:

Social Coordinator report – Jimmy Kalfas reported that the Springtime breakfast social was attended by approximately 30-35 people. Jimmy read a letter from **Arthur Cooper** of the department of health thanking GWTC for participating in the Step It Up FL program. The next social event will be the Kids' Tri on 5/16 and he is coordinating with the Silver Slipper to have a GWTC Happy Hour.

Racing Team Coordinator report – Tim Unger reported that the 2004 Team racing singlets have a new larger logo and he discussed the teams for River Run, Azalea Trail and Fiesta.

Race Director(s) report(s) – Tom Perkins reported for **Gary Griffin** that both Marathons (the re-scheduled 2003 and the actual 2004) made profits of over \$4000.00 each. **Jeff Bryan** presented and explained the Palace saloon 5k budget.

Clothing Coordinator report – Margarete Deckert reported that she sold 15 shirts at the past 2 races. A motion was made to allow Margarete to purchase 30 more shirts, which was seconded and passed by vote.

Newsletter report – Fred Deckert discussed the deadline for Fleet Foot submissions and asked all contributors to be mind-

ful of his deadlines.

Membership report – Brian Corbin reported that there are currently 628 members represented by 355 memberships.

Treasurer's report – Bonnie Wright discussed the Budget and Treasurer's reports, which included recent disbursements and receipts. Discussion was opened concerning GWTC purchasing a chip timing system. A motion was made for more research to be conducted for further discussion at a future meeting, which was seconded and passed by vote.

Equipment report - Joe Dexter reported that 7 race directors paid their equipment rental fees and Joe turned in the checks. Joe reported that the GWTC trailer was in the Springtime parade and 6 runners walked along side and gave out over 300 items to parade watchers. A short discussion was held in reference to GWTC's sales and use tax obligations.

Chenoweth report –David Yon reported about the Seminole Invitational Track meet preliminary budget and that attendance was down this year, probably due to the Easter holiday. The organizers of the track meet, **Manny Joanos** and **John Cintron**, were praised for the outstanding event. The Pot Luck will be run on 6/5 and nominations for the annual High School awards are needed.

Grand Prix Committee report – Paul Ahnberg reported that he accepted the position of committee chair. Paul further reported that the committee is working to clarify the language in the by-laws concerning membership and eligibility for points. At this time there is a member who is requesting points for a race run prior to membership dues being paid. The committee determined that the runner is not eligible for points regardless of the grace period allowed for in the Constitution for membership purposes. A motion was made to support the committee's interpretation of the By-

Laws, which states that only runners who have paid their dues by the race date will be eligible for points, and therefore the particular runner is not eligible. The motion was seconded and passed by vote. Paul will contact the runner to report the committee's decision and board's approval.

Triathlete report – Tony Guillen reported that the Kids' Tri will be held on 5/16.

Training Committee Report – Nadine Dexter reported that of the 70 members in the Springtime 10k training class 52 completed the race. An informal group will be meeting on Thursdays at the Miccosukee Greenway and a new training group starts on 5/9.

Race Director Coordinator report – no report;

Lecture Series report – no report
OLD BUSINESS: None
 The meeting adjourned by motion, second and vote at approximately 9:10 PM. Jane Johnson will host the next meeting on May 12, 2004. These minutes have been reviewed and accepted by the board.
Lisa Unger, Secretary.

Business Meeting Schedule

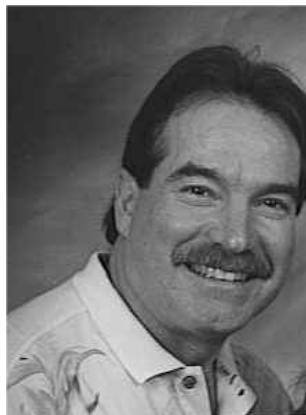
The meetings will be at the homes of:

June 9 Margarete Deckert 893-9739
 July 14 Tom Perkins 894-2019

7:30 p.m. - call for directions

Personal Records

Loranne Ausley at the Virginia Beach Shamrock Marathon - 3:57:45



Pulpits Happen - Tom Perkins

Does the event make the person, or does the person make the event? An individual should not try to ponder such a question while running (especially while running on the trails where roots often reach up and grab your shoes, causing faceplants in the dirt.) Take the Boston Marathon, for example. You have to qualify within a time range dictated by your gender and age. Once you qualify and finish, you belong to the Boston Marathon alumni. However, there are individual stories as well. Jane Johnson's recent time of 3:03 is a remarkable feat because of the high temperature on race day. The courage and determination she showed, however, should not overshadow the guts and fortitude of those who did not have such a stellar day. The expectations of other runners were shattered in the heat. Some finished two hours behind predicted times. The key word is "finished." I know from experience the pain and frustration of such times. I also have to admire the effort and single-mindedness of such ac-

(Continued on page 6)



(Continued from page 5)
 tions. You conquered
 Boston. It didn't con-
 quer you.

I have no doubt in the
 depths of my soul that
 the *Relay For Life* personifies that
 the people make the event. GWTC
 members and their loved ones
 have been affected by cancer, as
 have all large families at one time
 or another. Liz Morris was the lat-
 est loss and she will truly be
 missed. The *Relay for Life* is a re-

markable event. It's a time of re-
 membrance and a time of celebra-
 tion. Fran McLean has shown me
 how to look something in the eye
 and say "Bring it on." There are
 many finish lines in running but
 only one in life. You will be remem-
 bered by how you competed and
 how you conducted yourself during
 these events. Run to live or live to
 run? I don't know. If you have
 never participated in the *Relay For
 Life*, mark your calendar for next
 May. Come out and share in the
 anguish of losses, the joy of friend-

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, hsi-kelly@nettally.com.

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.

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



<p>M. Felton Wright Vice President Financial Consultant Certified Financial Planner</p>		<p>Merrill Lynch Private Client Group 215 South Monroe Street Suite 300 Tallahassee, Florida 32301 850 599 8978 800 937 0663</p>
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Volume 29 Issue 6

THE FLEET FOOT



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.

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.



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.

June

***03 Summer Track Meet**. 6:45 P.M. Maclay School. 8 Thursdays till July 29. No July 1 meeting. David Hormuth 891-3866.

***05 Potluck 4M**, Forest Meadows. 6 p.m. Festivities at 7 p.m. David Yon 668-2236

12 SGI Sizzler 5K, 7 p.m. St. George Island . Hobson Fulmer starnes-fulmer@gtcom.net

19 Melon Run 5K, 8:15 a.m. JCHS Gym, Monticello. Ferd Naughton, or Larry Halsey 997-3912, 997-5552

26 Rails to Trails 5K /1M. 8:15 a.m. Wakulla Staion Park (9 mi. point on St. Marks Trail). Joe Dexter 878-7880, Joe Beckham 385-3099 or beckham@coe.fsu.edu. Mile is GP event. form on p. 22

July

03 Firecracker 5000. 7:30 a.m. Greensboro Town Hall. Greensboro Kiwanis Club, P.O. Box 97, Greensboro, FL 32330. form on p. 23

05 Freedom Springs Triathlon. 7 a.m. CDT. Marianna. Terry Edwards. popz@emeraldcs.com

24 Critter Run. 6 p.m. CDT. Dothan, AL Larry Dykes - ronnadykes@aol.com.

* indicates GWTC event

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

Remaining Grand Prix Events for 2004

June 5 Potluck 4 M, Forest Meadows
June 26 Rails to Trails 1M, St. Marks Trail (New Date)
Jul. 3 Firecracker 5K, Greensboro
Aug. 14 GWTC Track Mile, Maclay School
Sep. 4 Echo 1M, Tallahassee Museum
Sep. 25 Prefontaine 5K, Silver Lake Recreation
Oct. 23 Boston Mini Marathon, Boston, GA
Nov. 13 Fall Classic 10K, Bainbridge, GA
Nov. 25 Turkey Trot 15K, 10K, 5K, 1M, Southwood

Bob Braman, head cross country and track and field coach at FSU, will be the featured speaker for the next GWTC Lecture on Thursday, June 3 from 7-9 at the Myers Park Community Center. Bob has coached some of the nation's best runners, and on this evening he will be sharing his training tips with club members. And of course, along with a great lecture, there will be pizza and liquid refreshments!



GWTC Merchandise

Call Margarete at 893-9739



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

**GULF COAST
TRIATHLON
5/8/04
Dana Stetson**

What I was trying to say, as I crossed the finish line, was that I would be all right in a little while. My wife later told me I sounded more like a raccoon screeching than anything

else! The Gulf Coast Triathlon is a yearly litmus test of how you stand in the triathlon world around these parts and its importance in establishing personal pecking order cannot be underestimated.

The day of the race the weather and conditions promised fast times and deadly heat by the end of the race. The swim was done in many starting waves and had good conditions: the water waves were small and predictable and currents were not too bad. The water temperature allowed those who chose, not to wear wetsuits.

The bike had a short out and back segment to the east, after that, a head or crosswind for a long time. That combined with some serious deathly potholes and way too many crappy bikers and motorists, which made for an energized ride. On the way back in (on Hwy. 76) a rare downwind segment was experienced. Any biker with legs left, got to really push the pace for a while. The final six miles were in a crosswind and very crowded due to traffic.

The run, as predicted was hot, all pavement, and very little shade.



It was accomplished from water table to water table, and it was a good policy to drink all you could.

Despite these tough conditions, many GWTC triathletes came through with good performances. **Julie Olson** was 3rd in the 20-24 age

group. **John Englebrecht** was 8th. **Bradley Goldstein** was 10th in the 20-24 age group.

Lisa Purul, formerly of Tallahassee, was 2nd in the 30-34 age group. **Kiko Cintron** was 9th in 30-34 age group. The 1st Mixed Relay Team was (Matrix) with **Charlie Daniels, Marti Aparicio, and Marie Vives**. **Jeff Bowman** was 7th in 40-44 age group. **Dick Baker**, formerly of Tallahassee, was 8th in 30-34 age group (only 12 seconds behind Bowman).

Individual Strong Splits:

Julie Olson had a 21.3 mph average on the bike.

Lisa Purul averaged 7.36 miles per minutes on the run.

Kiko Cintron had 26:00 minute swim, a 22.5 mph average on the bike and ran 7.33 miles per minute on the run.

Brecht Heuchan swam 28.18 and biked a 21.5 mph average.

Jeff Bowman had a Tallahassee best 23.4 mph average on the bike.

Wallace Randell had this young season's longest transition 8.48. This might be a record hard to break.



Gulf Winds Triathletes Weekly Training:

Tuesdays 6:30 PM- Track workouts.
Sundays 7:00 AM - Sunday
Streakers - contact his-



kelly@nettally.com for location. 10 mile runs.

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.

Weekend Off-Road Trail Group - Group meets as much as 4 times each weekend. Varying paces, always off road. To be added to this group, email John Kalin at joka51@juno.com, or call John at 656-7064hm-eves, 212-5680cell-days.

Social Events:

- Go to www.gulfwinds.org for more club info, and to join if you have not already.

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 Runner's Zodiac

Jack McDermott



Gemini ("The Twins") (May 21 – Jun. 21)

Key Characteristics: Nervous and Inconsistent

Key Phrase: "Where did I park my car?"

Key Injury: Profuse Sweating

Famous Runners: Jim Thorpe (May 28), Paavo Nurmi (Jun. 13), Clarence DeMar (Jun. 17)

Horoscope: You are a wind sign, which means you are always living in the past. Part of the reason is that you are the type that keeps bragging about PR's that happened years ago. I see at least one Cancer and a few Aquarius who are getting a little tired of you bragging about what you were like "in your prime." You better watch it or they will drop you at a water stop.

Both Venus and Neptune appear in your middle quadrant in late Winter and Spring, and therein your greatest hopes for success, but it doesn't last long -- so focus on the 5K distances. Maybe Bowlegs, Rails to Trails, and given your animalistic nature --- perhaps even the Furry Scurry.

By Summer you will be in shambles. You have never dealt well with the heat and humidity, and this year will be no exception. I foresee you getting caught drinking out of a neighbor's garden hose due to dehydration. If you do decide to run this summer, keep your expectations realistic.

By Winter you should have recovered, with Jupiter's help. However, your PRs really are in the past. Also I do see some trouble during this point. A devious Taurus will steal some age group points so watch out.

Cancer ("The Crab") (Jun. 22 – Jul. 22)

Key Characteristics: Overemotional and Moody

Key Phrase: "I need some Advil"

Key Injury: Sore Hamstring

Famous Runners: Babe Zaharias (Jun. 26), Lynn Jennings (Jul. 1), Lasse Viren (Jul. 22)

Horoscope: Your mood swings vary about as much as your race times; you are up and down, and all over the place. You are very pleasant when you do well (which isn't often), and nearly inconsolable when you bomb. Lighten up Cancer. Don't be so crabby!

In the Spring you will be tempted by a Scorpio or a Leo to do something really stupid in the Fall -- like run a marathon, an ultra, or half-ironman tri or something. Unfortunately you listen to them.

Summer could offer some good races ... the Firecracker 5K or even the Peachtree 10K in Atlanta could offer success. However, you will probably be too distracted with training and coping with the summer heat to do those events. Some night runs may also bode well given the Moon's convergence with your sign in late Fall. Maybe the Midsummer's 3K, or Semper 5K (if they do that one again).

However, with all of the planets buzzing around your constellation, something strange must happen in the Fall or early Winter. Perhaps you listened and decided to do that long crazy distance event --- if so --- it will be the best experience of your life. Unfortunately you will not know that until years later. At mile 10 you will feel like you are giving birth, so bring lots of Advil. Hang tough.



Back of the Pack
“Where it All Began (Part II)”
By Jack McDermott May, 2004

The year was 1999, a federal judge ruled that Microsoft was a monopoly (*Duh, you had to go to law school for that?*), Brandi Chastain ripped off her jersey as the U.S. women won the soccer world cup (*This sport is more exciting than I thought*), and Jack McDermott was hardly training for his first marathon --- I mean training hard.

Bad Habits

I thought the whole “pain and sacrifice” school of marathon training was overrated. Instead, I was “*Livin La Vida Loca*,” which is Spanish for, “Stupid is as stupid does.” My favorite phrase was --- It doesn’t matter if you win or lose, as long as they have beer at the finish line. (*Which was good ... because I sure didn’t win.*) Despite Hoof and Mouth Disease, I continued to rely heavily on the McDonald’s value meal for training sustenance (*I figured my risk of infection was low. If McDonald’s does use real meat --- I doubt it came from a cow.*) Another peculiar habit is that I smoked a pipe.

I had a theory that my pipe smoking was helping my running. Pipe smoking increases metabolism, which helps you lose weight. In the “early years” whenever I was spotted at the beach someone would shout, “Ahoy mates!

There goes the white whale.” I would have to spend the afternoon avoiding a guy with a harpoon named Ahab.

Also since a marathon is a long-distance event, you rely on muscle strength not VO2 Max. Besides --- I didn’t inhale! I remember arguing with Toma and saying, “Fine ... I’ll quit for two weeks, but if I don’t get a PR at Echo Run, I’m smoking again.” Fortunately I got a PR. I decided that I deserved one last drag (*a smoke, not a guy dressed in high heels*), and to this day, that was the last time I smoked a pipe – August 28, 1999.

First 14-Miler

I convinced a group of Sunday Streakers to run the marathon with me. Those eventually running the 1999 Jacksonville Marathon included **Sue Kelly, Sandy Stark, Lynn Powell**, and myself. Those in the half included **Toma Wilkerson, Jon Sewell, Erin Shepherd, Philip Munoz and Jack Brennan**. However, there were many more that happened to be at Jacksonville that year --- **Tony Guillen, Bud Fennema and Gary Cato** to name a few. After our first 14-mile training run ended, I almost collapsed. I remember telling Sue, I don’t think I can make 26 miles. She told me --- well --- you need to eat something, and gave me a GU Packet. And then I fell in love, but not with Sue (*Sorry, ole girl*). I fell in love with GU. I even composed a few ballads including, “I was lost, until I found GU.”

Other Events

On the road to Jacksonville, I had a few other notable races. Like my come-from-behind victory in Heat 3 at the Breakfast on the Track. I remember being so proud of my pseudo-victory until **Paul Hiers** deflated me by saying, “Way to go Jack, you just edged out an 11-year old girl.” I was like, “No, Paul, She was 13!” It wasn’t any 13-year old – it was future college runner **Kara Newell**. (*Probably the last time I beat her, too.*)

Thus, I learned a secret to beating outstanding high school and college

(Continued on page 14)

runners --- you beat them while they are little. I used to beat **Logan Wolcott and James Dexter** – until they hit their growth spurt at the high school level --- then they beat me. Sooner or later **Nathan Kenney** will beat me. I'll just sit back and laugh and say, "Yeah --- I remember when I used to beat that guy ..." I'll just fail to mention that he was nine years old at the time. I could never beat **Ryan Deak**. My only shot at him would have been when he was in diapers ... but I wasn't running then.

Draggon Tail

Another confidence booster was the Draggon Tail 18-Miler. More famous than the Alberto Salazar / Dick Beardsley "duel in the sun" was the **Bob Prentiss / Jack McDermott** "duel of the dragon" in November 1999. (*I love, "duel of the dragon" sounds like a Bruce Lee movie.*) Bob had been routing me at the shorter distances – but I came closer at the Boston Mini, losing by one minute. At Draggon Tail, I reached the 15-mile mark and saw a hirsute man with a heart-rate monitor in the distance. I was making up good ground, and Bob definitely saw me coming. He looked back so much I thought he would get whiplash. I think we both thought I would catch him, but I ran out of real estate. Bob crossed the finish line in 2:18 --- a mere 10 seconds ahead of me. In the words of Paul Harvey, "And now for the rest of the story ..." Bob blames me for "injuring" him by making him run hard. Like that is my fault? He could have let me win, but no ... If that is not enough, he still talks about his finishing photo, which has a small picture of me in the background. Of course the latest rendition of the story goes something like this, "As you see me (*Bob*) finish, you notice a little fat blob in the background. If you digitally enhance the photo --- you can tell it is Jack." I am still waiting for the re-match.

With an 18-mile race out of the way, I felt confident I could finish my first marathon --- a little too confident. More on that next month. Happy Trails.



Rave Run: Fiesta Run
Pensacola, FL - Lisa Unger

The Pensacola Runners Association always organizes great races, and the 30th annual Fiesta Run on Saturday, May 1st was no exception. 906 runners and 101 walkers lined up in front of Pensacola Junior College, including 13 from Tallahassee and St. George Island. The morning air was warm and moist with a light mist. The sky threatened rain, but didn't deliver. Many runners were already damp from the humidity before the race even began, which usually is not a good sign for attempting PR's.

The heat and humidity could not keep the smiles from the faces though, and there was lots of happy chatter as runners headed for the first mile mark. Several spectators cheered the runners on as they approached the second mile and its challenging hill. Being my fourth attempt at this course I had a good idea of how the second mile can reduce a runner from a 10k goal to a 5k finish. Luckily, the third mile was much more reasonable and did in fact offer a 5k "bail-out" for those who left a little too much on the 2nd

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(Continued from page 14)

mile hill. Not all of the 5k finishers had started out intending to cover the full 10k course. GWTC's **Julie Clark** went with the intent of a strong 5k finish, which she accomplished in 20:46 to capture the Female Masters award--just 2 places and only a few seconds shy of a first place finish. **Myron Herring** also intended to run the 5k and finished well in 21:09. Thirteen year old **Gareth Willmott** ran his very first 5k along with his step dad, well known GWTC runner, **Garth Grumme**. Gareth and Garth ran the 5k in 25:30 and 25:32, respectively. **Gareth's mom, Tiani**, was very excited to watch her son finish his first race and happened to still be at the 5k finish area with my daughter **Lilly** as I went past. Boy, that 5k finish chute sure looked tempting and it was very hard to keep running past Lilly, but I knew I would see her at the "other" finish line too, so I kept trudging. Mile 4 was run on a tree lined neighborhood street that provided much appreciated shade, even if it was only for that mile. Mile 5, however, had runners charging along a treeless main roadway aptly known to veteran Fiesta runners as "carbon monoxide alley". A full lane was closed to traffic and there were several police officers helping with traffic control so runners could feel safe from the vehicles that were just a few feet to their right. The exhaust fumes and the smell of deep frying oils from the fast food places, however, made mile five nearly as challenging as mile 2, plus mile 5 ended with its very own short but steep hill. Ah...mile 6, with its long, sweeping downhill stroll around the town square and a Scottish bagpipe ensemble (complete with kilts) was a welcome relief to hot and tired runners. Knowing the finish line was just around the corner had many runners in front of, and behind me sprinting, and I got caught up in the enthusiasm as well. 10k finishers streamed through a chute that was set up in an area known as Seville Square, where the post race party had already been going strong when I finally arrived.

A live band, plenty of food, adult beverages and soft drinks, and shopping opportunities at a small expo kept runners entertained until the results were announced. GWTC can be proud of its members who captured awards including **Julie Clark**, who, as previously mentioned, won the female Masters award in the 5k. **Tim Unger** captured the 10k male Masters award in 35:13, **Bill McGuire** took the 10k male Grandmasters in 38:06, **David Yon** (39:37) and **Hobson Fulmer** (41:47) were first and third in the 45-49 age group and **Nick** (48:55) and **Barbara Yonclas** (53:56) both took first place awards in their age groups. **Mary Jean Yon** proved that it's heart and soul that matter, not trophies, as she went the distance in 55:15--an improvement of more than 2 minutes over her Rose City run--despite breathing issues that have been bothering her recently. It took me 52:50, but I managed to make my way to my waiting baby and that is what's important to me. Tim did a great job in coordinating GWTC's team, including erecting his personal shade canopy again, as well as the GWTC feather flag to provide a great meeting place for all of us. Even though Tim had arranged to include two of the Pensacola runners who have filled empty team slots in the past, and both of them performed exceptionally, our team still finished in 4th place. **Mike** and **Tatsuko Lilly** ran 35:33 and 51:11 respectively, which, when added to Tim's and my times totaled 2:54:47--about 6 1/2 minutes shy of the third place plaque. Oh well, better luck next year, at least we all enjoyed another "Rave Run" at the Fiesta 5k/10k hosted by the PRA.

The Younger Set Meredith Fraser

Florida's athletes have been improving our state's reputation on the track scene exponentially over the past few years – Florida is now one of the top running states in the nation. Those athletes – many of the best flocking from Tallahassee - displayed their talents proudly during the 2004 State Series.

The State Finals started April 29 with the Class 1A meet. Maclay's boys won their third consecutive State Title, led by 400m dash winner (49.76) senior **Andy Holway** and hurdler **Kevin Davey**. Holway also placed in the 200m. Davey had the meet of his life, placing 2nd in the 110m hurdles (15.62) and 3rd in the 300m hurdles (40.81). NFC thrower **Marcus Sims** also had an excellent meet, placing 6th in the Shot put and 5th in the discus.

But the inspirational story of the 1A championships is the tale of **Ronnie Jackson's** journey to State. Jackson won the 100m dash at Regionals but was told by his school, Chattahoochee High, that he simply could not go to State. **Coach Dave Halliday** of East Gadsden heard of this ridiculous predicament and telephoned Jackson to say "pack your bags, you're comin' with us!" Jackson traveled to Gainesville with Halliday, toed the line in the 100m preliminaries, and won. A few hours later he toed the line again, sprinted his heart out, and received his State Champion medal. If you aren't inspired yet, one more fact: Jackson's cousin was killed just days before (details were slathered all over the *Democrat* for weeks), and he dedicated his winning race to her.

As for the 1A ladies, **Lori Bowen** would've placed 8th as her own team, scoring in the 200m, triple jump, 100m hurdles, and 300m hurdles, and winning the pole vault. She scored 26 points – WOW. NFC 8th grader **Mi-**



chelle Jenije won the triple jump for the second year in row (37' 8"), and FAMU High's **Jasmyne Lynn** nabbed a 4th place finish in the 100m dash.

The next day, Rickards' and Florida High's girls showed their stuff in Class 2A. Florida High's **Kellie Morrison** won the 200m (25.25), and teammate **Kayla Parker** won the long jump. The Rickards girls blazed to

double State Titles in the 4x100 and 4x400, proving that they have the depth it takes to dominate the sprints. **Cinnamon Johnson** racked up 8 points in the 400m (56.71!) and **Simone Clarke & Loreal Smith** were powerful forces in both hurdle events.

Let me tell you, Class 3A is one competitive class. **Karla Savery** placed third in the talent-heavy pole vault competition; **Stephan Smith** was 2nd in the 800m with a time of 1:53.34 – a time that would've made him State Champ in any other class. **Alex Miletich** managed 6th in the 1600m and 4th in the 3200m, even though he's been injured. Chiles' 4x800 (which Stephan closed with a 1:53 split) won in glorious fashion; Lincoln's boys took home gold in the 4x100. Lincoln's **Kyra Mobley** was 2nd in the 800m in a blazing 2:17.83.

We all know that a bad day can cause some major modesty on the most confident of runners. Unfortunately, the track gods inflicted a slow day on one of the few runners who needs absolutely no modesty lessons, Chiles senior **Maria Hampton**. I'm not sure if she was sick or just "off", but Maria was unable to perform at State in the same elite fashion that she has all year long. For a serious runner, being "off" like that is nothing short of devastation – but I wish she knew how much my teammates and I respect her kindness, her sportsmanship, and her abilities. I'm sure she will do Tallahassee proud next year, when she runs for Georgia Tech.

Our tiny Tallahassee is known for producing some of the best athletes in the state, a feat that used to belong to only the big cities. But champions work their butts off on the tracks and trails of Tallahassee, and that hard work was obvious when they lined the medal stands at State.

Eye on the Tri –
Robert Palmer



1. What prompted you to start doing triathlons?

After major knee surgery three years ago and losing 50lbs I started doing spinning classes and began running again. Then I bought a bike and enjoyed cycling again. Then a good friend suggested I do a Triathlon and that there was a training group for the Redhills race. I signed up, trained and fell in love with the sport thanks to the great training provided by **Mary Jane Tappen** and Bob Keller.

2. What was your first triathlon?

The 2003 Redhills Triathlon in Tallahassee.

3. What is your most memorable triathlon experience?

Finishing the Gulf Coast Triathlon on May 8th my first Half Ironman with my family there at the finish. A close second would be my first Redhills race.

4. How many hours do you train in each event per week?

Not enough!! I average 2-3 hours per event per week.

5. What are your future triathlon goals?

Become more competitive in my age group while maintaining my Clydesdale status (200+lbs). Finishing one more Olympic and Half-ironman this year.

6. Did you play competitive sports in high school or college?

A little football in high school and quite a bit of Intramural volleyball during 6 years in the military.

7. What is your occupation?

Infrastructure Technical Architect (computer geek) at Tallahassee Memorial Healthcare.

8. What is your favorite non-running, swimming or biking hobby?

It's a tie between scuba diving and tennis.

9. If income were no object, what profession would you choose?

Stay at home dad.

10. Most recent book you read?

Angels and Demons by Dan Brown

NEW TWTC MEMBERS MAR - MAY

BECKER-POWELL	JEANNIE
POWELL	CHASE
YARBROUGH	TOM
YARBROUGH	CAROL
HIERS	GINA
HIERS	MATTHEW
GRUMME	TIANI
WILLMOTT	GARETH
BYKOWSKY	NICHOLAS
RUDELL	RICHARD
RUDELL	EMILY
BOSTICK	WYATT
DUNNIGAN	KATHY
YOUNG	CHARLOTTE
PREVATT	BRUCE
LAMARCHE	DEBBIE
HICKMAN	CHARLES
O'BRIEN	CONNIE
O'BRIEN	BRETT
WOOTEN	BILLY
KILLIUS	JAMES
KILLIUS	KRISTA
HOOKE	MELISSA
MOLINEAUX	AIMEE
ALBERTSON	HEATHER
LINDSAY	KATHY
LINDSAY	SCOTT
LINDSAY	CHRIS
JOHNSON	JENNY
OBERLIN	MAUREEN
OBERLIN	DAN
HUCKABA	LAUREN
BRANNEN	ERIN
BRANNEN	VIC
BRITT	JENNIFER
LAMMERS	HEATHER
RANDELL	WALLACE
RANDELL	RANELLE
RANDELL	MIA



Featured Feet - Michelle Rowe

1. How long have you been running?

I just passed my 10 year mark!

2. Favorite place to run?

There are three different training routes I like to use. They are all in my neighborhood of Killearn Estates.

It's a great place to run with lots of options, and I just have to step out my front door! My husband Keith also runs in the neighborhood – he's got training routes mapped out to the tee from a 5K on up!

3. Most memorable running experience?

Two years ago I ran my first competitive race. It was the Miles For Miles to benefit Elder Care Services. I was a wreck! I just knew EVERYONE else was faster, so Keith promised to run next to me during the race. Well, I ran that race with everything I had and the entire time Keith talked to me and expected me to answer him! I finally found my breath to tell Keith I was trying to run a race! We finished together that day, and have been going to most of the Gulf Wind races together ever since.

PS: we no longer run side by side, I can't keep up with him!

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

First, I tell Keith to turn down the music on the way to the race location! Having a plan for how fast I want to run each mile helps me a lot. I give myself a pep talk, look at my competition, and decide I want to have fun!

5. Favorite non-running hobby?

I love to be outdoors! The beach is the ultimate place for me to be! The sun, air and sound of water makes me feel so healthy.

6. Occupation?

I work for Nationwide Insurance Company in their local claims office. I han-



dle injury claims for the Panhandle of our state.

7. Personal hero/heroine?

I admire Christopher Reeve. The world will probably always know him as the comic hero, Superman. Since his tragic accident in 1995, when he was immediately paralyzed from the neck down and unable to breathe, Christopher Reeve has been completely dependent on others

for his very survival. Instead of accepting his physical condition, he strives for recovery every day. I read reports that state he's now able to move his right wrist, the fingers of his left hand, and his feet, and can breathe without the aid of his ventilator for 90 minutes at a time. He has reached out to the public from his wheelchair in many ways. He and his wife have even opened the Paralysis Resource Center in hopes of recovery for others. Mr. Reeves is a true inspiration to me. Situations that appear seemingly hopeless, in reality are not necessarily so.

8. Ideal travel destination?

I dream of the day Keith and I travel to Italy. I imagine what it must be like to actually stand in front of great works of art from such gifted artists like Leonardo da Vinci, or to visit the Vatican and Sistine Chapel in Rome.

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

"School" and "fun" in the same sentence? Actually, if I could have a career do over, I definitely would have pursued the health care area. The way our bodies are designed is fascinating. We are sometimes able to change our quality of life with simple, proactive decisions.

10. Most recent book you have read?

I have been inspired by The Purpose Driven Life; What On Earth Am I Here For, by author Rick Warren. While this book is Mr. Warren's opinion and interpretation of bible verses, it challenges oneself to look deeper into life and why God placed us here.

Featured Feet- Keith Rowe

1. How long have you been running?

For about eight years. My older brother was Hashing at the time and having a blast. He took me on a few and I was hooked. We are very competitive and I was not going to let a Colonel with a gut run faster and longer than me.

2. Favorite place to run?

Anywhere with my dear wife.

3. Most memorable running experience?

It must have been completing the Tallahassee Marathon this past February after years of injuries at mile eighteen. The last four miles were very tough, but when I hit Mike Long Track I had new legs. Most of my GWTC buddies were there (they had finished already). Jack and Chris were there. Chris was pacing me in, Jack was shouting out encouragement. And of course Michele was there as my biggest supporter.

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

Hah! Now or when I was single? When I was single it was part science, part religion. Get into bed two nights before the race by 9:00 pm. Arrive at the event 45 minutes early; consume 1.5 Balance Bars on the way. Continue hydration, increase volume of truck stereo. Run Galloway's complex warm-up routine, return to truck. Select final song to run by (the tempo is very important), play it loud three times. One more moment of Zen, then off to the starting line. Now that I am married, things have changed. Meet Michele at Paradise the night before the event. Consume discount Heinekens with low-carb appetizer. Promise to leave at 7:00pm, unless the band is good. Dance with Michele until closing. Get four hours sleep, begin negotiation, "But Honey, it's a Grand Prix event". "But Honey, you know you'll never beat Droze or Unger or McCoy, so why does it matter?" "Honey, remember the running clause in the pre-nup?"



"Okay, I'm up, I'm up!" Consume espressos and Balance Bars while speeding to the event. Turn around to get my shoes. Drive with knee as we get into our running gear, hope FHP is sleeping in this Saturday. Desperately search for Port-a-Let. Curse race director for insufficient Port-a-Lets. Run deep into the woods for privacy. Return to start line in time to line up behind baby buggies. Set

another PR due to anxiety-induced adrenaline surplus. Now that is what I call getting psyched before a race. It's all in the preparation.

5. Favorite non-running hobby?

Hanging out with the kids or taking Michele to Schooners in Panama City Beach. We spend the whole day on the beach then get up with some old friends at their boats. In thirty years of friendship we have never gone sailing, but we're gonna soon.

6. Occupation?

Owner of a small Information Technology consulting firm in town. We build web-based applications for the State and for private concerns.

7. Personal hero/heroine?

Mother Teresa. She was such a small woman that gave so much to those who need it the most.

8. Ideal travel destination?

Hah! Now or when I was single? Just kidding. We would really like to go back to Maui for an extended period of time. Michele wants to hand out towels at a big resort and I can hose the sand off of the concrete when it gets out of hand. Until then, we try to hit Schooners as much as possible for on-the-job training. They don't let us hand out any towels, but they do appreciate the tidy deck we leave them with. One day we will do this professionally, and as I have already stated, it's all in the preparation.

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

Not sure, but I think it would involve resorts in remote locations.

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/Twenty-Second Annual **FIRECRACKER 5000**



WHAT: Greensboro Kiwanis Club's Twentieth Annual 5000 Meter Run/Walk. **GWTC Grand Prix event.**

WHEN/WHERE: July 3, 2004. Registration 6:15-7:15 am. Run/Walk 7:30 am. All race participants will meet at Greensboro Town Hall for bus ride to the starting line. Greensboro is west of Quincy. From Tallahassee, take 1-10 west and exit at State Road 12.

REGISTRATION/ENTRY FEE: Pre-registration is encouraged. Please send \$15.00 with entry form to Greensboro Kiwanis Club, P.O. Box 97, Greensboro FL 32330. Make checks payable to Greensboro Kiwanis Club. Registration available on race day until 7:15 am.

T-SHIRTS: All registered participants will receive a Firecracker 5000 T-shirt.

BREAKFAST/FRUIT BAR: All participants in the race will receive a complimentary country breakfast or a trip through the fruit bar. This will be served after the race at the finish line.

AWARDS: Top three male and female runners in the overall division will receive trophies. Also, a trophy will be given to the winner of each of eleven male age divisions and six female divisions. **AGE GROUPS:** Male: 12-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64,65-69, 70+ Female: 12-14; 15-19; 20-29; 30-39; 40-49; 50-59.60+

Firecracker 5000 Individual Entry Form (Please Print)

Name _____ Sex ____ Age ____
Address: _____
City/State/Zip: _____
Phone/Email: _____

T-Shirt size: S ____ M ____ L ____ XL ____

I hereby release the Greensboro Kiwanis Club and any other person involved from any and all damages or injuries incurred or arising out of participation in the Firecracker 5000 meter run/walk. I realize I will be running on a public highway and will use due caution to avoid traffic.

Signed: _____

Guardian (if under 18): _____

3rd Annual Red Hills Kid's Triathlon at Maclay S.P. Bonnie, Felton and Jamie Wright, Race Directors

Patrick	Dix	13 M	18:03	Emily	Logan	11 F	28:33
Cody	Johnson	13 M	18:14	Daniela	Echeveria	10 F	28:34
Warren	Lickson	14 M	20:04	Kate	Kroll	11 F	28:38
Kara	Taylor	14 F	20:15	Conner	Hopkins	9 M	28:42
Ian	Daniel	13 M	20:36	Julia	Draper	11 F	29:30
Calvin	Vannoy	14 M	21:22	Maria	Parsons	8 F	29:31
Eric	Eastman	14 M	21:28	Jordon	Cason	11 F	29:41
Kellen	Denny	13 M	21:36	Chase	Rowan	10 M	30:08
Cecela	Williams	8 F	21:40	Elizabeth	Santora	9 F	30:23
Megan	Bartlett	13 F	21:42	Jordon	Watkins	9 M	30:25
Lily	Williams	9 F	22:04	Joey	Vannoy	11 M	30:53
Adam	Pijut	11 M	22:14	Morgan	Eastman	13 F	31:43
Whitney	Alexander	13 F	22:34	Austin	Sullivan	6 M	32:04
Brian	Bowden	10 M	22:49	Seth	Bryan	10 M	32:06
Robert	Rust	11 M	22:56	Syvannah	Weaver	8 F	32:24
Philip	Wenturine	12 m	23:21	Luke	Liles	8 M	32:25
Shelby	Nave	10 M	23:28	Kayla	Hurst	9 F	32:31
Adrianna	Echiveri	11 F	23:29	Matt	Martin	7 M	32:45
Jamie	Wright	10 M	23:43	Ursula	McPherson-Vitkus		
Drew	Alford	12 M	24:09			8 F	32:49
Jackie Van	Landingham			Sydney	Sweeny	6 F	32:50
		11 F	24:09	Allison	Bowden	8 F	33:06
Darcy	Watson	12 F	24:10	Jordon	Sullivan	5 M	33:33
McKenzie	Smith	15 F	24:30	James	Gergen	6 M	35:02
Robert	Draper	13 M	24:32	Carson	Sweeny	9 F	37:41
Tess	Miller	12 F	24:41	Lacy	Barineau	8 F	38:13
Davis	Clarke	9 m	24:52	Grace Ellen	Hanna	7 F	38:26
Patrick	Gergen	10 M	24:53	DeKota	Miller	8 M	38:33
Christalie	Polk	8 F	24:57	Callie	Bryan	14 F	39:07
Sallie	Dehler	15 M	25:00	Caroline	Navarro	10 F	40:36
Ross	Vickers	15 M	25:37	Jenny	Kroll	6 F	*
Malcom	Juring	10 M	25:45				
Joshua	Oram	10 M	25:50				
Alexandra	Pijut	10 F	26:12				
Katie	Hefelfinger	12 F	26:17				
Celia	Garthwait	11 F	26:22				
Macy	Polk	8 F	26:37				
Jacob	Fortunas	12 M	26:51				
John	Hurst	9 M	26:57				
Jacob	Latz	8 M	27:03				
John	Parsons	7 M	27:30				
Nathaniel	McPherson-Vitkus						
		9 M	27:43				
Allison	Barkas	10 F	27:49				
Haley	Mendoza	9 F	27:55				
Garrett	McGhin	8 M	27:58				
Emily	Kroll	9 F	28:00				

Patrick Dix edged **Cody Johnson** in the Red Hills Kids Triathlon on Sunday morning to win the race with a time of 18:03. Cody was just behind in 18:14. The top girl was **Kara Taylor** from North Florida Christian who finished in 20:15, fourth overall. Seventy-five kids competed.

The weather was almost perfect and the smiles were everywhere.

These people.....Brandi, Judy Alexander, Rick Ashton, Harry Detwiler, Lonnie Draper, Ruth Draper, Lisa Echeverria, Julie, John Englebrecht, Mary Gorham-Rowan, Tony Guillen, Randy Hanna, Karl Hempel, Ed Holt, Kay Jaynes, Jane John-

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**Humanatee 5K Race at St. Marks
5/15/04 Humanatee 5K Race at
St. Marks**

	Zach	Tower	M 13	24:44		
	Lisa	Unger	F 36	24:46		
	Toma	Wilkerson	F 34	24:51		
	Jerry	Chesnutt	M 53	24:58		
	Andrea	Weckherlin	F 31	25:03		
Caleb	Carmichael	M 19	16:26	Jake Roberts	M 11	25:05
Tim	Unger	M 44	17:01	Christy Pardieck	F 25	25:11
Michael	Martinez	M 38	17:38	Kelsey Kilinski	F 18	25:16
Zach	Galloway	M 24	17:55	Kevin Coleman	M 35	25:18
Reid	Vannoy	M 46	18:03	Larry C: Roberts	M 65	25:2
Bill	McCord	M 41	18:17	Joe Crook	M 25	25:28
Brian	Corbin	M 36	18:29	Brad Smith	M 49	25:39
Jack	McDermott	M 35	18:44	Danielle Jackman	F 12	25:51
Jason	Carter	M 32	18:45	Jim Zimmerman	M 60	25:58
James	Dexter	M 19	19:10	Mae Cleveland	F 64	26:03
Keone	Murphy	M 14	19:12	Mike Boll	M 40	26:14
Felton	Wright	M 47	19:17	Phillip Tomberlin Jr:	M 52	26:15
Mathias	Jamieson	M 24	19:32	Joe Baker Jr:	M 40	26:17
Tad	David	M 35	19:46	Richard Ziegler	M 44	26:57
Craig	Willis	M 52	19:49	Bob Keller	M 70	27:08
David	Cox	M 46	19:53	Wade Stringer	M 17	27:11
Mike	LaBossiere	M 38	20:10	Ann Guillen	F 35	27:12
Jason	Bell	M 15	20:26	Wes Roberts	M 33	27:15
Dave	Borschel	M 39	20:27	Robin Borschel	F 33	27:28
Chuck	Davis	M 43	20:44	Christine Klassen	F 31	27:39
Meaghan	Scott	F 17	20:52	Tom Henkel	M 46	27:41
John	Kelly	M 46	20:58	Tom McGraw	M 43	27:57
Ace	Haddock	M 34	21:28	Matt Rawlings	M 29	28:24
Seth	Coffin	M 34	21:47	Jodi Warmack	F 34	28:44
Steve	Tower	M 44	21:59	Juli deGrummond	F 34	29:02
Fran	McLean	F 46	22:08	Carson Durrance	F 33	29:05
Chris	Dexter	M 22	22:12	Eric Daniel	M 42	29:30
George	West	M 50	22:17	Bill deGrummond	M 69	29:32
Tony	Guillen	M 35	22:21	Ray Hanlon	M 61	29:33
Gary	Kenney	M 53	22:30	Eric Yupp	M 40	29:37
Terry	Tenold	M 55	22:36	Arthur Ward	M 70	29:38
Kirsten	Baggett	F 37	22:39	Cheyenne Morris	F 12	29:45
Joe	Edgecombe	M 55	22:55	Margarete Deckert	F 71	29:58
Nathan	Kenney	M 13	22:55	Dot Skofronick	F 67	30:46
Glenn	Palmer	M 34	23:04	Jim Skofronick	M 72	30:47
Rex	Cleveland	M 65	23:07	Jacque Myers	F 47	31:06
Gordon	Morgan	M 57	23:29	Melissa Jackman	F 12	31:1
Joachim	Wiese	M 28	23:30	Sherri Jackman	F 41	31:11
Melissa	Hooke	F 25	23:31	Hilary Brooks	F 25	32:06
David	Broadway	M 51	23:51	Bobby Brooks	F 51	32:07
Pam	Breza	F 44	23:53	Jody Bond	F 48	32:27
Maria	Vives	F 30	23:56	Victor D'Aurio	M 26	32:45
Paula	Thompson	F 51	23:57	Martha Haynes	F 50	32:46
Michael S:	Hancock	M 24	23:57	Bonnie Rogers	F 41	32:57
Scott	Barton	M 42	23:58	Vicky Bernal	F 52	32:58
Bill	Davis	M 52	24:14	Jerry Futrell II	M 26	33:08
Marty	Kirkland	F 51	24:16	Dawn Brown	F 55	34:07
Lisa	Echeverri	F 38	24:20	Susan Davis	F 45	34:39
Charles	Thompson	M 53	24:22	Rod Anderson	M 65	34:39
Jim	Kenney	M 31	24:31	Hyatt Sudano	M 32	37:56
Peter	Grant	M 51	24:39			

(Continued on page 24)

(Continued from page 23)

Leigh	Gilmore	F 42	38:24
Regina	Morris	F 42	38:27
Judy	Shapiro	F 52	40:15
Jere	Moore	M 72	44:49
Charles	Yates	M 79	44:50

1 Mile Children's Race

Paishe	Asbell	F 10	7:46
Mackenzie	Chesnutt	F 7	8:48
Lily	Kenkel	F 8	8:53
Caroline	Palmer	F 4	14:55

Scott	Lindsay	43M	31.20
Leslie	DeLeo	35F	31.45
Terry	Karesh	52M	31.46
Chris	Bailey	23M	32.30
Jacque	Myers	47F	32.31
Margarete	Deckert	71F	32.36
Meg	Bergevin	24F	34.15
Caroline	Joy	25F	34.56
Patricia	Elton	34F	35.05
Gene	Sellers	69M	37.25
James	Varley	64M	39.41
Regina	Morris	42F	40.11
Zach	Mills	8 M	40.24
Jarod	Richardson	35M	44.49
Charles	Yates	79M	46.48
Jere	Moore	72M	46.49

Marzug Shrine 5K at Maclay Gardens May 8, 2004

Scott	Ruplinger	22M	19.42
Hobson	Fulmer	48M	20.09
Mike	LaBossiere	38M	21.06
Chuck	Davis	43M	21.16
Tyler	Fulmer	20M	21.45
Ace	Haddock	34M	21.51
Seth	Coffin	34M	21.54
Brant	Foster	43M	22.03
Stuart	Ninceholser	21M	23.00
Dennis	McClure	47M	23.08
Brad	Jones	30M	23.15
Greg	Bevis	42M	23.24
John	Rakestraw	67M	24.11
George	Kolp	49M	24.23
Michael	Klump	50M	24.28
David	Darst	60M	24.23
Robert	Prentiss	53M	24.53
Penny	Isom	41F	25.33
Jerry	Chesnutt	54M	25.55
Jessica	Peacock	19F	25.57
Bill	Prentiss	49M	26.26
Mike	Boll	40M	26.31
Phillip	Tomberlin Jr.	52M	26.41
Chris	Holohan	25M	27.09
Christine	Klassen	31F	27.41
Brian	Miles	33M	27.44
Cheyenne	Morris	12F	27.46
Richard	Ziegler	44M	27.52
William	Davis	23M	27.54
Steven A.	Lohbeck Jr.	22M	27.56
Bob	Keller	70M	27.57
Mary	Stutzman	55F	28.18
Kathy	Lindsay	45F	28.33
Christine	Stabley	28F	28.49
Perha	Varley	59F	29.11
Gina	Kittel	32F	29.46

Lee's Place Castaway 5K March 27, 2004

Dickieson	Justin	18:00
McGuire	Bill	18:01
Vannoy	Reid	18:16
Dexter	James	19:01
Johnson	Fred	19:26
Forsyth	Andrew	20:19
LaBossiere	Michael	20:36
<u>Potts</u>	<u>Melissa</u>	20:36
Tuell	Spencer	21:06
Fisher	Bob	21:08
Mahoney	Joe	21:31
<u>Fraser</u>	<u>Meredith</u>	22:10
<u>Andress</u>	<u>Ashley</u>	22:52
Payne	Mark	23:35
Taylor	Randy	23:53
Kirby	Jeremy	24:01
<u>Snyder</u>	<u>Lindsey</u>	24:39
Opheim	Gene	24:57
Darst	David	25:20
Voss	Steve	25:29
Tomberlin Jr.	Phillip	25:39
Stratton	Ted	25:52
Wilkins	Randy	26:24
Boll	Mike	26:26
<u>Douroux</u>	<u>Danielle</u>	26:28
Tuell	Shane	26:45
Landrum	Robert	27:04
Dotson	Steven	27:27
Coleman	Kevin	27:36
<u>Livesay</u>	<u>Elizabeth</u>	27:52

<u>Tortelli</u>	<u>Celia</u>	27:58
<u>McPherson</u>	<u>Jane</u>	28:06
<u>Crossley</u>	<u>Mary</u>	28:07
<u>Crowfoot</u>	<u>Reeley</u>	28:11
<u>Hoyer</u>	<u>Meredith</u>	28:17
<u>Gardner</u>	<u>Ashley</u>	28:36
<u>Oetting</u>	<u>Jon</u>	28:39
<u>Snyder</u>	<u>Kristen</u>	28:48
<u>Borcherding</u>	<u>Carrie</u>	28:52
<u>Coxwell</u>	<u>Edye</u>	28:57
<u>Previte</u>	<u>Francine</u>	29:03
<u>Knapp</u>	<u>Colleen</u>	29:08
<u>Unger</u>	<u>Lisa</u>	31:23
<u>McDaniel</u>	<u>Jackie</u>	31:33
<u>McDaniel</u>	<u>Jerry</u>	31:34
<u>Benton</u>	<u>Tara</u>	31:36
<u>Bremer</u>	<u>Allison</u>	31:37
<u>Dickieson</u>	<u>Marc</u>	31:39
<u>Hertel</u>	<u>Abigail</u>	33:11
<u>Shanti</u>	<u>Willow</u>	33:51
<u>Williams</u>	<u>Elizabeth</u>	34:39
<u>Menzel</u>	<u>Michelle</u>	35:56
<u>Singh</u>	<u>Dyal</u>	36:45
<u>Dougherty</u>	<u>Tom</u>	37:12
<u>Derrico</u>	<u>Nicholas</u>	37:12
<u>Dexter</u>	<u>Nadine</u>	39:08
<u>Snyder</u>	<u>Bob</u>	41:18
<u>Villeneuve</u>	<u>Pat</u>	42:11
<u>Dixon</u>	<u>Joy</u>	45:32
<u>Pitts</u>	<u>Linda</u>	46:22
<u>Borders</u>	<u>Adam</u>	46:56
<u>Watkins</u>	<u>Kathy</u>	46:57
<u>Sweat</u>	<u>Rebecca</u>	47:54
<u>Long</u>	<u>Cheryl</u>	48:30
<u>Dowsett</u>	<u>Christie</u>	49:49
<u>Crawford</u>	<u>Michael</u>	49:49
<u>Maloney</u>	<u>Cecelia</u>	50:20
<u>Seery</u>	<u>Hope</u>	50:20
<u>Seery</u>	<u>Tandy</u>	50:20
<u>Meisenzahl</u>	<u>Anne</u>	50:46
<u>Maloney</u>	<u>David</u>	50:48
<u>Baker</u>	<u>John</u>	50:52
<u>Lee</u>	<u>Bianca</u>	51:38
<u>Hurst</u>	<u>Jason</u>	51:38
<u>Kelley</u>	<u>Diane</u>	58:18
<u>Borders</u>	<u>Brenda</u>	58:24

Jail Break 2004 5K Run
April 16, 2004
Leon County Sheriff's Office

01	Bill McGuire	M 56	17:59
02	Scott Ruplinger	M 22	18:36
03	Michael Slaughter	M 22	19:49
04	John Rasmussen	M	20:06
05	Bob Fisher	M 48	20:19
06	Stephanie Liles	F 31	20:51
07	George West	M 50	21:45
08	Rick Parker	M 39	22:03
09	Richard Parsons	M 39	22:18
10	Kirsten Baggett	F 37	22:35
11	Jim Lane	M 47	23:47
12	Valerie Hein	F 37	24:18
13	Vee Brannen	M 30	24:22
14	Pam Breza	F 44	24:52
15	Peter McKernan	M 25	25:31
16	Pat Kennedy	M 44	25:40
17	Stuart Wolcott	M 50	25:51
18	Erin Brannen	F 25	25:54
19	Richard Ziegler	M 44	26:03
20	Joe Baker, Jr.	M 40	26:16
21	Phillip Tomberlin, Jr.	M 52	26:21
22	Kyler Berry	M 16	26:34
23	Laura Danla	F 19	26:42
24	Katie Coleman	F 20	26:42
25	Ashley Gardner	F 31	26:59
26	Richard Whaley	M 52	27:50
27	Ruth Jones	F 52	28:23
28	Jimmy Williams	M 36	28:54
29	Jackie McDaniel	F 49	28:57
30	Edye Coxwell	F 30	29:18
31	Mike Boll	M 40	30:03
32	Bill deGrummond	M 69	30:07
33	Juli deGrummond	F 34	30:07
34	Tamora Thompson	F 42	30:08
35	Nada Stauffer	F 51	30:40
36	Tom Rowland	M 57	31:21
37	Willow Shanti	F 34	31:45
38	Jacque Myers	F 47	34:09
39	Jeremy Conner	M 20	36:09
40	Gene Sellers	M 69	37:33
41	Kevin Kozlowski	M 49	38:13
42	Genevieve Carroll	F 38	38:36

females underlined

**Rose City 1 Mile Run 4/22/04
Thomasville, GA - Dr. Jim Story**

CHANDLER DUNCAN	12 M	6:01	MIKAYLA FILLYAW	7 F	7:48
ERIC DODSON	11 M	6:08	JAMEY WILSON	10 F	7:52
DAVID DANIEL	12 M	6:13	ADDISON WALKER	11 M	7:53
JOSEPH FENNELLY	10 M	6:13	CUBIA WILLIAMS	10 F	7:54
JOSEPH DE PERALTA	12 M	6:22	DAVID JONES	8 M	7:54
MICHAEL BRADFORD	11 M	6:24	CHRIS CARRINGTON		7:55
TAYLOR BENTON	12 F	6:27	AAISHA PARSON	7 F	7:55
MATTHEW PRIEST	7 M	6:28	REBECCA DE PERALTA	9 F	7:57
JOSHUA CHOICE	12 M	6:31	AALIYAH PARSON	7 F	7:57
MATTHEW BLACKBURN	12 M	6:33	MATTHEW ALLEN	9 M	7:58
PEYTON GLASS	9 M	6:36	JESSICA WELCH	10 F	7:59
PAYTON DIXON	8 M	6:53	AMBER WATSON	8 F	8:00
ADAM PRIEST	9 M	6:54	GEORGE LILLY	9 M	8:01
JEREMY LAYTON	11 M	6:55	ADAM CHOICE	8 M	8:02
JUSTIN YOUNG	12 M	6:56	TOMMY HILL	7 M	8:02
PHILLIP WENTURINE	12 M	6:59	MADISON MANNING	8 F	8:07
MARCUS DIAZ	10 M	7:04	HAYES EIFORD	7 M	8:08
NICHOLAS GLASS	12 M	7:05	ARCHER MCNEILL	9 M	8:08
DANIELLE JACKMAN	12 F	7:06	SHELBY BROOKS	9 F	8:11
ASHLEY CODLING	12 F	7:06	JAMES HUTCHINSON	9 M	8:12
CARLY MAYHALL	9 F	7:08	KARA MENG	9 F	8:14
WINSTON CODLING	9 M	7:10	ALEXIA SHERMAN	8 F	8:19
NEAL TAYLOR	9 M	7:15	LINDSEY VANDERZALM	11 F	8:20
JESSIE CLOSE	10 M	7:16	MEGAN FUTCH	9 F	8:22
TAYLOR BRAGG	10 M	7:17	JEROME CHATMON	12 M	8:26
CALEB TAFFER	9 M	7:19	AUSTIN MALLOY	9 M	8:27
TOBY EATON	11 M	7:21	HUNTER MCGORVEY	9 M	8:27
BOBBY VANDERZALM	9 M	7:22	TYLER TILLMAN	8 M	8:28
GAVIN WILSON	9 M	7:23	KIMBERLY HENDERSON	8 F	8:28
REESE WINTON	11 M	7:23	GARRETT PAYNE	11 M	8:29
NICHOLAS JOHNSON	11 M	7:24	CHAD MINOR	10 M	8:29
JACOB W. HUTCHINSON	10 M	7:24	TRAVIS DRAPER	11 M	8:30
NICK SELPH	10 M	7:25	MEGAN HINES	10 F	8:30
RONISHA MILLER	11 F	7:26	TIMOTHY FRAZIER	11 M	8:31
CHASSITY SUMNER	11 F	7:28	AUSTIN CLARK	7 M	8:33
MADISON JONES		7:29	JULIANNE DENNIS	7 F	8:33
MEGAN LIVELY	9 F	7:30	NOAH LOUDERBACK	6 M	8:34
JAMES LIVELY	8 M	7:31	COURTNEY SAMUEL	9 F	8:35
TYLER BOYETTE	9 M	7:32	LAURA HOPPER	7 F	8:35
STEPHEN STUBLEY	12 M	7:33	PHILLIP CHASON	8 M	8:36
CHRIS BRAGG	12 M	7:33	JASMINE RIDDLE	8 F	8:36
MELISSA JACKMAN	12 F	7:34	ALICIA HINES	11 F	8:37
BRENT STREETS	11 M	7:34	THOMAS STREETS	9 M	8:39
M HUNTER BOZEMAN	8 M	7:35	JERMAL MCCALLY	9 M	8:40
TOMMY JONES	9 M	7:35	ALEX DE PERALTA	6 M	8:41
GABRIAL FREEMAN	11 M	7:36	ASHLEY DAVIS	11 F	8:42
CHANSE HURST	10 M	7:37	DALLAS BEAL	9 M	8:42
BEN BRASWELL	9 M	7:38	DAVIS JENKINS	10 M	8:43
JACOB DENNIS	10 M	7:40	BRANDON TUGGLE	9 M	8:44
BRIANNA ROSE	11 F	7:42	DAVIS FLOWERS	12 M	8:46
LOGAN DUNCAN	10 M	7:43	SARAH CHASON	10 F	8:46
JON ELLIS NESMITH	8 M	7:44	PARKER TAYLOR	7 M	8:47
SETH CORBITT	10 M	7:44	TREY LANIER	9 M	8:49
KATIE CORBIN	9 F	7:45	PEYTON PATTERSON	8 F	8:55
PAUL MENG	12 M	7:47	TAYLOR BARRETT	10 F	8:55
			AUSTIN PARMER	7 M	8:55
			ALLIE HIERS	F	8:56
			TAYLOR PATTERSON	7 M	8:58
			MICHAEL MITCHUM	9 M	8:59

KATHERINE WOLFF	11	F	9:00	ANDREA BEVARD	12	F	10:08
SYDNEY F. WILLIAMS	10	F	9:00	HOLLY DUNCAN	12	F	10:09
JACK WISE	7	M	9:01	MARSHALL DUNCAN	8	M	10:10
JAMES CASANOVA	9	M	9:02	VICTORIA COULDER	8	F	10:12
KAYLEE SHAVER	8	F	9:03	AARON HOWELL	6	M	10:14
HAMPTON WORTHEY	8	M	9:04	HAMPTON FLOWERS	6	M	10:17
PAUL BREWER	11	M	9:04	ALLISON STAUFFER	8	F	10:19
HAYES BALFOUR	11	M	9:05	JACOB HIERS	5	M	10:20
COLBY MELTON	6	M	9:06	JAMES FUSE	8	M	10:21
SAM LONG	8	M	9:07	RACHAEL THOMAS	7	F	10:23
JESSICA SUBER	11	F	9:08	COOPER MAYHALL	8	M	10:23
ALLEN WADE	7	M	9:09	ERICA FLETCHER	11	F	10:24
JACOB LATZ	8	M	9:10	DEMARIANA LAMONS	9	M	10:24
AUDREY SIMMONS	8	F	9:12	REBECCA LIVELY	6	F	10:25
CHASE FLOWERS	8	M	9:15	STACEY CRUMP	10	F	10:26
CLINT ROBERTS		M	9:16	JOSEPH RHYM	5	M	10:26
AARON COKER	11	M	9:17	THOMAS BRAGG	6	M	10:28
GREGG CARR	11	M	9:18	MICHAEL WYNN	10	M	10:28
VALLIE SMITH	7	F	9:19	HANNAH POLLINS	10	F	10:28
TRUMAN WRIGHT	6	M	9:20	GARRISON MUELHAUSEN	11	M	10:31
KAITLYN SUBER	10	F	9:21	DANIELLE HARRELL	10	F	10:33
ELEANOR STUBLEY	8	F	9:21	INDIA MELTON	9	F	10:35
WALKER HARVARD	8	M	9:22	PALMER NESMITH	5	F	10:37
GARRETT HARVARD	8	M	9:23	HUNTER PARMER	9	M	10:41
JOHN STAUFFER	6	M	9:23	JASMINE ROAN	12	F	10:45
D'VONTE S THURMAN	8	M	9:24	ERICA MARTIN	6	F	10:46
RAVEN SCOTT	9	F	9:27	DILLON RUSSELL	11	M	10:48
LEIGH AVERA	10	F	9:28	KENNA RODGERS	10	F	10:50
LEIGH STAUFFER	10	F	9:28	ERIN DUBOSE	9	F	10:51
HANNAH SNIDER	10	F	9:29	WILLIAM CARICO	6	M	10:58
GRACE MOORE	10	F	9:30	KAYLEY TUDOR	7	F	10:59
ELVEN WADE	9	M	9:31	RAYNA BROCKMAN	10	F	11:03
CONLEY WILHELM	6	M	9:33	EMILY CORBITT	7	F	11:03
ASHLEY SADLER	10	F	9:34	DEYZA SCOTT	10	F	11:06
CINDY HOPPER	10	F	9:35	KENYOTA GLENN	10	M	11:07
ANNA HARVEY	6	F	9:36	SHIVANI PATEL	6	F	11:09
OLIVIA HOWELL	9	F	9:37	PATRICIA CROPPER	11	F	11:13
NOAH HARNEVIOUS	6	M	9:37	RICKY YOUNG	11	M	11:15
JOSHUA WILLIAMS	6	M	9:40	ANDREW HIERS		M	11:17
MCKENZIE HARRELL	7	F	9:43	SAVANNAH MIDDLETON	8	F	11:18
JOHN D. MOORE	12	M	9:45	HUNTER AVERA	7	F	11:18
DEXTER SHEPHERD	6	M	9:46	TRAY CASE	8	M	11:22
MATTHEW NESMITH	7	M	9:47	KENNEDY DEAVER	8	F	11:22
JACKSON NESMITH	4	M	9:48	SARAH REESE	10	F	11:23
JANIE HANCOCK	11	M	9:48	RYAN PARMER	10	M	11:23
AUBREY IZZO	9	F	9:49	VANCE STEPHENS	7	M	11:24
TYLER WILLIAMS	7	F	9:51	KERI CORBIN	6	F	11:25
ALEXSIA BROOKS	7	F	9:51	TYLER BUSTLE	6	M	11:30
JA-MAL WADE	5	M	9:52	CHRISTINA SELLERS	6	M	11:32
JAMAL CHOICE	10	M	9:53	JOSHUA RHYM	6	F	11:33
RODNEY SIMMONS	10	M	9:53	DAVID WOLFF	6	M	11:33
PRESTON YOUNG	4	M	9:54	KARA CRUMP	8	F	11:33
LUKE MITCHELL	8	M	9:57	CHRISTIAN BELL	5	M	11:39
JULIA HILSON	6	F	9:59	BLAINE WILSON	6	F	11:40
THOMAS MITCHUM	6	M	10:01	NO NAME			11:42
BRONWYN GILBERT	5	F	10:01	SIERRA CHADWICK	12	F	11:48
YA'COBIA SCURRY	10	F	10:02	PARKER A. DIXON	4	M	11:49
KENYETTA JONES	7	F	10:07	JACK BRINSON	7	M	11:50
VICTORIA HURST	7	F	10:07	BRICE EVANS	9	M	11:51

ALAN	SIMMS	6	M	11:51	CHAD	THOMAS	5	M	14:51
PAIGE	RICHARDS	6	F	11:54	LEVIN	JARRETT	5	F	14:53
SAVANNAH	MORRIS	8	F	11:57	INDIA JANE	GRIMSLEY	6	F	14:54
KELLEY	CASANOVA	7	F	11:58	MARY K.	VEREEN	5	F	14:56
HEETH	VARNEDOE	6	M	11:58	ALLISON	YOUNG	5	F	15:01
WILL	HAMBY	9	M	12:01	HOLLIN	LEGRETTE	6	F	15:03
REESE	SMITH	6	M	12:01	EMILY	CULLEY	3	F	15:09
SAMETRA	FUSE	6	F	12:02	TAYLOR P.	SCOTT	6	F	15:23
XAVIER	TAYLOR	8	M	12:06	DESMOND	HATCH	12	M	15:26
IAN	BRYANT	6	M	12:07	STEPHEN	WILLIAMS	11	M	15:28
MARY C.	BRYANT	6	F	12:08	RYAN	CLOUD	12	M	15:29
ELIZABETH	KORNEGAY	11	F	12:09	AULSTON	MOORE	6	M	15:37
ANTHONY	HUMPHRIES	7	M	12:10	MATTHEW	SIMMONS	4	M	15:57
JERRY	HAYES	5	M	12:10	ALEX	CARICO	8	M	
HANNAH	DEAVER	10	F	12:13	SARAH	COLE	6	F	
MAGGIE	DEAVER	6	F	12:14	DANNY	COPELAND	8	M	
SHEMESHA	SHEPARD	8	F	12:14	DANYELLE	COPELAND	12	F	
ROBB	OUZTS	6	M	12:50	JESSIKA	COPELAND	10	F	
SAVANNAH	HIERS	10	F	12:15	ELIZABETH	DELEGAL	4	F	
ANNA	GRIFFIN	9	F	12:19	EMMA	FENNELLY			
NANYA	HOPKINS	8	F	12:21	MARY	DELEGAL	6	F	
LAUREN	BAKER	11	F	12:22	CHANDLER	DOLLAR	9	M	
JESS	EASON	3	M	12:22	EMMA	FENNELLY	8	F	
KATELYN	CASHWELL	12	F	12:23	DYLAN	FORCE	12	M	
RILEY	PHELPS	8	F	12:24	DALTON	GRAMLING	6	M	
PRESTON	SHAW	9	M	12:25	NEEL	GURLEY	6	M	
ETHAN	HOPPER	5	M	12:40	CALVIN	HADLEY	11	M	
BLAINE	SPIRES	10	F	12:41	KELLY	HARRIS	11	F	
CAROLINE	DEESE	5	F	12:41	MIRACLE	HAYES	8	F	
NICHOLAS	HERNDON	3	M	12:48	RANDY	HERNDON	9	M	
NICHOLAS	WHITE	10	M	12:48	CARRINGTON	HOLLIS	11	M	
ALLISON	EASON	6	F	12:49	COLE	JARRETT	7	M	
MORGAN	BOZEMAN	7	F	12:53	MAKAYLA	LASTINGER	10	F	
JAZLYN	CRAWFORD	5	F	13:00	COURTNEY	LAWSON	8	F	
ABBY	PATTERSON	5	F	13:01	VICKECIA	LAWTON	12	F	
HARRISON	WRIGHT	5	M	13:05	STEPHANIE	LENZ	11	F	
REBEKAH	HAMBY	11	F	13:07	EMILY	MILLER	11	F	
TERRY	DAVIS	10	M	13:08	JUSTIN	MIMS	11	M	
BRODY	PHELPS	4	M	13:13	CARSON	MINOR	8	F	
MEGAN	HARPER	5	F	13:14	NIDA	MOHYUDDIN	9	F	
JAYLAND	ALFORD	8	M	13:15	JOSH	NORMAN	9	M	
CURRY	BRINSON	4	M	13:18	CARTER	REED	9	M	
LOGAN	BAKER	7	M	13:20	BRENDON	SWENRINGEN	11	M	
INDYA	GILBERT	6	F	13:25	JORDAN	WATKINS	9	M	
EMILY	KORNEGAY	5	F	13:31	ALLEY	WILSON	8	F	
GRACE	FLETCHER	5	F	13:47	ENDSLEY	WILSON	5	F	
KATIE	WISE	5	F	13:48					
LEAH	STEPHENS	10	F	13:51					
ANNA	STAUFFER	6	F	13:52					
BRIA	MARTIN	4	F	14:14					
ERICKA	BISHOP	6	F	14:17					
JOHN	BREWER	7	M	14:20					
SAM	ODOM	6	M	14:21					
BEN	BARWICK	6	M	14:30					
JORIUM	JONES	4	M	14:32					
KYDASHA	HAYES			14:42					
AUBREY	COOPER	5	F	14:43					
ANGEL	BUCKHAULTER	11	F	14:44					
KEARRIA	JOHNSON	11	F	14:45					

(Continued from page 19)

Michele, UWF offers a four-year program, may I attend while you continue to work? I will help us attain our dream faster.

10. Most recent book you have read?
 Building Solutions with the Microsoft .NET Compact Framework: Architecture and Best Practices for Mobile Development. I'm a geek.

Rose City 10K April 24, 2004 - Dr. Jim Story - RD



**Jesse
Close
Male
Winner**

**Kate
Remillard
Female
Winner**

CLOSE	JESSE	45	M	33:44:39	CRAPP	HENRY	34	M	44:42:59
UNGER	TIM	44	M	34:50:71	DEXTER	JOE	58	M	44:57:70
COODY JR	DAVID	30	M	37:28:01	JONES	CHRISTOPHER		M	45:13:16
VANNOY	REID	45	M	37:51:43	HACKETT	BILLY	29	M	45:16:10
MCGUIRE	BILL	56	M	37:52:64	SIMPSON	PEGGY	58	F	45:26:73
KNAUF	DAVID	40	M	38:07:38	BRUNER	CRAIG	48	M	45:34:58
MILETICH	DANIEL	13	M	38:14:59	GEEKER	CINDY	45	F	45:56:69
GALLOWAY	CHARLIE	55	M	38:42:58	JAMES	SCOTT	38	M	46:13:52
THOMAS	ALAN	44	M	39:13:95	FLETCHER	SHAWN	32	M	46:17:13
GALLOWAY	ZACH	24	M	39:29:97	THOMAS	JOSHUA	15	M	46:19:64
ONGLEY	JERRY	57	M	39:32:52	JUDD	CHRIS	25	M	46:20:70
RUPLINGER	SCOTT	22	M	39:40:12	POPE	ANDREW	30	M	46:21:80
HOFFMAN	JOHN	39	M	39:49:78	CAMPBELL	BRANDI	28	F	46:30:83
REMILLARD	KATE	26	F	39:52:50	YOUNG	MICHAEL	27	M	46:36:28
UNDERWOOD	KERRY	40	M	40:22:63	GLAVE	DAVID	36	M	46:45:83
MADDRON	DWAYNE	43	M	40:43:47	FENNELLY	HELEN	40	F	46:47:28
JONES	RUSTY	51	M	40:47:04	FENNELLY	MASON	14	M	46:48:59
BAKER	ALDON	34	M	40:57:93	MIDDLETON	KATHY	35	F	46:50:25
CARICO	JOHN	35	M	41:00:12	SPEIGHT	CHUCK	58	M	46:55:07
WILLS	HERB	43	M	41:09:16	LAMARCHE	DEBBIE	45	F	47:00:23
COBB	ANGELA	20	F	41:18:17	HILL	KENNY	38	M	47:22:88
MICRACKEN	PHIL	47	M	41:21:50	WHITE	JACK	58	M	47:42:83
WILLIS	BREDA		F	42:02:66	Unk				47:50:38
LADNER	DAVID	45	M	42:23:15	CLARK	TOMMY	34	M	47:51:28
OSBORNE	DORIAN	64	M	42:26:21	LANGLEY	KEVIN	33	M	47:53:21
FISHER	BOB	48	M	42:31:92	TENOLP	TERRY	55	M	47:55:46
CARICO	JULIE	38	F	42:40:37	KIMMON	BILL	51	M	47:56:83
BERNAL	ANDRES	25	M	42:48:35	WATKINS	CLINT	61	M	47:59:85
DAVIS	CHUCK	43	M	43:13:49	RESCOTT	BRIAN	46	M	48:10:72
CARSON	JIM	41	M	43:17:37	ALEXANDER	JUDY	42	F	48:23:35
CLARK	JULIE	42	F	43:21:83	BEA	ALFRED	48	M	48:39:09
ORAM	BILLY	38	M	43:44:13	RICH	BAIN	37	M	48:41:64
KUPERBERG	JEFF	43	M	43:45:18	JACOBS	JOHN	36	M	48:44:33
CUNNINGHAM	FRED	31	M	43:50:51	HALL	BRUCE	36	M	48:48:21
BRUHN	DONALD	40	M	43:52:26	WARREN	T R	54	M	48:49:61
BRYAN	JEFF	36	M	43:55:07	DEKLOET	ED	36	M	48:51:11
VANNOY	CALVIN	14	M	44:11:05	JACKSON	RICHARD	63	M	48:53:47
HERRING	MYRON	45	M	44:36:31	WENTURINE	GEOFFREY	49	M	49:03:15

RAKESTRAW JOHN	67	M	49:05:75	MORRIS WAYNE	38	M	54:24:15
SWILLEY CRUSHALL	53	M	49:07:72	HODGES BOB	54	M	54:28:13
MATHER CAROLYN	55	F	49:14:55	COVINGTON RUSS	32	M	54:42:57
RAINES MATT	29	M	49:16:42	CONNELL LARRY			55:05:32
KUGLAR LARRY	58	M	49:19:35	SMITH SHARON	39	F	55:12:13
THOMPSON DAVID	47	M	49:22:83	DOYLE JOSH	24	M	55:16:28
WIDENER NANCY	54	F	49:28:63	WALDREP BRIAN	34	M	55:17:69
STANISIE CHRIS	28	M	50:01:09	COLEMAN KATIE	20	F	55:19:35
EVANS BONNIE	52	F	50:16:67	WILLIAMS ALVIN	37	M	55:31:32
JOHNSON CHAD	33	M	50:17:79	HOUGH ANDY	8		55:32:49
DAVIS HAL	48	M	50:21:25	SHUAB BILL	62	M	55:38:18
TELLAFERMA FRANK	33	M	50:22:65	VAUGHAN JIM	36	F	55:43:64
AUDAIN LOUIS	34	M	50:34:32	SMITH LARRY	51	M	55:45:07
EVERETT JR JOHNNY	48	M	50:37:00	HORNE WES	28	M	55:47:40
RICHMOND CYNTHIA	43	F	50:40:78	RICHARD STEPHANIE	36	F	55:50:34
GOUGH JACK	73	M	51:00:39	MOBLEY MELANIE	43	F	55:52:92
JONES TIM	44	M	51:03:56	GUILLEN ANNETTE	35	F	56:03:77
BERRY KEITH	47	M	51:04:67	ERION TOBY	32	M	56:12:66
BROGAN RUSS	32	M	51:08:26	CLANTON MARK	40	M	56:16:00
UNGER LISA	36	F	51:10:17	GOMERSALL PAT	50	F	56:17:70
HAWKINS MARLO	36	F	51:14:35	CASALE BILL	59	M	56:18:70
SALTER JOY	45	F	51:23:72	ZIEGLER RICHARD	44	M	56:22:75
COALSON JOSH	15	M	51:24:26	THOMPSON IDA	40	F	56:32:31
HEZEKIAH ANTHONY	46	M	51:24:78	JONES JEFFERY	47	M	56:37:05
BERRY BERRY	51	M	51:25:21	HOWELL DERRICK	22	M	56:52:79
LEE DENNIS	55	M	51:25:79	CUNNINGHAM MELISSA	30	F	56:55:89
O'NEAL KENNY	44	M	51:30:56	BROWN MATTIE	42	F	56:59:92
BARTON SCOTT	42	M	51:38:08	STUTZMAN MARY	55	F	57:04:48
COKER JANET	41	F	51:57:55	PARRISH BILL	51	M	57:08:56
BRYAN DON	43	M	52:08:03	STUBBS RICHARD	45	M	57:10:51
NEVILLE GENE	46	M	52:10:60	WILLEY JOSH	13	M	57:11:05
ARLINE RON	36	M	52:12:73	CONDRA DEREK	33	M	57:14:55
WILLIAMS KATIE	15	F	52:17:29	SCHAFER BILL	26	M	57:20:98
LOWERY JOYCE	54	f	52:20:36	MOREY DREW	14	M	57:23:43
PALMER GLENN	33	M	52:25:51	ULLO JOE	33	M	57:23:93
BRUECKHEIMER BILL	55	M	52:28:04	YON MARY JEAN	48	F	57:30:61
MCDONALD GREG	38	M	53:34:59	YON DAVID	48	M	57:31:72
FINLAND JENNIFER	25	F	52:43:71	BARNAS FRANK	38	M	57:34:49
JONES BRAD	30	M	52:45:94	SANDS KELVIN	41	M	57:39:06
CHRISTIAN JOE	65	M	52:48:02	NENNSTIEL DEBBIE	35	F	57:43:51
POSEY ASHLEY	27	M	52:49:61	NENNSTIEL DANIEL	33	M	57:44:22
WILLIS FREDDY	29	M	52:50:70	JONES RUTH	52	F	57:48:75
HOUGH JAMES	43	M	52:53:77	PACE JO LENA	32	F	57:55:17
BRANNEN ERIN	25	F	53:16:00	DENNIS JILL	39	F	57:57:97
GLAZEBROOK STEVE	62	M	53:20:72	JACKMAN SHERRI	40	F	58:10:16
MCCOOK RUTH	45	F	53:31:25	MORRIS ROBERT	72	M	58:15:39
SCHREMSEMER CHRIS	41	F	53:32:17	LAWSON ROBERT	43	M	58:34:91
CANNON MARCUS	28	M	53:36:50	ONGLEY LINDA	52	F	58:37:35
FARNSWORTH DAVID	53	M	53:39:78	BEVARD JOHN	43	M	58:40:39
ROMANUS CHARLIE	55	M	53:41:73	BOBB JOSEPH	22	M	58:47:87
SHUMATE CHRIS	30	M	53:45:14	BATES ANDY	16	M	58:48:61
GEE KRISTEN	13	F	53:47:32	SMITH KATHY	47	F	58:50:28
GEE KATIE	12	F	53:49:07	MCLAIN DOUG	63	M	59:08:39
GEE MIKE	43	M	53:56:96	ADDISON RICHARD	50	M	59:14:39
RAYSIN HARRY	45	M	53:58:51	DEESE RODNEY	32	M	59:17*11
FITZGERALD SUSAN	48	F	53:59:84	RHYM LECONYA	30	F	59:18:90
HALL SHANNON			54:04:04	O'BRIEN JOHN	48	M	59:20:09
WHITE TIMOTHY	47	M	54:08:71	LANGLEY STEPHANIE	31	F	59:21:42
MCLEOD STANN	53	M	54:19:01	BEVIS GREY	42	M	59:22:56

CRINE TOM	51	M	59:23:95	TANNER ROBERT	61	M	69:49:80
WALLIS BILL	56	M	59:24:97	BERNAL VICKY	52	F	69:56:21
COYNE ELIZA	42	F	59:42:31	HORNSBY MARJORIE	55	F	70:02:73
RESCOTT DEBRA	45	F	59:48:59	TANNER CORLISS	59	F	70:16:77
RENFROE HEATHER	31	F	59:51:27	JONES CALVIN	31	M	71:43:02
RENFROE SCOTTY	32	M	59:51:69	GANT KRISTEN	29	F	71:52:54
BALDWIN JAMES L	58	M	59:59:56	CULLEY BETH			72:12:42
RUSCOE KATIE	25	F	60:04:10	CULLEY VICTOR			72:12:84
BLACHFORD ANNE	27	F	60:05:12	MATHER STEVE	60	M	72:13:24
HARRIS GARY	55	M	60:25:17	EDWARDS CAROL	56	F	72:16:35
OGLETREE DERRICK	36	M	60:28:30	TEO P BEN	51	M	72:16:35
DUBOSE JAY	36	M	60:28:91	CAMPBELL TED	53	M	72:44:49
FOREHAND JOHN	35	M	60:29:56	GANT ERIC	32	M	73:30:50
LAVIA JENNIFER	41	F	60:30:18	GILLELAND AURA	28	F	73:31:64
HURST WENDELL	51	M	60:50:58	RYAN ERIN	29	F	73:39:93
STABLEY CHRISTINE	28	F	61:10:55	DUNNIGAN KATHY	45	F	74:06:87
MITCHELL PRYCE	13	F	61:12:61	MINTER KATIE	24	F	75:09:27
SANDHAU GURI	35	M	61:21:73	HARPER SEALY	37	F	75:38:85
JOHNSON NEAL	38	M	61:35:48	HARPER TRACY	45	M	75:48:47
JAMES LEATRICE	38	F	61:38:72	SHANTI WILLOW	34	F	79:27:08
HUGHES RITA	20	F	61:43:08	ABRAMS MICHAEL	56	M	80:19:72
WRIGHT MELANIE	28	F	61:55:59	PHILLIPS JEAN	44	F	80:42:67
STORY CRISTEN	28	F	62:02:61	CROFT JEANINE	39	F	84:49:25
DEKLOET ANNETTE	20	F	62:04:02	ANDERSON STAN	56	M	86:55:00
WARMACK JODI	34	F	62:09:81	MEYER CHARLES	62	M	88:30:00
DURRANCE CARSON	33	F	62:11:51	YATES CHARLES	79	M	95:44:00
LEWIS JOSEPH	51	M	62:12:43	DAVIS JENNIFER	29	F	110:15:00
LAROCHE MELISSA	28	F	62:13:03	DAVIS CIERRA	4	F	110:16:00
WARD ARTHUR	70	M	62:34:94	JOHNSON BARRETT	63	M	110:17:00
DEXTER NADINE		F	62:38:43				
BREMER ALLISON	26	F	62:51:18				
KELLY KATHLEEN	40	F	63:02:78				
STEPHENS ASHLEY	18	F	63:04:40				
RIEBER JONATHAN	48	M	63:21:45				
FLOWERS JAY	46	M	63:34:71				
DECKERT MARGARETE	71	F	63:40:90				
POWELL CHASE	15	M	63:41:79				
POWELL TOM	56	M	63:45:20				
NICHOLSON LANNY	63	M	63:55:27				
KIRCHOFFERJUDY	66	F	64:16:57				
STAUFFER NADA	51	F	64:27:26				
MILLER BECKY	27	F	64:36:18				
COYNE RYAN			65:11:74				
WHITE LEIGH	35	F	65:41:23				
BENTON TARA	26	F	65:41:98				
HURST ELBERT	49	M	65:48:26				
COYNE STEVE	53	M	66:01:06				
COOPER RACHEL	38	F	66:07:01				
MAYHALL JEANNA	38	F	66:08:20				
DERAMO ELLEN	55	F	66:39:81				
CRITTENDENGLORIA	55	F	66:45:56				
CARTER CHARLES	53	M	66:50:97				
BATES FRED	57	M	67:00:67				
BURKE JOHN	57	M	67:24:75				
HOCHSTEIN JANICE	53	F	68:20:64				
HOCHSTEIN MIKE	60	M	68:22:25				
SCHUMACHER TARA	16	F	68:25:07				
SEAQUIST KRISTEN	28	F	68:56:26				
COODY SANDRA	51	F	69:04:22				

(Continued from page 22)

son, Bob Keller, Stacia Keller, David Knoll, Bill Lott, Sealey Lovett, Bruce Lynn, Chris Marino, Kathy McDaris, Matt McHaffie, Tom McHaffie, Karen Munoz, Paige, Philip Munoz, Jeff Neilsen, Alexis Newell, Kara Newell, Chrissy Pannier, Tom Perkins, Bill Perry, Lynn Powell, Frank Rudd, John & Lynn Sipay, Amy Stenberg, Michelle Stuckey, MaryJane Tappen, Kelly Tucker, Maria Vives, Sarah Williams, MJ & David Yon.....are the reason that the Red Hills Kids Triathlon is such a great event for the athletes and their parents! Sure, Felton, Jamie and I get the lions share of thanks and appreciation, but we can't do it without you and we're grateful that we have so many terrific friends willing to help us out. Of course we wouldn't get a head start without our sponsors, the Chenoweth Fund and Shred-it On Site Mobile Paper Shredding. Thank you all, Felton, Bonnie & Jamie Wright

Volume 29 Issue 6

Grand Prix Standings—Thru Palace Saloon 5K

Overall Males			
1	Gary Droze	M 42	120
2	Jack Mcdermott	M 34	90
3	David Yon	M 48	66
4	Bill Mcguire	M 56	57
5	Jeff Nielsen	M 46	46
6	Paul Morphy	M 43	43
7	Tim Unger	M 44	40
8	Felton Wright	M 46	40
9	Jay Silvanima	M 43	35
10	Bill Hillison	M 59	35
11	Matthew Minno	M 44	35
12	Zach Galloway	M 24	28
13	Art Remillard	M 30	27
14	Karl Hempel	M 52	24
15	Chris Holland	M 17	24
16	Mike Johnson	M 41	22
17	Fred Johnson	M 41	20
18	Larry Mengelkoch	M 51	20
19	Brian Corbin	M 36	19
20	Jeff Bowman	M 42	13
21	Ronnie Godwin	M 39	11
22	Mike Labossiere	M 37	11
23	Tony Guillen	M 35	9
24	Bill Bowers	M 50	9
25	Hobson Fulmer	M 48	9
26	Jason Carter	M 32	9
27	Terry Presnell	M 54	9
28	Mike Sims	M 51	8
29	Bud Fennema	M 48	8
30	Douglas Covert	M 39	7
31	Jerry Mcdaniel	M 50	5
32	James Dexter	M 19	5
33	Jay Herring	M 46	3
34	Gary Cato	M 47	3
9 and under			
1	Davis Clarke	M 9	35
2	Luke Strickland	M 7	20
3	Vincent Dewar	M 7	15
4	Conner Hopkins	M 9	12
5	Joseph Dewar	M 5	12
6	Jordan Watkins	M 9	10
7	Michael Mcguire	M 9	8
8	Cameron Nave	M 7	6
10-14			
1	Phillip Wenturine	M 12	41
2	Aaron Powell	M 12	30
3	Jamie Wright	M 10	29
4	Christopher Mcguire	M 14	28
5	Whitney Strickland lii	M 12	20
6	Drew Edwards	M 12	15
7	Blair Strickland	M 10	12
8	Shelby Nave	M 10	4
15-19			
1	Chris Holland	M 17	40
2	Aaron Isom	M 16	20
3	James Dexter	M 19	20
20-24			
1	Chris Sumner	M 24	67
2	Joe Crook	M 24	60
3	Zach Galloway	M 24	40
4	Phillip Claiborne	M 23	32
25-29			
1	Andres Bernal	M 25	40
2	David Knoll	M 28	15
30-34			
1	Jack Mcdermott	M 34	75
2	Travis Miller	M 34	51
3	Jason Carter	M 32	47
4	Art Remillard	M 30	40
5	Chris Marino	M 31	37
6	Simon-serge Sablin	M 30	25
7	Chett Hopkins	M 30	20
8	Todd Mcgowen	M 32	20
9	Tom Proctor	M 32	10
35-39			
1	Brian Corbin	M 36	60
2	Mike Labossiere	M 37	50
3	Douglas Covert	M 39	42
4	Andy Roberts	M 36	33
5	Niclas Manz	M 35	30
6	Mark Delegal	M 36	30
7	Mike Weyant	M 38	27
8	Jeff Bryan	M 36	27
9	Ronnie Godwin	M 39	20
10	Rick Callaway	M 38	18
11	Geoff Likens	M 38	16
12	Tony Guillen	M 35	15
13	Sam Higdon	M 37	14
14	Hamp Stoutamire	M 37	10
15	Billy Oram	M 37	10
40-44			
1	Gary Droze	M 42	80
2	Jay Silvanima	M 43	56
3	Fred Johnson	M 41	50
4	Matthew Minno	M 44	50

Grand Prix Standings—Thru Palace Saloon 5K

5	Jeff	Bowman	M 42	44					
6	Paul	Morphy	M 43	38	17	Gary	Griffin	M 54	8
7	Myron	Herring	M 44	38	18	Randy	Holcombe	M 53	6
8	Mike	Johnson	M 41	31	19	Tom	Perkins	M 52	6
9	Tim	Unger	M 44	30	20	Pete	Kerwin	M 51	6
10	Jeff	Kuperberg	M 43	22	55-59				
11	Keith	Rowe	M 42	20	1	Bill	Mcguire	M 56	80
12	Tom	Taylor	M 40	10	2	Joe E	Dexter	M 57	71
13	Chuck	Davis	M 42	10	3	Bill	Hillison	M 59	67
14	Sean	Phelps	M 40	8	4	Ronald	Christen	M 58	48
15	Harry	Detwiler	M 44	6	5	Jerry	Ongley	M 56	35
16	Bob	Asztalos	M 44	6	6	Carlos	Zapata	M 58	30
17	Robert	Palmer	M 42	4	7	Joe	Donoghue	M 56	26
18	Herbert	Wills	M 43	2	8	George S	Palmer	M 59	26
19	Frank	Rudd	M 40	2	9	David E	Smith	M 59	20
45-49					10	Bruce	Lynn	M 56	18
1	David	Yon	M 48	90	11	Nick	Mazza	M 55	12
2	Felton	Wright	M 46	79	12	Ronald	Morrell	M 55	10
3	Jeff	Nielsen	M 46	70	13	Bill	Perry	M 55	10
4	Bud	Fennema	M 48	57	14	Rick	Ashton	M 57	10
5	Gary	Cato	M 47	51	15	Gordon	Morgan	M 57	6
6	Hobson	Fulmer	M 48	44	60-64				
7	Ithel	Jones	M 49	26	1	Nick	Yonclas	M 60	100
8	Jimmy	Ledford	M 47	22	2	Jim	Zimmerman	M 60	71
9	Bob	Fisher	M 47	22	3	Rex	Cleveland	M 64	58
10	Jay	Herring	M 46	10	4	David	Darst	M 60	54
11	Floyd	Coleman	M 47	8	5	Clint	Watkins	M 61	45
12	Ed	Claiborne	M 49	8	6	Ray	Hanlon	M 60	20
13	John	Kelly	M 46	8	7	Michael	Degennaro	M 61	18
14	David A	Thompson	M 47	6	8	Charles R	Futch	M 62	12
50-54					9	James	Varley	M 64	6
1	Mike	Sims	M 51	74	65-69				
2	Karl	Hempel	M 52	60	1	Mike	Schneider	M 66	99
3	Jerry	Mcdaniel	M 50	55	2	Bill	Degrummond	M 69	92
4	Dale L	Smith	M 50	34	3	Bob	Keller	M 69	69
5	Keith	Collins	M 50	33	4	John	Rakestraw	M 67	40
6	Bill	Bowers	M 50	32	70-74				
7	Charles	Thomsen	M 53	23	1	Arthur	Ward	M 70	95
8	David	Farnsworth	M 53	22	2	Robert	Morris	M 72	50
9	Larry	Mengelkoch	M 51	20	3	Fred	Deckert	M 74	42
10	Craig	Willis	M 52	18	4	John	Waters	M 71	15
11	Lars	Leader	M 51	18	5	James	Skofronick	M 72	12
12	Chuck	Booker	M 53	15	6	Jere	Moore	M 71	12
13	Terry	Presnell	M 54	15	75-79				
14	Warren	Emo	M 50	14	1	Charlie R	Yates	M 78	40
15	Terry	Tenold	M 54	12	2	John	Alderson	M 77	20
16	Phillip	Tomberlin Jr	M 52	12					

Grand Prix Standings—Thru Palace Saloon 5K

Overall Females			
1	Seeley Lovett	F 27	102
2	Kate Remillard	F 25	80
3	Cynara Miller	F 42	64
4	Connie Clarke	F 42	63
5	Jane Johnson	F 44	47
6	Kirsten Baggett	F 37	46
7	Julie Clark	F 42	43
8	Sissi Carroll	F 45	35
9	Lisa Whitworth	F 33	33
10	Fran Mclean	F 46	33
11	Sarah D- Williams	F 39	30
12	Maria Vives	F 30	25
13	Penny Isom	F 41	22
14	Lisa Unger	F 36	22
15	Caroline Noble	F 38	22
16	Catherine Nixon	F 23	22
17	Judy Alexander	F 42	20
18	Leigh Ceci	F 39	20
19	Angela Dempsey	F 35	20
20	Kelly Tucker	F 43	17
21	Meaghan Scott	F 17	17
22	Loranne Ausley	F 40	13
23	Carrie Weyant	F 42	11
24	Lynn Powell	F 39	11
25	Kate Macfall	F 32	11
26	Nadine Dexter	F 45	9
27	Pam Breza	F 43	9
28	Yvonne Gsteiger	F 45	7
29	Amy Stenberg	F 30	7
30	Debbie Lamarche	F 44	7
31	Cynthia Christen	F 50	7
32	Susan Ledford	F 40	5
33	Jackie Mcdaniel	F 49	5
34	Joyce Lowery	F 54	5
35	Dawn Brown	F 55	5
36	Barbara Yonclas	F 56	3
37	Sue Kelly	F 52	3
38	Michelle Stuckey	F 34	3
39	Susan Cornwell	F 54	3
9 and under			
1	Lily Williams	F 9	35
2	Cecelia Williams	F 7	35
3	Breanna Bruner	F 8	24
10-14			
1	Danielle Jackman	F 12	62
2	Kara Taylor	F 13	60
3	Melissa Jackman	F 12	37
4	Whitney Alexander	F 13	27
5	Allison Clarke	F 12	20
6	SamanthaCorbin	F 10	8
7	Diamond Brown	F 10	8
15-19			
1	Kelsey Kilinski	F 17	20
2	Katy Ziegler	F 18	20
3	Meaghan Scott	F 17	20
20-24			
1	Catherine Nixon	F 23	55
2	Melissa Zapata	F 24	52
3	Chrissy Pannier	F 24	20
4	Myriam Morales	F 21	10
25-29			
1	Seeley Lovett	F 27	85
2	Kate Remillard	F 25	60
3	Christine Stabley	F 28	39
4	Jennifer Kilinski	F 25	12
5	Rita Tweed	F 27	10
30-34			
1	Maria Vives	F 30	79
2	Michelle Stuckey	F 34	42
3	Lisa Whitworth	F 33	40
4	Amy Stenberg	F 30	38
5	Kate Macfall	F 32	30
6	Jo Lena Pace	F 31	22
7	Marisol Roberts	F 33	20
8	Erin Shepherd	F 32	12
9	Birgit Cromartie	F 33	6
10	Amy Brown	F 31	6
11	Lena Juarez	F 34	4
35-39			
1	Kirsten Baggett	F 37	85
2	Lisa Unger	F 36	74
3	Sondra Lee	F 35	32
4	Beth Alexander	F 39	30
5	Caroline Noble	F 38	27
6	Sharon Smith	F 38	22
7	Ann Guillen	F 35	22
8	Lynn Powell	F 39	20
9	Angela Dempsey	F 35	20
10	Sarah D- Williams	F 39	20
11	Leigh Ceci	F 39	20
12	Hillary Brigham	F 39	15
13	Christy Ingram	F 35	10
14	Sharon Pearson	F 38	8
40-44			
1	Cynara Miller	F 42	70

Grand Prix Standings—Thru Palace Saloon 5K

2	Connie	Clarke	F 42	64	4	Perha	Varley	F 59	39
3	Julie	Clark	F 42	52	5	Karen	Smith	F 55	30
4	Penny	Isom	F 41	46	6	Judie	Kean	F 58	20
5	Judy	Alexander	F 42	40	7	Gloria	Crittenden	F 55	20
6	Jane	Johnson	F 44	40	8	B. J.	Foster	F 56	6
7	Pam	Breza	F 43	32	60-64				
8	Susan	Ledford	F 40	30	1	Mae	Cleveland	F 64	80
9	Loranne	Ausley	F 40	17	2	Pheona	Kaiser	F 61	30
10	Eddie	Mccarty	F 42	16	65-69				
11	Carrie	Weyant	F 42	15	1	Jean Ann	Bowling	F 66	40
12	Kelly	Tucker	F 43	15	70-74				
13	Debbie	Lamarche	F 44	10	1	Margarete	Deckert	F 70	120
14	Leslie	Morton	F 41	8	GWTC's Grand Prix				
15	Sherri	Jackman	F 40	2	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.				
45-49									
1	Nadine	Dexter	F 45	58	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.				
2	Fran	McClean	F 46	55	Awards Committee: David Yon (668-2236, david@radeylaw.com), Jeanne O'Kon (894-2019) okonj@tcc.fl.edu), , Paul Ahnberg (562-6171), Jo Lena Pace (jolenapace@townbeacon.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.				
3	Sissi	Carroll	F 45	47					
4	Susan	Fitzgerald	F 47	39					
5	Betsy	Thorpe	F 47	34					
6	Mary Jean	Yon	F 48	26					
7	Barbara	McNeal	F 48	25					
8	Jackie	Mcdaniel	F 49	23					
9	Yvonne	Gsteiger	F 45	20					
10	Bonnie	Wright	F 48	18					
11	Mary	Geringer	F 48	14					
12	Betty	Dewar	F 45	8					
13	Lori	Tomblin	F 45	6					
50-54									
1	Susan	Cornwell	F 54	97					
2	Ruth	Jones	F 52	57					
3	Nancy	Widener	F 54	40					
4	Joyce	Lowery	F 54	35					
5	Cynthia	Christen	F 50	32					
6	Linda	Ongley	F 52	31					
7	Martha	Haynes	F 50	26					
8	Sue	Kelly	F 52	15					
9	Nada	Stauffer	F 50	14					
10	Julian	Hurt	F 50	12					
11	Mackie	Hempel	F 51	10					
12	Vicky	Bernal	F 52	8					
13	Anne	Priddy	F 54	8					
14	Dianne P	Douglas	F 50	6					
15	Judy	Shapiro	F 52	4					
16	Patricia	Handschy	F 51	2					
55-59									
1	Mary	Stutzman	F 55	80					
2	Barbara	Yonclas	F 56	70					
3	Dawn	Brown	F 55	56					

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 _____

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).

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