



# The Fleet Foot

\$2.00

Newsletter of the Gulf Winds Track Club



**The Powderpuff Girls, 1st place women's team**

Kate Remillard, Cynara Miller, Lisa Whitworth , Maria Vives, Seely Lovett,  
Judy Alexander. (Background - Tom Perkins - R.D.)

Not shown are Julie Clark-Team Captain, Stephanie Liles, Fran McLean, Toma  
Wilkerson, Michelle Stuckey, Christy Carson, Karen Sutterfield, Linda Ongley,  
Rose Rodriguez, Mary Anne Huckabee, Stephanie Peacock, Kirsten Baggett

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**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

VOLUME 29

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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

Volume 29 Issue 5

## **GULF WINDS TRACK CLUB**

### **March 10, 2004 Business Meeting**

Hosted by **Jerry and Linda Ongley**

Board/GWTC Members present: **Tom Perkins, David Yon, Joe & Nadine Dexter, Jerry Ongley, Linda Ongley, Bonnie Wright, Lisa Unger, Fred & Margarete Deckert, Fran McLean, Hobson Fulmer, Tony Guillen, Tim Unger,** Guests present: none

**Tom Perkins** called the meeting to order at 7:46 PM and quorum was established. The February minutes were read and accepted by motion, 2nd and vote.

#### **NEW BUSINESS:**

On Behalf of **Jeanne O'Kon, Tom Perkins** opened discussion about the Cookie Run and Marathon dates that have been conflicting. Tom indicated that the Cookie Run date is fixed as the opening day of Girl Scout cookie sales. It would be good to have the Cookie Run and the Marathon scheduled for separate weekend. Tom also reported that 5 race directors are retiring from GWTC races. They are: **the Marathon, the 30k, the 10 Mile Challenge, the Springtime 10k and the Women's Distance Festival.** Replacement race directors will be needed. Tom further reported that according to TPD, the traffic control for the Springtime 10k must be performed by TPD officers and not race volunteers, which will be costly to the race.

#### **REPORTS:**

**Clothing Coordinator report – Margarete Deckert** reported that the GWTC merchandise will be available for purchase at the Springtime 10k.

**Newsletter report – Fred Deckert** discussed the per-page pricing of Fleet Foot advertising and presented a new pricing schedule. A motion was made to accept the rate change, which was seconded and approved by vote. Fred also discussed implementing a proof reading system for the Fleet Foot. Fred advised the board that the Couples Caper will cease due to low participation.

**Treasurer's report – Bonnie Wright** discussed the Budget and Treasurer's reports, which included recent disbursements and receipts. Bonnie reported that some races made profits but also that she paid out some major expenses such as the medals for the Springtime 10k.

**Racing Team Coordinator report – Tim Unger** reported that there will be 5 teams entered in the Gate River Run, including a Grand Masters team. Tim reported that he will be setting up a staging area for GWTC team members at the Gate River Run using his personal shade canopy and the GWTC feather flag. Tim is coordinating teams for the Azalea Trail 10k in Mobile, AL. Tim modeled the new 2004 GWTC Racing Team singlets and presented singlets to **Jerry Ongley** and **Hobson Fulmer.**

**Membership report – Jerry Ongley** reported for **Brian Corbin** that there are currently 594 members represented by 334 memberships.

**Training Committee Report – Nadine Dexter** reported that there are about 70 members in the Springtime 10k training class. The class will run the whole course and then have breakfast on the Sunday before the race (3/28) and Nadine indicated that there is still a lot of enthusiasm.

**Equipment report - Joe Dexter** turned in several rental fee checks and announced that the GWTC trailer will be in the Springtime parade.

**Chenoweth report –David Yon** reported that the Seminole Invitational Track meet will take place on April 9<sup>th</sup> & 10<sup>th</sup> and called for volunteers. The Pot Luck will be run on 6/5. David reported that the committee recommends funding for the Kids Tri in the amount of \$500.00 and for the Trailblazers for \$1000.00. Motions were made to ap-

prove both, which were seconded and passed by vote.

**Social Coordinator report – Bonnie**

**Wright** reported for **Jimmy Kalfas** that there will be a breakfast social on the Sunday before the Springtime 10k (3/28).

**Triathlete report – Tony Guillen** reported that **Kathy McDaris** is doing a great job of directing the Red Hills Tri which will take place on 3/27 at 7am in Maclay Gardens. There will a .3 mile swim, an 18 mile bike ride and a 3.2 mile run. So far they have about 200 pre-registered participants, with a cap of 350. The registrations are about half local athletes and half out of town participants. The host hotel is the Cabot Lodge, but rooms are also available at the Hilton Gardens and the Marriott North for this event. There is a web page with more information at [www.redhillstri.org](http://www.redhillstri.org). The last tri training clinic will be held on 3/14. Tony also reported that the Triathletes will meet at Beef O'Brady's on 3/12 and that **Kiko Cintron** will give a lecture about preventing injuries. There will also be a free style swimming lecture at Premiere Fitness Club and the Kids' Tri will be held on 5/16.

**Race Director(s) report(s)** – no report;  
**Race Director Coordinator report** – no report.

**Lecture Series report** – no report.

**OLD BUSINESS:** None.

The meeting adjourned by motion at approximately 8:50 PM. **Joe and Nadine Dexter** will host the next meeting on April 14, 2004.

These minutes have been reviewed and accepted by the board. **Lisa Unger, Secretary.**

**Business Meeting Schedule**

May 12 Jane Johnson  
June 9 Open



**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.

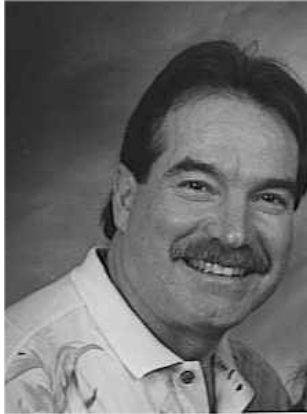
**Pulpits Happen -  
Tom Perkins**

My name is Tom Perkins, and I approved this message.

Track and Field season for both high school and college athletes is well under way. One of the other hats that I wear is that of an FHSAA Track and Field Official. I enjoy working with the local high school athletes as well as their coaches. These young people work and train hard all year long, and now is the time that it pays off. Their efforts, hopefully, will give them a chance to represent their respective schools at the FHSAA State Championships in Gainesville. "Parents take note:\* Because of their work ethic, these student-athletes are usually at the top of the academic honor rolls at their respective schools. Their high GPA's reflect the belief that "if I don't study/train properly, then my grades/performance will reflect the outcome." What a novel concept! As athletes, these young people take responsibility for their life goals. "The guy next to me in the 800 meter dash cheated, and that's why I ran poorly" doesn't wash, and they know it.

I commend all the student-athletes for their hard work, and wish them good luck in their training and their upcoming meets. We, as adults, need to listen and learn the lessons we have conveniently repressed. "My karma ran over my dogma."

I may be sentimental, but nothing in running warms my heart more than seeing a child and a parent together at the starting line. It might be the Bruner family in a One Mile run or Kara Newell and Jane Johnson in a



5K. In today's world, there are few things that we can do that will mean so much later in life. Sharing a passion for fitness and fellowship with other runners is an important lesson for our kids. Don't be fooled into believing that just because you don't have kids, you're off the hook. Every child in GWTC is part of your immediate family. Kids are like sponges.

They absorb everything. You're not a doctor, lawyer, or a teacher. You're a runner in shorts, a t-shirt, and running shoes just like them. In the world of running, kids can connect with you and not be intimidated by an "adult". So the next time you are at a run, take time to congratulate "our" children on their effort. Tell them that you hope to see them at the next run so you can find out how they are doing. Wait for them at the finish line and tell them what a great run it was, because it won't be too long before they are waiting for you.

**Boston Results!**

Johnson, Jane	3:03:44
McDermott, Jack	3:20:17
Yon, David	3:20:17
Wilgerbusch, James	3:24:23
Heath, Shawn	3:24:28
Hobson Fulmer	3:28:16
Sims, Johnson	3:51:16
Bowers, Bill	3:53:23
Emo, Warren	4:13:09
Thompson, William	4:40:51
Pike, Katherine	4:44:40
Shafer, Jennifer	4:44:40
Law, William	5:21:36
McDaniel, Jerry	5:31:06
Merritt, George	5:58:46

**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.

**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.

**Lecture Series - Art Remillard**

**Bob Braman**, head cross country and track and field coach at FSU, will be the featured speaker for the new 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!



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### 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](http://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](http://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](mailto: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](mailto: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.

#### May

- 08 Marzug Shrine Center Mothers Day 5K.** 8 a.m. Maclay Gardens. Greg Gibson 926-4148
- 15 Humanatee 5K/1M Run/Walk.** 8:30 a.m. St. Marks. Joe Beckham 385-3099 or Joe Dexter 878-7880 form p. 28.
- 15 1st Annual River Town Days 5K/1M.** 8:20 a.m. Bainbridge Boat Basin. info (229) 246-4744 . form p. 18
- 16 \*Red Hills Kids Triathlon.** Maclay Gardens SP. 8:30 a.m. Bonnie, Felton & Jamie Wright. 386-3500. [bwright@electro-net.com](mailto:bwright@electro-net.com). form p. 19
- 22 Miles for Meals 5K/1M.** 8 a.m. Maclay Gardens. Angie Goodman 921-5554

#### June

- 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](mailto: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](mailto:beckham@coe.fsu.edu). Mile is GP event.

\* indicates GWTC event

Please send race information and flyers to [fdeckert1@juno.com](mailto:fdeckert1@juno.com), preferably in MS Word.

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## Remaining Grand Prix Events for 2004

**May 22 Miles for Meals 5K/1M, Maclay Gardens**  
**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**

### P. R.'s

David Bigoney	1:49:24	Red Hills Tri,	24:23	Palace 5K
Jamie Wright	7:32	Springtime mile		
Bud Fennema	40:57	Springtime 10K,	19: 16	Palace 5K
Hobson Fulmer	40:06	Springtime 10K		
Richard Ziegler	55:37	Springtime 10K	26:03	Jailbreak 5K
Linda Ongley	57:45	Springtime 10K		
Charles Thomsen	54:16	Springtime 10K		
Nadine Dexter	61:00	Springtime 10K,	28:48	Palace 5K
Susan Cornwell	57:28	Springtime 10K,	26:41	Palace 5K
Chris McGuire (14)	6:37	Springtime mile	26:42	Palace 5K
Michael McGuire(9)	9:17	Springtime mile		
Andy Roberts	19:22	Palace 5K		
Kristin Jones	30:49	Palace 5K		
Julie Clark	42:33	Heritage Harbor 10K		

### Other news:

Charles Futch competed in the Goodlife Games in St. Petersburg. Won the 60-64 age group discus competition with a throw of 87'1", and was third in the javelin competition with a mark of 86'8".

### Editor's Notes:

Most of you probably do not realize this publication comprises of multiples of 4 pages. Therefore, if there is a spillover from perhaps 32 to a 33rd page, it must actually increase to 36 pages. So, what does that mean to contributors? Your article may be the spillover one and if so, even though it's worthy, it would cost 3 extra blank pages, so it will have to wait till next month or someone else will need to be bumped. This also means that late comers are likely not to get their space, so if you want to be published, do **NOT** wait till the last minute. The new deadline of the 3rd Saturday does **NOT** mean that's the day I want your copy. The publication will look and read better if there's no last minute sandwiching of copy.

Thanks,  
Fred

## Eye on the Tri – George Palmer

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

In a weakened state of mind, I hastily accepted a challenge from a family friend that we both our first triathlon and I didn't even know how to spell "triathlon". At the time (1999), I was 54 and the challenger was 26. I should have known better.

### 2. *What was your first triathlon?*

The Publix Family Fun (fun?) Triathlon staged at Maclay Gardens. Not having a road bike, I did the bike segment on a mountain bike and was rudely introduced to the "gently rolling" hills of Tallahassee.

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

There is not much difference between my very first triathlon (a sprint) and my Iron man distance race. They both have their respective memorable qualities. Finishing each, you are consumed with many emotions: elation, exhaustion, satisfaction, and confidence that you can do another. After your first, you say, "I did one", after an Iron distance race, you say, "I did IT!" I would be remiss not to mention that all triathlons are made memorable by the wonderful volunteers who make the events happen for us.

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

Currently, I swim 4.5 hours, bike 6



hours and run 4.5 hours per week, but these times will increase (ugh) as Ironman Florida draws near.

### 5. *What are your future triathlon goals?*

Because of a looming second hip replacement after Ironman Florida, I plan to participate on relay teams as a swimmer and/or biker (if anyone would take me).

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

In high school, I played football and in college I played rugby.

### 7. *What is your occupation?*

Director of Community and Employee Relations for HealthCare Staffing, a local health care staffing agency.

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

Traveling, when not involved in races or triathlons. Sometimes departing on the "spur of the moment" adds excitement to the trip.

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

Although some would not consider this a profession, I would love to be a philanthropist. In that way, I could contribute to all the causes and projects that I wish I could support.

### 10. *Most recent book you read?*

*The Five People You Meet In Heaven* - Mitch Albom

**Kudo's****To: Gulf Winds Track Club**

On behalf of the entire **Children of Ireland Group**, I wish to thank you for the assistance, advice, and, most importantly, the runners that provided us with a very successful **Shamrock Scurry 5K** race/walk on March 13th! **Judy Alexander, Joe Dexter, David Yon, Bill Lott, Bill McGuire** and **Fred Deckert** were especially helpful before, during, and after the race and significantly contributed to its overall success! We were successful in either meeting or exceeding all of our goals and look forward to another Scurry next year!! Our goal of 150 runners was smashed with 177 entries and allowed us to raise enough funds to significantly help at-risk children in N. Ireland!! We appreciate ALL the advice, ideas, and support, and look forward to continuing to make this a Premier Event in the Tallahassee Region!!

**J. Terry Ryan, President**

The Children of Ireland Group, Inc. P.O. Box 13241 Tallahassee, Florida  
32317 USA PH: 850/562-6466 [www.childrenofireland.us](http://www.childrenofireland.us)

"Helping community centres in Northern Ireland working with at-risk children by purchasing recreation and education equipment"

March 25, 2004

**Dear Gulf Winds Track Club,**

I would like to take this opportunity to again thank you for your assistance with and commitment to Leon County's Step Up Florida event held on March 2nd, 2004. The Step Up Florida flag began its journey in Key Largo early in February and converged with another route that began in Collier County. The Fitness Flag then headed to Tallahassee for a press conference at the Capital on March 2, 2004. The third route kicked-off in Escambia County on February 16 and followed the Panhandle coast and met up with the combined route on March 2<sup>nd</sup> at the Capital.

While the start and finish were important, it was the middle portion, the journey throughout Florida, which made this event such a great success. Along the way, with the help of our committed partners, we were able to highlight the wide variety of physical activity opportunities and exercise venue options available to us in Florida. By the time the fitness flags arrived at the Capital, we had covered over 25,000 miles and over 13,685 people participated in the Step Up event across the state.

Here in Leon County, we walked, ran, bicycled, paddled and even dribbled our way from Wakulla and Jefferson Counties to the Capital. All in all over 300 community members participated in the Leon portion of the Step Up Florida event. Over 30 miles were covered in Leon County alone.

This event was a great success because of you. We look forward to continuing the trend toward greater physical activity, improved nutritional intake, and reduced obesity. Encourage yourself, your family, your friends, and your clients to take advantage of the wonderful trails, parks, and exercise facilities here in the Leon County. Again, thank you for your dedication to Step Up Florida and thank you for your continued efforts to improve the health and well being of our residents.

Sincerely,

**Arthur P. Cooper, MPH** Administrator**Laurie Osgood** Chronic Disease Health Education  
Step Up Florida Coordinator Leon County Health Department



### 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. 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](mailto:joka51@juno.com), or call John at 656-7064hm-eves, 212-5680cell-days.

#### Social Events:

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

Volume 29 Issue 5



## The Runners Zodiac

### Jack McDermott



**Taurus ("The Bull") (Apr. 21 – May 20)**

**Key Characteristics:** Placid and Unmotivated

**Key Phrase:** "It's not supposed to rain!"

**Key Injury:** Bad Hair Days

**Famous Runners:** Jim Fixx (Apr. 23), Jim Ryun (Apr. 29), Joan Benoit (May 16)

**Horoscope:** Several planets linger in your constellation for long periods of time, which can only mean one thing – 2004 is a year of laziness. Sudden appearances of planets in your middle quadrant during late 2003 indicate that you may have gone overboard on the football, Christmas shopping and other festivities.

Sounds like you need some new training partners. You are getting bored with your Pisces, and Gemini training partners. You've heard all their jokes before. Time to go to Tuesday intervals and make a new friend. Just be careful about attending the Happy Hour Hobble – you don't want too many friends.

Venus' brief appearance during late Winter could indicate some signs of life. Maybe Bowlegs or the Cookie Run could be good for you. Just don't eat too many cookies. Yes, there are lots of cookies in your horoscope.

In Summer and Fall you should follow your instincts and stop listening to that crazy Aries that keeps lecturing you about your split times. Just ignore them. Aries are usually kind of full of it to begin with. Perhaps you should volunteer for a few races during this timeframe. Your one chance at PR will come late in the year, but you will have to travel out of town to do it. Maybe look at the YMCA 10K in Bainbridge. Who knows, you might get lucky.

**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.

### The Younger Set - Meredith Fraser

**District, Region, State.** That's all that Tallahassee's best athletes are thinking about as you read this. District, Region, State. Three meets that culminate an entire season's worth of work, sweat, pain, and tears.

And what a season it has been! Tallahassee athletes have broken school records, have gotten plenty of PRs, and have placed themselves among the top runners, jumpers, and throwers in Florida. In the postseason, you can expect individual athletes to place high at the State Championships; also, several Big-Bend teams, (most notably, the **Chiles & Maclay boys** and the **Florida High & Maclay girls**), will be duking it out for Team State titles.

As far as local competition goes, the Florida High girls held on to their city title by edging Maclay by 2.5 points at the annual Tallahassee City meet. Florida High's squad is led by **Kayla Parker**, who won the long jump (17'-10.5"), the triple jump (35'-00"), and the 100 hurdles (14.62). Sprinter **Kellie Morrison** also racked up points, winning the 200m dash (25.27) and the 100m dash (12.37). Both Morrison and Parker lead the Big Bend Track Honor Roll in their respective events.

As for the ladies' distance events, the City meet displayed the area's best athletes in fine form. The most exciting showdown of the evening was between Chiles' **Maria Hampton** and Maclay's **Adriana Piekarewicz** in the mile. Piekarewicz turned on her powerful kick in the last 200m, finishing in a 7-second PR performance of 5:13.91. Although defeated, Hampton came back a week later at the FSU Relays and ran the equivalent of a 5:12.79



(adjusted from a 1500m race). Her time remains the fastest in the Big Bend.

In the 3200m run, Hampton tops the performance list with an 11:15.08. In the 800m run, **Kyra Mobley** has run a 2:19.11 while Piekarewicz follows in 2:20.64. Those times rank them #12 and #17 in the state, respectively. Hamp-

ton is ranked #10 in the mile and #8 in the 3200m.

There are a few more powerhouses floating around the Tallahassee track scene. Rickards' **Simone Clarke** is #3 in Florida for the 300m hurdles (43.1). Florida High's **Cinnamon Johnson** is #12 in the 400m dash (58.2). Last but not least, Maclay's **Lori Bowen** is currently #1 in Florida for pole vault. On March 26, her jump of 12' crushed the county record; Bowen placed seventh at February's Indoor National Championships.

Like the girls, the boys of Tallahassee have been living up to great expectations. Chiles High owns the distance events, while Godby dominates the sprint and field event scene. Maclay's many talents are dispersed through a large number of events, showing the depth it takes to win another state title.

Leading the Florida distance scene is, as expected, Chiles' **Alex Miletich**. His 9:22.40-3200m effort ranks him #3 in Florida (imagine running 8 laps in about 70 seconds each... *consecutively*). Miletich ran the equivalent of a 4:15.48-mile at the FSU Relays. Teammate **Stephan Smith** also holds a #3 ranking for his 1:55.46-800m time.

(Continued on page 15)

### Springtime Training - Julie Clark

There were 78 total participants in the Springtime Training Group. There were 65 actual participants and 13 Group leaders. 52 members of the group ran and completed the Springtime 10K. A relatively new runner, **Simon-serge Sablin** captured the fastest time of 41:12. Simon started his running "career" in Nadine Dexter's beginning running class last fall. Nobody was too fast or slow for the Springtime Training Group with race paces that ranged from 6:38-15 minute miles. This group was the most enthusiastic and fun group ever. The dedication and participation of the 13 group leaders and all the participants had much to do with the success of this group.

The following are persons from the Springtime Training Group who completed the Springtime 10K: **Judy Bakstran, Sue Bickford, Jean Bowling, John Calhoun, Sara Cleveland, Charlie Chase, Jodi Chase, Seth Coffin, Kevin Coleman, Edye Coxwell, Joe Crook, Amanda Cuevas, Nancy Donovan, Dianne Douglas, Donald Douglas, Jeremiah Dow, Kristin Dow, Kathy Dunnigan, Kallie Ann Elliott, Peter Ellis, Li Feng, Mary Renger, Steve Gould, Barrett Haga, Zac Hanson, Matthew Hobson, Christine Klassen, Sondra Lee, Michelle Mahana, Myriam Morales, Gordon Morgan, John Morrill, Suzanne Morris, Rebecca Payne, Kendra Preugschat, Rose Rodriguez, Simon-serge Sablin, Manan Shah, Michelle Stuckey, Salim Talib, Frank Terraferma, Betsy Thorpe, Georgia Vince.**

The following are Springtime Training group leaders who ran Springtime: **Julie Clark, Nadine Dexter, Joe Dexter, Bob Fisher, Jimmy Kalfas, Edie McCarty, Chris Sumner and Maria**



**Vives.** Other participants include: **Mike Boll, Jody Bond, JoAnne Bowden, Jamaa Bouhattate, Charles Boyle, Patterson Calhoun, Frank Cerra, Brian Churchill, Vicky Crawford, Crystal Dowd, Gloria Lebroin-Colon, Jackson Maynard, Patrick McGinnis, Doug McAlarney, Estella Phelps, Susan Pourciau, Leslie Snyder, Nancy Sumners, Ana Sutherland, Josh Valenzuela, Katie Yaun and Richard Ziegler.** Other Training Group leaders include: **Jeff Bryan, Kathy Flippo, JoLena Pace** (Springtime Results Coordinator), **Tom Perkins** (Springtime director and president of GWTC) and **Luci Thomas.**

Next year's Springtime Training Group will begin on the first Monday after Martin Luther King Holiday next year time and place will be posted on GWTC web site.

*(Continued from page 14)*

In the 400m dash, Leon's **Justin Terry** (49.13) is ranked seventh in Florida and first in Tallahassee. Maclay's **Andy Holway** slices more time off of his PR every week; in Maclay's district meet, he ran a 49.25. Lincoln's **Antwaun Moore** leads the Big Bend in the 100m (10.83) and the 200m (21.63). Godby's senior **Ellis Galden** dominates the high jump (6'-8") and long jump (22'-7") week to week; he will likely score big points at 3A-state.

**District. Region. State.** Just three meets left to prove who's tops – and you can expect fireworks from Tallahassee's finest!

**Featured Feet**  
**Judie Kean**

**1. How long have you been running?**

Started running in 1987, and entered a 2 mile race later that year and thought I would die at the end!

**2. Favorite place to run?**

The quiet of the National Forest at Munson Hills.

**3. Most memorable running experience?**

Finishing the Ironman in Panama City in 1999. The run portion went through the State Park, and after daylight, the participants are required to carry a "glow" stick for safety reasons. The park was so quiet-- and "glow" sticks were just bouncing along--no sounds--but one could feel the power of determination.

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

Visualization techniques.

**5. Favorite non-running hobby?**

Gardening-- I could dabble all day outside!

**6. Occupation?**

Florida Dept of Environmental Protection-Hazardous Waste Cleanup. Project/Contract Manager for the assessment and remediation of contaminated sites throughout Florida, and also work with EPA on Superfund sites in Florida.

**7. Personal hero(ine)?**

My Grandfather! His gentle, wonderful way of looking at life and people stays with me every day.

**8. Ideal travel destination?**

Anywhere on the Appalachian Trail!



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

Art and Music! Would love to learn any instrument!

**10. Most recent book you read?**

*The Lobster Chronicles* by Linda Greenlaw. Short quick read about the daily struggles of island (near Acadia National Park-Maine) living and lobster fishing.

**Words to Live by?**

I don't run to see who's fastest, I run to see who's got the most guts.

**Steve Prefontaine**

I have met my hero and he is me.

**Dr. George Sheehan**

If you start feeling good during a race, don't worry, you'll get over it.

**Gene Thibeault**

Laziness is nothing more than resting before you're tired.

**Jules Renard**

The greatest stimulator of my running was fear.

**Herb Elliot**

You have to forget you're last marathon before you can try another.

**Frank Shorter**

## Featured Feet – Karl Hempel

### **How long have you been running?**

Since March of 1978. I ran around Tom Brown Park one time and almost arrested. I have been running almost daily every since then.

### **2. Favorite place to run?**

I love run in the woods at Maclay Park just as the sun is coming up. I frequently see deer and an occasionally turkey.

### **3. Most memorable running experience?**

The Joe Steele Rocket City Marathon in Huntsville, Alabama in 1978. I was trying to qualify for the Boston Marathon. I needed 3 hours or less. The race ran downhill for the first 4.5 miles. I ran a 2:57 and could barely walk for three days afterwards.

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

After running several hundred races, I rarely think much about it. After the race starts, I get psyched up trying to pass my running friends.

### **5. Favorite non-running hobby?**

This would have to be boating. Just being on the waters of the Gulf of Mexico seem to sooth the soul.

### **6. Occupation?**

I am a family physician. I spend my days trying to convince my patients that the most important thing they can do for their health is to exercise.

### **7. Personal hero(ine)?**

My wife, Mackie.

### **8. Ideal travel destination?**

The Caribbean Islands.

### **9. Would you study if you could go back to school just for fun?**

I would take art classes.

Not  
Available

### **10. Most recent book you read?**

*Lost Light* by Michael Connelly.

**GWTC Team Racing - Tim Unger** GWTC will be sponsoring a co-ed racing team for the 2004 Gate to Gate event. If you are planning to attend on

Monday, May 31st, 2004 (Memorial Day), GWTC would like you to be a part of the racing team.

The GWTC traveling team has a seven year history of placing at the Gate to Gate event. **This year we will be awarding the new GWTC singlets to the fastest team qualifiers.**

**Due to the security requirements brought on by the tragic events of Sept 11th, all Non-DOD pass and ID holders must be pre-registered. In order to qualify as a team, GWTC must send the runners' registration information together postmarked by May 15, 2004. Registration will be available up to the deadline date of Saturday, May 29th at the Santa Rosa Mall, but any GWTC member who registers separately from the team will not be considered part of the team. Runners interested in being a part of the GWTC Gate to Gate team, please send or hand deliver your individual registration information along with your \$15.00 payment made out to Gate to Gate Run, to:**

Tim Unger  
4122 Wiggington Rd.  
Tallahassee, Fl. 32303.

The 2<sup>nd</sup> annual Post L Point beach party will be held immediately after the race awards. The party will be co-hosted by the North West Florida Track Club & GWTC. Please plan to visit us post race for some relaxation and refreshments beachside at Post L Point. Call 562-2901 Or unger1@juno.com for more information.



**1<sup>st</sup> Annual RiverTown Days Run**  
**Bainbridge-Decatur County**  
**Chamber of Commerce**



**Saturday, May 15, 2004**

**Location: Bainbridge Chamber of Commerce at the Boat Basin**

**Registration Begins at 7:45 AM**

**1 Mile Run 8:20 AM \$5.00 Registration Fee**

**5K Run 8:45 AM \$12.00 Registration Fee**

If you would like to enter to run the 5K Race or Walk, please complete the form below:

Participant's Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Email Address \_\_\_\_\_

Age \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_  
Gender Date of Birth

Phone (day) \_\_\_\_\_

Emergency Contact and Phone Number \_\_\_\_\_

Event: 5K Run (12.00) 1 mile Fun Run (5.00)

Payment: Check payable to Bainbridge-Decatur County Chamber of  
Commerce

Cash at Race Day Registration

T-shirt size: ADULT S M L XL

**Waiver Statement**

**Entry Invalid if Not Signed**

In consideration of the acceptance of this registration entry, I the undersigned assume full and complete responsibility for any injury or accident, which may occur during my participation in the event or while I am on the premises of the event. I hereby release and hold harmless the Bainbridge-Decatur County Chamber of Commerce/RiverTown Days Festival and any of its officers, directors, employees, associates, sponsors, promoters and all other persons and entities associated with the event or their agents or employees, or otherwise. I will not enter and participate unless medically and properly trained. I assume the risk associated with this event, including but not limited to falls, contact with other participants, the effects of weather, and the conditions of the road, all such risks being known and appreciated by me. I further grant my permission to use any photographs, videotape, motion pictures, recordings or any other record of this event. This event will be held regardless of weather conditions. **Registration is required.** I have read the forgoing and certify my agreement by this signature, and my parent's or guardian's if under 18.

X \_\_\_\_\_  
Participant's Signature

X \_\_\_\_\_  
Parent/Guardian's Signature if entrant is under 18 years of age

Please mail completed registration form to:

Bainbridge-Decatur County Chamber of Commerce-5K Race ~ P.O. Box 755 ~Bainbridge, GA  
39818 or Fax to (229) 243-7633 Contact Phone for more information: (229) 246-4744

# RED HILLS TRIATHLON 2004



## FOR •KIDS•

Swim 200 yards; Bike 2.4 miles; Run 1 mile.

**May 16, 2004, Sunday at Maclay Sate Park. Race begins at 8:30 a.m.  
Park opens at 7:30 a.m.**

**Awards for competitors in age groups 8 & under, 9-10, 11-12, 13-15 for boys and girls.**

### REGISTRATION AND FEES:

Early = \$5.00      Postmarked by May 8, 2004      Late = \$8.00  
Race day and after May 9, 2004

### **BIKE HELMET REQUIRED!**

Name: \_\_\_\_\_ Age on 5/16/2004: \_\_\_\_\_  
Address: \_\_\_\_\_ Phone No. \_\_\_\_\_  
Gender: Circle one F M

*Make checks payable to Red Hills Triathlon Inc. and mail to 2007 Middlewood Dr., Tallahassee Fl. 32312-2452  
R.D. and Assistants: Felton, Bonnie and Jamie Wright at: [bwright@electro-net.com](mailto:bwright@electro-net.com)*

### *Frequently asked questions:*

1. *What time should we arrive? At least 45 minutes prior to the start of the race if you are pre-registered. We suggest one hour if you plan to register the day of the event. This allows our volunteers to help you and your child set up. Waivers will be completed & signed prior to the race. We provide swim caps and body-mark each athlete.*
2. *What should we bring/wear? Helmet, sneakers and a bathing suit. Most kids will compete in their bathing suits and some will prefer to pull on a pair of shorts for the bike and run. We provide water and refreshments.*
3. *What if it rains? We still compete! We will postpone if there is lightning.*
4. *What order are the events? The swim is in waves with the oldest kids swimming first, bike and then run.*
5. *Why a triathlon? To expose kids to a fun athletic event.*

**Waiver signed on race day prior to the start.**

Sponsored by the Chenoweth Fund and Shred-It.

**Red Hills Triathlon - 1/3 Mile Swim, 18 Mile Bike, 3.2 Mile Run**  
**March 27, Maclay State Park. RD - Kathy McDaris/Gulf Winds Triathletes**

Overall Males				Overall	Swim	Bike	mph	Run	Pace				
1	1	Stephen	Godlove	15	1:11:33	2	7:05	1	45:34	23.7	3	18:55	5:55
2	2	Kevin	Grogan	30	1:13:42	7	7:44	4	47:52	22.6	1	18:07	5:40
3	3	Kiko	Cintron	31	1:14:13	1	6:58	5	48:40	22.2	2	18:36	5:49
<b>Male 1-19</b>													
1	92	Brian	VanStratum	19	1:36:45	5	12:00	2	1:01:18	17.6	2	23:28	7:20
2	94	Charles,lv	Daniel	17	1:36:46	2	8:49	4	1:05:17	16.5	1	22:41	7:06
3	96	Andrew	Raysin	15	1:36:56	6	12:20	1	59:01	18.3	3	25:37	8:01
4	117	Dave	Bernhardt	18	1:40:38	4	10:04	3	1:04:37	16.7	5	25:57	8:07
5	166	Taylor	Boylan	18	1:49:18	1	8:20	7	1:14:46	14.4	6	26:13	8:12
6	171	Brooks	Whaley	15	1:49:36	3	9:25	5	1:09:42	15.5	7	30:30	9:32
7	184	Aaron	Isom	17	1:53:13	7	14:17	6	1:13:02	14.8	4	25:55	8:06
<b>Male 20-24</b>													
1	8	Crosby	Toyama	24	1:18:11	1	7:49	2	51:08	21.1	2	19:15	6:01
2	12	Josh	Johnston	22	1:20:20	7	9:19	3	51:48	20.9	1	19:14	6:01
3	13	Leif	Stringer	24	1:20:25	11	10:04	1	50:54	21.2	3	19:29	6:06
4	23	Anthony	Segreto	24	1:23:06	6	9:13	4	53:35	20.2	4	20:20	6:22
5	49	John	Engelbrecht	20	1:29:39	4	8:55	6	56:10	19.2	7	24:35	7:41
6	52	Joseph	Dombrowsky	22	1:30:27	12	10:58	5	54:44	19.7	8	24:46	7:45
7	71	Brian	Monico	24	1:33:37	2	7:52	10	1:03:07	17.1	5	22:39	7:05
8	80	Alexander	Stevens	22	1:34:47	9	9:41	7	58:55	18.3	12	26:12	8:12
9	116	Charles	Trescott	20	1:40:38	8	9:38	11	1:07:37	16	6	23:23	7:19
10	129	Seth	Williams	20	1:44:17	17	13:46	8	1:01:35	17.5	16	28:58	9:03
11	150	Hal	Fravel	23	1:47:18	15	12:22	14	1:09:58	15.4	9	25:00	7:49
12	160	Richard	Ruddell	23	1:47:56	3	8:08	15	1:10:03	15.4	17	29:46	9:18
13	162	Andrew	Rapacke	24	1:48:13	16	13:20	12	1:07:53	15.9	13	27:01	8:27
14	163	Paul	Taylor	23	1:48:17	14	11:57	13	1:08:35	15.8	15	27:46	8:41
15	180	Clinton	Jernigan	23	1:52:16	18	14:42	16	1:10:27	15.3	14	27:07	8:29
16	194	William	Goodwin	20	1:55:22	13	11:25	19	1:17:49	13.9	11	26:09	8:11
17	195	Jeff	Mason	21	1:55:39	5	9:05	18	1:15:43	14.3	18	30:52	9:39
18	205	James	Thornton	22	1:59:55	20	20:43	17	1:13:17	14.7	10	25:56	8:07
19	246	Robert	Azicri	20	2:30:57	19	17:58	20	1:32:16	11.7	19	40:44	12:44
20	0	Andrew	Hsia	23		10	9:52	9	1:01:42	17.5			
<b>Male 25-29</b>													
1	17	Chris	Lobdell	28	1:21:08	13	10:24	1	50:44	21.3	1	20:01	6:16
2	26	Douglas	Doll	27	1:23:22	10	10:19	6	52:32	20.6	3	20:33	6:26
3	28	Aaron	Damrill	28	1:23:48	1	8:19	8	53:00	20.4	9	22:30	7:02
4	29	David	Knoll	28	1:23:58	7	10:00	4	52:04	20.7	7	21:54	6:51
5	31	Matt	Ertl	27	1:24:53	24	12:35	3	52:01	20.8	2	20:18	6:21
6	33	Dillon	Fritz	26	1:25:12	3	9:17	9	54:14	19.9	6	21:42	6:47
7	34	Grady	Smith	27	1:25:45	4	9:47	5	52:31	20.6	11	23:29	7:21
8	37	Geoffrey	Simmons	25	1:26:54	2	9:13	13	56:41	19.1	4	21:01	6:34
9	39	Robert	Taylor	26	1:27:08	5	9:53	12	56:11	19.2	5	21:05	6:36
10	50	Matthew	Sampson	27	1:30:06	9	10:10	14	56:55	19	10	23:02	7:12
11	57	James	Thompson	28	1:30:49	16	10:59	11	56:09	19.2	13	23:42	7:25
12	58	Ted	Nation	28	1:31:11	19	11:48	15	57:01	18.9	8	22:22	7:00
13	61	Carl	Cheshire	25	1:31:42	22	12:10	7	52:38	20.5	21	26:55	8:25
14	64	Clay	Shelfer	29	1:32:31	11	10:21	17	58:41	18.4	12	23:29	7:21
15	74	Jeremy	Floyd	27	1:33:47	20	12:04	10	54:57	19.7	20	26:47	8:23
16	76	Jeffrey	Farrah	25	1:34:20	17	11:03	16	57:46	18.7	19	25:32	7:59
17	78	Larry	Doong	26	1:34:29	6	9:56						
18	79	Timothy	Cregan	28	1:34:37	12	10:22	19	59:54	18	17	24:21	7:37
19	89	Matt	Wiggins	28	1:36:05	23	12:26	18	59:51	18.1	14	23:49	7:27

20	109	Jeff	Pollock	28	1:39:05	15	10:35	2	51:46	20.9	31	36:45	11:29
21	135	Christophe	Cain	26	1:45:03	8	10:02	22	1:07:29	16	22	27:32	8:37
22	153	R.	Dickson	29	1:47:26	14	10:26	23	1:07:40	16	26	29:21	9:11
23	157	Brian	Poggie	29	1:47:50	18	11:34	24	1:08:37	15.7	23	27:40	8:39
24	159	John	Gay	27	1:47:54	25	12:50	21	1:07:01	16.1	24	28:04	8:47
25	165	Leonardo	Melendez	25	1:49:18	28	14:22	26	1:10:41	15.3	16	24:16	7:30
26	176	Trevor	Widick	26	1:50:40	26	13:18	20	1:06:37	16.2	27	30:46	9:37
27	186	Jay	Smith	29	1:53:20	29	16:13	27	1:11:40	15.1	18	25:29	7:58
28	197	Joseph	Orr	27	1:56:23	33	23:14	25	1:09:09	15.6	15	24:00	7:30
29	218	Ian	Phipps	29	2:02:48	30	16:32	28	1:17:05	14	25	29:12	9:08
30	228	Lee	Brueckheimer	29	2:08:16	27	13:45	30	1:20:26	13.4	29	34:07	10:40
31	235	Adam	Clark	29	2:11:19	32	21:05	29	1:17:09	14	28	33:06	10:21
32	242	Jeffery	Townsend	29	2:19:11	31	21:04	31	1:23:46	12.9	30	34:22	10:45
33	0	John	Rainbolt	25		21	12:07						
<b>Male 30-34</b>													
1	5	Ryan	Davenport	32	1:17:17	3	7:56	1	48:52	22.1	1	20:30	6:25
2	11	Christophe	Marino	31	1:20:03	2	7:29	4	51:22	21	3	21:13	6:38
3	16	Travis	Gibbon	31	1:20:56	4	8:49	3	50:29	21.4	4	21:39	6:46
4	21	Rich	Mclaughlin	30	1:21:38	6	9:29	2	49:51	21.7	5	22:19	6:59
5	22	Brandon	Casteel	31	1:21:57	7	9:40	5	51:35	20.9	2	20:43	6:29
6	25	Brecht	Heuchan	33	1:23:08	1	7:23	6	52:28	20.6	6	23:17	7:17
7	55	Ace	Haddock	34	1:30:42	5	9:21	7	57:27	18.8	7	23:55	7:29
8	88	Richard	Mohr	31	1:36:02	9	11:04	8	59:28	18.2	11	25:31	7:59
9	98	Gregory	Spencer	33	1:37:01	11	11:20	10	1:00:40	17.8	8	25:02	7:50
10	105	Garrett	Blanton	34	1:38:38	8	11:00	11	1:02:04	17.4	12	25:35	8:00
11	107	Chad	Henry	34	1:38:56	20	13:10	9	1:00:18	17.9	10	25:29	7:58
12	114	Todd	Madison	30	1:40:32	12	11:25	12	1:04:00	16.9	9	25:08	7:52
13	137	Matthew	Nicholl	31	1:45:39	17	12:21	15	1:06:19	16.3	13	27:01	8:27
14	143	Bob	Miller	32	1:46:04	21	13:15	13	1:04:28	16.8	16	28:22	8:52
15	144	Timothy	Riera-Gomez	32	1:46:35	10	11:10	20	1:08:05	15.9	14	27:21	8:33
16	145	Judd	Conatser	30	1:46:41	13	11:30	18	1:07:05	16.1	15	28:07	8:47
17	155	Chad	Keen	30	1:47:39	18	12:23	14	1:05:34	16.5	17	29:43	9:18
18	167	David	Bigoney	30	1:49:24	16	12:18	16	1:06:41	16.2	19	30:25	9:31
19	169	James,Jr	Lackey	34	1:49:31	14	11:34	19	1:07:56	15.9	18	30:02	9:23
20	175	Chad	Brite	31	1:50:30	19	12:55	17	1:06:58	16.1	20	30:38	9:35
21	213	Scott	Kennon	33	2:01:13	15	11:51	23	1:17:56	13.9	21	31:27	9:50
22	221	Todd	Sapp	33	2:04:05	23	14:43	22	1:16:22	14.1	22	33:01	10:19
23	240	Rob	Lanham	34	2:16:53	24	14:56	24	1:21:23	13.3	23	40:35	12:41
24	0	John	Brabazon	30		22	13:33	21	1:10:31	15.3			
<b>Male 35-39</b>													
1	6	Donald	Davis	38	1:17:45	7	8:58	1	47:19	22.8	5	21:29	6:43
2	9	Michael	Weyant	38	1:19:08	1	7:31	4	50:18	21.5	3	21:20	6:40
3	10	Richard	Sumrall	39	1:19:14	3	7:47	2	49:58	21.6	6	21:30	6:43
4	14	Jim	Phillips	38	1:20:32	4	8:26	5	50:38	21.3	7	21:30	6:43
5	19	Stephen	Cox	39	1:21:16	9	9:15	3	50:07	21.6	10	21:55	6:51
6	20	Shawn	Burke	38	1:21:26	2	7:42	7	52:22	20.6	4	21:24	6:41
7	24	Jonathan	Mccomb	36	1:23:06	23	12:02	6	50:59	21.2	1	20:07	6:17
8	27	Phil	Lebouillier	38	1:23:25	5	8:36	8	53:03	20.4	9	21:47	6:49
9	40	Matthew	Fox	37	1:27:17	6	8:52	10	55:15	19.6	15	23:12	7:15
10	41	John	Thompson	37	1:27:38	11	9:20	9	54:37	19.8	17	23:42	7:25
11	43	Robert	Patton	35	1:27:44	13	9:35	11	56:38	19.1	8	21:31	6:44
12	47	Geoff	Likens	38	1:29:02	10	9:19	12	56:52	19	12	22:52	7:09
13	51	Mike	Maritinez	38	1:30:21	19	10:58	17	59:10	18.3	2	20:13	6:20
14	56	David	Sweeny	35	1:30:48	12	9:21	18	59:30	18.2	11	21:58	6:52
15	67	Pat	Sullivan	35	1:32:39	18	10:53	13	58:37	18.4	14	23:10	7:15
16	68	Ralph	Waddington	38	1:32:47	17	10:30	16	58:58	18.3	16	23:20	7:18

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17	93	Shannon	Tracy	35	1:36:46	16	10:26	15	58:52	18.4	22	27:29	8:36
18	100	Hamp	Stoutamire	37	1:37:27	20	11:24	14	58:43	18.4	21	27:21	8:33
19	101	David	Knowles	37	1:37:33	14	9:57	21	1:03:03	17.1	18	24:33	7:41
20	108	Richard	Parsons	39	1:39:04	22	11:36	19	1:01:58	17.4	19	25:31	7:59
21	115	John,Jr	Leonard	35	1:40:35	21	11:26	20	1:03:02	17.1	20	26:09	8:11
22	138	John	Huffman	39	1:45:43	24	17:58	22	1:04:36	16.7	13	23:09	7:14
23	172	Neal	Johnson	38	1:49:45	8	9:02	23	1:06:39	16.2	23	34:06	10:40
24	0	John	Palmer	37		15	10:16						

## Male Masters Champion

1	4	Jeffrey	Bowman	42	1:16:38	1	7:58	1	47:33	22.7	4	21:08	6:37
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## Male 40-44

1	7	Johnny	Harrison	44	1:18:06	3	9:40	1	48:57	22.1	1	19:31	6:06
2	30	Greg	Martin	42	1:24:29	1	8:37	3	53:09	20.3	2	22:44	7:07
3	45	Ed	Frisbee	43	1:28:26	2	9:33	4	54:58	19.7	5	23:56	7:29
4	59	T.Alan	Cox	44	1:31:13	7	10:23	6	57:24	18.8	4	23:26	7:20
5	69	Harry,Jr	Detwiler	44	1:33:02	10	11:22	5	55:45	19.4	9	25:56	8:07
6	82	Michael	Reininger	43	1:35:28	9	10:49	10	1:01:21	17.6	3	23:19	7:18
7	84	Alex,Jr	Steverson	43	1:35:44	11	11:36	7	59:57	18	7	24:12	7:34
8	85	Edwin	Bell	41	1:35:50	4	9:50	9	1:00:54	17.7	8	25:07	7:51
9	91	Jeff	Kuperberg	43	1:36:40	5	10:07	11	1:02:34	17.3	6	24:00	7:30
10	113	William	Reid	40	1:40:05	13	12:22	8	1:00:04	18	12	27:41	8:39
11	128	T.Scott	Mcgee	42	1:44:09	16	13:06	13	1:03:33	17	11	27:32	8:36
12	134	Paul	Peavy	44	1:44:43	14	12:42	12	1:03:28	17	14	28:34	8:56
13	142	John	Krause	43	1:46:03	6	10:19	15	1:06:31	16.2	15	29:14	9:08
14	147	Tim	Jones	44	1:46:51	17	14:16	14	1:04:53	16.6	13	27:43	8:40
15	156	Ripley,Jr	Bell	43	1:47:44	15	12:54	16	1:08:11	15.8	10	26:39	8:20
16	223	Matt	Hefelfinger	43	2:04:42	18	14:28	17	1:19:57	13.5	16	30:17	9:28
17	0	Paul	Morphy	43		8	10:35	2	53:09	20.3			
18	0	Wm.	Orth	41		12	12:03						

## Male 45-49

1	15	Doug	Jones	49	1:20:44	2	9:10	1	50:27	21.4	1	21:08	6:36
2	38	William	Hall	45	1:27:04	7	11:37	2	53:57	20	3	21:31	6:44
3	42	Jay	Herring	46	1:27:39	6	11:27	3	55:04	19.6	2	21:09	6:37
4	99	Alexander	Waller	47	1:37:11	1	8:35	5	1:04:21	16.8	4	24:16	7:35
5	110	John	Kelly	46	1:39:19	4	10:35	4	1:03:20	17.1	5	25:25	7:57
6	121	John	Showalter	45	1:42:19	3	10:08	6	1:06:00	16.4	6	26:13	8:12
7	178	David	Smith	46	1:50:50	8	11:40	7	1:08:40	15.7	9	30:32	9:33
8	179	Gary	Parsons	46	1:51:59	10	14:28	8	1:10:27	15.3	7	27:05	8:28
9	181	Hal	Davis	48	1:52:22	9	12:48	9	1:11:08	15.2	8	28:27	8:54
10	0	Martin	Dix	49		5	10:53	10	1:22:09	13.1			

## Male 50-54

1	35	Terry	Presnell	54	1:26:18	3	11:01	1	54:45	19.7	1	20:32	6:25
2	63	Kevin	Terranella	51	1:32:12	2	10:33	2	57:29	18.8	3	24:11	7:34
3	103	Karl	Hempel	52	1:38:28	6	12:12	5	1:04:37	16.7	2	21:40	6:47
4	125	Richard	Whaley	52	1:43:20	1	9:46	4	1:03:14	17.1	5	30:21	9:30
5	139	Pete	Kerwin	51	1:45:47	5	12:05	3	1:03:13	17.1	6	30:30	9:32
6	187	William	Mccue	51	1:53:33	7	12:14	8	1:14:51	14.4	4	26:29	8:17
7	208	James	Kalfas	53	2:00:21	4	11:59	6	1:09:12	15.6	8	39:11	12:15
8	238	Frank	Mix	50	2:15:52	8	26:11	7	1:14:38	14.5	7	35:04	10:58

## Male 55-59

1	83	George,Jr.	Palmer	59	1:35:36	3	11:14	2	59:43	18.1	3	24:40	7:43
2	95	Rick	Ashton	57	1:36:51	2	10:28	1	58:21	18.5	5	28:02	8:46
3	102	Michael	Loving	57	1:38:18	1	10:23	5	1:03:49	16.9	1	24:07	7:33
4	104	Barry	Cohen	58	1:38:34	4	12:05	3	1:02:00	17.4	2	24:30	7:40
5	130	Robert	Cunningham	55	1:44:22	7	13:06	4	1:02:20	17.3	7	28:57	9:03

6	140	Greg	Kaputa	57	1:45:54	8	13:07	6	1:07:42	16	4	25:06	7:51
7	189	Fred	Knapp	59	1:53:52	6	12:56	7	1:09:16	15.6	10	31:42	9:55
8	190	Sam	Lamb	58	1:54:13	9	15:53	8	1:09:28	15.6	6	28:53	9:02
9	209	Ronald	Morrell	55	2:00:52	5	12:46	10	1:17:47	13.9	9	30:20	9:29
10	214	Maynard	Sweeley	59	2:01:46	10	18:03	9	1:13:41	14.7	8	30:03	9:24
<b>Male 60-64</b>													
1	126	Roger	Sprandel	62	1:43:34	2	11:57	1	1:04:47	16.7	1	26:51	8:24
2	168	Jerry	Juhlin	61	1:49:27	1	11:31	2	1:06:25	16.3	2	31:32	9:52
3	196	Bruce	Prevatt	62	1:56:19	4	14:22	3	1:09:05	15.6	4	32:53	10:17
4	202	Sam	Murphy	61	1:58:39	3	13:07	4	1:13:52	14.6	3	31:41	9:54
<b>Male 65-69</b>													
1	225	Charles	Law	66	2:04:54	1	18:31	1	1:13:42	14.7	1	32:42	10:14
<b>Clydedales 1-39</b>													
1	46	Donald	Brown	33	1:28:29	1	0:31	6	1:02:31	17.3	4	25:28	7:58
2	53	Michael	Patton	31	1:30:35	3	9:10	2	57:41	18.7	2	23:45	7:26
3	70	Matthew	Depollo	34	1:33:12	6	9:54	4	59:05	18.3	3	24:14	7:35
4	73	Scotty	Crowe	34	1:33:42	5	9:40	1	56:08	19.2	8	27:55	8:44
5	90	Joshua	Barrow	27	1:36:18	7	10:52	5	1:02:04	17.4	1	23:22	7:19
6	106	John	Beauchamp	27	1:38:52	11	13:13	3	59:00	18.3	6	26:40	8:20
7	118	Andy	Crowe	29	1:41:05	4	9:40	8	1:03:46	16.9	7	27:40	8:39
8	124	Rick	Parker	39	1:43:11	9	12:38	9	1:04:52	16.7	5	25:41	8:02
9	133	Bobby	Drew	39	1:44:41	8	12:24	7	1:02:46	17.2	9	29:32	9:14
10	149	Guy	Delahoussaye	31	1:47:01	2	2:50	11	1:12:09	15.0	10	32:04	10:01
11	191	Kendall	White	36	1:54:17	10	12:40	10	1:07:40	16.0	11	33:58	10:37
12	210	Thomas	Smith	29	2:00:52			12	1:23:36	12.9	12	37:25	11:42
13	215	Travis	Blanton	31	2:02:14								
<b>Clydedales 40-49</b>													
1	86	Keoni	Cheffens	47	1:36:00	4	12:19	1	57:27	18.8	2	26:16	8:13
2	97	Frank	Rudd	40	1:36:58	1	8:44	2	1:03:02	17.1	1	25:13	7:53
3	120	Robert	Palmer	42	1:42:15	2	10:01	3	1:03:03	17.1	4	29:12	9:08
4	146	Donald	Young	50	1:46:45	5	12:25	4	1:07:06	16.1	3	27:15	8:31
5	188	Fred, Jr.	Beckham	50	1:53:39	3	11:48	5	1:11:15	15.2	6	30:38	9:35
6	217	Pat	Kennedy	44	2:02:35	6	14:52	7	1:17:33	13.9	5	30:11	9:26
7	224	Mark	Mcvey	44	2:04:45	8	15:17	6	1:13:56	14.6	8	35:32	11:07
8	229	Timothy	Warfel	50	2:08:19	7	15:11	8	1:17:49	13.9	7	35:20	11:03
9	244	Robert	Kilpatrick	44	2:28:19	9	15:17	9	1:28:10	12.3	10	44:53	14:02
10	245	Cass	Vickers	55	2:28:44	10	18:09	10	1:31:53	11.8	9	38:43	12:06
<b>Male Physically Challenged</b>													
1	167	David	Bigoney	30	1:49:24	1	12:18	1	1:06:41	16.2	1	30:25	9:31
<b>Overall Women</b>													
1	18	Erika	Pollock	29	1:21:12	5	8:31	1	51:36	20.9	1	21:05	6:36
2	32	Kimberly	Leerssen	25	1:25:06	4	8:30	2	54:19	19.9	5	22:19	6:59
3	36	Juliet	Lovett	27	1:26:21	11	9:03	5	55:28	19.5	4	21:51	6:50
<b>Female 0-19</b>													
1	173	Lauren	Gair	14	1:49:47	1	11:02	1	1:10:08	15.4	1	28:37	8:57
<b>Female 20-24</b>													
1	60	Julie	Olsen	22	1:31:27	10	12:33	1	55:35	19.4	2	23:21	7:18
2	66	Alicia	Weber	24	1:32:33	8	11:45	2	59:30	18.2	1	21:19	6:40
3	72	Lisa	Whidden	24	1:33:41	1	7:31	3	1:00:10	18	3	26:01	8:08
4	127	Robin	Mohancho	24	1:43:50	6	10:25	4	1:05:38	16.5	8	27:47	8:41
5	148	Kristen	Klein	22	1:46:53	14	13:19	5	1:05:57	16.4	7	27:38	8:38
6	151	Elaine	Skislak	22	1:47:20	7	11:22	7	1:09:35	15.5	4	26:25	8:16

7	152	Theresa	Lau	22	1:47:25	15	14:12	6	1:06:15	16.3	5	26:59	8:26
8	185	Jennifer	Biard	23	1:53:18	11	12:36	8	1:10:49	15.3	12	29:54	9:21
9	192	Sarah	Smiley	22	1:54:55	2	8:24	9	1:17:33	13.9	10	28:59	9:04
10	199	Chrissy	Pannier	24	1:58:24	12	12:44	12	1:18:36	13.7	6	27:05	8:28
11	201	Kendra	Otis	24	1:58:39	4	9:36	10	1:17:47	13.9	13	31:16	9:47
12	207	Melissa	Zapata	24	2:00:18	9	12:01	11	1:18:27	13.8	11	29:50	9:20
13	231	Danielle	Chinault	20	2:09:05	5	10:11	13	1:25:39	12.6	14	33:16	10:24
14	233	Jessica	Stewart	24	2:09:34	13	13:00	15	1:28:14	12.2	9	28:21	8:52
15	241	Nicole	Loiselle	22	2:18:58	16	16:28	14	1:25:59	12.6	15	36:32	11:25
16	0	Tiffany	Dodson	24		3	8:59						
<b>Female 25-29</b>													
1	65	Sara	Werner	25	1:32:32	2	9:01	4	1:01:49	17.5	1	21:44	6:48
2	75	Brandi	Campbell	28	1:33:56	6	11:44	1	59:29	18.2	2	22:44	7:07
3	77	Meredith	Novack	28	1:34:22	3	9:04	3	1:01:24	17.6	3	23:55	7:29
4	112	Lisa	Bowden	27	1:39:43	7	11:45	5	1:03:23	17	5	24:36	7:41
5	119	Anne	Blachford	27	1:41:51	1	8:16	2	1:01:08	17.7	11	32:28	10:09
6	154	Kathleen	Sacassa	26	1:47:28	4	10:31	7	1:07:53	15.9	7	29:05	9:06
7	161	Amy	Peterson	25	1:48:02	5	11:08	9	1:10:21	15.4	6	26:34	8:18
8	174	Allison	Eagen	25	1:50:27	11	16:00	8	1:10:05	15.4	4	24:23	7:38
9	177	Amy	Wynn	27	1:50:45	8	13:22	6	1:07:31	16	8	29:53	9:21
10	216	Kim	Kaye	29	2:02:30	9	15:13	10	1:15:14	14.4	10	32:03	10:01
11	234	Kristen	Seay	29	2:10:57	10	15:15	11	1:23:59	12.9	9	31:44	9:55
<b>Female 30-34</b>													
1	48	Angie	Rile	31	1:29:21	3	9:38	1	56:20	19.2	2	23:24	7:19
2	62	Beth	Donahue	33	1:31:54	1	8:36	2	58:37	18.4	3	24:41	7:43
3	111	Amy	Stenberg	31	1:39:37	4	10:31	3	1:02:21	17.3	4	26:45	8:22
4	131	Liz	Baker	30	1:44:34	7	13:24	4	1:07:52	15.9	1	23:20	7:18
5	136	Lisa	Brabazon	30	1:45:39	2	8:57	5	1:08:40	15.7	5	28:03	8:46
6	212	Joy	Key	33	2:01:09	6	13:02	6	1:16:57	14	6	31:11	9:45
7	230	Jennifer	Fitzgerald	31	2:08:27	5	12:35	7	1:23:18	13	8	32:35	10:11
8	239	Sharyn	Kerwin	30	2:16:00	8	14:01	9	1:28:29	12.2	9	33:31	10:29
9	243	Rosana	Colon	34	2:20:00	9	23:25	8	1:24:02	12.9	7	32:34	10:11
<b>Female 35-39</b>													
1	81	Lynn	Powell	39	1:35:22	1	10:10	1	59:12	18.2	1	26:02	8:08
2	141	April	Williford	37	1:45:56	4	12:29	4	1:07:13	16.1	3	26:15	8:13
3	182	Sherrie	Peavy	35	1:52:32	8	14:13	5	1:07:32	16	5	30:48	9:38
4	193	Melanie	Motiska	38	1:55:20	5	12:46	6	1:08:27	15.8	6	34:09	10:41
5	200	Roxanne	Burrus	38	1:58:27	9	15:07	3	1:06:47	16.2	9	36:34	11:26
6	203	Kathy	Middleton	35	1:58:57	10	16:52	8	1:15:52	14.2	2	26:14	8:12
7	204	Susan	Haag	38	1:59:53	6	13:06	7	1:10:28	15.3	8	36:21	11:22
8	206	Lisa	Echeverri	38	2:00:17	3	11:43	10	1:21:56	13.2	4	26:39	8:20
9	227	Anne	Munson	37	2:07:38	2	11:42	9	1:19:54	13.5	7	36:04	11:17
10	0	Kirsten	Baggett	37		7	13:23	2	1:04:51	16.7			
<b>Female Masters Champion</b>													
1	44	Sue	Hensley	42	1:28:08	2	9:05	1	55:08	19.6	2	23:56	7:29
<b>Female 40-44</b>													
1	122	Lisa	Allison	43	1:42:28								
2	123	Sara	Fulghum	40	1:42:29	2	10:59	1	1:03:41	17	3	27:51	8:42
3	158	Robin	Safley	40	1:47:51	1	10:50	2	1:08:52	15.7	4	28:10	8:48
4	164	Nancy	Logan	41	1:48:21	4	14:03	3	1:10:50	15.3	1	23:28	7:20
5	222	Belinda	Twohig	43	2:04:13	5	14:25	5	1:23:00	13	2	26:49	8:23
6	226	Penny	Isom	41	2:06:13	3	12:56	6	1:24:56	12.7	5	28:21	8:52
7	236	Gail	Knight	43	2:11:53	6	15:24	4	1:20:29	13.4	6	36:00	11:15

Female 45-49

1	54	Mary	Tappen	46	1:30:40	1	8:52	1	55:16	19.5	1	26:33	8:18
2	183	Bonnie	Wright	48	1:52:57	2	10:29	3	1:13:00	14.8	2	29:28	9:13
3	211	Nancy	Goyert	45	2:01:02	3	11:00	2	1:12:05	15	4	37:57	11:52
4	237	Linda	Daniel	46	2:15:39	4	22:46	4	1:22:13	13.1	3	30:41	9:36

Female 50-54

1	87	Susan	Wallis	51	1:36:01	1	9:44	1	59:52	18	1	26:26	8:16
2	220	Eunice	Hemsley	50	2:03:31	2	15:17	2	1:15:18	14.3	2	32:56	10:18

Female 55-59

1	170	Carole	Thompson	57	1:49:35	1	13:34	1	1:09:03	15.6	1	26:59	8:26
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Female 60-64

1	198	Sharon	Blount	64	1:56:24	1	13:08	1	1:10:17	15.4	2	33:00	10:19
2	219	Gwen	Sprandel	63	2:02:57	2	13:29	2	1:17:50	13.9	1	31:39	9:54

Athena 1-39

1	132	Jennifer	Kilinski	25	1:44:41	1	9:32	1	1:08:54	15.7	1	26:16	8:13
2	232	Kayla	Montanaro	23	2:09:27	2	12:40	2	1:20:57	13.3	2	35:50	11:12

Athena 40-99

1	247	Judith	Shapiro	52	2:55:46	1	31:49	1	1:35:18	11.3	1	48:40	15:13
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**Dana Stetson and David Bigoney**



**Springtime Tallahassee 10K****4/3/04 Tom Perkins, Jeanne O'Kon**

				58	Herbert	Wills	M	43	0:41:47		
				59	Ted	Moret	M	39	0:41:49		
				60	Geoff	Likens	M	38	0:41:52		
				61	Jerry	Mcdaniel	M	50	0:41:57		
				62	Andy	Roberts	M	37	0:42:14		
1	Caleb	Carmichael	M	19	0:33:22	63	Andres	Bernal	M	25	0:42:33
2	Sean	Daniels	M	21	0:33:51	64	Fabien	Corbillon	M	28	0:42:39
3	Mike	Lilly	M	31	0:34:04	65	Bill	Perry	M	55	0:42:49
4	Jordan	Adler	M	18	0:34:31	66	Jim	Carson	M	41	0:42:54
5	Gary	Droze	M	42	0:34:39	67	Dave	Borschel	M	39	0:42:58
6	Tim	Unger	M	44	0:35:01	68	Garth	Grumme	M	34	0:43:10
7	Chris	Holland	M	18	0:36:37	69	David	Knoll	M	28	0:43:10
8	Bill	Mccord	M	41	0:36:44	70	Sam	Higdon	M	37	0:43:20
9	Jack	Mcdermott	M	35	0:36:51	71	Seth	Coffin	M	34	0:43:25
10	Sarah Docter-Williams	F	39	0:37:03	72	Myron	Herring	M	45	0:43:26	
11	Paul	Morphy	M	43	0:37:04	73	Gary	Cato	M	48	0:43:29
12	Bosworth	Henry	M	26	0:37:13	74	Lisa	Whitworth	F	33	0:43:39
13	Michael	Martinez	M	38	0:37:29	75	Sergio	Bejar	M	30	0:43:42
14	Zach	Galloway	M	24	0:37:34	76	Ronald	Christen	M	58	0:43:45
15	Jeff	Nielsen	M	46	0:37:54	77	Greg	Falstrom	M	45	0:43:48
16	Bill	McGuire	M	56	0:37:55	78	Garth	Crow	M	39	0:43:56
17	David	Yon	M	48	0:37:56	79	Barrett	Haga	M	25	0:44:13
18	Brian	Corbin	M	36	0:38:17	80	Dan	Oronje	M	38	0:44:21
19	Steve	Barraco	M	49	0:38:26	81	Bob	Fisher	M	48	0:44:28
20	Jason	Carter	M	32	0:38:36	82	David	Kermis	M	32	0:44:30
21	Karl	Hempel	M	52	0:38:46	83	Al	Bowden	M	46	0:44:33
22	Ben	Conmy	M	28	0:38:53	84	Bob	Asztalos	M	45	0:44:35
23	Felton	Wright	M	46	0:38:57	85	Brecht	Heuchan	M	33	0:44:40
24	Kate	Remillard	F	25	0:39:10	86	Joe	Dexter	M	58	0:44:41
25	Mike	Sims	M	52	0:39:10	87	Carrie	Weyant	F	42	0:44:47
26	Fred	Johnson	M	42	0:39:21	88	Julie	Clark	F	42	0:44:50
27	Matthew	Minno	M	44	0:39:25	89	Julie	Olsen	F	22	0:44:56
28	Alan	Thomas	M	44	0:39:27	90	Frank	Flynn	M	44	0:44:58
29	Shawn	Heath	M	34	0:39:31	91	John	Degrummond	M	36	0:45:01
30	James	Wilgenbusch	M	35	0:39:32	92	Albert	Scoma	M	34	0:45:03
31	Jay	Silvanima	M	44	0:39:33	93	Fred	Kinch	M	44	0:45:04
32	Gallagher	Dempsey	M	20	0:39:33	94	Aaron	Franz	M	28	0:45:05
33	Mike	Labossiere	M	37	0:39:34	95	Ace	Haddock	M	34	0:45:09
34	Jerry	Ongley	M	56	0:39:41	96	Wallace	Rose	M	40	0:45:09
35	Mike	Johnson	M	41	0:39:54	97	Warren	Emo	M	51	0:45:12
36	Chris	Marino	M	31	0:39:56	98	George	Palmer	M	59	0:45:18
37	Hobson	Fulmer	M	48	0:40:06	99	Stephanie	Liles	F	31	0:45:25
38	Scott	Ruplinger	M	22	0:40:07	100	David	Duris	M	47	0:45:26
39	Gavin	Naylor	M	43	0:40:08	101	Henry	Mayfield	M	26	0:45:33
40	Phil	Leboutillier	M	38	0:40:09	102	Peter H.	Ellis	M	28	0:45:35
41	Bill	Hillison	M	59	0:40:10	103	Dale	Smith	M	50	0:45:36
42	Kevin	Droe	M	36	0:40:36	104	John	Kelly	M	46	0:45:39
43	Dwayne	Maddron	M	42	0:40:38	105	Bill	Law	M	55	0:45:41
44	Mike	Weyant	M	38	0:40:40	106	Jay	Smith	M	29	0:45:46
45	Jane	Johnson	F	45	0:40:48	107	James	Killius	M	42	0:45:59
46	Karen	Wheeler	F	25	0:40:50	108	Nick	Yonclas	M	60	0:46:00
47	Jim	Phillips	M	38	0:40:51	109	Cindy	Geeker	F	45	0:46:15
48	Bud	Fennema	M	48	0:40:57	110	Will	Mccarthy	M	34	0:46:16
49	Bill	Bowers	M	50	0:40:58	111	Yvonne	Gsteiger	F	46	0:46:17
50	Simon-serge	Sablin	M	31	0:41:12	112	Fran	Mclean	F	46	0:46:18
51	Lisa	Giblin	F	18	0:41:14	113	Rob	Cowan	M	49	0:46:21
52	Michael	Rodriguez	M	18	0:41:17	114	Ellen	Crabil	F	33	0:46:23
53	John	Patterson	M	46	0:41:25	115	Krista	Killius	F	41	0:46:25
54	Michael	Slaughter	M	22	0:41:29	116	James	Rehwinkel	M	42	0:46:30
55	Tad	David	M	35	0:41:34	117	Emory	Mayfield	M	30	0:46:32
56	Seeley	Lovett	F	27	0:41:40	118	Travis	Miller	M	34	0:46:33
57	Douglas	Covert	M	40	0:41:43	119	Barry	Davis	M	55	0:46:35

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122	Mark	Delegal	M 36	0:46:44	184	Nancy	Widener	F 54	0:50:11
123	Ian	Wyman	M 43	0:46:46	185	Oscar	Baltodano	M 31	0:50:14
124	John	Cha	M 23	0:46:50	186	Charles	Williams	M 42	0:50:15
125	Laitaras	Stokes	M 15	0:46:54	187	Bonnie	Thrasher	F 37	0:50:16
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127	John	Vinson	M 39	0:46:56	189	Marty	Kirkland	F 51	0:50:22
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129	Joe	Mahoney	M 23	0:47:11	191	Celia	Hood	F 46	0:50:25
130	Cynara	Miller	F 42	0:47:24	192	Trey	Thrasher	M 37	0:50:26
131	Jim	Ervin	M 47	0:47:27	193	Joel	Springer	M 31	0:50:29
132	Dennis	Jorgensen	M 60	0:47:30	194	Kate	Macfall	F 32	0:50:30
133	Alfred	Bea	M 48	0:47:34	195	Jeremy	Kirby	M 34	0:50:30
134	Erin	Geyer	F 22	0:47:39	196	Carey	Macdonald	F 26	0:50:32
135	Jim	Taylor	M 47	0:47:43	197	Joshua	Thomas	M 15	0:50:33
136	Garrett	Blanton Jr.	M 34	0:47:46	198	Vivian	Johnson	F 62	0:50:38
137	Don	Foulke	M 50	0:47:55	199	Rhonda	Gaudino	F 42	0:50:39
138	John	Engelbrecht	M 20	0:47:58	200	Tim	Johnson	M 33	0:50:49
139	Kirsten	Baggett	F 37	0:48:05	201	David	Darst	M 60	0:50:54
140	Chris	Judd	M 26	0:48:07	202	Scott	Harris	M 26	0:50:56
141	Tom	Taylor	M 40	0:48:11	203	Pam	Breza	F 43	0:50:57
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144	David	Disalvo	M 36	0:48:20	206	Barbara	Mcneal	F 48	0:51:03
145	Terry	Tenold	M 55	0:48:23	207	Dennis	Smith	M 38	0:51:07
146	Jimmy	Ledford	M 48	0:48:24	208	Bobby	Carrouth	M 49	0:51:09
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161	Clint	Watkins	M 61	0:49:03	223	Tom	Cornish	M 34	0:51:40
162	Keir	Bradshaw	M 25	0:49:05	224	Jaqvi	Griffith	F 45	0:51:41
163	Tim	Botcher	M 42	0:49:08	225	Hal	Davis	M 48	0:51:44
164	David	Voorting	M 43	0:49:11	226	Margaret	Colley	F 22	0:51:47
165	Sean	Millard	M 34	0:49:12	227	Dana	Perpall	F 20	0:51:47
166	Mae	Barker	F 26	0:49:19	228	Don	Rains	M 50	0:51:49
167	Lynn	Markell	F 48	0:49:28	229	Jill	Denoma	F 24	0:51:49
168	Crushall	Swilley	M 53	0:49:32	230	John	Waldron	M 50	0:51:50
169	Grea	Bevis	M 42	0:49:35	231	Corrie	Moor	F 32	0:51:53
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175	Steve	Gould	M 39	0:49:47	237	Frank	Terraferma	M 33	0:52:03
176	Ashley	Andress	F 19	0:49:48	238	Bruce	Campbell	M 55	0:52:03
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245	Mike	Schneider	M 67	0:52:12	306	Melissa	Perfit	F 22	0:54:38
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247	Eric	Prutsmann	M 41	0:52:16	308	Joe	Hereford	M 32	0:54:39
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251	Bob	Cox	M 52	0:52:20	312	Gar	Chisenhall	M 32	0:54:48
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260	David	Farnsworth	M 53	0:52:44	321	Reg	Perry	M 44	0:55:04
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271	Catherine	Nixon	F 24	0:53:25	332	Lee	Brueckheimer	M 29	0:55:27
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273	Daniel	Wagnon	M 27	0:53:32	334	Rebecca	Hale	F 29	0:55:28
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275	Mae	Cleveland	F 64	0:53:37	336	Scott	Houston	M 0	0:55:31
276	Thomas	Friebel	M 35	0:53:40	337	Karen E	Nashatker	F 22	0:55:35
277	Li	Feng	F 26	0:53:42	338	Anne	Curtin	F 22	0:55:35
278	Lindsey	Williams	F 34	0:53:46	339	Eric	Larson	M 40	0:55:36
279	Jeff	Garis	M 54	0:53:47	340	Richard	Ziegler	M 44	0:55:37
280	Joe	Crook	M 25	0:53:52	341	Allison	Yu	F 25	0:55:38
281	Annmarie	Muniz	F 22	0:53:55	342	Brad	Smith	M 49	0:55:40
282	John	Occhiuzzo Jr.	M 51	0:53:55	343	Kim	Blanton	F 31	0:55:43
283	Lisa	Truckenbrod	F 39	0:53:55	344	Melissa	Baxley	F 34	0:55:45
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287	James	Upchurch	M 55	0:54:03	348	Nick	Hall	M 34	0:55:52
288	Richard	Greer	M 35	0:54:05	349	Nick	Stratis	M 52	0:55:53
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290	Amy	Stenberg	F 31	0:54:06	351	Bert	Wilkerson	M 37	0:55:55
291	John	Morrill	M 53	0:54:08	352	Joe	Ullo	M 33	0:55:56
292	John	Dove	M 47	0:54:10	353	Marty	Hebrank	M 40	0:55:58
293	Charles	Thomsen	M 53	0:54:16	354	Roger	Register	M 46	0:56:01
294	Charles	Rosenberg	M 58	0:54:18	355	Allison	Deison	F 31	0:56:02
295	Ken	Tomblin	M 52	0:54:19	356	Tom	Deison	M 31	0:56:05
296	Lori	Tomblin	F 45	0:54:19	357	Edwin	Rodriguez	M 51	0:56:06
297	Laurie	Jones	F 49	0:54:22	358	Jim	Walker	M 50	0:56:06
298	Kendra	Preugschat	F 23	0:54:22	359	Beth	Vanstone	F 29	0:56:07
299	John	Yearty	M 37	0:54:23	360	Phillip	Tomberlin Jr	M 52	0:56:09
300	Susan	Fitzgerald	F 48	0:54:24	361	Mark	Mcvey	M 44	0:56:11
301	Chris	Stanisci	M 28	0:54:26	362	Mary	Stutzman	F 55	0:56:20
302	David	Brown	M 50	0:54:29	363	Shaun	Donahoe	M 60	0:56:26
303	Rob	Dearduff	M 38	0:54:33	364	Bryan	Spooner	M 36	0:56:30
304	Shahrokh	Massoudi	M 54	0:54:35	365	Kathy	Cox	F 45	0:56:31
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368	Jeremy	Jones	M	29	0:56:38	429	Perha	Varley	F	59	0:59:34
369	Tiffany	Burgermeister	F	34	0:56:39	430	Kelly	Skelton	F	28	0:59:34
370	Lindsey	Moore	F	25	0:56:41	431	Robin	Borschel	F	33	0:59:36
371	Bill	Behenna	M	50	0:56:49	432	Mike	Weglinski	M	39	0:59:37
372	Birgit	Cromartie	F	33	0:56:51	433	Laura	Johnson	F	38	0:59:37
373	Charles	Barrilleaux	M	47	0:56:55	434	Jennifer	Erickson	F	21	0:59:43
374	Kyu Beom	Choi	M	33	0:56:55	435	Jennifer	Shappard	F	22	0:59:49
375	Lawrence	Cook	M	59	0:56:56	436	Bill	Wallis	M	56	0:59:50
376	Patti	Pijut	F	44	0:56:59	437	Bruce	Prevatt	M	62	1:00:01
377	George	Merritt	M	51	0:57:00	438	Robert	Mcneal	M	42	1:00:04
378	Joe Anne	Hart	F	30	0:57:02	439	Dawn	Carsey	F	38	1:00:08
379	Melanie	Mosley	F	43	0:57:03	440	Arthur	Ward	M	70	1:00:11
380	Susan	Duris	F	48	0:57:05	441	Daniel	Lister	M	32	1:00:13
381	Patrick	Wester	M	45	0:57:09	442	Tom	Powell	M	56	1:00:24
382	Mary Jean	Yon	F	48	0:57:10	443	Amanda	Cuevas	F	33	1:00:25
383	Kathy	Weiss	F	52	0:57:13	444	Alva	Striplin	F	33	1:00:26
384	Kymn	Moret	F	37	0:57:13	445	Joe	Peresich	M	53	1:00:26
385	Kevin	Coleman	M	35	0:57:15	446	Lindsey	Rodriguez	F	28	1:00:27
386	David	Smith	M	59	0:57:16	447	Chris	Hanson	M	23	1:00:31
387	Lew	Killian	M	56	0:57:19	448	Kelvin	Sands	M	41	1:00:39
388	Jim	Stockwell	M	62	0:57:25	449	Barbara	Yonclas	F	57	1:00:41
389	Susan	Cornwell	F	54	0:57:28	450	Christie	Koontz	F	54	1:00:41
390	Alyson	Adler	F	21	0:57:28	451	Riza	Cruz	F	32	1:00:42
391	Richard	Whaley	M	52	0:57:30	452	Beth	Alexander	F	39	1:00:48
392	Debra	Brown	F	42	0:57:30	453	Ronald	Mullis	M	61	1:00:51
393	Jeffrey	Jones	M	47	0:57:30	454	Jay	Vail	M	52	1:00:55
394	Julian	Hurt	F	50	0:57:33	455	Cassandra	Ponder	F	23	1:00:55
395	Layla	Ghazvini	F	17	0:57:40	456	Heather	Lammers	F	25	1:00:56
396	Linda	Ongley	F	52	0:57:45	457	Nadine	Dexter	F	45	1:01:00
397	Karen R	Brown	F	27	0:57:46	458	Barrett	Johnson	M	63	1:01:13
398	David	Steele	M	55	0:57:49	459	Joe	Gabovitz	M	32	1:01:14
399	Dean	Paini	M	37	0:57:53	460	David	Tashner	M	31	1:01:16
400	Kersten	Kinsley	F	32	0:57:54	461	B32	Zzbandit	U	0	1:01:17
401	Michael	Degennaro	M	61	0:57:55	462	Ali	Kelly	F	31	1:01:22
402	Rose	Rodriguez	F	49	0:57:55	463	Ann	Mullis	F	53	1:01:23
403	Laura	Davila	F	19	0:57:57	464	Franklin	Morris	M	42	1:01:23
404	Katie	Coleman	F	20	0:58:01	465	Jennifer	Carter	F	21	1:01:25
405	Ruth	Jones	F	52	0:58:01	466	Kerry	Pitts	F	23	1:01:25
406	Suzanne	Morris	F	54	0:58:08	467	Jamaa	Bouhattate	F	28	1:01:26
407	Anne	Blachford	F	27	0:58:10	468	Anandi..	Ekambaram	F	29	1:01:27
408	Victor	Heller	M	53	0:58:17	469	Karen	Smith	F	55	1:01:27
409	Christine	Klassen	F	30	0:58:19	470	John	Calhoun	M	38	1:01:30
410	Chris	Sumner	M	24	0:58:21	471	Rachel	Gross	F	0	1:01:31
411	Marvin	Stevenson	M	69	0:58:22	472	Jeremy	Floyd	M	0	1:01:32
412	Anthony	Kunkel	M	44	0:58:24	473	Dean	Leed	M	54	1:01:32
413	Denise	Hale	F	0	0:58:31	474	Margarete	Deckert	F	71	1:01:34
414	Karen	Arms	F	37	0:58:47	475	Lorena	Diaz	F	24	1:01:36
415	Kathy	Fox	F	39	0:58:48	476	Sae	Lee	M	56	1:01:42
416	Bruce	Skelton	M	54	0:58:49	477	Wallace	Randell	M	50	1:01:46
417	Sharon	Smith	F	39	0:58:52	478	Bill	Rayner	M	47	1:01:48
418	Joseph	Lewis Jr.	M	51	0:58:58	479	Mary	Burke	F	38	1:01:48
419	David	Cox	M	53	0:59:12	480	Robyn	Ceballos	F	39	1:01:49
420	Tor	Bejnar	M	48	0:59:13	481	Jim	Mcneal	M	29	1:01:50
421	Bryan	Desolge	M	45	0:59:16	482	John	Daigle	M	56	1:01:56
422	Andy	Hough	M	8	0:59:18	483	Patty	Stuart	F	51	1:02:04
423	Jack	Cosper	M	60	0:59:20	484	Jennifer	Britt	F	38	1:02:07
424	James	Hough	M	42	0:59:24	485	Ashley	Gardner	F	31	1:02:15
425	John	Kennedy	M	50	0:59:26	486	Tom	Yeoman	M	44	1:02:15
426	Paulina	Brewer	F	24	0:59:26	487	Robert	Morris	M	72	1:02:16
427	Viktoria	Szilagyi	F	23	0:59:27	488	Stephanie	Peacock	F	16	1:02:19

489	John	Mcelligott	M 54	1:02:21	551	James	Story	M 64	1:06:38
490	Lena	Juarez	F 34	1:02:23	552	Emily	Wingate	F 23	1:06:40
491	Barbara	Rains	F 55	1:02:33	553	Rick	Carrroll	M 46	1:06:41
492	Marion	Aller	F 52	1:02:44	554	Sara	Cleveland	F 31	1:06:42
493	Donnie	Mcclaughtery	F 53	1:02:48	555	Michael	Flury	M 33	1:06:46
494	Colleen	Knapp	F 23	1:02:49	556	David	Duff	M 44	1:06:48
495	Amy	Kise	F 30	1:02:50	557	Katherine	Gordon	F 20	1:06:49
496	Chris	Kise	M 39	1:02:50	558	Christina	Fawaz	F 20	1:06:49
497	Salom	Talib	M 55	1:02:51	559	Barbara	Goldstein	F 45	1:06:52
498	Amy	Starkey	F 28	1:02:58	560	James	Wolf	M 53	1:06:59
499	Heidi	Chaveus	M 49	1:02:59	561	Chase	Powell	M 15	1:07:01
500	Tammy	Johnson	F 37	1:03:11	562	Margot	Palazes	F 50	1:07:02
501	Lee	Stone	M 59	1:03:15	563	Doyle	Johnson	M 40	1:07:09
502	Michelle	Juarez	F 41	1:03:18	564	Chris	Skinner	M 31	1:07:12
503	Carson	Durrance	F 32	1:03:53	565	Ruthie	Dickson	F 61	1:07:13
504	Jennifer	Fitzgerald	F 31	1:04:07	566	Becky	Leckinger	F 40	1:07:19
505	Gail	Knight	F 43	1:04:07	567	Charlie	Mesing	M 49	1:07:23
506	George	Borders	M 65	1:04:10	568	Bill	Hunter	M 53	1:07:26
507	John Brett	O'brien	M 48	1:04:17	569	John	Gardner	M 52	1:07:31
508	Heather	Poole	F 32	1:04:20	570	Pheona	Kaiser	F 61	1:07:47
509	Kraig	Conn	M 43	1:04:21	571	Hulon	Whitton	M 72	1:07:59
510	Jodi	Warmach	F 34	1:04:21	572	Lynn	Walker	F 50	1:08:00
511	Howard	Hussey	M 48	1:04:22	573	Frank	Walker	M 52	1:08:11
512	Sondra	Joyner	F 48	1:04:26	574	Dennis	Kehoe	M 56	1:08:12
513	Katherine	Ryland	F 34	1:04:29	575	Zac	Hanson	M 32	1:08:14
514	Jonathan	Cone	M 24	1:04:32	576	David	Unsicker	M 63	1:08:18
515	Steve	Pfeiffer	M 59	1:04:33	577	Rita	Tweed	F 27	1:08:26
516	Tom	Allen	M 44	1:04:34	578	Warren	Mcdougle	M 52	1:08:26
517	Nada	Stauffer	F 51	1:04:35	579	Lecia	Behenna	F 35	1:08:27
518	Kristen	Pasquier	F 23	1:04:41	580	Kallie	Elliot	F 21	1:08:34
519	Michael	Pasquier	M 24	1:04:47	581	Kathy	Dunnigan	F 45	1:08:37
520	Michelle	Mahana	F 38	1:04:48	582	Erica	Mccaul	F 37	1:08:37
521	Theresa	Flury	F 37	1:04:48	583	Christina	Gonzalez	F 23	1:08:38
522	Patrick	Mcguire	M 37	1:05:02	584	Gwen	Drake	F 45	1:08:45
523	Rebecca	Payne	F 20	1:05:04	585	Jamie	Pitts	F 27	1:08:46
524	Nick	Crossman	M 22	1:05:05	586	Jessika	Timmons	F 22	1:08:51
525	George	Lemieux	M 34	1:05:07	587	Tom	Juring	M 51	1:08:53
526	Sondra	Lee	F 35	1:05:08	588	Mary	Crossley	F 42	1:08:55
527	David	Eastman	M 53	1:05:08	589	Amber	Isley	F 23	1:08:55
528	John	Paulson	M 36	1:05:15	590	Brandon	Dellcroppin	M 21	1:08:56
529	Mark	Hiers	M 46	1:05:15	591	James	Skofronick	M 72	1:08:56
530	Ray	Moore	M 56	1:05:16	592	Selina	Hough	F 39	1:08:59
531	Sherri	Jackman	F 40	1:05:20	593	Vicky	Bernal	F 52	1:09:03
532	Wendy	Bevan- Baker	F 48	1:05:20	594	John	Burke	M 57	1:09:06
533	Monica	Jackson	F 29	1:05:21	595	Jeffery	Mazerac	M 32	1:09:20
534	Cynthia	Christen	F 51	1:05:27	596	Silvester	Dawson	M 42	1:09:23
535	Mary	Geringer	F 49	1:05:33	597	Edye	Coxwell	F 30	1:09:32
536	B05	Zzbandit	U 0	1:05:38	598	Juliette	Mcdonald	F 0	1:09:45
537	B. J.	Foster	F 57	1:05:42	599	Hetal	Desai	F 34	1:09:46
538	Roddy	Clarke	M 28	1:05:43	600	Elbert	Hurst	M 49	1:09:47
539	Margaret	Farris	F 39	1:05:45	601	Robert G	Knight	M 47	1:09:57
540	Terry	Karesh	M 52	1:05:55	602	Kaiea	Rohlehr	F 29	1:10:03
541	Joanna	Francis	F 39	1:05:56	603	Vanessa	Morrill	F 20	1:10:07
542	Kristen	Seaquist	F 28	1:05:58	604	Jennifer	Myers	F 31	1:10:14
543	Marisol	Roberts	F 33	1:06:04	605	April	Bobadillo	F 31	1:10:26
544	Eric	Ferguson	M 33	1:06:05	606	Jimmy	Kalfas	M 53	1:10:34
545	Trey	Dyal	M 30	1:06:15	607	Ray	Hanlon	M 61	1:10:48
546	Diana	Harper	F 43	1:06:18	608	Charles	Carter	M 53	1:10:52
547	Kay	Holland	F 61	1:06:18	609	Dawn	Brown	F 55	1:10:54
548	Joe	Rubin	M 49	1:06:20	610	Russell	Rowan	M 45	1:10:57
549	Debbie	Hodges	F 53	1:06:20	611	Terri	Smith	F 34	1:10:59
550	Georgia	Vince	F 32	1:06:38	612	Ron	Webster	M 41	1:11:01



35	Cecilia	Printy	F	14	0:07:24	96	Aaron	Coker	M	11	0:09:30
36	Kimberly	Newsome	F	0	0:07:26	97	Anna Marie	Disalvo	F	10	0:09:31
37	Jackson	"tyler" Gardner	M	9	0:07:29	98	Kirsten	Perkins	F	14	0:09:32
38	Austin	Lee	M	10	0:07:29	99	Tom	Coker	M	45	0:09:40
39	Ann	Dietrich	F	14	0:07:31	100	Yueh-lin	Sullivan	F	41	0:09:43
40	Jamie	Wright	M	10	0:07:32	101	Max	Mayne	M	8	0:09:44
41	Nick	Dietrich	M	7	0:07:32	102	Deborah	Harris	F	35	0:09:47
42	Waverly	Chin	F	10	0:07:34	103	Cameron	Nave	M	7	0:09:48
43	Bryce	Clayton	M	14	0:07:35	104	Susannah	Rowan	F	10	0:09:49
44	Melissa	Jackman	F	12	0:07:35	105	Jeremy	Katz	M	13	0:09:55
45	Renee	Cox	F	16	0:07:36	106	Cameron	Johnson	M	7	0:10:00
46	Ben	Houston	M	10	0:07:38	107	Matthew	Burharus	M	6	0:10:01
47	Jeffrey	Clark	M	9	0:07:40	108	Glenn	Burharus, Jr.	M	36	0:10:05
48	Patrick	Desloge	M	9	0:07:40	109	Tenley	Kiger	F	7	0:10:09
49	Malcolm	Juring	M	10	0:07:42	110	Glenn	Burharus, Sr	M	57	0:10:13
50	Allison	Bowden	F	8	0:07:45	111	Carol	Austin	F	47	0:10:14
51	Allison	Clarke	F	12	0:07:48	112	John	Londot	M	33	0:10:14
52	Jordan	Dick	F	10	0:07:50	113	Sarah Marie	Dietrich	F	12	0:10:15
53	Zack	Gwynn	M	9	0:07:50	114	Stacey	Belnap	F	34	0:10:22
54	Allen	Vinson	M	7	0:07:50	115	Debbie	Wiles	F	47	0:10:29
55	Jim	Lee	M	35	0:07:51	116	Madeline	Bryan	F	6	0:10:32
56	Bonnie	Olsen	F	10	0:07:52	117	Jesse	Willis	M	6	0:10:32
57	Rob	Clarke	M	47	0:07:54	118	Morgan	Stewart- Spiegel	F	8	0:10:43
58	Davis	Clarke	M	9	0:07:58	119	Julia	Rowan	F	7	0:10:45
59	Alysia	Murphy	F	10	0:08:00	120	Mary Katherine	Delegal	F	5	0:10:49
60	Bennett	Sipple	M	7	0:08:02	121	Elizabeth	Delegal	F	4	0:10:54
61	Monica	Greer	F	34	0:08:09	122	Susan	Rehwinkel	F	38	0:10:55
62	Annemarie	Chin	F	10	0:08:11	123	Wilson	Juring	M	7	0:10:57
63	Alexa	Crow	F	9	0:08:14	124	Jamie	Poster	F	20	0:10:57
64	Pryce	Mitchell	F	13	0:08:16	125	Donna	Jennings	F	47	0:11:04
65	Scot	Hudson	M	38	0:08:25	126	Anna	Vinson	F	5	0:11:15
66	Nathan	Hudson	M	10	0:08:27	127	Bern	Mustian	M	9	0:11:16
67	N. Mcpherson-	Vitkus	M	9	0:08:27	128	Mark	Mustian	M	45	0:11:17
68	Jane	Mcpherson	F	40	0:08:27	129	Emily	Willis	F	8	0:11:18
69	Brenda	Olsen	F	50	0:08:30	130	Chloe	Willis	F	8	0:11:18
70	Caleb	Hudson	M	12	0:08:31	131	Dylan	Ceballos	M	5	0:11:20
71	Brittany	Regis	F	12	0:08:37	132	Cadie	Crow	F	7	0:11:27
72	Joseph	Hudson	M	7	0:08:39	133	Kim	Crow	F	37	0:11:28
73	William	Duncan	M	40	0:08:40	134	Lynda	Willis	F	40	0:11:51
74	Kelsey	Rasmussen	F	11	0:08:42	135	Sid	Wester	M	5	0:11:52
75	Jordan	Cason	F	11	0:08:42	136	Julia	Wester	F	46	0:11:54
76	Laura	Welch	F	43	0:08:46	137	Lauren	Bell	F	10	0:11:56
77	Lindsey	Welch	F	9	0:08:47	138	Hunter	Marie Parker	F	6	0:12:02
78	Leo	Welch	M	41	0:08:48	139	Blaine	Parker	M	4	0:12:04
79	Austin	Sullivan	M	6	0:08:49	140	Paige	Parker	F	36	0:12:14
80	Conner	Hopkins	M	9	0:08:51	141	Shelby	Bryan	F	8	0:12:17
81	Jessica	Helton	F	8	0:08:55	142	Meg	Fennelly	F	4	0:12:21
82	Carlton	Disalvo	M	6	0:09:07	143	Eileen	Fennelly	F	33	0:12:21
83	Jon Michael	Francis	M	10	0:09:08	144	Samantha	Bell	F	7	0:12:23
84	Don	Reeder	M	57	0:09:12	145	Caleb	Judd	M	5	0:12:29
85	Madison	Farris	F	8	0:09:13	146	Linda	Bell	F	39	0:12:29
86	Jordan	Watkins	M	9	0:09:14	147	Haley	May	F	7	0:12:30
87	Kelley	Disalvo	F	36	0:09:15	148	Lee	Cason	M	3	0:12:32
88	Frank	Santry	M	54	0:09:16	149	Caroline	Factor	F	8	0:12:34
89	Michael	Mcguire	M	9	0:09:17	150	B34	Zzbandit	U	0	0:12:35
90	Spencer	Cason	F	8	0:09:19	151	Elizabeth	Houston	F	7	0:12:36
91	Kaitlin	Rasmussen	F	9	0:09:23	152	Breanna	Bruner	F	8	0:12:39
92	Bryan	Seth	M	9	0:09:23	153	Pat	Bruner	F	46	0:12:41
93	B35	Zzbandit	U	0	0:09:27	154	Wes	Bruner	M	49	0:12:56
94	Kel	Farris	M	51	0:09:28	155	Ellen	Jones	F	37	0:12:57
95	John	Farris	M	10	0:09:30	156	Allison	Whittier	F	7	0:13:05

157	Anjam	Droe	F	6	0:13:05
158	Michelle	Droe	F	37	0:13:06
159	Beatriz	Trigotti	F	49	0:13:30
160	Rebekah	Palmer	F	5	0:13:31
161	Jill	Gunderson	F	32	0:13:33
162	Diamond	Brown	F	10	0:13:33
163	Tom	Benton	M	65	0:13:36
164	Catherine	Factor	F	5	0:13:36
165	Morgan	May	F	5	0:13:46
166	Jill	Johnson	F	32	0:14:06
167	Sara	Hearn	F	4	0:14:09
168	Laura	Deheny	F	44	0:14:09
169	Duby	Ausley	M	62	0:14:40
170	Bill	Holliman	M	44	0:14:43
171	Phyllis	Creighton	F	0	0:14:57
172	Mike	Mcgee	M	57	0:15:05
173	Sharyn	Kerwin	F	30	0:15:06
174	Lance	Kerwin	M	31	0:15:19
175	Timothy	Johnson	M	6	0:15:19
176	Mary Katherine	Fennelly	F	5	0:15:25
177	Brianne	Jablon	F	21	0:15:27
178	Ila	Waite - Burns	F	52	0:15:58
179	Vance	Burns	M	45	0:15:58
180	Paula	Kiger	F	39	0:16:12
181	Wayne	Kiger	M	4	0:16:12
182	Betty	Barraco	F	47	0:16:39
183	Elyzabeth	Anderson	F	39	0:16:40
184	Norma	Benton	F	64	0:17:23
185	B33	Zzbandit	U	0	0:17:23
186	Cheryl	Jones	F	39	0:17:36



**Phillip Wenturine  
Leading the 10-14 Boys  
Grand Prix**

**Teams**

**Open**

- 1 WYSIWYG
- 2 Half Fast Runners
- 3 TAHHH Open
- 4 Team In Training
- 5 FSU College of Medicine
- 6 Attorney General's Office (Team AG)
- 7 Early Girlz
- 8 General Dynamics
- 9 Swift Justice

**Women**

- 1 Power Puff Girls
- 2 TAHHH Women

**Organizations**

- 1 TCC
- 2 City of Tallahassee
- 3 FSU College of Social Science
- 4 Running Is Taxing/DOR



**Cynara Miller  
Leading 40-44 Females  
Grand Prix and 3rd  
Overall**

### **The Future of Running...Support our Student Athletes!**

By Myrna Hoover

Today's student athlete faces many challenges on and off the field. Maintaining an appropriate balance between academics and athletics, reaching his or her athletic potential, meeting academic requirements, maintaining a well-rounded personal life, and, finally, developing a set of values and skills that will benefit them throughout life are all important to today's young athlete. Even with all these challenges, student athletes also receive a lot of benefits for all their hard work. A lot of discipline is required to play sports, and that carries over to the classroom and eventually their career. Athletes learn how to prioritize their time, work hard and find self-discipline all skills for future success. Knowing these challenges and understanding the great benefits of running is why The Chenoweth Fund, a part of Gulf Winds Track Club (GWTC), will be active sponsors of the 2004 Seminole Track Invitational and will continue to work hard to support these athletes and running in our community.

Established in 1988 in honor of Dean and Jenny Chenoweth, the Chenoweth Fund promotes the efforts of runners and triathletes in the Big Bend area to achieve athletic excellence and to encourage youth running. Since its creation, the Fund has provided assistance on 59 occasions to competitors and has awarded grants in excess of \$29,000.

For the last six years, the Fund honored high school track and field competitors and cross country runners with awards. It has also helped to sponsor cross country meets and track invitationals. Money has supported travel expenses for local athletes to attend regional and national level competition.

Youth related funding has gone to purchase shoes & uniforms for groups who could not

otherwise afford them, provide entry fees in local races to give children the opportunity to experience a race, provide assistance for local youth to attend events like the Special Olympics, and support local youth races and triathlons.

Activities like these strengthen our community by providing fitness opportunities for our youth and encourage our student athletes to make a commitment to the benefits of running as a life long sport. Likewise, communities across the country must make a commitment to support student athletes when determining to invest resources! Every dollar can make a difference.

The Chenoweth Fund will continue to support athletes of all ages and provide opportunities for our area's youth and athletes to participate in events that they would not have been able to attend if not for this kind of support. The fund can only provide these opportunities with your support. To make your contribution, volunteer, or offer input please visit The Chenoweth Fund at [www.gulfwinds.org](http://www.gulfwinds.org) and support student athletes.

Another way you can help is by supporting The Pot Luck Bash on June 5. Mark the date on your calendar and plan to attend. Gulf Winds Track Club and the Chenoweth Fund make a difference in our community and you can too! Remember, the future of running is with our youth!

#### **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.**

## Seminole Track Invitational

The future of Track & Field was on display at Mike Long Track on April 9<sup>th</sup> and 10<sup>th</sup> in the Seminole Track Invitational. For the second year this meet was held in conjunction with a Florida State meet giving the high school athletes a chance to mix with college competitors. While attendance was down a little from last year, the competition was intense and more than twenty teams and over 520 high school athletes competed in both the girls and boys categories.

Chiles High School girls beat Florida High 86.50 to 70.0. On the boys' side Godby dominated, scoring 120 points, while second place Chiles scored 63. There were lots of outstanding performances. **Kayla Parker** ran a 14.47 winning time in the 100 hurdles. She also

long jumped 18-05.25, high jumped 5.02. **Laura Bowerman** ran 5:10.11 to take the 1600 race. **Samone Clark** of Rickards High School broke the county record in the girl's 300 low hurdles with a time of 43.10. **Maria Hampton** of Chiles won the 3200 meter race in 11:19.97. **Cinnamon Johnson** broke the meet record in the 400 with a time of 58.60.

In the boys' competition **Enoch Nadler** appeared very relaxed in running 9:39.61 to win the 3200 meter challenge. **Stephen Smith** won the 1600 in 4:21.69. **Antwaun Moore** won both the 100 and 200 in 10.98 and 21.63, the later a meet record. **Logan Hall** broke the meet record with a 38.84 performance. One of the meet's best performances belonged to **Ellis Gauden** of Godby who high jumped 7.0 to tie the county record.

The meet benefits the local high school track and field programs. Envision Credit Union is the Gold Sponsor and provided the financial backing to make the meet happen. GWTC is a Silver Sponsor and provides a lot of the labor. It is a great opportunity to get the club's name out in the community and to work with the next generation of runners. Last year each high school program, as well as the Chenoweth Fund, received \$730 from the proceeds.

You can find complete results from the meet at <http://seminoles.OCSN.com/sports/c-trade/stats/041004aaa.html>.

**Palace Saloon 5K****4/10/04****R.D.'s Jeff Bryan, Reid Vannoy**

1	Shawn	Patterson	M	22	0:16:39	45	Julie	Clark	F	42	0:21:10
2	Jasen	Fulghum	M	20	0:17:24	46	Fran	McClean	F	46	0:21:12
3	Michael	Martinez	M	38	0:17:27	47	Seth	Coffin	M	34	0:21:25
4	Andrew	Wills	M	39	0:17:38	48	Joe	Dexter	M	58	0:21:26
5	Paul	Morphy	M	43	0:17:52	49	Walt	Loomis	M	41	0:21:30
6	Bill	Mcguire	M	56	0:17:52	50	Dale	Smith	M	50	0:21:35
7	Zach	Galloway	M	24	0:18:16	51	Chris	Judd	M	26	0:21:52
8	David	Yon	M	48	0:18:22	52	Brent	Ginn	M	24	0:21:53
9	Wade	Brett	M	25	0:18:26	53	Kevin	Wilson	M	28	0:21:59
10	Breeda	Willis	F	34	0:18:29	54	Cynara	Miller	F	42	0:22:00
11	Matthew	Minno	M	44	0:18:40	55	Amanda	Wolf	F	24	0:22:09
12	Mike	Labossiere	M	37	0:18:49	56	Ed	Claiborne	M	49	0:22:15
13	Felton	Wright	M	46	0:18:53	57	Tom	Taylor	M	40	0:22:16
14	Bill	Hillison	M	59	0:18:56	58	Kate	Macfall	F	32	0:22:16
15	Kate	Remillard	F	25	0:18:58	59	Nick	Yonclas	M	60	0:22:18
16	Mike	Johnson	M	41	0:19:01	60	Connie	Clarke	F	42	0:22:18
17	Matt	Spicer	M	14	0:19:02	61	Harry	Detwiler	M	45	0:22:19
18	Tim	Spicer	M	14	0:19:06	62	Will	Dellis	M	32	0:22:21
19	Peter	Ormsby	M	27	0:19:09	63	Bill	Law	M	55	0:22:29
20	Bud	Fennema	M	48	0:19:16	64	Frank	Rudd	M	40	0:22:33
21	Fred	Johnson	M	42	0:19:20	65	Carl	Huang	M	46	0:22:35
22	Andy	Roberts	M	37	0:19:22	66	Terry	Tenold	M	55	0:22:39
23	Douglas	Covert	M	40	0:19:23	67	Greg	Riska	M	53	0:22:41
24	Dwayne	Maddron	M	42	0:19:32	68	Jimmy	Ledford	M	48	0:22:47
25	Jay	Silvanima	M	44	0:19:34	69	Kirsten	Baggett	F	37	0:22:49
26	Jerry	Mcdaniel	M	50	0:19:47	70	Clint	Watkins	M	61	0:22:50
27	Seeley	Lovett	F	27	0:19:51	71	Steve	Tower	M	43	0:22:51
28	Sam	Higdon	M	37	0:19:55	72	Alfred	Bea	M	48	0:22:56
29	Michael	Slaughter	M	22	0:19:55	73	Sissi	Carroll	F	45	0:23:01
30	Brandon	Spicer	M	14	0:20:01	74	Michelle	Stuckey	F	35	0:23:02
31	Geoff	Likens	M	38	0:20:07	75	Chris	Sumner	M	24	0:23:04
32	Gary	Cato	M	48	0:20:22	76	Ashley	Andress	F	19	0:23:04
33	Bob	Fisher	M	48	0:20:33	77	Robert	Brooks	M	51	0:23:13
34	Joe	Donoghue	M	57	0:20:37	78	Keith	Willis	M	37	0:23:23
35	Sean	Warren	M	27	0:20:40	79	John	Rakestraw	M	67	0:23:25
36	Garth	Grumme	M	34	0:20:41	80	Janet	Cox	F	36	0:23:27
37	Carter	Hastings	M	22	0:20:45	81	Gary	Cox	M	39	0:23:27
38	Ronald	Christen	M	58	0:20:46	82	Shelby	Hanna	F	27	0:23:28
39	Keith	Collins	M	50	0:20:52	83	Jim	Kenney	M	31	0:23:29
40	Stephanie	Liles	F	31	0:20:52	84	Chris	Milton	M	22	0:23:30
41	Chett	Hopkins	M	30	0:20:59	85	Grea	Bevis	M	42	0:23:31
42	John	Kelly	M	46	0:21:02	86	Gordon	Morgan	M	57	0:23:32
43	David	Cox	M	46	0:21:03	87	Randy	Taylor	M	32	0:23:33
44	Myron	Herring	M	45	0:21:07	88	Phillip	Claiborne	M	23	0:23:37
						89	Gabriel	Giordano	M	27	0:23:44
						90	David	Darst	M	60	0:23:47
						91	Ed	Deklaet	M	36	0:23:49
						92	George	Kolp	M	59	0:23:52
						93	James	McClean	M	37	0:23:55

94	Maria	Vives	F	30	0:23:57	142	Pete	Kerwin	M	51	0:26:20
95	Bruce	Hall	M	36	0:24:03	143	James	Herzog	M	12	0:26:23
96	Paula	Thompson	F	51	0:24:04	144	Lauren	Kelly	F	23	0:26:28
97	Vee	Brannen	M	30	0:24:05	145	Kim	Blanton	F	31	0:26:32
98	Bruce	Lynn	M	56	0:24:08	146	Bonnie	Wright	F	48	0:26:34
99	Bill	Hunter	M	53	0:24:09	147	Susan	Cornwell	F	54	0:26:41
100	Chris	Stanley	M	26	0:24:11	148	Christopher	Mcguire	M	14	0:26:42
101	Penny	Isom	F	41	0:24:14	149	Bob	Keller	M	70	0:26:44
102	Carlos	Zapata	M	58	0:24:15	150	Phillip	Wenturine	M	12	0:26:47
103	Bill	Degrummond	M	69	0:24:16	151	Sharon	Smith	F	39	0:26:48
104	Patrick	Kirwin	M	23	0:24:18	152	Danielle	Jackman	F	12	0:26:49
105	David	Bigoney	M	30	0:24:22	153	Kevin	Coleman	M	35	0:26:55
106	Michael	Klump	M	50	0:24:23	154	Phillip	Tomberlin Jr	M	52	0:26:57
107	Geoffrey	Wenturine	M	49	0:24:24	155	Kristin	Lehmann	F	31	0:26:57
108	Jim	Zimmerman	M	60	0:24:29	156	Joe	Baker	M	40	0:26:58
109	Dennis	Register	M	54	0:24:30	157	Richard	Ziegler	M	44	0:27:03
110	Hal	Davis	M	48	0:24:30	158	Linda	Ongley	F	52	0:27:06
111	Rick	Callaway	M	38	0:24:32	159	Mary	Stutzman	F	55	0:27:10
112	Allan	Katz	M	56	0:24:33	160	Dan	Gast	M	22	0:27:12
113	Daniel	Claiborne	M	17	0:24:33	161	Joseph	Lewis	M	51	0:27:15
114	Rex	Cleveland	M	65	0:24:34	162	Maureen	Oberlin	F	48	0:27:16
115	Ted	Stratton	M	23	0:24:50	163	Dan	Oberlin	M	55	0:27:16
116	Jamie	Mclaughlin	M	29	0:24:54	164	Richard	Whaley	M	52	0:27:18
117	Thomas	Zaccardi	M	51	0:24:57	165	Mike	Jaynes	M	36	0:27:24
118	Elizabeth	Beane	F	30	0:24:58	166	Christy	Carson	F	35	0:27:30
119	Lisa	Unger	F	36	0:25:05	167	Judy	Alexander	F	42	0:27:30
120	Li	Feng	F	26	0:25:06	168	Bryan	Desloge	M	44	0:27:36
121	Beth	Vanstone	F	29	0:25:11	169	Charles	Ringel	M	30	0:27:37
122	David	Farnsworth	M	53	0:25:18	170	Jonathan	Cone	M	24	0:27:38
123	Erin	Brannen	F	25	0:25:23	171	John Brett	O'brien	M	48	0:27:46
124	Mae	Cleveland	F	64	0:25:33	172	Ruth	Jones	F	52	0:27:47
125	Barbara	Yonclas	F	57	0:25:37	173	Allan	Meigs	M	57	0:27:49
126	Thomas	Friebel	M	35	0:25:40	174	Jackie	Mcdaniel	F	49	0:27:54
127	Joseph	Alday	M	30	0:25:41	175	Ann	Guillen	F	35	0:27:55
128	Karen	Sutterfield	F	38	0:25:43	176	Pam	Breza	F	43	0:27:56
129	Matthew	Hobson	M	30	0:25:47	177	David	Proctor	M	42	0:27:56
130	Alexander	Cohen	M	30	0:25:48	178	Rick	Brown	M	40	0:27:57
131	Richard	Ruddell	M	23	0:25:50	179	Robert	Morris	M	72	0:27:59
132	Susan	Ledford	F	41	0:25:52	180	Jeffery	Mazerac	M	32	0:28:08
133	Reginald	Perry	M	44	0:25:54	181	Jo Lena	Pace	F	32	0:28:12
134	Mary Jean	Yon	F	48	0:25:56	182	John	Mcelligott	M	55	0:28:13
135	Tom	Perkins	M	52	0:25:57	183	Carol	Husbands	F	45	0:28:21
136	David	Smith	M	59	0:25:58	184	Matt	Rawlings	M	29	0:28:24
137	Karen	Brown	F	27	0:26:00	185	Chrissie	Thearp	F	33	0:28:26
138	Tom	Mchaffie	M	46	0:26:04	186	Sandie	Kornoelje	F	56	0:28:32
139	Joe	Crook	M	25	0:26:08	187	Colin	Fainweather	M	26	0:28:36
140	Mike	Schneider	M	67	0:26:10	188	Jessica	Zack	F	23	0:28:38
141	Gene	Opheim	M	47	0:26:19	189	Alva	Striplin	F	33	0:28:38
						190	Kim	Shugar	F	31	0:28:39

191Charlie	Caro	M	58	0:28:45	241Kay	Holland	F	61	0:32:20
192Nadine	Dexter	F	45	0:28:48	242Ana	Sutherland	F	41	0:32:22
193Jodi	Warmach	F	34	0:28:48	243Lori	Beaver	F	34	0:32:39
194Noreen	Burke	F	46	0:28:49	244Steven	Shotts	M	33	0:32:39
195Carson	Durrance	F	33	0:28:50	245Kathy	Dunnigan	F	45	0:32:40
196Laurie	Cox	F	40	0:28:52	246Debra	Brown	F	42	0:32:40
197B05	Zzbandit	U	0	0:28:53	247Amy	Brown	F	31	0:32:41
198Melissa	Jackman	F	12	0:28:56	248Paige Ann	Biagi	F	33	0:32:55
199Margarete	Deckert	F	71	0:29:00	249Cynthia	Christen	F	51	0:32:58
200Sherri	Jackman	F	40	0:29:01	250Georgia	Vince	F	32	0:33:13
201Pheona	Kaiser	F	61	0:29:02	251Caraline	Vince	F	29	0:33:14
202Christine	Stabley	F	28	0:29:03	252Edie	Mccarty	F	42	0:33:38
203Randy	Golightly	M	23	0:29:07	253Jacque	Myers	F	47	0:34:03
204Bev	Demello	F	46	0:29:09	254Rod	Anderson	M	65	0:34:03
205Jessika	Timmons	F	22	0:29:19	255Chika	Okoro	F	24	0:34:16
206Salom	Talib	M	54	0:29:23	256Betsy	Thorpe	F	48	0:34:16
207Marisol	Roberts	F	33	0:29:34	257Connie	O'brien	F	40	0:34:25
208Aaron	Isom	M	17	0:29:35	258Katherine	Ryland	F	34	0:34:41
209Arthur	Ward	M	70	0:29:45	259Glen	Alexander	M	47	0:35:00
210Katy	Ziegler	F	19	0:29:48	260Kevin	Kozlowski	M	49	0:35:02
211Ray	Hanlon	M	61	0:29:49	261Vicky	Crawford	F	40	0:35:06
212Kaye	Jaynes	F	36	0:29:49	262Debby	Alexander	F	43	0:36:11
213Karen	Smith	F	55	0:29:50	263Emily	Ruddell	F	57	0:36:17
214Sharon	Sasser	F	21	0:30:08	264Rebecca	Ruddell	F	25	0:36:17
215Jamie	Wright	M	10	0:30:14	265Judi	Taber	F	47	0:36:30
216Terri	Smith	F	34	0:30:16	266Dianne	Douglas	F	51	0:36:43
217Ron	Webster	M	41	0:30:16	267Lynn	Schuster	F	44	0:36:53
218Amy	Thayer	F	20	0:30:17	268Cana	Nudi	F	48	0:36:53
219Sondra	Lee	F	35	0:30:22	269Christy	Ingram	F	35	0:36:56
220Jeff	Whitton	M	48	0:30:29	270Judy	Shapiro	F	52	0:37:37
221Kaiea	Rohlehr	F	29	0:30:33	271Patricia	Handschy	F	51	0:38:04
222Annette	Dekloet	F	20	0:30:34	272Vickie	Varchal	F	39	0:38:05
223Charlie	Mesing	M	49	0:30:40	273Lisa	Love	F	37	0:38:07
224James	Story	M	64	0:30:46	274Samantha	Colbert	F	25	0:39:09
225James	Wolf	M	53	0:30:47	275Wyatt	Brooks	M	30	0:39:09
226Kristin	Jones	F	20	0:30:49	276B06	Zzbandit	U	0	0:39:19
227Darcey	Yamlb	F	39	0:30:55	277Don	Douglas	M	57	0:39:27
228Krysten	Blackmor	F	21	0:30:58	278Helen	Pinkerton	F	42	0:39:47
229Mary	Geringer	F	49	0:31:02	279Joe	Rubin	M	49	0:39:47
230Gloria	Crittenden	F	55	0:31:04	280Jere	Moore	M	72	0:42:30
231Zac	Hanson	M	32	0:31:05	281Charlie	Yates	M	79	0:42:35
232Jackie	Adams	F	37	0:31:11	282Cierra	Davis	F	4	0:51:34
233Martha	Haynes	F	50	0:31:13	283Jennifer	Davis	F	59	0:51:35
234Sara	Cleveland	F	31	0:31:23	284Susan	Molineaux	F	49	0:52:43
235Lisette	Montoto	F	23	0:31:36	285Jennifer	Rogell	F	21	0:52:45
236Tom	Rowland	M	57	0:31:52	286Paul	Molineaux	M	52	0:52:49
237Kenny	Miley	M	40	0:31:59	287Darlene	Weldon	F	50	0:53:07
238Bill	Phelan	M	60	0:32:16	288Meladie	Valkenburg	F	0	0:53:17
239Aimee	Molineaux	F	21	0:32:19	289Cheryl	Jones	F	39	0:53:18
240Todd	Weldon	M	21	0:32:19	290Michael	Mcneil	M	63	0:53:19

291	Albie	McNeil	F 61	0:53:19	30	Livesay	Elizabeth	27:52
292	Steve	Johnson	M 22	0:53:55	31	Tortelli	Celia	27:06
293	Alex	Serrano	M 22	0:53:56	33	Crossley	Mary	28:07
294	Anthony	Ragnauth	M 21	0:54:16	34	Crowfoot	Reeley	28:11
295	John	Forbrich	M 22	0:54:16	35	Hoyer	Meredith	28:17
296	Dan	Gvar	M 22	0:54:17	36	Gardner	Ashley	28:36
297	Danny	Brooke	M 21	0:54:18	37	Oetting	Jon	28:39
298	Ian	Brown	M 22	0:54:18	38	Snyder	Kristen	28:48
299	Shawn	Donnelly	M 21	1:12:13	39	Borcherding	Carrie	28:52

**Lee's Place Castaway 5K , 3/27  
RD Kathy Colangelo**

1	Dickieson	Justin	18:00	56	Derrico	Nicholas	37:12
2	McGuire	Bill	18:01	57	Dexter	Nadine	39:08
3	Vannoy	Reid	18:16	58	Snyder	Bob	41:11
4	Dexter	James	19:01	60	Dixon	Joy	45:32
5	Johnson	Fred	19:26	61	Pitts	Linda	46:22
6	Forsyth	Andrew	20:19	62	Borders	Adam	46:56
7	LaBossiere	Michael	20:36	63	Watkins	Kathy	46:57
8	Potts	Melissa	20:36	64	Sweat	Rebecca	47:54
9	Tuell	Spencer	21:06	65	Long	Cheryl	48:30
10	Fisher	Bob	21:08	66	Dowsett	Christie	49:49
11	Mahoney	Joe	21:31	67	Crawford	Michael	49:20
12	Fraser	Meredith	22:10	69	Seery	Hope	50:20
13	Andress	Ashley	22:52	70	Seery	Tandy	50:20
14	Payne	Mark	23:35	71	Meisenzahl	Anne	50:46
15	Taylor	Randy	23:53	72	Maloney	David	50:52
16	Kirby	Jeremy	24:01	74	Lee	Bianca	51:38
17	Snyder	Lindsey	24:39	75	Hurst	Jason	51:38
18	Opheim	Gene	24:57	79	Kelley	Diane	58:18
19	Darst	David	25:20	80	Borders	Brenda	58:24
20	Voss	Steve	25:29				
21	Tomberlin Jr.	Phillip	25:39				
22	Stratton	Ted	25:52				
23	Wilkins	Randy	26:24				
24	Boll	Mike	26:26				
25	Douroux	Danielle	26:28				
26	Tuell	Shane	26:45				
27	Landrum	Robert	27:04				
28	Dotson	Steven	27:27				
29	Coleman	Kevin	27:36				

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**Grand Prix Standings—Thru Palace Saloon 5K**

<b>Overall Males</b>			
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
<b>9 and under</b>			
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
<b>10-14</b>			
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
<b>15-19</b>			
1	Chris Holland	M 17	40
2	Aaron Isom	M 16	20
3	James Dexter	M 19	20
<b>20-24</b>			
1	Chris Sumner	M 24	67
2	Joe Crook	M 24	60
3	Zach Galloway	M 24	40
4	Phillip Claiborne	M 23	32
<b>25-29</b>			
1	Andres Bernal	M 25	40
2	David Knoll	M 28	15
<b>30-34</b>			
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
<b>35-39</b>			
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
<b>40-44</b>			
1	Gary Droze	M 42	80
2	Jay Silvanima	M 43	56
3	Fred Johnson	M 41	50
4	Matthew Minno	M 44	50

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**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	<b>55-59</b>				
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
<b>45-49</b>					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	<b>60-64</b>				
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
<b>50-54</b>					9	James	Varley	M 64	6
1	Mike	Sims	M 51	74	<b>65-69</b>				
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	<b>70-74</b>				
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	<b>75-79</b>				
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**

<b>Overall Females</b>			
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
<b>9 and under</b>			
1	Lily Williams	F 9	35
2	Cecelia Williams	F 7	35
3	Breanna Bruner	F 8	24
<b>10-14</b>			
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
<b>15-19</b>			
1	Kelsey Kilinski	F 17	20
2	Katy Ziegler	F 18	20
3	Meaghan Scott	F 17	20
<b>20-24</b>			
1	Catherine Nixon	F 23	55
2	Melissa Zapata	F 24	52
3	Chrissy Pannier	F 24	20
4	Myriam Morales	F 21	10
<b>25-29</b>			
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
<b>30-34</b>			
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
<b>35-39</b>			
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
<b>40-44</b>			
1	Cynara Miller	F 42	70

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**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	<b>60-64</b>				
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	Edie	Mccarty	F 42	16	<b>65-69</b>				
11	Carrie	Weyant	F 42	15	1	Jean Ann	Bowling	F 66	40
12	Kelly	Tucker	F 43	15	<b>70-74</b>				
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 <b>current</b> 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:				
<b>45-49</b>					<b>Open points:</b> In order of finish to the first 10 as follows: 30, 20, 17, 15, 13, 11, 9, 7, 5, 3.				
1	Nadine	Dexter	F 45	58	<b>Age-group points:</b> Awarded to the top 8 as follows: 20, 15, 12, 10, 8, 6, 4, 2.				
2	Fran	McClean	F 46	55	<b>Children's Grand Prix:</b> 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.				
3	Sissi	Carroll	F 45	47	Finish places of non-GWTC runners are not counted. <b>Note:</b> Your age at the beginning of the calendar year is your Grand Prix age all year.				
4	Susan	Fitzgerald	F 47	39	<b>Awards Committee:</b> David Yon (668-2236, david@radeylaw.com), Jeanne O'Kon (894-2019, Paul Ahnberg (562-6171), ok-onj@tcc.fl.edu), 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.				
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					
<b>50-54</b>									
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					
<b>55-59</b>									
1	Mary	Stutzman	F 55	80					
2	Barbara	Yonclas	F 56	70					
3	Dawn	Brown	F 55	56					

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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  
\_\_\_\_\_

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](http://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- \_\_\_\_\_  
Check here if you are renewing and your information has not changed.

mail \_\_\_\_\_

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