



The Fleet Foot

\$2.00

Volume 29 Issue 3

Newsletter of the Gulf Winds
Track Club

March 2004

Charlie's Angels?

Charlie Yates Celebrates his 79th Birthday in a new home with a group of his GWTC Angels.

Nadine Dexter, JoLena Pace, Bonnie Wright, Charlie, Jane Johnson and Jeanne O'kon



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Grand Prix Races

March

13 Rails to Trails
POSTPONED!

20 Furry Scurry 5K, 1M

April

4 Springtime 10K, 1M

10 Palace Saloon 5K

IMPORTANT NOTICE!

Membership Rates, Revised
See back cover for new rates.
YOU WILL ONLY RECEIVE GRAND PRIX POINTS FOR A RACE IF YOU ARE AN ACTIVE MEMBER AT THE TIME!

The Fleet Foot

Newsletter of the Gulf Winds Track Club

Editor: Fred Deckert, 893-9739,
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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

Full Page-\$59, Half Page – \$36, 1/4 Page-\$19, Run twice, no changes – \$55, 32, 17 each. Letter-size centerfold race flyer-\$149, 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. Graphics should be sent as TIFF files. Hard copies are undesirable. For more details or to contribute material contact the editor.

Deadline: 20th of the previous month.

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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

January 14, 2004 Business Meeting
Hosted by David Yon

Board/GWTC Members present: Tom Perkins, Jane Johnson, David Yon, Bob Prentiss, Joe & Nadine Dexter, Jerry Ongley, Charlie Yates, Bonnie Wright, Jo Lena Pace, Jeff Bryan, Lisa Unger, Fred & Margarete Deckert, Fran McLean, Hobson Fulmer, Jimmy Kalfas, Carlos Zapata, Ana Sutherland
Guests present: Chuck Hick

Tom Perkins called the meeting to order at 7:34 PM and quorum was established. The December minutes were read and accepted by motion, 2nd and vote.

GUESTS:

Jimmy Kalfas opened discussion on behalf of the Capital City Cyclists about the possibility of members of both clubs paying dues by means of a single check. Pros and cons were discussed including easier renewals for members, but more accounting work for both clubs. The idea was tabled until more information can be gathered, including specific logistics of the plan.

Ana Sutherland opened discussion concerning the potential for Tri Eagle Sales to sponsor some GWTC events. She advised that Michelob Ultra will provide a limited amount of cash and service donation (such as printing of posters and flyers). Discussion was held about the specific GWTC events that would match well with a beer related sponsor, such as the Palace Saloon 5k, the Marathon and the Springtime 10k. Ana offered business cards and asked that interested race directors contact her.

NEW BUSINESS:

Bob Prentiss and **Bonnie Wright** presented their proposed 2004 Operating Budget. A few line items were changed. A motion was made to adopt the budget, with changes, which was seconded and accepted by vote.

REPORTS:

Treasurer's report - **Bob Prentiss** distributed and discussed the Financial and Budget reports.

Clothing Coordinator report – Margarete Deckert reported that she has sold 22 of the new singlets so far.

Newsletter report – Fred Deckert reported that he may have a youth columnist for the Fleet Foot and suggested that Grand Prix races get the same free advertisement as GWTC races. Fred reported that the electronic version of the newsletter is being transmitted by **David Yon** at this time.

Race Director report – Fred Deckert presented the final budget for the Ultra and also the proposed budget for the Couples Caper. **Joe Dexter** submitted the proposed budget for the Flash 12k. A motion was made to accept both proposed budgets, which was seconded and passed by vote.

Equipment report - Joe Dexter reported that there are some rental fees still due, but otherwise all of the equipment is fine.

Chenoweth report –No report, but **David Yon** discussed the financial success of the Turkey Trot races and requested a portion of the proceeds be donated to charity. A motion was made to contribute \$7000.00 to the Refuge House and \$2000.00 to the Chenoweth Fund, which was seconded and passed by vote. The net proceeds to GWTC after these contributions will be approximately \$5800.00.

Membership report – David Yon reported for **Brian Corbin** that there are currently 426 members represented by 250 memberships, which is about a third higher than last year at this time.

Social Coordinator report – Jimmy Kalfas, the new social coordinator, reported that he will be preparing a snack table for the Annual Awards ceremony and gave a short introduction of his ideas for the coming year.

Training Committee report – Jerry Ongley reported that a new Springtime training group is forming and will meet Wednesday evenings. Jerry also reported that the Marathon and Half Marathon graduation will be held the Saturday following the events at the

China Super Buffet.

Triathlete report – Bonnie Wright reported that a beginning Tri class is getting started and **Fran McLean** reported that the Red Hills Tri will be held on 3/26/04 and she presented a very professional looking poster for the event.

Race Director Coordinator report – Charlie Yates introduced his guest, **Chuck Hick**, who is involved with the FL Wild Mammal Rescue Association. They would like to put on a 5k at Wakulla Springs to benefit the Association. Chuck asked for advice and assistance and he would also like to volunteer at upcoming races so he can get a first hand look at race directing. Charlie has already provided the Race Director's Handbook and assured Chuck that GWTC would assist as much as possible. Charlie also discussed several upcoming races and passed out the update tri-fold brochure, which now needs to be updated again due to the change of GWTC officers and board members.

Racing Team Coordinator report – no report; Lecture Series report - no report

ADDITIONAL NEW BUSINESS:

David Yon discussed the upcoming 2004 Seminole Invitational Track Meet. **Jerry Ongley** presented several additional pieces of handmade wooden items as potential Grand Prix awards. **Jo Lena Pace** discussed the possibility of GWTC utilizing chip timing and also charging non-GWTC races for her scoring services, including race bibs and use of her computer. Chip timing would cost approximately \$500.00 per race, plus \$2.50 per racer and bibs are about \$1200.00 for 5000. The discussion was tabled for further discussion.

OLD BUSINESS: None

The meeting adjourned by motion at approximately 9:26 PM. **Charlie Yates** will host the next meeting on February

11, 2004.

These minutes have been reviewed and accepted by the board.

Lisa Unger, Secretary.

Business Meeting Schedule

Meetings are the second Wednesday of the month. Send items for the agenda to Lisa Unger by the Monday before the meeting date.

<u>Date</u>	<u>Host/Location</u>
Mar. 10	Jerry Ongley (562-905)
Apr. 14	Bonnie Wright (386-3500)

Editors Column

One of the perks of the editor is that he gets the last word on what goes into the newsletter, at least until he hears from the readers. But, of course editors exist only to serve the them, so we do like feedback, even when it hurts and/or we reject it for reasons sometimes too arcane to get into with everyone.

OK, this issue has several items dear to my heart, PR's and a youth column. The fact that I like them or other contents is really not relevant, and I am often not aware of what some readers may think is missing. We are of course constrained to certain space limitations, for instance, this booklet consists of quartets of pages, if we run past 28 pages, the next step is 32 and so on. So, sometimes there will be omissions you don't like. Bear with us. Keep up the feedback and you may just get what you want eventually.

Fred Deckert

Pulpits Happen:**Tom Perkins**

The other day, I had a very interesting thing happen to me. I got busted by the fashion police! I showed a possible race t-shirt design to a group of women. They looked at me like I had just walked out of a spacecraft.

"That has too much red. You can't wear any running shorts with it. It doesn't match anything!" The t-shirt did have a lot of red in the design, but so what? I didn't take the color scheme into account. Busted!

I must admit that when I throw on some running clothes, I'm not thinking of a Sak's Fifth Avenue runway. My wife often rolls her eyes and says "You're not going out to run wearing that, are you?" I look at myself and think, "Why not?" So this is where I turned to GWTC fashion guru, **Jeff N.**

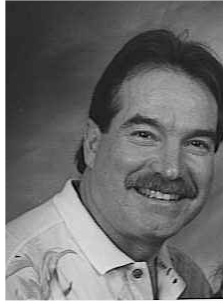
TP: "Jeff, have you ever seen that reality show "Queer Eye for the Straight Guy?"

JN: "Why? Are people talking again?"

TP: "No. These guys are very fashion savvy and they help a lot of people out. I thought that maybe the club could use a fashion expert."

JN: "You mean like when **Sarah Docter-Williams** comes out in her flashy tights?"

TP: "I'm not going to touch that. This is what I'm talking about. The women wear matching apparel.



They actually put some thought into dressing for running."

JN: "Yeah, I see where this is going. **Joe Dexter** does have that Johnny Cash thing going on. **Jack McDermott** has the spandex."

TP: "Most guys are content with taking their shirts off. I have never

mentioned this, but at times from the back of the pack it seems like I'm running with Werewolves. I actually think **Bill Perry** sheds during the spring."
JN: "You know, I used to shave my legs. I could shave some backs, but I might have to use sheep shears on the first pass."

I let the conversation die at that point. I am trying to be more conscious of what I'm wearing when I leave the house. After all, I am now the president of a very prestigious running club. But no matter what outfit I leave in, I still come back stinky and soaking wet.....(That's a topic for another day).

Nothing that we runners wear can compare to the uniforms of that brilliantly colored bird, the multi-colored, multi-logoed fowl known as the "biker bird". I once overheard a runner telling a fellow runner that he was verging on biker haberdashery when the brilliance and conflicting colors of his outfit threatened the protective power of the other guy's sunglasses.



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.

Race Walking: Wednesdays, 5:00 p.m., Leon H. S. Track. Safety in numbers.

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.

Sundays 7:30 AM - BP 10 miler - meet at Beef O'Brady's parking lot .

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

Springtime Training Group - Mondays 5:45 PM @ D.O.T. parking lot. Starts 1/19/2004. For more info contact juliecla@msn.com

The Chenoweth Fund

The purpose of the Fund, established in memory of Dean and Jenny Chenoweth, is to assist local runners to achieve athletic excellence. In particular, but not exclusively, the Chenoweth Fund would assist young cross-country or track athletes. This is a great way for the Club to encourage running and be known to the community.

If GWTC is to fulfill the purpose of the Fund, we must increase the monies available for assistance to runners. Here are some ways YOU can help: Include a contribution when you renew your membership. When you write your check, add a little extra; but please designate "\$ (amount) to Chenoweth Fund" on your renewal form. Send a contribution anytime. Make your check payable to "GWTC-Chenoweth Fund." Contact a business. If you know of any business or group interested in supporting this effort, put them in touch with a Board Member. It can be a great way for a business to get some positive advertising in the community

We may list contributors in the Fleet Foot: Please tell us if you wish to remain anonymous.

Help GWTC encourage and assist athletes to achieve their best.

M. Felton Wright

Vice President
Financial Consultant
Certified Financial
Planner



Merrill Lynch

Private Client Group

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Suite 300
Tallahassee, Florida 32301
850 599 8978
800 937 0663



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.

WILL'S SMALL ENGINE REPAIR. 20% DISCOUNT TO GWTC MEMBERS. MOWERS, TRIMMERS, CHAIN SAWS, AND MORE. HOME 574-1630, CELL 212-0611.

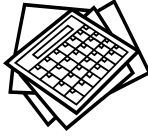
Responsible, fun babysitter, reasonable rates, has taken TMH Babysitting Course: Call Whitney Alexander 383-1361.

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.

March

05 Red Pepper 5K. 8 a.m. St. George Island. Nick Yonclas 850 670-1661 days, 927-2130 eves.

06 Navy JROTC/John Reineking Memorial 5K. 9 a.m. Maclay Park Roberta Courtney, 893-8576

13 Rails to Trails 5K/1M *POSTPONED, WILL RESCHEDULE*

13 Shamrock Scurry 5K/1M. 8:30 a.m. Killearn Subdivision. Terry Ryan 668-4273 or terry@thetrakker.com Form: pg. 15

20 Furry Scurry 5K/1M. 8:30 a.m. Easterwood Dr., Kate McFall 508-1001

27 Red Hills Triathlon. 7 a.m. Maclay Gardens SP. Kathy McDaris 422-3130 or mcdaris@comcast.net

April

03 Springtime 10K/1M. 9 a.m. Downtown Tallahassee. Tom Perkins

10 Palace Saloon 5K. Messer Field. Art Remillard

10 Worm Gruntin' 5K. 9 a.m. Soppchopy. Neal Walker 962-5282

17 Rose City 5K Walk. 8:30 a.m. Thomasville, GA. (229) 226-9878, ymca@rose.net

24 Rose City 10K/1M Run. 8:00 a.m. Thomasville, GA. (229) 226-9878, ymca@rose.net

25 2nd Annual G.A.M.M.S. Breast Cancer 5K run/walk. 10 a.m. Tom Brown Park. Amarilys Morales 264-8553

May

08 Marzug Shrine Center Mothers Day 5K. 8 a.m. Maclay Gardens. Greg Gibson 926-4148

15 Humanatee 5K/1M Run/Walk. St. Marks. 8:30 a.m. Joe Beckham 385-3099 or Joe Dexter 878-7880

Grand Prix Events for 2004

Jan. 4 Apalachicola Bridge 10K, Apalachicola
 Jan. 17 GWTC 30K, Natural Bridge
 Feb. 14 Run for the Cookies 1 M, TCC Campus
 Feb. 15 Tallahassee Marathon, 1/2 Marathon, Downtown
 Mar. 13 Rails to Trails 1 M, St. Marks Trail—POSTPONED!
 Mar. 20 Furry Scurry 5K, 1M, Easterwood Drive
 Apr. 3 Springtime 10K, 1M, Downtown Tallahassee
 Apr. 10 Palace Saloon 5K, Messer Field
 May 22 Miles for Meals 5K/1M, Maclay Gardens
 June 4 Potluck 4 M, Forest Meadows
 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

PR's

Chris Summers - 4:42:28 at Mercedes Marathon, Birmingham, AL
 Miriam Marquez - 2:45:35 at the Disney Half Marathon
 Tim Unger - 42:46 at the Flash 12K
 Lisa Unger - 63:43 at the Flash 12K

At the Tallahassee Marathon:

Keith Rowe 4:01:30
 Kirsten Baggett 4:21:44
 Caroline Noble 4:22:42
 Catherine Nixon 4:26:34
 Penny Isom 4:30:13
 Ronald Morrell 4:33:22
 Nadine Dexter 5:15:26
 Bridget Edmond 5:20:04

Tallahassee Half-marathon:

Johnny Simpkins 1:35:46
 Chris Marino 1:37:33
 Seeley Lovett 1:41:40
 Bob Fisher 1:44:55
 Chris Sumner 1:47:24
 Judy Alexander 1:48:47
 Lisa Unger 1:55:01
 Maria Vives 1:56:15
 Robert Palmer 1:57:29
 Beth Alexander 2:01:52

Michelle Rowe 2:02:33
 Richard Ziegler 2:04:23
 Susan Cornwell 2:09:24
 Linda Ongley 2:13:21
 Christine Stabley 2:13:35
 Perha Varley 2:18:26
 Marleina Overton 2:21:00
 Martha Haynes 2:22:51
 Sondra Lee 2:37:58
 Betsy Thorpe 2:38:38
 Lisa Ferenbach 2:39:00
 Edie Mccarty 2:41:46
 Kathy Dunnigan 2:41:49
 Mary Geringer 2:41:50
 Vicki Crawford 2:42:25
 Leslie Snyber 2:42:34
 Betty Dewar 2:42:40
 Sheryl Brainard 2:44:39
 Sharon Pearson 3:39:50

New Arrival

Dakota Catherine 6 lb. 13 oz. to
 Christy and Jim Carson

Rave Run—Lisa Unger

Flash 12K, Chaires Elementary School, Capitola, FL

It always feels good to participate in an event that benefits a worthwhile cause and that is arranged by competent race directors. That's part of why the annual Flash 12K is such a success. The Flash is a GWTC race and therefore some of the proceeds will go back into the club's budget. The balance of the proceeds will be banked in an effort to accumulate enough money to purchase a set of race equipment for the exclusive use of area schools. **Joe Dexter**, the race co-director along with his wife **Nadine**, is also the equipment manager for GWTC. Frequently he finds there are school and community events that both want to use the club's equipment at conflicting times. It is his hope to purchase a clock, timing equipment, cones and other items necessary for staging running events to ensure that area schools would always have equipment available for their events. This would definitely be a benefit to the school kids who participate on track and field or cross country teams. While many runners are satisfied by running a race with just the knowledge that their entry fees will benefit kids, others relish the competitive aspect that this well known race draws.

This year the Flash was decided by just 14 seconds as **Tim Unger** edged out **Tim Bolton** in times of 42:46 and 43:00, with **Chris Holland** following in 44:52. The first lady to finish was **Lisa Whitworth** in 52:49, followed by **Liz Baker** (55:09) and **Meredith Frazer** (55:23). There were 45 runners who completed the approximately 7.5 miles in less than 60 minutes, and another 44 runners to round out the total of 89 finishers. Both **Tim and Lisa Unger** posted 12k PR's at the Flash this year.



Toma Wilkerson put in a great effort just 4 months after the birth of her daughter and there was chatter heard from several runners about using this race as a tune up for upcoming marathon challenges—both locally and abroad.

The rolling hills of the Flash seem deceptively flat on the way out, but upon turning around they become long sweeping uphill climbs. Fortunately, the course runs along some very beautiful countryside including two horse pastures and a long stretch of wooded area. The greenery provides a great distraction from burning lungs and pumping arms and legs. **Jackie McDaniel**, **Julie Clark** and **Jan Fulmer** were seen on the course calling times and handing out water. Several other volunteers helped with traffic control. According to race co-director **Nadine Dexter**, six members of the volunteer fire department patrolled the course in an attempt to slow down the passing cars.

Sadly, the traffic in this growing region has become entirely too dangerous to continue running the Flash on its original course. Runners witnessed drivers carelessly speeding past them and in some cases forcing runners off of the road. There was one account of a foolish driver who was too impatient to stay behind the car in front of him and actually passed, nearly hitting one of our own club members in the process. It is very unfortunate that the Flash will have to move in the interest of the runners' safety. It certainly is no reflection on the race directors that the operators of so many moving weapons cannot control themselves for a few minutes to carefully and slowly drive passed the race participants. However, we all have to respect the organizers' decision to develop a new and safer course to become the Flash 12k. Next year will be a new Flash, but surely it will still be just as "rave" as it has always been.

(Julie Clark's group) To Jerry Ongley from Miriam Marquez

Dear Jerry,

It was all I expected it to be and much more. Saturday night I tried to go to bed early, but it did not really work. I could not sleep very well. I was very anxious. It had been raining for 2 days in Miami and it did not look like it was going to stop. So, I prayed for sunshine as I went to bed. I did rest a lot however, and when time came to wake up (3 AM) I was more than ready to go. I got to the starting line about 45 minutes before the race started (5:15 AM). It was still dark, and it had stopped raining. My brother and my long-time friend Stephan were with me (half asleep still, but there - and holding up a sign they made that said "GO Myriam!" which meant a lot to me). Ten minutes before the race I started to get really nervous. I tried telling myself that there was nothing to be nervous about. All I had to do was run, and at the very least, walk. Right? I don't know how something so simple as putting one foot in front of the other could make someone so nervous. But, it did.

However, I was very excited, full of energy and extremely happy to be there. I reminded myself constantly of your advice. Start out slow. It was difficult. Mile 1 flew by. It was all up hill (the McArthur Causeway). But I did not even feel it. I kept telling myself to slow down, and I did, once mile 1 was done. Around that time, it started raining again. By mile 4 it was pouring. Unfortunately, this kept spectators away. But, amazingly enough, it did not stop any runners. It certainly did not stop me.

Around mile 8 or 9 I started to get very tired. It was still raining. I wanted to walk. But I told myself to keep going just a little but. I made it

to mile 11. By then, I thought, I've gotten this far, there is no stopping me now. Besides, if I stop running now... I know there is no way I will start running again. And so I kept running... more driven by inertia than anything else. But then... MILE 12! Oh... God bless mile 12. I could not believe my eyes. At this point, a lot of people had finished, and were wearing their medals along the way, cheering people on. And so, I made it to Mile 13.1 (still raining). I ran the entire way. No stops. Amazing. Two hours, forty five minutes and thirty five seconds. I saw my brother and my friend as I crossed the finish line... and somehow got the energy to start jumping and waving at them. It was a hard and long journey. An unforgettable one. In a way, I felt like those low-blows I told you about, were going away, one mile at a time. It was incredible.

Never had I pushed my body this far. Never had I imagined I could. But now, all I can think about is how much more can I go with a little more effort?

So... I am officially announcing that I will be running the New York Marathon next November 6th. Now that I told you I can't back up. Right?

Thanks for everything coach! You were present in every single step of the way.

Myriam.

P.S. I will send you some pictures once I have the time to download them into my computer. For the next week, I have a lot to catch on at school. Oh, and by the way. I assume you will be needing volunteers for the Tallahassee Half-Marathon. I would love to help. Please let me know what I can do on race day.



Gulf Winds Triathletes Weekly Training:



Tuesdays 6:00 PM- Track workouts.

Sundays 7:00 AM - Sunday Streakers - contact

his-kelly@nettally.com for location. 10 mile runs. Or if you want to sleep in Sundays 7:30 AM - BP 10 miler - meet at Beef O'Brady's parking lot

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 - Myers Park, 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 Runners Zodiac

Jack McDermott



Pisces ("The Fish") (Feb. 19 – Mar. 20)

Key Characteristics: Lackadaisical and Vague

Key Phrase: "I can't feel my legs."

Key Injury: Bad Chafing

Famous Runners: Vladimir Kotov (Feb. 21), Jim Spivey (Mar. 7), Henry Marsh (Mar. 15)

Horoscope: Despite being a fish, you are an earth sign, which means you have a saucy sense of humor that could easily offend your training partners. Don't worry, with your flightiness, they don't like you much anyway.

Spring is a time of love for you; unfortunately you choose a Scorpio or Sagittarius. They are a really bad influence on you, and will try to encourage you to eat too many Twizzlers instead of focusing on your training. Saturn's appearance in your upper-most quadrant during the Summer Solstice can mean only one thing: chafing. Always remember – don't get started unless you are properly lubricated.

The Full Moon's rotation combined with a convergence of Neptune and Saturn indicate that if you are going to have a decent running year (which isn't likely) – it will be in the Fall. Strong kinetic energy is directing you to the Pine Run, Echo Run, or perhaps even the Women's Distance Festival. Good luck and stay single.

Aries ("The Ram") (Mar. 21 – Apr. 20)

Key Characteristics: Impulsive and Impatient

Key Phrase: "Do I look better than I feel?"

Key Injury: Missing Toenails

Famous Runners: Ingrid Kristensen (Mar. 21), Roger Bannister (Mar. 23), Patti Catalano (Apr. 6)

Horoscope: The ram is a wind sign, which combined with the negative aura surrounding your constellation means that 2004 is a year for injuries. Most likely you will spend more time watching running on TV than actually doing it. Of course, it is your own fault. You never should have listened to that Leo who recommended that new brand of shoes that made some of your toenails fall out.

Although the your year is bleak, the appearance of both Mars and Saturn in your lower quadrant during the Summer months does indicate success pointing to either the Melon Run or the Firecracker 5K. Don't let the success go to your head. You will be injured again by Fall.

During the Fall and early Winter, you need to avoid the lunar energy --- don't run at night during a full moon. You won't turn into a werewolf, but your toenails may not grow back. Mars' brief appearance at the end of 2004 does indicate a good rally, but too little too late as far as the grand prix is concerned. Consider the Turkey Trot or 10-Mile Challenge if your mileage is high enough. Better luck next year.



Julie's Tips: (Julie Clark)

This week's subject is "I'm really working hard at my running, but why am I not making progress?"

First, let's define progress. According to Webster's, the definition is: "Movement toward a goal. Progressive development. Steady improvement. To advance toward a more desirable form." Many runners think they have made "progress" only if they become faster. However, there are many other aspects of "progress" that usually precede "becoming faster". One of the first things that comes to mind is health and fitness.

Are you more fit/healthier today than you were 4 weeks ago? If you are, then haven't you made "progress"? What about distance? Isn't it progress if you can go further today than you could 4 weeks ago?

GOING FORWARD SOMETIMES MEANS THAT YOU HAVE TO STEP BACK FIRST. Huh? When we push our body with harder training, the body/mind/spirit has to make adjustments. Sometimes the response is what I call a temporary "slow down". You will be training as hard as ever and yet your speed may stay the same or get slower. You may feel tired and wonder why there is no improvement. Runs that were easy a couple of weeks ago may suddenly feel difficult. A "slow down" could also be not wanting to go on a normal run or just not being happy about the moment when you are running. If you encounter this "slow down", relax and just recognize it for what it

is. It's a stage of development. Yes, you are always progressing even when you are digressing. When you experience this it's important to allow a rest day if needed and then continue with your program. Do not fret. It will get better. Soon you will be over the slump and you may find that suddenly you are doing way better than you had imagined you could. Instead of a continuous line going up, think of progress as a squiggly line with ups and downs with overall upward trend.

You may also visualize it as a journey on a hilly country road. You are always going up and down, but you are progressing forward on your journey.

Because of these ups and downs, it is important to view your progress over the long term. I like to look at my running journal and compare my mileage and times to past years. I have heard that it takes ten years to develop your full running potential. I don't know if this is true or not, but I can tell you that I have had some of my best distance times ever after eight years of competitive running.

Age is also a factor in performance. Obviously it is not going to be as easy to hold the same pace as you get older. You may actually be more fit, but run slower due to aging factors. Don't deny it. You have progressed.

Then there is the training payoff factor. Many people think that if they train hard for 3-4 weeks, that they should see the improvement right then. The truth is that the real big training payoffs come from 2-4 months of dedicated, hard training followed by rest (taper).

Lastly, Running is a lifetime journey, so try not to measure yourself too harshly.

No Blarney, The Shamrock Scurry Has Returned!!!

5K Benefit Run/Walk & 1 Mile Fun Run/Walk

DATE: Saturday, March 13, 2004 **TIME:** 1 Mile Fun Run 8:30am, 5K 8:45am

LOCATION: Celebration Baptist Church, 3300 E. Shamrock, Tallahassee, Florida on)

SPONSOR: The Children of Ireland Group, Inc. - a 501 (c)(3) non-profit organization

POST-RACE DINNER & Irish Music: 7pm - Shenanigan's Irish Pub –

AWARDS: ***BEAUTIFULL WATERFORD CRYSTAL TROPHIES** Awarded to top overall male and female runners!! -Other Awards presented to top male & female runners in different age groups. -Award given to best Irish dressed male & female child in One Mile Fun Run

FOR FURTHER INFO: Terry Ryan at: terry@thetrakker.com or PH: (850) 668-4273

ALL PROCEEDS GO TO THE CHILDREN OF IRELAND GROUP TO PROVIDE RECREATION AND EDUCATION EQUIPMENT TO COMMUNITY CENTERS WORKING WITH AT-RISK CHILDREN AND YOUNG ADULTS IN IRELAND.

Please Circle Applicable entry fee :

<u>PRIOR TO FEBRUARY 28</u>		<u>AFTER FEBRUARY 28</u>	
<u>UNDER 18</u>	<u>18 & OVER</u>	<u>UNDER 18</u>	<u>18 & OVER</u>
WITH T- \$10	WITH T- \$15	WITH T- \$15	WITH T- \$20
W/O T-SHIRT \$7	W/O T- \$10	W/O T- \$10	W/O T-\$15
Shirt Size	Circle size:	S M	L XL
To join Childeren	Of Ireland Group	Add 10.00	Total :

*(PLEASE PRINT LEGIBLY)*Name: _____

Age on 3/13/04: _____ Gender: Male Female

Telephone: _____ E-mail _____

Address: _____

City: _____ State: _____ Zip: _____

Sign "Release & Waiver" statement below & mail with check or money order payable to: **Children Of Ireland Group, Inc. Box 13241, Tallahassee, FL 32317**

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able, physically fit and properly trained. I assume any and all risks associated with this event including but not limited to falls, contact with other participants, effects of weather, including heat and/or humidity, and traffic and the conditions of the roads, all such risks being known and acknowledged by me. I agree to abide by all decisions of the race officials relative to my ability to safely complete this run. I agree to not wear headsets, run with dogs, baby joggers, or strollers during the race. Knowing these facts and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge all The Children Of Ireland Group, Inc., race officials, volunteers and all sponsors including their agents, employees, assigns, or anyone acting on their behalf from any and all claims or liability for death, personal injury or negligence or carelessness on the part of the persons named in this waiver. This Release and Waiver extends to all claims of every kind and nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants full permission to The Children Of Ireland Group and/or agents authorized by the organization to use any photographs, videotapes, motion picture or any other record of this for any legitimate pupose.

Signature (parent if under 18) _____ Date: _____

**Tallahassee Half-Marathon
2/15/04 Grand Prix Event
Peg and Gary Griffin RD's**

				47	Dave	Gilbertson	54	1:45:13
				48	James	Killius	42	1:45:22
				49	Travis	Miller	34	1:46:05
				50	Bob	Asztalos	44	1:47:15
				51	Tom	Flynn	51	1:47:22
				52	T. R.	Warren	54	1:47:23
				53	Chris	Sumner	24	1:47:24
				54	Nick	Yonclas	60	1:47:26
				55	Randy	Holcombe	53	1:48:14
				56	<u>Judy</u>	<u>Alexander</u>	42	1:48:47
				57	Rick	Callaway	38	1:49:11
				58	Jonathan	Dalton	33	1:49:27
				59	Gary	Hosmer	53	1:49:35
				60	David	Kaziska	38	1:49:55
				61	Alfred	Bea	48	1:50:03
				62	Mike	Gay	24	1:50:16
				63	Corey	Pollack	26	1:50:23
				64	Jeffrey	Solie	45	1:50:38
				65	Hamp	Stoutamire	37	1:52:40
				66	Harry	Detwiler	44	1:52:56
				67	<u>Loranne</u>	<u>Ausley</u>	40	1:53:05
				68	<u>Lynn</u>	<u>Powell</u>	39	1:53:44
				69	Jeremy	Kirby	34	1:54:33
				70	<u>Lisa</u>	<u>Unger</u>	36	1:55:01
				71	<u>Erica</u>	<u>Wasylshyn</u>	25	1:55:28
				72	Frank	Rudd	40	1:55:28
				73	Derek	Hemenway	34	1:55:57
				74	Clint	Watkins	61	1:56:07
				75	<u>Maria</u>	<u>Vives</u>	30	1:56:15
				76	David	Voorting	43	1:56:21
				77	Tom	Proctor	33	1:56:22
				78	<u>Rhonda</u>	<u>Gaudino</u>	42	1:56:32
				79	Jim	O'Neill	47	1:56:46
				80	William	Stanton	44	1:56:49
				81	Hal	Davis	47	1:57:08
				82	Hugh	Hartsfield	33	1:57:09
				83	Brad	Kile	33	1:57:16
				84	<u>Joyce</u>	<u>Lowery</u>	54	1:57:21
				85	<u>Sara</u>	<u>Fulghum</u>	40	1:57:27
				86	Robert	Palmer	42	1:57:29
				87	Buddy	Doll	46	1:57:57
				88	Genzo	Tanaka	62	1:58:08
				89	<u>Sue</u>	<u>Kelly</u>	52	1:58:20
				90	David	Thompson	47	1:58:38
				91	Jon	Dalton	62	1:58:40
				92	George	Songer	54	1:58:58
				93	Jim	Zimmerman	60	1:58:59
				94	<u>Susan</u>	<u>Fitzgerald</u>	48	1:59:53
				95	David	Farnsworth	53	2:00:00
				96	<u>Pam</u>	<u>Breza</u>	43	2:00:54
				97	Harry	Dorsey	56	2:01:05
1	Adam David	Churchill	23	1:14:11				
2	Gary	Droze	42	1:20:44				
3	Bill	Mccord	41	1:22:57				
4	David	Coody	30	1:23:45				
5	Russell	Garner	32	1:24:01				
6	David	Yon	48	1:24:23				
7	Mike	Johnson	41	1:26:34				
8	<u>Breeda</u>	<u>Willis</u>	34	1:27:22				
9	Jeff	Nielsen	46	1:28:15				
10	Brian	Corbin	36	1:28:30				
11	Gavin	Naylor	43	1:28:38				
12	Karl	Hempel	52	1:28:50				
13	Hobson	Fulmer	48	1:29:06				
14	Art	Remillard	30	1:29:22				
15	<u>Kate</u>	<u>Remillard</u>	25	1:29:22				
16	Mike	Sims	51	1:29:36				
17	Jay	Herring	46	1:29:43				
18	Michael	Martinez	38	1:29:46				
19	Jerry	Ongley	56	1:29:48				
20	James	Wilgenbusch	35	1:29:53				
21	Shawn	Heath	33	1:30:15				
22	Jeff	Bowman	42	1:32:53				
23	Chuck	Davis	42	1:34:07				
24	<u>Barbara</u>	<u>Dawicke</u>	42	1:34:26				
25	Craig	Willis	52	1:35:14				
26	Jonny	Simpkins	41	1:35:46				
27	Myron	Herring	45	1:37:00				
28	Chris	Marino	31	1:37:33				
29	<u>Lisa</u>	<u>Whitworth</u>	33	1:37:37				
30	Patrick	McKeefery	51	1:38:26				
31	Lars	Leader	51	1:38:50				
32	Joe	Dexter	57	1:39:34				
33	Keith	Collins	50	1:39:53				
34	Sergio	Bejar	30	1:40:34				
35	Mike	Labossiere	37	1:41:04				
36	Liz	Baker	30	1:41:21				
37	<u>Seeley</u>	<u>Lovett</u>	27	1:41:40				
38	Manuel	Gutierrez	30	1:41:41				
39	<u>Maggie</u>	<u>Davis</u>	24	1:42:11				
40	Ralph	Patterson	38	1:42:48				
41	Warren	Emo	50	1:42:49				
42	Rick	Parker	39	1:43:05				
43	John	Matthews	33	1:43:45				
44	Dale	Smith	50	1:44:12				
45	<u>Krista</u>	<u>Killius</u>	40	1:44:40				
46	Bob	Fisher	47	1:44:55				

98	<u>Erica Walsh</u>	24	2:01:08	149	George Tindle	62	2:28:31
99	<u>Erin Shepherd</u>	32	2:01:31	150	Robert Morris	72	2:28:49
100	<u>Barbara Mcneal</u>	48	2:01:45	151	Cass Vickers	55	2:30:50
101	<u>Beth Alexander</u>	39	2:01:52	152	<u>Sondra Lee</u>	35	2:37:58
102	<u>Michelle Rowe</u>	43	2:02:33	153	Victor Haddad	72	2:38:36
103	Scott Kull	35	2:02:40	154	<u>Betsy Thorpe</u>	48	2:38:38
104	<u>Dawn Wells</u>	23	2:02:52	155	<u>Lisa Ferenbach</u>	36	2:39:00
105	David Smith	59	2:03:01	156	Charles Carter	53	2:40:52
106	Michael Riley	48	2:03:40	157	<u>Edie Mccarty</u>	42	2:41:46
107	<u>Suzanne Spencer</u>	28	2:03:42	158	<u>Kathy Dunnigan</u>	45	2:41:49
108	Jake Stevens	62	2:03:47	159	<u>Mary Geringer</u>	49	2:41:50
109	Shawn Snow	50	2:03:52	160	<u>Vicki Crawford</u>	40	2:42:25
110	Richard Ziegler	44	2:04:23	161	<u>Leslie Snyder</u>	48	2:42:34
111	<u>Mary Stutzman</u>	55	2:04:27	162	<u>Betty Dewar</u>	45	2:42:40
112	<u>Vickie Varchal</u>	39	2:04:43	163	<u>Linda Jagger</u>	51	2:44:33
113	<u>Melissa Zapata</u>	24	2:05:01	164	<u>Sheryl Brainard</u>	32	2:44:39
114	Jimmy Ledford	48	2:06:02	166	Doug Brown	60	2:56:47
115	Bob Keller	70	2:06:05	168	<u>June Horgan</u>	47	3:02:22
116	Patrick Jeffries	40	2:07:31	169	Bill Horgan	50	3:02:23
117	<u>Susan Ledford</u>	41	2:07:35	191	<u>Sharon Pearson</u>	38	3:39:50
118	John Occhiuzzo Jr.	51	2:08:44				
119	Tom Powell	56	2:08:52				
120	<u>Ruth Jones</u>	52	2:09:01				
121	<u>Susan Cornwell</u>	54	2:09:24				
122	Carlos Zapata	58	2:11:07				
123	<u>Leslie Morton</u>	41	2:11:15				
124	<u>Joy Key</u>	33	2:11:16				
125	<u>Anne Priddy</u>	54	2:11:30				
126	Kyu Beom Choi	32	2:12:22				
127	Michael Degennaro	61	2:12:30				
128	<u>Leslie Wilson</u>	36	2:13:11				
129	<u>Linda Ongley</u>	52	2:13:21				
130	Christine Stabley	28	2:13:35				
131	<u>Mae Cleveland</u>	64	2:14:09				
132	Bill Degrummond	69	2:14:10				
133	Thomas Jagger	48	2:14:17				
134	<u>Julia Winter</u>	46	2:14:21				
135	Kevin Cruikshank	31	2:15:25				
136	Chris Becker	48	2:15:44				
137	Arthur Ward	70	2:16:51				
138	Patrick Cruikshank	59	2:17:53				
139	<u>Perha Varley</u>	59	2:18:26				
140	Harry Fisher II	72	2:18:33				
141	Joe Crook	24	2:19:26				
142	<u>Margarete Deckert</u>	70	2:20:21				
143	<u>Marleina Overton</u>	25	2:21:00				
144	Brian Trusky	32	2:21:00				
145	<u>Holly Riley</u>	21	2:21:25				
146	<u>Lexie Cauthen</u>	22	2:21:26				
147	<u>Stacey Cauthen</u>	25	2:21:32				
148	<u>Martha Haynes</u>	50	2:22:51				

MARATHON TRIVIA

The Marathon is arguably the 1st or close to the first Tallahassee Race still extant. Certainly it's the "Race without a Home", having been run in the following locales.

1. Natural Bridge
2. Campbell Stadium
3. Silver Lake
4. Springhill Road
5. Killearn Estates (this was the first one on pavement)
6. Wacissa Springs
7. Education Building
8. Tallahassee Nursery
9. Wakulla Springs
10. Bike Trail -From Mike Long Track

One of the most amazing records is that of **Mike Schneider**, who at age 66 has run 26 consecutive Tallahassee marathons, starting with #5 below and including the latest starting at FSU.

Tallahassee Marathon
2/15/04
Peg and Gary Griffin RD's

1	Jack	Mcdermott	34	2:55:19	51	Bruce	Langston	36	4:20:41
2	Fred	Johnson	42	3:02:19	52	<u>Kirsten Baggett</u>		37	4:21:44
3	Jay	Silvanima	44	3:05:52	53	<u>Caroline Noble</u>		38	4:22:42
4	Matthew	Minno	44	3:06:09	54	Rex	Cleveland	64	4:23:11
5	Felton	Wright	46	3:06:42	55	<u>Catherine Nixon</u>		23	4:26:34
6	Dan	Campbell	39	3:08:03	56	<u>Kathy Ryan</u>		62	4:28:07
7	Bill	Hillison	59	3:08:16	57	<u>Penny Isom</u>		41	4:30:13
8	Sung Ho	Choi	27	3:09:00	58	Ronald	Morrell	55	4:33:22
9	Bob	Milan	54	3:09:49	59	Terry	Peters	59	4:34:43
10	James	Bumbul	39	3:16:13	60	Phil	Little	61	4:35:37
11	Kevin	Droe	36	3:17:49	61	Terry	Spears	48	4:39:44
12	<u>Kim Bruce</u>		41	3:18:18	62	<u>Marilyn Bowe</u>		41	4:42:13
13	Philip	Lawrence	42	3:18:20	63	Andrew	Colee	57	4:46:15
14	Bill	Bowers	50	3:19:18	64	Floyd	Coleman	47	4:58:32
15	Mark	O'shaughnessy	44	3:19:20	65	Charles	Thomson	53	5:01:02
16	Jim	Hamblin	49	3:23:17	66	Mike	Schneider	66	5:03:43
17	Douglas	Covert	39	3:26:46	67	Fritz	Davis	38	5:05:51
18	Clarence	Calloway	40	3:28:29	68	K - G	Nystrom	65	5:07:08
19	Michael	Duray	40	3:29:30	69	<u>Nadine Dexter</u>		45	5:15:26
20	Bud	Fennema	48	3:30:22	70	Tom	Adair	62	5:17:09
21	Gary	Cato	48	3:33:30	71	<u>Bridget Edmond</u>		35	5:20:04
22	Jeff	Bryan	36	3:37:50	72	<u>Cynthia Christen</u>		51	5:25:52
23	Ronald	Christen	58	3:37:50	73	<u>Dawn Brown</u>		55	6:06:16
24	Francesco	Criniti	59	3:41:11	74	Norm	Frank	72	6:08:27
25	Dana	Stetson	46	3:43:00	75	Alan	Steggles	65	6:17:06
27	Frank	Gay	58	3:43:12					
28	Doug	Underwood	52	3:43:14					
29	<u>Kristin Lehmann</u>		31	3:44:43					
30	Jeremy	Conger	21	3:44:44					
31	Mark	Delegal	36	3:44:53					
32	<u>Connie Clarke</u>		42	3:44:56					
33	<u>Leigh Ceci</u>		39	3:45:30					
34	Ned	Luczynski	46	3:47:46					
35	Kevin	Mcleod	25	3:49:47					
36	Andrew	Kotulski	64	3:52:37					
37	Robert	Obernier	45	3:54:07					
38	<u>Mary Roway</u>		37	3:55:08					
39	Matt	Schrader	29	3:58:58					
40	Ace	Haddock	34	4:00:46					
41	Keith	Rowe	42	4:01:30					
42	Nick	Mazza	55	4:04:08					
43	Lou	Vargas	54	4:10:34					
44	James	Parker	47	4:10:51					
45	<u>Kathy Pike</u>		34	4:11:19					
46	<u>Jennifer Shafer</u>		36	4:11:19					
47	<u>Pamela Kennedy</u>		35	4:11:20					
48	Richard	Holmes	54	4:15:49					
49	Ithel	Jones	49	4:16:28					
50	Gregory	Spencer	33	4:20:20					

Musings of a Marathoner

If you're going to play chess with Death you ought to have a thorough knowledge of end-games...absent that, the experience of having run the last five miles of a marathon will do nicely.

Mark Francis

You folks in the 3 hour crowd got no idea of what a marathon is really like back in the 4 hour plus crowd. There's a War going on there!

Heard at the Skylon Marathon by an unknown Texan.

I can't imagine running much more than a couple of hours.

Bill Rodgers



Date: Saturday, April 10, 2004

Time: Race starts at 8:00 a.m. E.D.T. Pre-race Registration, Team Roster submission, and Packet Pick-up start at 6:45 a.m.

Place and Course: Race starts at Messer Fields. Race finishes at Palace Saloon on Jackson Bluff Road.

Entry Fee: \$12.00, early registration (by or before April 9th), includes shirt.

\$15.00, day of race, includes shirt. \$7.00, no shirt option

Make checks payable to Gulf Winds Track Club

Post-race Refreshments: Gatorade, water, and other beverages

Team Competition: A team will consist of at least five but no more than seven runners, with each team's score being the sum of the times of its fastest five finishers. All members of a Men's team must be male; all members of a Women's team must be female. There will be no extra charge for entering a team, but each team member must enter the race as an individual, paying the appropriate registration fee. Each team must submit a roster of its members at pre-race registration on race morning where appropriate forms will be available.

Awards: Overall/Master/three-deep in five-year age groups. Team awards to five fastest members of top two male teams and top two female teams.

For Additional Information: Reid Vannoy: r.vannoy@worldnet.att.net or 850-894-5659 or Jeff Bryan: jsb6to3@yahoo.com or 850-942-4149 or visit the Gulf Winds Web site at <http://www.gulfwinds.org>

Palace Saloon 5K Entry Form

Mail entry with payment to: Palace Saloon 5k c/o Reid Vannoy, 6399 Belgrand Drive, Tallahassee, FL 32312 or take entry with payment to: Sportsbeat, West Tennessee and Ocala Road Ocala Corners Shopping Center

Name: _____ Age (on 4/10/2004): _____ DOB: _____

Male ___ Female ___ Phone: _____ E-mail: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Shirt Size: S M L XL (circle one)

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able, physically fit and properly trained. I assume any and all risks associated with this event including but not limited to falls, contact with other participants, effects of weather, including high heat and/or humidity, and traffic and the conditions of the roads, all such risks being known and acknowledged by me. I agree to abide by all the decisions of the race officials relative to my ability to safely complete this run. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. Knowing these facts and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge all Gulf Winds Track Club race officials, volunteers and all sponsors including their agents, employees, assigns, or anyone acting on their behalf from any and all claims or liability for death, personal injury or negligence or carelessness on the part of the persons named in this waiver. The Release and Waiver extends to all claims of every kind and nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants full permission to Gulf Winds Track Club and/or agents authorized by them to use any photograph, videotapes, motion picture or any other record of this event for any legitimate purpose.

Signature (parent if under 18) _____ Date _____



**Gulf Winds Track Club
presents
The 29th Annual Springtime 10K
and
Fun Station One-Miler
April 3, 2004**



The **Springtime 10k** Road Race is a USATF certified course through the beautiful Myers Park neighborhood. The course is considered challenging. The 10k is a GWTC Grand Prix event. The FunStation One Miler course is mostly downhill beginning and ending at the same locations as the **SPRINGTIME 10K** course. **Cash Awards for the 10 K**

When: Race day registration and the starting line for both events are located in front of the County Courthouse on Monroe Street in downtown Tallahassee

SPRINGTIME 10K 8:00 a.m. One Miler8:10 a.m..

Race day registration will begin at 6:30 a.m.

10K Early registration: \$15, Day of race \$20, No T option, \$10

Entry Form**Please Print Legibly**

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Circle one: **M / F** Age on race day _____Race entered (circle one): **10K One Miler**

Entry fee paid _____

10 K Team Name: _____**10K Team Division (circle one):**

OPEN OPEN WOMEN Business/Agency

One Miler School Name: _____Shirt size (**circle one**) Child: **M** Adult: **S M L XL**

I know that participating in running activities is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather (excessive heat and/or humidity), traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I for myself and anyone entitled to act on my behalf waive and release the Race Director, Gulf Winds Track Club, City of Tallahassee, Leon County, or any other sponsoring agent, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the parts of the persons/agents -named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Date _____

Signature of entrant (parent or legal guardian if under 18 years old)

Mail to **SPORTS BEAT**, 800 Ocala Rd #100, Tallahassee. FL 32304

Capital Health PLAN
 All entrants (except those that opt for the no T-shirt (registration option) will receive a **SPRINGTIME 10K** shirt. If we run out of your size shirt on race day, you can pick up your shirt the following Saturday at Sports Beat

Awards
 Each entrant is eligible for one gift certificate from Sports Beat. Awards must be claimed by Saturday, April 10, 2004 or it will be forfeited.

10K Awards
 First Place Overall Male & Female \$125— Second Place Overall Male & Female \$ 100—Third Place Overall Male & Female \$75— Fourth thru Tenth Place \$50—First Place Masters Male & Female \$75— First Place Grand-Masters Male & Female \$75
Awards 5 Deep in each Age Group



FUN STATION ONE MILER PRIZES
 (age divisions, 6 & under, 7 & 8, 9 & 10, 11 & 12, 13 & 14, 15 & 16)
First Place Age Division Male & Female: Do-It-All Gift Pack from Fun Station
Second Place Age Division Male & Female: Two Activities Pack from Fun Station
Third Place Age Division Male & Female: Single Activity Pack from Fun Station
 All finishers age 16 and under will receive a ribbon and a goodie bag.



LORDS & BARONS
Fine Jewelers
SPORTS BEAT

16th Annual FLASH 12K February 7, 2004
Joe and Nadine Dexter R.D.'s

Top Male –		Bold = Age Group Winner		
Tim Unger	42:46	1. Tim Unger	44	42:46
Top Female –		2. Tim Bolton	26	43:00
Lisa Whitworth	52:49	3. Chris Holland	17	44:52
Masters Male –		4. Jack McDermott	37	45:06
David Yon	45:53	5. Larry Mengelkoch	51	45:12
Masters Female –		6. David Yon	48	45:53
Yvonne Gsteiger	56:21	7. Paul Morphy	48	46:00
Grandmasters Male –		8. Bill McCord	41	46:32
Larry Mengelkoch	55:12	9. Eric Smith	31	47:16
Grandmaster Female –		10. Felton Wright	46	49:07
Sue Kelly	64:26	11. Michael Martinez	38	49:23

12. Hobson Fulmer	48	49:37	67. <u>Mary Stutzman</u>	55	68:18
13. Ethan Imhoff	26	49:37	68. Richard Ziegler	44	68:35
14. John Huffman	39	49:45	69. <u>Hillary Brigham</u>	39	68:36
15. Chuck Davis	42	50:07	70. <u>Nancy Valery</u>	42	68:40
16. Sean Phelps	41	50:46	71. <u>Julia O'Hara</u>	38	68:52
17. Brad Cater	18	51:46	72. Richard Addison	49	69:02
18. Jerry McDaniel	50	52:11	73. Keith Powell	41	69:07
19. <u>Lisa Whitworth</u>	33	52:49	74. Wallace Randell	50	69:28
20. Jerry Ongley	56	52:49	75. <u>Heather Lammers</u>	25	71:27
21. Mike Sims	51	52:51	76. <u>Susan Ledford</u>	41	71:33
22. Billy Dram	37	53:48	77. Jimmy Ledford	48	71:33
23. Aldon Baker	34	53:48	78. Art Ward	70	73:34
24. Andy Roberts	36	54:40	79. <u>Christen Chason</u>	16	78:41
25. <u>Liz Baker</u>	30	55:09	80. <u>Julia Winter</u>	46	79:06
26. <u>Meredith Frazier</u>	18	55:23	81. <u>Chache Moore</u>	44	79:25
27. Dan Oronje	38	56:18	82. Chris Chason	46	83:08
28. <u>Yvonne Gsteiger</u>	46	56:21	83. Robert Morris	72	83:33
29. John Matthews	33	56:36	84. Martha Haynes	50	84:03
30. Carroll Hageseth	40	56:38	85. <u>Nada Stauffer</u>	51	84:04
31. <u>Kate MacFall</u>	32	57:02	86. <u>Leslie Snyder</u>	48	88:13
32. Sergio Bejar	30	57:21	87. <u>Betsy Thorpe</u>	48	88:14
33. Dale Smith	50	57:21	88. <u>Julia de Grummond</u>	34	92:34
34. Dennis McClure	47	57:27	89. Bill de Grummond	69	94:34
35. Seth Coffin	33	57:32			
36. Nick Yonclas	60	57:43			
37. Jim Ervin	47	57:43			
38. Chad Linville	31	57:49			
39. Kirsten Baggett	37	58:00			
40. Rick Callaway	38	58:01			
41. Jeff Farrah	25	58:39			
42. Terry Tenold	55	58:48			
43. Jamie McEachern	24	59:18			
44. Alan Rowan	42	59:24			
45. Alfred Bea	48	59:54			
46. <u>Erin Shepherd</u>	32	60:13			
47. Kevin Claridge	28	60:34			
48. Mae Barker	26	61:00			
49. John Stacklyn	52	61:41			
50. Bill Hunter	53	62:22			
51. David Farnsworth	53	63:28			
52. <u>Rhonda Gaudino</u>	42	63:31			
53. <u>Lisa Unger</u>	36	63:43			
54. <u>Toma Wilkerson</u>	34	63:49			
55. Gordon Morgan	57	64:04			
56. <u>Sue Kelly</u>	52	64:26			
57. Gary Cater	49	64:34			
58. Robert Palmer	42	65:12			
59. <u>Pam Breza</u>	43	65:12			
60. David Smith	59	65:43			
61. <u>Loranne Ausley</u>	40	66:14			
62. Barbara Yonclas	56	66:18			
63. Unknown		66:20			
64. <u>Beth Alexander</u>	39	66:48			
65. Chris Judd	25	67:26			
66. <u>Cathy Cross</u>	44	67:57			

**Cookie Run Mile 2/14/04
Grand Prix
Jeanne O'Kon, Tom Perkins
RD's**

1	<u>Meredith Fraser</u>	18	6:30
2	Ethan Treacy	14	6:45
3	Kara Taylor	13	6:53
4	Anthony Baity	11	7:24
5	<u>Margaret Lines</u>	14	7:26
6	Sean Griffin	14	7:26
7	Phillip Wenturine	12	7:29
8	Tom Ratliffe	56	7:35
9	<u>Whitney Alexander</u>	13	7:38
10	<u>Adreane Echeverri</u>	11	7:43
11	<u>Danielle Jackman</u>	12	7:48
12	Lily Williams	9	7:59
13	<u>Allison Clarke</u>	12	8:22
14	<u>Caroline Rouse</u>	14	8:26
15	Jamie Wright	10	8:31
16	Davis Clarke	9	8:37
17	<u>Samantha Corbin</u>	10	8:41
18	<u>Cecelia Williams</u>	8	9:46
19	<u>Breanna Bruner</u>	8	10:20
20	Wes Bruner	49	10:22
21	Pat Bruner	46	10:46
22	<u>Mary K. Delegal</u>	5	11:11

23	<u>Elizabeth Delegal</u>	4	11:13
24	Kenon Fishburne	52	11:18
25	Vincent Dewar	7	12:11
26	Joseph Dewar	5	12:28

Cookie Run 5K 2/14/04
Jeanne O'Kon, Tom Perkins
RD's

1	Timothy Bolton	26	17:07
2	Tim Unger	44	17:18
3	<i>Sarah D. Williams</i>	39	18:06
4	Bill Mcguire	56	18:27
5	Daniel Miletich	13	18:28
6	Michael Martinez	38	18:56
7	Mike Labossiere	37	20:13
8	Andres Bernal	25	20:21
9	Cris Williams	43	20:41
10	Michael Slaughter	22	21:01
11	Bob Fisher	47	22:06
12	John Kelly	46	22:24
13	Frank Betzner	26	23:02
14	Mike Mcgee	21	23:04
15	Tom Taylor	40	23:14
16	Carl Huang	46	23:26
17	Nate Maxwell	35	23:38
18	<i>Erin Shepherd</i>	32	24:11
19	<i>Meredith Fraser</i>	18	24:18
20	<i>Patricia Roberson</i>	31	24:23
21	<i>Dana Perpall</i>	20	24:26
22	<i>Fran Mclean</i>	46	24:36
23	George Kolp	59	24:44
24	Gordon Morgan	57	24:53
25	Steven Blumsack	60	24:53
26	Randall Gray	40	24:59
27	Paul Dyer	45	25:04
28	Geoffrey Wenturine	49	25:09
29	<i>Maria Vives</i>	30	25:35
30	Joe Crook	24	25:38
31	<i>Jessica Bowman</i>	20	25:52
32	Stevie Helm	42	26:22
33	<i>Keri White</i>	18	26:22
34	Ethan Schaffner	35	26:27
35	Carlos Zapata	58	26:34
36	<i>Kersten Kinsley</i>	32	26:38
37	Mary Jean Yon	48	26:46
38	Mark Sandross	35	27:06
39	<i>Laura Davila</i>	19	27:11
40	<i>Melissa Zapata</i>	24	27:15

41	<i>Katie Coleman</i>	20	27:17
42	<i>Cathy Cross</i>	44	27:28
43	Reginald Perry	40	27:43
44	<i>Jenna Gangestad</i>	18	27:45
45	David Demaria	22	27:49
46	Richard Addison	50	28:06
47	Kevin Coleman	35	28:16
48	<i>Brynne Ridgewell</i>	12	28:30
49	Robbie Boissiere	56	28:51
50	<i>Stephanie Hensen</i>	24	28:52
51	Robert Morris	72	29:06
52	<i>Hayden Dempsey</i>	36	29:11
53	<i>Julie Degrummond</i>	34	29:15
54	Bill Degrummond	69	29:21
55	<i>Waverly Chin</i>	9	29:36
56	<i>Denise Hale</i>	24	29:55
57	<i>Annemarie Chin</i>	9	30:01
58	<i>Judy Chin</i>	44	30:15
59	<i>Dot Skofronick</i>	66	30:21
60	James Skofronick	72	30:39
61	<i>Kelly Skelton</i>	27	30:40
62	<i>Margarete Deckert</i>	70	30:41
63	Cass Vickers	55	30:45
64	Sean Griffin	14	30:47
65	<i>Whitney Alexander</i>	13	30:47
66	<i>Kathy Gartley</i>	21	31:23
67	<i>Sara Cleveland</i>	31	31:52
68	<i>Crystal Dowd</i>	21	32:06
69	<i>Georgia Vince</i>	32	32:17
70	<i>Nada Stauffer</i>	51	32:37
71	Ray Hanlon	60	32:59
72	<i>Caitlin Ridgewell</i>	14	33:07
73	Salom Talib	55	33:33
74	Fred Deckert	74	33:34
75	Roy Abarbanel	51	33:42
76	<i>Rita Abarbanel</i>	42	33:45
77	Artie White	23	33:47
78	<i>Jillian Volpe</i>	20	33:56
79	<i>Jody Bond</i>	48	34:08
80	<i>Vicky Bernal</i>	52	34:14
81	<i>Daniela Echeverri</i>	10	35:04
82	<i>Lisa Echeverri</i>	38	35:05
83	<i>Kristin Rouse</i>	30	35:15
84	Ross Vickers	14	35:26
85	<i>Jennifer Myers</i>	31	35:58
86	<i>Jennifer Shoop</i>	22	36:27
87	<i>Dianne Douglas</i>	50	39:30
88	<i>Kristin Dow</i>	27	39:48
89	Jeremiah Dow	27	42:44
90	<i>Judy Shapiro</i>	52	43:17
91	Don Douglas	57	46:05
92	Jere Moore	71	48:55
93	Charlie Yates	79	48:55

Featured Feet Bill Hillison

1. *How long have you been running?*

I began running shortly after we moved to Tallahassee in 1977. Bill Jordan was my mentor and is still a good friend.

2. *Favorite place to run?*

Forest Meadows on a late Friday afternoon with Bud Fennema and Matt Minno.

3. *Most memorable running experience?*

Crossing the finish line at Boston and thinking, "Thank God, I will never have to do this again." But then...

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

Listening to the Stones... "You Can't Always Get What You Want"

5. *Favorite non-running hobby?*

Boating and Fishing in the Gulf.

6. *Occupation?*

Professor of Accounting at Florida State University.

7. *Personal hero(ine)?*

My Dad, although he has been gone more than 30 years.

8. *Ideal travel destination?*

Beach, beach, and more beach

9. *What would you study if you*



could go back to school just for fun?

Foreign language (to learn one well enough to speak it).

10. *Most recent book you read?*

The Parsifal Mosaic by Robert Ludlum.

Gulf Winds Track Club will be sponsoring racing teams at two out of town events in March. Jacksonville's River Run will take place on Saturday March 13. Over 50 athletes from the Tallahassee area have already been registered. If you would like to be a part of one of the four teams that represent GWTC you need to act fast. The team's members must be determined by March 5th. If you are planning to attend the Azalea Trail Run in Mobile, Alabama on March 27, 2004. GWTC would like you to be a part of the traveling racing team. GWTC will be sponsoring Men's and Women's racing teams to ATR for the fifth year in a row. The Men's team won the beautiful ATR plaques presented to the best open Men's team in 2003. The GWTC men's team won the overall open title in 2001 the first time. The 2002 GWTC Men's team brought home the 2nd place division plaques. Both the Men and Women's open teams brought back the impressive ATR team plaques for their third place finishes in the 2000 competition. For the event this year GWTC will be awarding the new 2004 GWTC team-racing singlets to the fastest qualifiers for the teams. Azalea Trail Run team competition is open to runners of all abilities. Unlimited entries for each team are permitted. The most important qualifier is EACH TEAM MUST SEND THE RUNNERS REGISTRATION INFORMATION TOGETHER BY MARCH 15, 2004 TO QUALIFY AS A TEAM. You can find details about the 2004 event on the Port City Pacers website @ www.pcpacers.org/ Please send or

(Continued on page 34)

Featured Feet Bonnie Wright

1. How long have you been running?

Since 1985.

2. Favorite place to run?

Overstreet, with kudo's to my brother Eric Draper of the Audubon Society, who works long and hard to obtain lands for conservation. I also love any Early Girlz chaos run. A run with no apparent leadership and therefore no apparent course.

3. Most memorable running experience?

The first is when Felton asked me out on our first date at the FSU Track after intervals one evening. The second would be running the NY City Marathon with Mackie Hempel. I won a car at that race! No, not the Mercedes the winner's receive. Felton had to buy me a car for running my first marathon. And also competing in the Reservation Triathlon with my twin brother, Lonnie, on my wedding day. Great days, great races and great people.

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

It's more controlling the emerging panic.

5. Favorite non-running hobby?

Eating chocolates. Tied for a distant second in random order



are having fun with friends and family, swimming, cooking, sewing, reading, eating more chocolate.

6. Occupation?

Domestic Goddess.

Greatest Joy?

Having a child in my life. Our son, Jamie, who is 10 years old, is incredible. Plus I have some awesome nieces and nephews.

7. Personal hero(ine)?

My mom, Ruth Draper, followed by any one of my extended family. They are all talented, creative, silly, smart, supportive and fun. But I respect and admire anyone with compassion for others.

8. Ideal travel destination?

Italy.

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

Industrial Design, Information Sciences, or Textiles.

10. Most recent book you read?

I'm reading *Resistance* by Anita Shreve, *Blinded by the Right* by David Brock and *The 17 Indisputable Laws of Teamwork* by J. Maxwell.

11. Have a great day!

**“Representing the Younger Set”
Running takes guts – especially when you’re last.
by Meredith Fraser**



After running on the same team as a handful of championship athletes for four years, I have come to learn what the crowd usually admires in winning runners. Untouchable endurance, great pacing, and a lightning-fast last-minute kick always make the spectators nod in approval. But there’s also that extra ambiguous thing – “guts” – that a runner gets famous for.

In my own experience, I would only give the “Guts” trophy to a few of my fellow runners – the most notable of whom being **Ryan Deak**, **Ross McMillan**, and **Jenn Emo**. But it takes a lot of guts – that are never noted – to step up to the line knowing that you won’t come in first or even fiftieth. To run your heart out anyway, well, that takes something that most people just don’t have.

The greatest example of this gutsiness is in **Judy Alexander’s** clan over at N.F.C. These middle school kids step up to the start with high schoolers and finish with their heads held high. Sure, they’re not winning any races now, but in a few years, they’ll be fighting for the winner’s tape among themselves.

Sometimes the greatest encouragement comes from the least expected place. A few weeks ago at my first high school indoor track meet at Clemson University, I was switched from my seeded spot in the two-mile to my teammate **Adriana Piekarewicz’s** spot in the

mile. Adriana runs the mile 30 seconds faster than I do. I was nervous enough already, and knowing that I was destined to get last in my first indoor endeavor did not help.

Right before my race, I ran into Rickards High School’s head coach, and she tried to soothe my worries. Minutes later, while on the starting line, I heard loud cheering and “**GO MACLAY!**” coming from the sidelines. I turned to see four or five of Rickards’ top sprinters smiling at me. Every lap, they cheered me through. I finished last, but they cheered like I was an Olympic champion. I never got to say thanks, but their support gave me the guts to run without holding anything back.

A few months ago, my little teammate **Katy Swain** got some similar much-needed encouragement. She ran solo in the open 5K following the Senior All-Star race at the Miccosukee Greenway. Knowing of a crush she has had for months on a runner named **Enoch Nadler** (a Boys’ Senior All-Star athlete), my teammate **Kimmy Stewart** asked him to simply hold a sign that said “Go Katy” during her race. Not only did he hold the sign and loudly cheer her on, Enoch picked her up and hugged her after her near-PR of 21:17. She was one of the last finishers, but afterwards, Katy felt like a champion.

Whether coming from an inner impetus to push one’s limits or from some much needed encouragement from one’s supporters, guts can take you a long way. Or, if you’re **Katy Swain**, into the arms of **Enoch Nadler**.

Eye On The Tri Barbara McNeal

1. *What prompted you to start doing triathlons?*

A very dear friend of mine, Thierry Kobes, had gotten me to start running the year before, and challenged me to do a triathlon.

He missed that first race, but we continued to challenge each other racing all over Florida.

2. *What was your first triathlon?*

RIZZE'S Wildman Triathlon 1987

3. *What is your most memorable triathlon experience?*

Probably finishing that first triathlon, and finishing my first Ironman. Both those experiences changed my life forever.

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

2-4 hours swimming or weight training 3-4 hours running 6-10 hours on the bike.
My husband and I love "riding" long distances.

5. *What are your future triathlon goals?*

To have completed 100 triathlons by the time I'm 50 (Sept. 2005)

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

Quite the contrary.

7. *What is your occupation?*

Office manager at Dunn Chiropractic

8. *What is your favorite non-*



running, swimming or biking hobby?

Traveling or playing with my animals.

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

Studying animal behaviors.

10. *Most recent book you read?*

Every Second Counts by Lance Armstrong and whatever is current in the *Chicken Soup for the Soul* series.

Triathlon Facts

The Ironman was first "invented" by Navy Commander, **John Collins** in Hawaii in 1978. 15 starters, 12 finishers. 2.4 mile swim, 112 mile bike and 26.2 run.

Currently 50,000 applicants vie for the 2,000 starting positions.

There are now "Ironman" competitions all over the world but the championship is still in Hawaii.

Paula Newby-Fraser of Zimbabwe has won 8 times. **Mark Allen** 7 times and **Dave Scott** 6.

1982 was an early dramatic moment when Julie Moss, women's leader, collapsed near the finish and was passed while crawling to the line.

1997 First 3 places were swept by Germans.

Barbara McNeal has done the Hawaii Ironman twice.



GWTC
Merchan-



dise

The shirts are all \$10, except the Women's tank in the upper right which is \$5 and is only available in small. The visor and "license" plate are \$5 each and the logbook is \$10.

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"No one works harder"



Back of the Pack

"Mountain Mist 50K"
By **Jack McDermott**
March, 2004

To ensure that my mortgage company doesn't send a hit-man after me, I have decided to do more races within driving distance. The latest one was the Mountain Mist 50K in Huntsville, Alabama. I was convinced to do this event by some ultra friends **Jeff Bryan, Gary Griffin, and Jo Lena Pace** --- of course with friends like that --- who needs enemies?

This was only my third ultra, and I was forewarned that it was one of the "toughest trail runs in Alabama." I knew I was in trouble when the race packet contained a compass, a flare gun, and there were skeletons on the race T-shirt. It was also an "ish" race. The race was "50Kish." After 1 hour and 10 minutes to do the last 10K --- I think the race was more like 55Kish. Another thing that confused me was the moniker "trail run." Where was the trail?

At some points there were some matted down undergrowth, which almost looked like an old trail used by Spanish conquistadors, but nothing that looked regularly traveled. Some points of the "race" were just rocks, the only markings being bright orange flags. At one point we had to use our hands to climb, and I had to revisit my spelunking skills as we entered a few caves as well.

As ridiculous as this race sounds, it is extremely popular, and with a cap of 300 runners (*it filled up*), the largest ultra in Alabama. At the pre-race dinner, perennial winner **DeWayne Satterfield** told the story of how the Mountain Mist 50K got started. I guess he and the race director were running one day, and someone said, "This would be a great place for a race." Good thing I wasn't running with him. I would have said, "This would be a great place for a terrorist training camp," or



"This is a great place to find a dormant volcano." I guess I just lack their vision. Speaking of visions ...

Visions of an Ultra Runner
Some of the best ultra runners can barely hold regular jobs, but they all have these fantastic stories to tell. They tell stories like fisherman tell fish stories, except instead of "the one that got away," it's more like "the one that should have gotten away, but I sucked it up and finished anyway."

I may be exaggerating slightly, but the following is a story I overheard at the pasta dinner --- "So there I was --- running my first 100-mile trail event in the Amazon Jungle Basin. I was trudging along until I passed the 62-mile mark, and suddenly, I came face-to-face with a Bengal Tiger. I used a move I learned from my Navy Seal training to stun the beast, and I took off running. I did 7-minute miles over difficult terrain, feeling warm tiger breath on me every step of the way. Finally, at the 98-mile mark, it dawned on me: Bengal Tigers are only indigenous to the Indian Sub-Continent --- therefore --- I must have been hallucinating. But to this day --- that is the fastest 38 miles I have ever run in an ultra-marathon."

I am the dumb newbie ultra runner standing there mesmerized for 20 minutes. What was once a group of 10 people listening has whittled to just me, as the others secretly slipped away. When he finished I'm like -- That's it? That's the story? I had to listen to this 20-minute diatribe to learn you were having "visions?" What happened to the tiger? The tiger on a box of Kellogg's Frosted Flakes is scarier than your hallucination! In honor of this goofy story, I developed a top 10 list of things ultra runners see while hallucinating:

- # 10 – Jim Morrison playing the viola with the Philadelphia Philharmonic
- # 9 – Roseanne Barr singing the National Anthem
- # 8 – Santa Claus on the Island of Lost Toys

- # 7 – Elvis Presley on roller-skates
 # 6 – A koala bear playing the harmonica
 # 5 – Janet Jackson flashing her ---
 # 4 – The AFLAC duck brawling with the GEICO gecko
 # 3 -- Any character from a Dr. Seuss Book: "I can run in the sand, I can run in a band, I can run on brown land, I can run, I can, I can ..."
 # 2 – Low-Carb beer that tastes good
 # 1 – Weapons of Mass Destruction (*Ohmygosh! I finally found where Sadaam hid them! --- the Mountain Mist ultra-trail run in Northern Alabama. Quick! Call the Pentagon!*)

Organization

For an ultra, on a mountain, in the middle of nowhere, the race was extremely well directed. The rest areas were more like buffet tables than rest stops. (*I loved the rice-krispy treats – it matched the sound the bones in my feet were making – snap, crackle and pop.*) The race directors also provided sweepers to make sure nobody was left on the course. You could always tell an out-of-town supporter because at the rest stops they were the ones pointing cell-phones at the sky complaining, "I can't get a signal." I'm not sure how the race directors kept in communication. I think I saw them using carrier pigeons and tying messages to their feet.

It's Finally Over

After a 6-hour adventure I finished, having fallen only once. I felt like I should congratulate myself, until the runners in the finish area were like, "Oh ... this year was easy ... you should have seen it *last* year. There was snow, and ice, and broken bones, and there was a prehistoric Yeti above the tree-line eating stragglers." After that race, I am not sure what to believe. The 2004 edition was tough enough for me. By the way, while running the ultra, I had this vision ...

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: Mike Sims (513-166), Jane Johnson (894-1610 janeelizjohnson@hotmail.com); 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.

Rose City Walk

Saturday, April 17, 2004

5,000 Meter Walk

- T-shirts and specially designed tote bags awarded to those who finish the course.
- Entry fee \$12.00 postmarked by midnight April 3, 2004.
No race day registration. **No Refund.**
- Walk begins at 8:30 a.m. at Thomasville Cultural Center.
- Silver trophies to first three overall male & female & fastest Thomas County male & female.
- Special Business & Civic Club Participation Trophies.
- Entrants must be 13 years or older to participate.

5,000 METER ROSE CITY WALK

NAME: _____
(first) (last)

MAILING ADDRESS: _____
(street or box)

(city) (state) (zip)

PHONE: _____ SOCIAL SECURITY# _____

AGE (As of 4/17/04): _____ SEX: _____ BIRTHDATE: _____

E-MAIL _____

EMPLOYER AND
 CLUB AFFILIATION: _____

CIRCLE ONE: T-SHIRT SIZE: S M L XL XXL (\$2 extra) XXXL (\$3 extra)

ENCLOSED IS \$ _____ FOR MY ENTRY (Make check payable to Rose City Run)

For and in consideration of my being allowed to participate in the Rose City Walk (hereinafter "the event") on behalf of myself, my heirs, personal representatives and assigns, I hereby assume all risks and waive all claims for injury or illness which may result, directly, or indirectly, from my participation in the event and agree to indemnify and hold harmless the City of Thomasville, the Thomasville YMCA, sponsors, organizers and their respective employees, elected officials, appointed officials and any other person or entity associated with the event of and from all actions and claims, including attorney's fees, which may be incurred by reason of my participation in the event. I understand that anyone entering the event who is not adequately trained is taking a definite risk of suffering physical ailments. I do hereby state that I have trained properly and that I am physically prepared to participate in the event, and I expressly assume the risk of any illness or injury which may result from my participation in the event.

I authorize the use of any photograph, moving picture, or any other graphic depiction made immediately before, during or after my participation in the event by the organizers or others and I expressly waive any claim or privilege or privacy, or right to compensation for the publication of any such photograph, film or other graphic depiction.

 Signature of Entrant

MAIL ENTRY FORMS TO:

ROSE CITY RUN
 P.O. Box 2002
 Thomasville, Georgia 31799
 (229) 226-9878
 E-MAIL: ymca@rose.net

Rose City Run

Saturday, April 24, 2004

10,000 METER RACE

- T-shirts and specially designed tote bags awarded to those who finish the course.
- 12 age divisions for males and females
- Silver trophies for first three males and first three females in each age division.
- Race day late registration 6:30-7:30 a.m. Race starts at 8:00 a.m.
- Entry fee is \$13.00 postmarked by April 10, 2004. \$15.00 late entry fee. No refund.
- Splits will be called every mile.
- Fluids available before, during and after the race.
- All courses TAC certified.
- Run & See Georgia Grand Prix Event.

1-MILE RUN

- One-mile run is for males and females 12 and under. Cost is \$8 and entries must be postmarked by April 10, 2004. No race-day registration. No refund.
- Trophies will be awarded to the first three males and three females in each three age divisions.
- Age divisions 6 & under, 7-9 and 10-12.
- Race starts at 9:30 a.m.
- T-shirts and specially designed gold medals awarded to participants who complete the course.

ROSE CITY RUN

10,000 METER RUN

(Please Circle Which Race)

1-MILE RUN

NAME: _____
(first) (last)

MAILING ADDRESS: _____
(street or box)

(city) (state) (zip)

PHONE: _____ SOCIAL SECURITY# _____

AGE (As of 04/24/04): _____ SEX: _____ BIRTHDATE: _____

SCHOOL,

EMPLOYER AND

CLUB AFFILIATION: _____

E-mail: _____

CIRCLE ONE: T-SHIRT SIZE: S M L XL XXL (\$2 extra) XXXL (\$3 extra)

ONE MILE CHILD SIZES: S (6-8) M (10-12) L (14-16)

ENCLOSED IS \$ _____ FOR MY ENTRY (Make check payable to Rose City Run)

****YOUR COMPETITOR NUMBER WILL BE SENT TO THE ABOVE ADDRESS****
 For and in consideration of my being allowed to participate in the Rose City Run (hereinafter "the event") on behalf of myself, my heirs, personal representatives and assigns, I hereby assume all risks and waive all claims for injury or illness which may result, directly, or indirectly, from my participation in the event and agree to indemnify and hold harmless the City of Thomasville, the Thomasville YMCA, sponsors, organizers and their respective employees, elected officials, appointed officials and any other person or entity associated with the event of and from all actions and claims, including attorney's fees, which may be incurred by reason of my participation in the event. I understand that anyone entering the event who is not adequately trained is taking a definite risk of suffering physical ailments. I do hereby state that I have trained properly and that I am physically prepared to participate in the event, and I expressly assume the risk of any illness or injury which may result from my participation in the event.

I authorize the use of any photograph, moving picture, or any other graphic depiction made immediately before, during or after my participation in the event by the organizers or others, and I expressly waive any claim or privilege or privacy, or right to compensation for the publication of any such photograph, film or other graphic depiction.

 Signature of entrant, or of parent or legal guardian if under 18 years of age.

MAIL ENTRY FORMS TO:

ROSE CITY RUN

P.O. Box 2002
 (229) 226-9878

Thomasville, Georgia 31799
 e-mail: ymca@rose.net

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Grand Prix Standings—Thru GWTC30K

Overall Female Standings

1	Cynara	Miller	42	35
2	Sissi	Carroll	45	30
3	Seeley	Lovett	27	30
4	Kelly	Tucker	43	20
5	Meaghan	Scott	17	17
6	Connie	Clarke	42	17
7	Lisa	Unger	36	16
8	Maria	Vives	30	15
9	Kirsten	Baggett	37	13
10	Catherine	Nixon	23	11
11	Penny	Isom	41	11
12	Caroline	Noble	38	9
13	Pam	Breza	43	9
14	Susan	Ledford	40	7
15	Amy	Stenberg	30	7
16	Susan	Cornwell	54	5
17	Jackie	Mcdaniel	49	5
18	Barbara	Yonclas	56	3

15-19

1	Meaghan	Scott	17	20
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20-24

1	Melissa	Zapata	24	20
2	Catherine	Nixon	23	20

25-29

1	Seeley	Lovett	27	20
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30-34

1	Maria	Vives	30	20
2	Amy	Stenberg	30	15
3	Jo Lena	Pace	31	12

35-39

1	Lisa	Unger	36	32
2	Kirsten	Baggett	37	20
3	Caroline	Noble	38	15
4	Hillary	Brigham	39	15

40-44

1	Cynara	Miller	42	32
2	Kelly	Tucker	43	20
3	Penny	Isom	41	15
4	Connie	Clarke	42	15
5	Pam	Breza	43	12
6	Edie	Mccarty	42	10
7	Susan	Ledford	40	10

45-49

1	Nadine	Dexter	45	32
2	Sissi	Carroll	45	20
3	Jackie	Mcdaniel	49	15
4	Betsy	Thorpe	47	10

50-54

1	Susan	Cornwell	54	40
2	Ruth	Jones	52	15
3	Martha	Haynes	50	12
4	Mackie	Hempel	51	10

55-59

1	Dawn	Brown	55	32
2	Barbara	Yonclas	56	20
3	Mary	Stutzman	55	15

70-74

1	Margarete	Deckert	70	40
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(Continued from page 24)

hand deliver your individual registration information along with your \$17.00 payment made out to the AZALEA TRAIL RUN to: Tim Unger 4122 Wiggington Rd. Tallahassee, FL 32303. Please contact GWTC Team Racing Coordinator Tim Unger @ 850-562-2901 or ungertl@juno.com if you need registration assistance or have any questions about any of the team events.

Overall Males

					11 Tom Taylor	40	2
45-49							
1	Gary Droze	42	30	1	Felton Wright	46	32
2	Jack Mcdermott	34	30	2	David Yon	48	20
3	Larry Mengelkoch	51	20	3	Jimmy Ledford	47	18
4	Tim Unger	44	20	4	Bud Fennema	48	15
5	Felton Wright	46	18	5	Jeff Nielsen	46	15
6	Bill Hillison	59	17	6	Ithel Jones	49	12
7	Bill Mcguire	56	17	7	Hobson Fulmer	48	10
8	David Yon	48	15	50-54			
9	Jeff Bowman	42	13	1	Jerry Mcdaniel	50	25
10	Karl Hempel	52	13	2	Mike Sims	51	24
11	Jay Silvanima	43	11	3	Larry Mengelkoch	51	20
12	Ronnie Godwin	39	11	4	Karl Hempel	52	20
13	Terry Presnell	54	9	5	Terry Presnell	54	15
14	Tony Guillen	35	9	6	Keith Collins	50	10
15	Matthew Minno	44	7	7	Charles Thomsen	53	8
16	Chris Holland	17	7	8	Gary Griffin	54	8
17	Jeff Nielsen	46	5	9	Lars Leader	51	8
18	Jerry Mcdaniel	50	5	10	David Farnsworth	53	6
19	Mike Sims	51	3	11	Craig Willis	52	6
15-19							
1	Chris Holland	17	20	12	Pete Kerwin	51	2
20-24							
1	Joe Crook	24	20	55-59			
30-34							
1	Travis Miller	34	25	1	Joe E Dexter	57	27
2	Jason Carter	32	20	2	Bill Hillison	59	20
3	Jack Mcdermott	34	20	3	Bill Mcguire	56	20
4	Simon-serge Sablin	30	15	4	Carlos Zapata	58	18
5	Todd Mcgowen	32	12	5	Ronald Christen	58	15
35-39							
1	Niclas Manz	35	30	6	Joe Donoghue	56	12
2	Ronnie Godwin	39	20	7	George S Palmer	59	10
3	Tony Guillen	35	15	8	David E Smith	59	8
4	Jeff Bryan	36	12	9	Bruce Lynn	56	6
40-44							
1	Jeff Kuperberg	43	22	60-64			
2	Gary Droze	42	20	1	Jim Zimmerman	60	27
3	Jeff Bowman	42	20	2	Nick Yonclas	60	20
4	Myron Herring	44	18	3	Rex Cleveland	64	20
5	Tim Unger	44	15	4	David Darst	60	15
6	Matthew Minno	44	15	5	Charles RFutch	62	12
7	Jay Silvanima	43	12	65-69			
8	Keith Rowe	42	8	1	Mike Schneider	66	35
9	Paul Morphy	43	6	2	Bill Degrummond	69	32
10	Robert Palmer	42	4	3	Bob Keller	69	27
70-74							
				1	Arthur Ward	70	20
				2	Fred Deckert	74	20

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 _____

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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.