



The Fleet Foot



\$2.00

Volume 29 Issue 10 Newsletter of the Gulf Winds Track Club Nov. 2004

George Palmer and Gary Griffin Cruise to the finish at the Pine Run

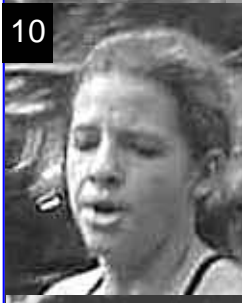
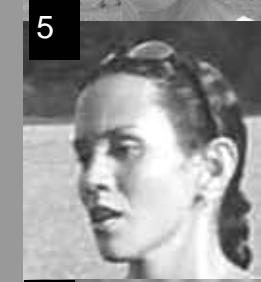


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Grand Prix Races

Oct.	
30	Boston Mini-Marathon 13.1M/5K
Nov.	
13	Veterans Day Classic 10K
26	Turkey Trot 5K/10K/15K/1M



NOTICE: NEW CONTEST

Another matching contest. This time you match the numbered face with the age group category this person is leading. All you need to do is re-order the numbers from youngest to oldest category. The last page of the Fleet Foot has the male leaders. Again, the winner gets a free gift membership to GWTC for the balance of the year and 2005, but it must be given to a non-member. 1st correct answer wins. Call 893-9739 and leave a message if we aren't available.

Editors Column: Fred Deckert

We welcome your suggestions for future contests and any other ideas to improve the FF. We also welcome ideas for additions or subtractions from the present format and content.



A relaxed, smiling? Rex Cleveland finishes the Pine Run 20K X-C.

**GULF WINDS TRACK CLUB
September 8, 2004 Business Meeting
Hosted by Bonnie Wright**

Board/GWTC Members present: David Yon, Lisa Unger, Fred & Margarete Deckert, Charlie Yates, Jimmy Kalfas, Jerry Ongley, Tom Perkins, Bonnie Wright, Hobson Fulmer, Judy Alexander and Jane Johnson
Guests present: none

Tom Perkins called the meeting to order at 7:42 PM and quorum was established. The August minutes were reviewed and accepted by vote as presented.

Guest Presentations:**NEW BUSINESS:**

Bonnie Wright opened discussion about the Living Here publication and possibly increasing GWTC's exposure. A motion was made to authorize Jane Johnson to contact the Democrat and inquire about enhancing the current ad with up to \$600.00 to pay for a new ad. The motion was seconded and accepted by vote.

Bonnie Wright opened discussion about all GWTC races using Durra Print (who prints the newsletter) for race flier printing to try to get a better rate by printing in bulk. The idea was



Dave Rogers holds...
World record.....
holder - Kim Batten

considered but no decision was made.

REPORTS:

Social Coordinator report – Jimmy

Kalfas reported that the Holiday party will be the same as previous years at the Legion Hall. The Ice Cream Social went well the second time at the Breakfast on the Track.

Race Director Coordinator report –

Charlie Yates advised that he has distributed 3 copies of the race Director Guidelines plus an inquiry about locating the Guidelines on the web page. Charlie updated the tri fold brochure and had also made business cards with information about GWTC.

Race Director(s) report(s) – Tom Per-

kins reported on the Miccosukee Madness races. He advised that there were about 340 combined participants and reminded the board that Rupp shirts had donated the shirts for the High School participants. **Bonnie Wright** discussed the Breakfast on the Track budget.

Clothing Coordinator report – Margare-

rete Deckert reported that she gave 35 "I Run This Town" shirts and 15 GWTC singlets to the Beginning Running group and also turned in \$50.00 from t-shirt sales.

Newsletter report – Fred Deckert reported that the "Legs" contest winner was Andy Roberts. The prize was a membership that Andy could give to someone not already a club member. A motion was made to authorize Fred to have a similar contest each month. Meredith Fraser (Maclay stand out and frequent GWTC volunteer) is leaving for Dartmouth. Meredith wrote a very touching letter about her positive experiences with GWTC and its members, which is posted on the web page. This also means that Fred will need a new teen writer for the Fleet Foot.

Training Committee Report – Jerry

Ongley reported that there was a large turn out for the first Beginning Runner class. Jerry also reported that he has not ordered the water bottles that were previously authorized because of availability in smaller quantities. Discussion was held about the options for ordering in smaller and larger quantities. **Charlie Yates** also turned in some receipts for the Beginning Runner class on behalf of

Nadine Dexter.

Membership report – Judy Alexander

reported for Brian Corbin that there are currently 752 members represented by 428 memberships.

Chenoweth report –David Yon

reported that there were 2 new requests for funds. A motion was made, seconded and accepted by vote to distribute \$500.00 each to Belle Vue and Gretchen Everhart schools.

Treasurer's report – Bonnie Wright distributed copies of the Budget and Treasurer's reports, which included recent disbursements and receipts.

Equipment report – Charlie Yates re-

ported for Joe Dexter by turning over rental fees from the MidSummer Night 3k as well as receipts for equipment purchased such as PVC pipe, and requested Joe be reimbursed.

Triathlete report – no report; Grand Prix

Committee report – Paul Ahnberg no

report; **Racing Team Coordinator report**

– Tim Unger no report; **Lecture Series**

report – no report

OLD BUSINESS:

Charlie Yates, on behalf of Joe Dexter, submitted a budget proposal for a new race called the FSU vs UF 5k. There was much discussion about the implications of making this a one time club race. A motion was made to make this a one time club race and be covered under GWTC's insurance, contingent upon police approval & permitting. The motion was seconded and passed by a 5 to 1 vote.

Loose Ends:

The meeting adjourned at approximately 9:10 PM.

The next meeting will be hosted by Fran McLean on October 13, 2004.

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

Business Meeting Schedule

The meetings will be at the homes of:

Nov. 10 Jane Johnson 894-1610

Dec. 8 Judy Alexander 383-1361

7:30 p.m. - call for directions

The Fleet Foot

Newsletter of the Gulf Winds Track Club

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

Columnists: Jack McDermott, Jane Johnson, Lisa Unger

Advertising Copy

The maximum print size of our page is 4.5 in. wide by 7.5 in. high. If possible, ads should be sent as MS Word files. Ads will look best with standard fonts (Arial, Times New Roman), formatted to fit the desired size. The simple way is to use 2 inch margins on 8.5x11 paper. Please use graphics with adequate resolution. If only hard copy is available, please make sure it is clear and sharp as it will have to be scanned and reformatted. Questions, contact the editor.

Advertising Payments –NEW RATES!

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

Submissions/Contributions

Submissions are strongly encouraged. For text, the preferred format is Microsoft Word. For race results, Excel spreadsheets or MS Word files are preferred. Hard copies are undesirable. For more details or to contribute material contact the editor.

Deadline: 3rd Saturday of each month.

Change of Address

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

Gulf Winds Track Club

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

President

Tom Perkins 894-2019
tomperkins51@yahoo.com

Vice President

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david@radeylaw.com

Secretary

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ungertl@juno.com

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bwright@electro-net.com

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dubiousrunner@hotmail.com
Hobson Fulmer 850 927-2510
starnesfulmer@gtcom.net
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Jeff Bryan 942-4149
Jsb6to3@yahoo.com

Membership

Brian Corbin 383-1361,
briurun@comcast.net

Equipment

Joe Dexter 878-7880,
jdexter@mailier.fsu.edu

Race Director Coordinator

Charles Yates 385-2768
yatesc1@earthlink.net

Racing Teams Coordinator

Tim Unger 562-2901,
ungerTL@juno.com

Past Presidents

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

Articles/Race Results for Democrat

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

Clothing Coordinator

Margarete Deckert 893-9739
fdeckert1@juno.com

Social Coordinator

Jimmy Kalfas 321-2629 cell
triguy316@yahoo.com

Lecture Series

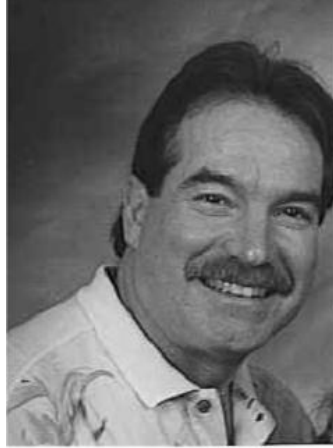
Arthur Remillard
arthurremillard@yahoo.com

GWTC Web Site - www.gulfwinds.org

Pulpits Happen Tom Perkins

I used to skinny dip, now I chunky dunk. I have this new theory concerning weight loss. I call it "The Conservation of Mass" (or did these running shorts shrink). Now I know it sounds very familiar to that Newton guy's theory, but hear me out. I noticed that as their training progressed for the Chicago Marathon, my fellow Early Girl runners were losing weight and trimming up. I, unfortunately, could not go to this year's marathon with my friends. I did, however, make a remarkable discovery. Weight lost (or mass) does not just disappear. As they lost weight, I gained weight. I didn't gain all the lost weight, so there are other runners out there that can attribute the added baggage to the Early Girls and all of the rest of those trim runners. So, to restate my theory about weight loss, the mass on earth is constant. Weight lost is transferred to another unsuspecting runner. Now doesn't that make you want to sit down with a bowl of ice cream and think!

I would now like to take the opportunity to encourage everyone to do their patriotic duty and vote. I'm not talking about that Dr. Jekyll and Mr. Hyde contest on TV. Yep, that's right. I'm looking for your nominations for the GWTC Awards. Who do you think is the Volunteer of the Year, the Male and Female Runner of the Year? Here is your chance to nominate someone for their efforts and contributions to our club. To



view all the categories and winners from past years, go to our web site. November brings another full month of excellent area runs. We start with the Women's Distance Festival (Nov. 6 Jane Johnson- Race Director), FSU Cares 5K (Nov. 7 Nadine Dexter- Race Director) and finish with the Turkey Trot 15K/10K/5K/1Mile on Thanksgiving Day(Nov. 25). David and Mary Jean Yon have transformed this run into a family holiday event. There is a distance for every one in the family to compete and burn calories. Guilt free eating the rest of the day can be yours.

WELCOME TO OUR NEW AND RENEWING GULF WINDS MEMBERS

NATOYA	ALEE	JENNIE	LAKE
ARTESA	ANDERSON	MATT	LAKE
ERICA	ANDERSON	LYNN	LARSON
JASON	ANDERSON	SONDRA	LEE
THESIA	ANDERSON	STEPHEN	LINER
MICHELE	ATKISSON	BRANDY	LUCE
TOM	BARNUM	KATELYN	LYNCH
TRICIA	BARNUM	THOMAS	LYNCH
JACQUELINE	BARREIROS	AMY	LYNCH
ASHLEY	BASSFORD	DEVON	LYNN
SUSAN	BEASON	LORI	LYNN
JENNIFER	BETTS	ZACH	MATHIS
GINNY	BLACK	JEANETTE	MAY
MIKE	BOLL	JOHN	McELLAGOT
SHERYL	BRAINARD	JENET	MCNAUGHTON
ALEXANDER	BRICKLER	MISTY	MEDEIROS
MILDRED	BRICKLER	JESSICA	MILLER
ALEX	BRICKLER	KATHY	MILLER
DAVID	BRICKLER	REGINA	MORRIS
WENDI	CANNON	CYNTHIA	MUIR
CHRISTY	CARTER	JACQUE	MYERS
CRAIG	CHRISOFFERSEN	WAYNE	OXFORD
SAMANTHA	COLBERT	WALLACE	RANDELL
VICKY	CRAWFORD	RENELLE	RANDELL
THURMAN	CUTCHINS	MARY	REGISTER
CASSANDRA	DOLGIN	DENNIS	REGISTER
DIANNE	DOUGLAS	DENA	REGISTER
DONALD	DOUGLAS	SCOTT	RUPLINGER
ALICE	EARP	VICKIE	SMITH
RICHARD	ELLIS	KEVIN	TORREY
CLAIRE	ELLIS		
CHRISTOPHER	ELLIS		
JESSICA	FOWLER		
JACLYN	GAREY		
GAREY	GAREY		
DARLENE	GORDON		
LAURIE	GRUBBS		
MARTHA	GRUENDER		
LORETTA	HANDEGARD		
BARBIE	HARTSFIELD		
CAROLYN	HAYS		
JENNIFER	HOESING		
CHERYL	JOHNSON		
DENICE	JONES		
DIANA	JONES-ELLIS		
SUSAN	KAEMPFER		
TIM	KELLY		
JUDY	KELLY		
HEATHER	KHAN		
LOICE	KIKWAI		
PHIL	KING		
CHRISTIE	KOONTZ		





Discounts for GWTC members



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Note to Businesses

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

Training Groups/Weekly Events

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

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

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

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

Miccosukee Greenway: Wednesdays at 6PM. Nadine and Joe Dexter 878-7880

Half-marathon training Group: Mondays 6:00pm-7:30pm, Winthrop Park (Corner of Mitchell & Betton) August 2nd-October 18th. GWTC membership required. Jerry Ongley @ 562-1905 or e-mail dubiousrunner@hotmail.com

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

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



Triathlete Training

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

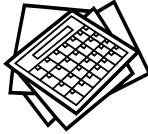
Swimming: Master's swim 5:30 AM Monday thru Friday - Myers Park Pool, monthly fee gets you a coach on deck.

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

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

Multi-Sport Clubs & Contacts:

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



Race Calendar

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



meetings. If no state is listed, it is Florida. **Verify information** before traveling; errors, omissions and changes do occur. If not listed, area code is 850. To list races (no charge), send details to fdeckert1@juno.com. Call (850) 386-GWTC (4982) for a recording of more recent information on area events and the Gulf Winds Track Club. Sponsor: Dunn Chiropractic, 1213 N Monroe St, Phone 222-1171. Special thanks to Charlie Yates for the race information.

Oct.

30 Boston Mini-Marathon 13.1M/5K/1M. Boston GA. 8 a.m, Brad Johnson bradjohnson@banksclub.com 229 226-3535

30 Alan Sundberg Memorial 5K. 8 a.m. Maclay Gardens. billsundberg@yahoo.com. Form Oct. p. 11

30 Tricker Trek 10K/1M. 8 a.m. Marina Center, Panama City. Gumby 850 271-5896, Joe 850 271-8017. joeruns@yahoo.com. Reg. at active.com

Nov.

06 *Tallahassee Women's Classic 5K/1M. 8 a.m. Optimist Park. Jane Johnson 894-1610, jjohnson@faast.org. Form Oct. p. 13

07 FSU Cares 5K. 2 p.m. FSU Medical School. Nadine Dexter 878-7880

13 FSU Habitat 5K Run/Walk. 9 a.m. Tully Gym, FSU. www.fsuhabitat.org. Info president@fsuhabitat.org

13 Veterans Day Classic 10K. 9 a.m. Bainbridge College, Bainbridge, GA. Liv Warren 229 253-0508.

14 Peachtree City 50K. 7:30 a.m. Peachtree City, GA. Info: sludwig@porschecars.com or 770-487-7445.

20 FSU vs. UF 5K. 8 a.m. Messer Field. Joe and Nadine Dexter 878-7880. Form on page 22.

20 Draggin Tail 18M Run/3 person relay. Community Center, Sunny Hills. (850) 271-8017 or (850) 265-8439. www.active.com registration

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

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

Dec.

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

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

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

25 Last Gasp Trail Run 5K. Dothan, AL

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

**Turkey Trot Entry form – REGISTRATION BY
NOVEMBER 21 STRONGLY ENCOURAGED**

NAME: _____ AGE on 11/25: _____ DOB _____

ADDRESS: _____

PHONE: _____ e-mail _____

SEX: male/female SHIRT SIZE: S M L XL XXL

The entry fee for the 5K, 10K and 15K races is \$10 if paid by November 21 and \$15 after that date. There is also a family discount for pre-registration. For each immediate family member after the first two, the fee is \$7 if paid by November 21. The 1 Mile Gobbler is \$4 if by Nov. 21 and \$5 race day. Add \$6 and \$10 for t-shirt.

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

Signature ;

Date: _____

(parent if under 18)

Remaining Grand Prix Events for 2004

- Oct. 30 Boston Mini Marathon, Boston, GA
- Nov. 13 Veteran's Day Classic 10K, Bainbridge, GA
- Nov. 25 Turkey Trot 15K, 10K, 5K, 1M, Southwood



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

Contact: Margarete Deckert 893-9739

**Rave Run by
Lisa Unger
Pine Run,
Bainbridge,
GA**

There are more rocks than in a stone quarry, and plenty of ruts, roots, hills and red Georgia clay along a 12.4 mile course. That about sums up the 27 year tradition called the Pine Run. The 20k of



tough terrain has been conquered by a few, but many come away saying maybe next year. The folks at International Paper and the Southlands Experimental Forest, however, have been getting it right for almost three decades. The staging area is a large pavilion that seemed very accommodating for **Peg Griffin, Jo Lena Pace** and the others working the registration table. A large overhead banner marked the starting line, while **Bill Lott and Stacia Keller** were an especially welcome sight at the finish. The course has permanent wooden post mile markers that are easy to see, even near then end when exhaustion starts to play games with runners' minds. There were well stocked aid stations every 3 miles on the course that were very much appreciated by tired and dehydrated runners, especially near the nine mile mark. This year the morning air felt crisp and almost cool with moderate humidity but luckily no rain. Fall wild flowers were blooming in hues of gold and purple and the serenity of wooded path made the trek at least beautiful to look at, even if the rising hills and loose rocks were beating runners' feet and legs. And of course, the runners all knew when they finally reached the end of the trail they would be entertained by **Bill McGuire** playing his acoustic guitar and singing familiar songs.

The first runner to complete the course this year was **Dave Guerra** in 1:23:01, followed very closely by **David Yon**, who

covered the course in 1:23:23. **Jack McDermott and Reid Vannoy** also covered the course under 7 minute miles, which is quite impressive considering the intensely challenging terrain. **Jane Johnson** personified athletic excellence as the first female finisher in 1:31:55. **Kate Remillard** also awed the crowd with her amazing 1:35:24 finish. Of course, everyone who makes it to the end can be proud of

their accomplishment, but there were a few notable stand outs this year.

Myron Herring ran a very respectable 1:36:50 despite lingering effects of a recent bike crash that required many stitches. It was great to see Myron back on his game. **Maria Vives** made a very strong showing by completing in 1:51:22, which is almost four and a half minutes better than her time last year. **Fran McLean** shaved an amazing 24 minutes from her 2000 time by finishing in 1:47:56. **Jo Lena Pace** ran her inaugural Pine Run in a fine time of 2:02:11, after assisting at the registration table and before computing the complete results.

Runners were blessed with a beautiful sunny mid morning to relax after exerting such a strenuous effort. People gathered on blankets and beach towels that were grouped on a grassy hill as folks enjoyed the atmosphere and replaced nutrients and fluids. After awards were given to the top 10 males and 5 females as well as 2 deep in each age group, the event began to wind down. All that was left was the drive back to Tallahassee. I suspect more than a few of this year's Pine Run finishers rewarded themselves with a well deserved afternoon nap and a day off from calorie counting. Pine Run 2004 was definitely a Rave Run.

**Featured Feet
Judy Alexander**

1. How long have you been running?

I ran for about 2 years back in 1984 & 1985 (when I thought marathons were completely insane), then quit. In 1994, I took it up again to train for the Disney Marathon!

2. Favorite place to run?

Anywhere that my husband, kids & team members happen to be running!

3. Most memorable running experience?

Personal: Qualifying for & running the Boston Marathon twice & running with Jeff Galloway!

Coaching: Having both girls' & boys' cross country teams (all of whom were in middle school) qualify for regionals their second year!

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



- 1) Run to the race from home.
- 2) Hang out with Brian, my husband, till it's time to line up at the start.

5. Favorite non-running hobby.

Reading & going to the movies.

6. Occupation?

Co-business owner - High Touch-High Tech - Cross Country/Track & Field Coach & Spanish teacher at North Florida Christian School.

7. Personal hero(ine)?

Mother Teresa

8. Ideal travel destination?

Anywhere as long as my husband is along, but I love the Cayman Islands!

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

Sign language

10. Most recent book you read?

The 17 Indisputable Laws of Teamwork by John C. Maxwell

M. Felton Wright

Vice President
Financial Consultant
Certified Financial Planner



Merrill Lynch

Private Client Group

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

**Featured Feet
Brian Corbin**

1. How long have you been running?

About 14 years, some years more seriously than others.

2. Favorite place to run?

Locally, I love the Miccosukee Greenway but I really enjoy running the desert in Arizona. The dry weather makes running when it is 85 outside feel cool.

3. Most memorable running experience?

With my running, the first time I finished the Boston Marathon and Ironman Florida. I was just as excited, if not more so, the first year that our cross country team made it to regionals. What a feeling!

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

It doesn't take much to get me psyched to run a race. If I'm there, I'm usually pumped to run. This might sound corny, but I do like to see Judy before I line up at the starting line. It makes the preparation complete.

5. Favorite non-running hobby.

Going to the movies with Judy, doing any sporting event with the kids or working with my computer.

6. Occupation?

Science teacher in the elementary schools. I travel all over the area



working with different kids everyday. I love my job.

7. Personal hero(ine)?

Athletically, it's Mark Allen, triathlete. I love his mental toughness. On a day to day basis, it has to be Judy. She is the one who keeps the team and our house together when I can't keep things

straight. I really don't know how she can do all that she does for others and the family. [And no, I'm not trying to score any brownie points with this one!]

8. Ideal travel destination?

Any place that both Judy and I can run a race and get out of town. That includes everywhere we've been from Destin, to Boston to Phoenix.

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

Some type of computer language so I can get my computer to do exactly what I want it to do.

10. Most recent book you read?

The Sisters by Robert Littell.

“Know Thyself”

By
Art Remillard

More than ten years ago as a freshly minted Marine, I first set foot on the tiny island of Okinawa. My roommate said that new Marines become either athletes or drunks. I experimented with the latter for a bit; but after waking up one morning eyebrow-less and in a dumpster, I decided that the former would probably suit me better. Fortunately, the island had a burgeoning running club, and since I ran some in high school, I resolved to pursue this as a new hobby.

My immediate goal was to complete a marathon, and I chose the right island to have such an ambition. Shortly after my nineteenth birthday, I ran a brilliantly scenic 26.2 mile course that came lined with an enthusiastic set of cheering onlookers. My unprepared body hobbled through to the finish line and, like many others, I realized that shorter distances were a good idea.

I trained with my club friends and ran every 5k and 10k that I could find. At one such race, a rather brawny man appeared amid the sea of gaunt and fastidiously dressed distance runners. He wore grey shoes, green canvas shorts, a plain white undershirt, and a facial expression that was the portrait of determination. The gun sounded, and with a lumbering stride and furious pace, the unknown runner sprinted ahead and quickly opened up a lead. Lactic acid won the day, however, and I confidently loped past his laboring body after the halfway mark. Dejected, the curiously dressed man finished and ran off, leaving us all in a state of interested bewilderment. He kept coming to races with the same outfit, race strategy, and stolid look of determination marking his presence. After a



while, I stopped catching him and so did everyone else. Before too long, he was setting island records and making a fashion statement in the process. He eventually ran for the Marine Corps team, competing against the finest post-collegiate runners the service academies had to offer.

During the course of the determined runner's rise to road racing fame, I had the good fortune of warming down with him. Being young and naive, I asked a myriad of questions all aimed at uncovering his "secret." "Is it meditation, a vitamin, a diet, a stretching routine, the outfit?" I probed. I just wanted to discover that essential thing that made him *fast*. As you may expect, his answer was not what I wanted

to hear. He said that he only ran three or four days of the week. Worse yet, his runs consisted of going to the track where he would sprint the straights and jog the turns. After I asked how many repetitions he did, he gave me a plain look and said, "I just run until I can't run anymore."

Predictably, that Monday I jogged to the track armed with a newfound training routine. I was ready. I wanted it. I was going to be the next island superstar. I was even thinking of getting some green canvas shorts. And predictably, I ended up completing roughly four laps. I then jogged home and, the next day, resumed my normal training schedule that I culled straight from the pages of Jeff Galloway's *Book on Running*.

Like most things in my life, this chain of events was a good lesson in Greek philosophy. "Know Thyself." As much as I wanted to become my new running hero, I could never be him – I could only be me. Running has always been a conduit for knowledge in my life. Each mile represents one more stair in the infinite staircase leading to an unreachable ideal of self understanding. Sometimes, I discover a profound pathway into the details of my inner universe; and sometimes, I discover that I prefer predetermined workouts and coolmax shorts.

**A Look Back – Hurricane
Kate
David Yon**

All the hurricane threats of 2004 triggered a hazy memory of some good writing from 1985. On November 22, 1985 Hurricane Kate made landfall on the gulf coast as a category two hurricane causing \$300,000million in damages. (Source: <http://www.csc.noaa.gov/crs/cohab/hurricane/kate/kate.htm>.) Power in Tallahassee stayed out for much longer than a week in many areas. On November 23, 1985, the day after the storm, 341 runners finished the Dean Chenoweth 15K Classic (now known as Turkey Trot). Larry Greene was the men's winner in 46:31, while Karen MacHarg won the women's title in 56:49. Dot Skofronick was the race director who pulled it all together the day after the storm. I remember it well, because she had talked me into helping her with the race that year.

Who better to capture the moment than Rex Cleveland. Here is what he had to say about it in his "Point to Point" column published in the January 1986 Fleet Foot.

"With the city still in shock from the aftermath of the hurricane, I felt surprised and a bit guilty as I was warming up for the Dean Chenoweth 15K. I kept expecting the police to come along and tell us we couldn't run, and there they were helping us. But many people seemed to welcome the race as a sign that things were getting back to normal and as a way to get involved in something that could help put aside their concerns over the problems left by the storm. Many found they were sore from the unaccustomed lumberjack work they had done on Friday. I felt we were very lucky to be able to hold our race. **HAROLD TINSLEY** was not so lucky. The radio show the RRCA President was supposed to do on Friday evening didn't happen. There was one station on the air and it was just reporting on the local disaster situation. Then a 7pm



to 7am curfew was declared which wiped out the pre-race clinic and race packet pickup at the civic center. Harold was staying with the Skofronick family, which, like most of us, had no electric power. The few restaurants that were open were jammed and didn't make for the kind of meeting place you wanted to spend much time in. Tallahassee wasn't in good shape for visitors. Thanks for trying, Harold. Maybe you can come back sometime when we're not in the process of being declared a disaster area."

(Some guy named Kent Vann ran 55:50 to beat me by six seconds and take the 30-34 age group trophy away from me that year. Somehow I guess I got hooked on the race though despite it all. I believe I have been to every one since.)

KUDO

Dear GWTC,

I just wanted to express my deepest thanks for the generous and extremely thoughtful scholarship money. I feel so incredibly honored and blessed to be the recipient of such a prestigious award. :->

Thank you for all that you do in the Tallahassee community and have a fabulous summer running. God bless you all...

Sincerely, **Maria Hampton**



The Runner's Zodiac

Jack McDermott



Scorpio ("The Scorpion") (Oct. 24 – Nov. 22)

Key Characteristics: Compulsive and Secretive

Key Phrase: "Has anyone seen my training partner?"

Key Injury: Incontinence

Famous Runners: Frank Shorter (Oct. 31), Said Aouita (Nov. 2), Derek Clayton (Nov. 17)

Horoscope: There are a few foreboding signs for Scorpios in the Spring as Mars and Venus appear and reinforce each other's energy. Venus' slow departure from this constellation's lower quadrant can mean only one thing: Incontinence. I strongly recommend Gu-Packets and Twizzlers – that's the formula that keeps me regular.

You have an ambitious schedule this year, but because you like to scrap for age group awards, and grand prix points, you seldom tell anyone which races you will be doing. That's OK. Some Geminis and Leos in your training group think you are too competitive anyway.

Neptune's appearance in the middle quadrant could mean a good Spring in races longer than 5K such as the Flash 12K or Springtime Tallahassee. However, since Scorpios tend to be plodders rather than speed demons, there could be some disappointing 5Ks and shorter races this year. You will be tempted to do the Summer Track series or the Breakfast on the Track Mile – but keep your expectations low --- because with the Moon's negative energy – you probably won't do well.

If you are going to do respectable at any 5K distance it will have to be in the Fall, when Mars converges with Neptune, and it will probably have to be in an unorthodox event like the Sickle Cell 5K, or Prefontaine Classic. You won't get a PR, but you won't embarrass yourself like in the other 5Ks you have run.

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

Key Characteristics: Overconfident and Reckless

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

Key Injury: Tennis Elbow

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

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

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

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

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

“Preventing Injuries” By Jack McDermott

Did you see the Olympics? Now we must worry about mentally insane defrocked Irish Priests. If someone dragged me off the course, he would need the “luck of the Irish” to escape a whooping. I would not hesitate to “Beat the Shamrocks” out of him. There is one thing that can stop all of us from running

injuries. So far, I have had the good fortune of never being injured. What’s my secret?

Don’t Stretch

The stretch groupies are worse than those “smoking” kids in high school. The secret is to think of Nancy Reagan and, “Just say NO.” I am not ashamed to say, I don’t stretch, and it was stretching injuries that plagued my high school running career. I am even thinking of marketing a bumper sticker, “Yogurt yes, Yoga no.”

I must also warn against a new sinister fad called “Pilates.” Just like Botox, I think it started with Hollywood starlets, transferred to housewives, and now is in the mainstream. If “Nike” is the Greek God of Victory, then “Pilates” is the Greek God of Pain. It reminds me of those Richard Simmons Aerobics Cults in the 1980s. *(Have you seen Richard Simmons lately? I feel vindicated. He sure didn’t age well.)*

So please listen to Dr. Jack. Stretching causes muscles tears (*hence the pain*), but not the same type of muscles tears you experience while running (*hence the pain*). Extending your muscles beyond their natural range of motion is not healthy (*hence the pain*). Which is compounded because people stretch as a warm-up while their muscles are cold (*hence the pain*). Even thinking about this gives me a headache (*hence the pain*).

Advil – It’s not Just for Breakfast Anymore

The only thing proliferating faster than realty TV is new pain relievers. Some popular choices include Bextra, Celebrex, Vioxx, and Vicatin. I have even clicked on some Internet Spam, and saw



an on-line Pharmacy in the Philippines selling morphine. If you find yourself sprinkling Advil on your breakfast cereal you need to stop. Pain is your body’s way of saying, “Hey stupid, take a break.”

Sleep

Ever since Napoleon conquered Europe on four hours of sleep a night, it has been macho to go on less sleep. *(Historians have noted that although a brilliant, Napoleon was considered to be cranky by most contemporaries.)* You

should not underestimate the recuperative power of sleep. Ed Eyestone slept 11 hours a night during his peak training periods. Of course, he didn’t have a job. There are lots of things I could do if I didn’t have a job! I could write the great American novel if I didn’t have a job! Another trick is after every long run I try to sleep on the couch for a couple of hours with a football game turned on. Several ex-girlfriends have mistakenly took this to mean laziness. Not so! Sleeping while watching football is a critical element in my training program, and under no circumstances should I be interrupted before the second half kick-off.

Avoid Crashing

I am not talking about a teenager coming down from a sugar rush. Don’t fall down. The first step is to avoid a bicycle. Not only is it easier to fall, but when you do, the only protection you have is prayer and a plastic helmet. You know a sport is dangerous when you hope you land on your head. I also recommend against trail runs. Trails can be muddy and slippery, and you have to avoid roots, snakes and rabid armadillos. A young man in Tallahassee learned this the hard way when he broke his foot during the Furry Scurry. *(To protect his anonymity, I won’t reveal his name other than to say it rhymes with “fart.”)*

Don’t Cross Train

Ever see a Kenyan on a bicycle? How about a Kenyan in the community pool? Me neither. If you want to stay injury free --- don’t cross-train. Don’t shingle your roof; don’t take up mountain climbing lessons, and don’t do home improvements that your wife asks. Just

Injuries (Continued on page 30)

IT IS TURKEY TIME – THE 2004
TALLAHASSEE TURKEY TROT

NOVEMBER 25, 2004

1 mile Turkey Gobbler at 8:00

5K, 10K, 15K at 8:30



Once again, Thanksgiving promises something special at Southwood. We are pleased to have Capital Health Plan back as the presenting sponsor of the race. Please come help us break last year's record of 1499 finishers, while raising money for the Refuge House, The Shelter, GWTC and lots of other good causes. **Also**, join us Sunday, November 21, at 3:00 for the Turkey Trot Music Fest and packet pick up. Bring a pledge of support for any of our causes, pick up your race packet (including your t-shirt) and listen to some great music at the American Legion Hall. Race Day Registration will close at 7:30, so this is a great way to avoid the rush! For more details visit www.gulfwinds.org/turkeytrot.



Date: 12/04/04

Time: 8:30 AM

Races start simultaneously - 5-Mile runners will be bussed to the halfway point. 10-mile course starts at Killeam Lakes Elem School & runs out-&-back on gently rolling Deertake Road. Water at 2, 4, 6, & 8 miles. Course closes 2 hours after race start (12 min per mile).

17th Annual GWTC 10-Mile Challenge & 5-Mile Race!

Entry fees:
Preregistration-strongly recommended! (rec'd by 11/29):
 \$12 GWTC & Achilles members
 \$14 nonmembers. No T Option: \$5
 5-Miler: \$7 members, \$9 nonmembers, No T: \$5
 Race Day Registration (starts at 7:30 AM): \$16

Entry Form & check (payable to GWTC) to:
 Judy Alexander
 3432 Robinhood Rd
 Tal, FL 32312
 Entries/packet pickup at SportsBeat & Shaw's

Awards

10-miler: overall M/F. Masters M/F, 3-deep in 5-year age groups, wheel chair & Achilles winners.
 5-miler: overall M/F. Masters M/F, 3-deep in 10-year age groups, wheel chair & Achilles winners.

Info: Judy Alexander
 jalexander98comcast.net
 Or 383-1361
 383-1364 (fax)

17th Annual GWTC 10-Mile Challenge & 5-Mile Race - December 4, 2004 Registration & Waiver Form

Name: _____

Address: _____

Phone: _____ Age on race day: _____ DOB: _____

Race (circle) 10-Miler 5-Miler T-shirt (circle) S M L XL

I know that running a road race is a potentially hazardous activity. I should not enter & run unless I am medically able & properly trained. I assume any & all risks associated with this event including but not limited to falls, contact with other participants, effects of weather including high heat & humidity, & the condition of the roads, all such risks being known & appreciated by me. I agree to abide by all decisions of the race officials relative to my ability to safely complete this race. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race.

Signature: _____
 (Parent or guardian must sign if under 18)



**Saturday, December 4, 2004 at 6:45 p.m.
located at Call St. and Monroe St.**

Participating fees are \$12.00 with a new toy (\$15.00 without a new toy)

(The toys will be distributed to children's organizations during the holidays)

The first 2,000 registered runners will receive a long sleeve

T-shirt, Santa hat, jingle bells, and the winner of the Jingle Bell

Run will ride in the parade on the City of Tallahassee Your Own

Utilities horse and carriage

Please contact Sports Beat for registration

(850) 576-3338





FSU versus UF 5K



WHO? Gulf Winds Track Club challenges Florida Track Club and Gator fans to a 5K race

WHAT? Which Club has the best runners, GWTC or FTC?

WHEN? Saturday, November 20th, 2004, 8:00 A.M.

WHERE? Messer Field, Tallahassee, Florida (One mile west of Doak Campbell stadium on Dupree Street, between Pensacola St. and Jackson Bluff Road)

HOW MUCH? Just \$10 gets you a t-shirt and chance to see which running club has the best runners. No t-shirt fee is only \$5.

AWARDS? Unique awards to the top male and female, masters male and female, grandmasters male and female, senior grandmasters male and female, youngest and oldest runners, and Clydesdale male and female (195 and up).

If you wish to secure a t-shirt (limited to 100) make a check payable to:
Gulf Winds Track Club (and mail to)
2143 Plantation Forest Drive
Tallahassee, Florida 32317-9755

INFORMATION? Joe or Nadine Dexter at 878-7880 evenings and weekends

NAME: _____ **AGE on 11/20:** _____

ADDRESS: _____

PHONE: _____ **e-mail** _____

SEX: male/female SHIRT SIZE: S M L XL XXL (\$1 more)

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

Signature ; _____ Date: _____

(parent if under 18)

**** 2004 TALLAHASSEE ULTRADISTANCE CLASSIC ****

**50K & 50 MILE EVENTS. DEC. 11 at 7 AM. WAKULLA STATE PARK,
15 MILES SOUTH OF TALLAHASSEE, FL ON SR 267.**

TAC certified course. 3 laps for each 10K on flat fast asphalt park roads.
Site of National and World records.

50K	Janis Klecker	3:13:51	World Record	1983
	Sandra Kiddy	3:32:34	Masters World Record	1983
	Barney Klecker	2:51:53	Open	1982
	Fred Kiddy	3:21:13	Masters	1985
50M	Frank Bozanich	5:14:40	Open	1982
	Nancy Drach	6:38:02	Open & Masters course record	1999
	Richard Schick	6:22:08	Masters course record	1993

Age group records furnished on request with SASE. 5 p.m. cutoff for starting last lap.

Pre Entries only, by Dec. 4. \$25 entry includes T-Shirt and refreshments. Checks payable to GWTC. Please add \$5 if booklet with photo's & all results is desired. Individual results will be mailed to all participants at no charge.

Send to: Fred Deckert Phone: (850) 893-9739
6323 Count Fleet Trail
Tallahassee, FL 32309

E-mail: fdeckert1@juno.com

Lodging available at Wakulla Springs Lodge (at site): Call (850) 224-5950 for reservations. Be sure to mention Fred Deckert for reserved TUDC rooms. Many motels in Tallahassee's south side should also be available.

NAME: _____

ADDRESS: _____

_____ e-mail: _____

PHONE: _____ BIRTHDATE: _____ SEX: M F

50K _____ 50M _____ T-Shirt size: XL L M S choice of long sleeve or singlet **IF** you register before Nov. 18. Deduct \$5 if no shirt is desired)

I certify that I am physically fit and trained to participate in this ultramarathon race. In signing this entry, I waive all claims for damages I may have against the Tallahassee Ultradistance Classic, the race sponsors, Gulf Winds Track Club and all other organizations and individuals involved in this race.

Signature: _____

Parent if runner is under 18

**PT Prowl 2M XC/1M Fun Run
Miccosukee Greenway
RD's Allison Eagan & Grace Flynn**

1. Tim Bolton	M	27	11:33
2. Reid Vannoy	M	46	12:28
3. Jim Carson	M	41	13:07
4. Jared Black	M	16	13:36
5. Seth Coffin	M	34	13:58
6. Terry Wile	M	49	14:04
7. Jaye Danforth	F	23	14:11
8. John Sackreiter	M	12	14:19
9. Wesley Schofield	M	12	14:21
10. Mallory Alonso	F	13	14:38
11. Xavier Echaverri	M	35	14:52
12. Ace Haddock	M	34	15:05
13. Bob Fischer	M	48	15:31
14. Fran McLean	F	47	15:48
15. Hobson Fulmer	M	48	15:48
16. Stace Lee Romack	F	43	16:35
17. Tom Thomas	M	51	16:39
18. Ryan Sweeney	M	12	16:41
19. Chris Stavres	M	36	16:58
20. Jo Lena Pace	F	37	17:18
21. Leila Mattimore	F	17	17:21
22. Mike Schneider	M	67	17:30
23. Lucy Thomas	F	44	17:33
24. Kate Stevenson	F	16	17:36
25. David Miller	M	13	17:37
26. Kristen Sweeney	F	48	17:38
27. Jacque Myers	F	48	17:46
28. Sam Stevenson	M	11	18:00
29. Larry Stevenson	M	47	18:00
30. Ashley Grubbs	F	17	18:10
31. Alice Linzy	F	15	18:11
32. Ruth Jones	F	53	18:23
33. Christine Klassen	F	31	18:33
34. Susan Cornwell	F	55	18:57
35. Charles Futch	M	62	19:24
36. Maggi	F	24	20:30
37. Robert Morris	M	72	20:33
38. Tom Scott	M	54	20:45
39. Nada Stauffer	F	51	21:45
40. Emilie Beck	F	64	22:01
41. Aidy Torres	F	42	22:04
42. Pam Pafford	F	49	22:28
43. Dale Copans Astrand	F	37	22:32
44. James Pafford	M	51	23:10
45. Michelle Martorano	F	20	24:15
46. Judi Taber	F	42	25:43
47. Sharika Lee	F	13	26:53
48. Josephine Newton	F	78	31:03
49. Angie Brooks	F		34:28

CO-ED TEAMS

1. **Belle Vue** 14:21 17:30 17:37
18:57 26:53 = 1:35:18 Wesley
Schofield, Mike Schneider, David Miller,
Susan Cornwell, Sharika Lee

WOMEN'S TEAMS

1. **Leon High School** 14:11 17:21
17:36 18:10 18:11 = 1:25:29 Jaye
Danforth, Leila Mattimore, Kate Steven-
son, Ashley Grubbs, Alice Linzy
2. **Tallahassee & Area Hash House
Harriers** 17:18 17:33 18:33 22:28
25:43 = 1:41:29 Jo Lena Pace, Lucy
Thomas, Christine Klassen, Pam Pafford,
Judi Taber

MEN'S TEAMS

1. **Tallahassee & Area Hash House
Harriers** 12:28 13:58 15:05 15:31
16:39 = 1:13:41 Reid Vannoy, Seth
Coffin, Ace Haddock, Bob Fisher, Tom
Thomas

Chicago Marathon Finishers

Felton Wright	3:19:30
Andy Roberts	3:24:29
Kim Likens	3:26:07
Tony Guillen	3:30:04
Connie Clarke	3:45:35
Judy Chin	3:46:41
Kelly Tucker	3:48:58
Bill Thompson	3:52:02
Melissa Kostecki	3:54:33
Geoff Likens	3:56:50
Loranne Ausley	4:00:08
Leigh Ceci	4:02:18
Georgia Buford	4:07:37
Lisa Echeverri	4:18:37
Michelle Stuckey	4:21:43
Allan Katz	4:23:15
Lewis Buford	4:34:39
Ann Guillen	4:36:35
Randy Hanna	4:39:14
Mark Webb	4:41:12
Katie Armstrong	4:45:14
Thomas McHaffie	4:59:51
Erika Snow	4:59:51

**Pine Run 20K
at Int. Paper
Bainbridge, GA 10/11/04**

1	David	Guerra	M 27	1:23:01	51	Ithel	Jones	M 50	1:55:43
2	David	Yon	M 48	1:23:23	52	Ken	O'neal	M 44	1:56:39
3	Jack	Mcdermott	M 35	1:24:56	53	Fred	Hirsch	M 58	1:56:51
4	Reid	Vannoy	M 46	1:25:27	54	Tom	Proctor	M 33	1:57:35
5	Jay	Silvanima	M 44	1:28:20	55	Ray	Stinson	M 44	1:57:56
6	Tom	Ratliffe	M 57	1:29:40	56	Dick	Dowdy	M 52	1:58:05
7	Michael	Martinez	M 38	1:30:39	57	John	Calver	M 63	1:58:46
8	Dana	Stetson	M 47	1:30:52	58	Chris	Chamblec	M 42	1:59:40
9	Hobson	Fulmer	M 48	1:31:32	59	Tania	Stoutamire	F 39	2:01:08
10	Mike	Sims	M 52	1:31:45	60	Jobst	Elster	M 32	2:01:13
11	Steve	Bracci	M 36	1:31:50	61	Kathy	Lindsay	F 45	2:02:08
12	Jane	Johnson	F 45	1:31:55	62	Jo Lena	Pace	F 32	2:02:11
13	Jerry	Ongley	M 57	1:34:33	63	Lisa	Unger	F 37	2:02:15
14	Kate	Remillard	F 26	1:35:24	64	Nancy	Mann	F 58	2:02:21
15	Bob	Fisher	M 48	1:36:11	65	Kelsey	Kilinski	F 18	2:02:31
16	Myron	Herring	M 45	1:36:50	66	Barbara	Mcneal	F 49	2:02:44
17	Jeff	Kuperberg	M 44	1:36:51	67	David	Darst	M 61	2:03:08
18	David	Cox	M 46	1:37:31	68	Bridget	Edmond	F 35	2:03:35
19	George	Palmer	M 60	1:38:08	69	Mike	Boll	M 40	2:06:29
20	Gary	Griffin	M 55	1:38:08	70	George	Kolp	M 59	2:08:56
21	Julie	Clark	F 42	1:38:55	71	Mae	Cleveland	F 64	2:09:34
22	Hamp	Stoutamire	M 37	1:40:26	72	Jennifer	Gagnon	F 34	2:13:26
23	Scott	Mitchell	M 53	1:42:06	73	Gina	Proctor	F 28	2:14:33
24	Jeff	Bryan	M 37	1:42:37	74	Debra	Passetti	F 49	2:15:22
25	Matt	Schrader	M 29	1:44:14	75	Joan	Forman	F 63	2:15:31
26	Keith	Collins	M 51	1:45:09	76	Bob	Keller	M 70	2:19:13
27	Gloria	Ramirez	F 24	1:46:05	77	Jacque	Myers	F 48	2:20:02
28	Jennifer	Shafer	F 36	1:46:26	78	Wallace	Randell	M 51	2:20:46
29	Gary	Cato	M 48	1:47:07	79	Alan	Rowen	M 42	2:22:14
30	Hugh	Hartsfield	M 34	1:47:39	80	Padrare	Juarez	M 42	2:22:15
31	Fran	McClean	F 47	1:47:56	81	Edward	Bierhanzl	M 36	2:22:16
32	Joe	Edgecombe	M 55	1:48:10	82	Betty	Leverton	F 64	2:23:09
33	Sergio	Bejar	M 31	1:48:40	83	Arthur	Ward	M 71	2:25:51
34	Randy	Holcombe	M 54	1:49:14	84	Rebecca	Willis	F 27	2:25:53
35	Wayne	Whidden	M 46	1:49:21	85	Deborah	Coaker	F 45	2:26:56
36	Nick	Yonclas	M 60	1:49:43	86	Robert	Morris	M 72	2:28:23
37	Mary Jean	Yon	F 48	1:50:22	87	Tony	Kronenburg	M 54	2:29:28
38	Maria	Vives	F 31	1:51:01	88	Christine	Stabley	F 29	2:37:28
39	Alfred	Bea	M 48	1:51:02	89	Robert	Mcneal	M 43	2:46:57
40	Andrew	Colee	M 58	1:51:38	90	Margarete	Deckert	F 71	2:46:58
41	Clint	Watkins	M 61	1:52:39	91	Christie	Koontz	F 55	2:46:58
42	Bill	Law	M 56	1:53:00	92	Dean	Jue	M 53	2:46:58
43	Michelle	Bracci	F 30	1:53:47	93	Richard	Cozart	M 75	2:53:57
44	Craig	Burnside	M 44	1:54:09	94	Jimmy	Kalfas	M 53	2:55:30
45	Bruce	Hall	M 36	1:54:18					
46	Tim	Brewton	M 49	1:54:23					
47	Rex	Cleveland	M 65	1:54:38					
48	Johnny	Creel	M 50	1:55:18					
49	Jessica	Hendrix	F 24	1:55:39					
50	Chris	Dodd	M 26	1:55:40					

**2004 Panhandle Cross-Country
(3 miles) Championships From
Marianna, October 9**

GIRLS' MEDALISTS

1	Adriana Piekarewicz*	Maclay	18:56
2	Kelly Savery*	Chiles	18:59
3	Julia Bryant*	Chiles	19:04
4	Farah Stewart*	Jay	19:04
5	Alicia Fenley*	Maclay	19:19
6	Laura Hempel*	Rickards	19:27

7	Katy Swain*	Maclay	19:32
8	Stacey Karczewski	Niceville	19:42
9	Heather Bailey	Chiles	19:46
10	Taylor Heaton	Enterprise	19:49
11	Elena Villa	Maclay	19:49
12	Jessica Chleblowski	Niceville	19:55
13	Kristy Cooper	Niceville	20:04
14	Julie Williamson	S. Walton	20:19
15	Kara Taylor	NFC	20:24

**2004 TALLAHASSEE CITY BOYS'
5K CROSS-COUNTRY CHAMPION-
SHIPS AT MACLAY 10/2/04**

1	Jonathan Blocker	CHL	16:11
2	Brennon Clayton	MAC	16:43
3	Josef Franklin	GDB	17:23
4	Kevin Lane	CHL	17:32
5	Casey Clayton	MAC	17:40
6	Matt Dixon	CHL	17:41
7	Eliot Hawkes	LEN	17:45
8	Chris Lake	CHL	17:46
9	Whitney Strickland	NFC	17:50
10	Daniel Miletich	CHL	17:57
11	Jared Black	LEN	17:58
12	JC William	LEN	17:58
13	Daniel Shaw	GAD	18:09
14	Levon Hoomes	LNC	18:09
15	Andrew Mannheimer	MAC	18:13
16	Will Fairhurst	CHL	18:14
17	Elvin Hern	GDB	18:15
18	Stan Reecy	CHL	18:26
19	Richard Dolly	LEN	18:28
20	Conor Sweeney	MAC	18:42
21	Keone Murphy	GDB	18:42
22	Jeff Givens	NFC	18:58
23	Dustin Hern	GDB	19:15
24	Will Overlin	GDB	19:23
25	Steven Arnold	RIK	19:23
26	Raphael Mendoza	GDB	19:28
27	Max Fishman	LNC	19:33
28	Tyler Council	NFC	19:33
29	Tyler Braman	NFC	19:35
30	Deon Sanders	GAD	19:40
31	Thomas Doxsee	LEN	19:47
32	Mike Huntzinger	MAC	20:04
33	Anthony Ware	GAD	20:05
34	David Lowe	MAC	20:15
35	Brooks Whalley	LEN	20:16
36	Roger Michaud	LNC	20:17
37	Taylor Byrd	LEN	20:34
38	Jason Nobles	GDB	20:47
39	Darius Campbell	GAD	20:52
40	Dean Jackson	RIK	20:57
41	Marcus McMillan	GAD	20:57
42	Riley McCord	MAC	21:00
43	LaTorn Sheffield	GAD	21:17
44	Brennon Blanchard	NFC	21:24
45	Sammy Patterson	LNC	21:29
46	Andre Arnold	LNC	21:31
47	Wayne Fernell	RIK	21:55
48	Chris Jacobs	RIK	21:57
49	Ben Meyer	LNC	22:05
50	Julius McGlockton	GAD	22:10

*Top eight finishers selected to 2004
All-Panhandle Team

GIRLS' TEAM SCORES

1	Maclay	54
2	Chiles	55
3	Niceville	90
4	South Walton	131
5	North Florida Christian	221
6	Crestview	279
7	Rocky Bayou	297
8	Rickards	300
9	Lincoln	320
10	Arnold	350
11	Leon	352
12	Pensacola Catholic	359
13	Wakulla	382
14	Wewahitchka	451

BOYS' MEDALISTS

1	Johnathan Blocker*	Chiles	15:32
2	Eric Mays*	Wash.	15:44
3	Brennon Clayton*	Maclay	15:48
4	Stef Ackerman	Wash.	15:50
5	Brian Hoover	Wash.	15:52
6	Mitchell Mason	Wash.	15:52
7	Neel Stewart	Wash.	15:55
8	Tyler Williams	Ruther.	16:01
9	Eric Larson	Wash.	16:14
10	Bud Galloway	P. Catholic	16:27
11	Devon Pate	S. Walton	16:30
12	Joe Franklin	Godby	16:37
13	Matt Dixon	Chiles	16:48
14	Casey Clayton	Maclay	16:54
15	Kevin Lane	Chiles	16:58

*Top eight finishers selected to 2004 All-
Panhandle Team

BOYS' TEAM SCORES

1	Washington	24
2	Chiles	63
3	Leon	156
4	Godby	192
5	Pensacola Catholic	210
6	Maclay	214
7	South Walton	223
8	Bay	259
9	Chiles "B"	265
10	Niceville	276
11	Rocky Bayou	321
12	Lincoln	348
13	East Gadsden	358
14	North Florida Christian	359
15	Rutherford	368
16	Providence	404
17	Crestview	413
18	Marianna	429
19	Mosely	459

51	Ben Salyers	LNC	22:40
52	Brad Givens	NFC	22:44
53	Aaron Powell	NFC	23:00
54	Jacaba Burt	RIK	28:43

TEAMS

1	Chiles	29	CHL
2	Maclay	74	MAC
3	Leon	80	LEN
4	Godby	88	GDB
5	North FL Christian	132	NFC
6	East Gadsden	156	GDB
7	Lincoln	168	LNC
8	Rickards	214	RIK

Nicola	Menchetti	LNC	26:48
Lauren	Bryant	LEN	26:55
Barbara	Villegas	GDB	27:13
Alice	Linzy	LEN	27:30
Whitney	Young	RIK	27:33
Ashley	Grubbs	LEN	27:36
Leila	Mattimore	LEN	27:56
Mellissa	Jackman	NFC	28:35
Tiara	Byrd	RIK	33:28

**Tallahassee Middle School 3K
Champs at Maclay, 10/2/04**

**Tallahassee 5K XC Girls
Championships at Maclay 10/1/04**

Adriana	Piekarewicz	MAC	19:41
Kelly	Savery	CHL	19:48
Julia	Bryant	CHL	19:57
Heather	Bailey	CHL	20:12
Alicia	Fenley	MAC	20:25
Laura	Hempel	RIK	20:28
Katy	Swain	MAC	20:29
Elena	Villa	MAC	21:01
Erin	Obernier	CHL	21:32
Christy	Forsyth	GDB	21:50
LaShaunta	Arnold	RIK	22:06
Kara	Taylor	NFC	22:19
Whitney	Austin	RIK	22:42
Hannah	Ciupalo	MAC	22:47
Alexis	Schwartz	CHL	22:55
Emily	Dorman	LNC	23:08
Christine	Morse	CHL	23:13
Laura	Kuhse	MAC	23:48
Kaitlyn	Crandall	LNC	24:08
Kayla	Rady	LNC	24:21
Jennifer	Smith	RIK	24:22
Cathy	Lambright	RIK	24:25
Monica	Ward	GDB	24:28
Whitney	Alexander	NFC	24:42
Erin	Fraser	NFC	24:43
Drew	Grigg	LNC	24:48
Danielle	Jackman	NFC	24:49
Carla	Burke	GDB	25:14
Mary	Ertel	LNC	25:17
Darcy	Watson	NFC	25:23
Jessica	Clayton	NFC	25:35
Caitlin	Ridgewell	MAC	25:38
Ashley	McClellan	LNC	25:49
Evan	Sanders	GAD	26:07
Kate	Stevenson	LEN	26:23
Amenda	Moyer	GDB	26:35

TOP TEN GIRLS

1	Brooke Eubanks	MAC	13:30
2	Jackie Vanlaningham	HLC	14:07
3	Alexandra Scanameo	MAC	14:13
4	Allison Bowden	TRN	15:14
5	Anna Annino	HLC	15:55
6	Caren Parslow	NFC	16:16
7	Joanna Forsyth	BLV	16:53
8	Sharika Lee	BLV	17:52
9	Kendra Turner	NFC	17:57
10	Whitney Akins	BLV	19:04

GIRLS' TEAMS

Winner	BLV
180pts	

TOP TEN BOYS

1	Patrick Swain	MAC	11:54
2	Brian Bowden	TRN	12:18
3	John Haz	HLC	12:26
4	Hunter Howell	MAC	12:31
5	Daniel Ervin	MAC	12:37
6	Phillip Wenturine	NFC	12:51
7	Morgan Smith	SWC	13:02
8	Richard Mann	NFC	13:24
9	Justin Snyder	HLC	13:41
10	Kenny Turner	NFC	13:48

BOYS' TEAMS

1	MAC	35
2	NFC	80

NOTE: HLC-Holy Comforter, SWC-Swift Creek, TRN-Trinity, BLV-Belle Vue

**Prefontaine 5K XC
High School Competition
Silver Lake, Jeff Neilsen RD**

Grant Stauffer	BRK	19:48
Casey Clayton	MAC	19:58
Levon Hoomes	LIN	20:22
Daniel Shaw	GAD	20:28
Kevin Jay	MAR	20:44
Paul Smith	MAR	20:45
Keon Murphy	GDB	20:49
Conor Sweeney	MAC	20:56
Mike Huntzinger	MAC	21:18
Deon Sanders	GAD	21:28
Dustin Hern	GDB	22:04
Rafael Mendoza	GDB	22:28
William Overlin	GDB	22:28
NO NAME		
Robert Michaud	LIN	22:32
Riley McCord	MAC	22:38
Jesse McCrae	MAR	22:42
Michael Rodriguez	MAR	22:45
<i>Katy Swain</i>	MAC	22:47
Andrew Mannheimer	MAC	22:48
<i>Alicia Fenley</i>	MAC	22:49
Anthony Ware	GAD	23:20
George Deming	MAR	23:20
Marcus McMillon	GAD	23:24
Brennon Clayton	MAC	23:29
David Lowe	MAC	23:29
Garyn Bryan	MAR	23:32
Jason Nobles	GDB	23:35
Darius Campbell	GAD	23:46
Tom Danner	BRK	23:46
Latron Sheffield	GAD	23:48
<i>Elena Villa</i>	MAC	24:09
Patrick Swain	MAC	24:10
Ben Meyer	LIN	24:25
Sammy Patterson	LIN	24:27
Keith Martin	GDB	24:38
<i>Christy Forsyth</i>	GDB	24:38
<i>Christie Woodrow</i>	MAR	24:47
Tarvarris Barnes	GAD	24:54
Julius McGlockton	GAD	25:14
Frederick Green	GDB	25:14
Ben Sedjers	LIN	25:39
Hunter Howell	MAC	26:19
<i>Laura Kuhse</i>	MAC	26:32
<i>Caitlin Crandall</i>	LIN	26:34
Richard Stonebreaker	MAR	26:37
Keith Edwards	GDB	26:37
<i>Nikki Sangniliano</i>	LIN	26:42
<i>Emily Daman</i>	LIN	26:42
Drew Gigley	LIN	26:42
<i>Kayla Rady</i>	LIN	26:43

Paul Huff	MAR	26:44
Andrew McMillan	LIN	26:44
<i>Angie Lewis</i>	MAR	26:45
<i>Brooke Eubanks</i>	MAC	26:50
<i>Alise Smith</i>	MAR	27:24
<i>Mary Ertel</i>	LIN	27:29
<i>Caitlin Ridgewell</i>	MAC	28:04
Philip Schlenoff	MAC	28:23
<i>Carla Burke</i>	GDB	28:48
<i>Freya Lantinen</i>	LIN	29:11
<i>Eron Sanders</i>	GAD	29:19
<i>Kelbe Beck</i>	LIN	29:35
<i>Leslie Folman</i>	LIN	30:22
Stephen O'Prey	MAR	30:22
<i>Ashlee Pitts</i>	LIN	30:27
Alden Enlow	MAC	30:33
<i>Nicola Menchetti</i>	LIN	30:33
Daniel Smith	LIN	30:51
Richard Tabor	MAR	30:59
Jamie Wright	MAC	33:30
NO NAME	LIN	34:26
<i>Mary Garrity</i>	LIN	36:35
<i>Brittany Gatlin</i>	LIN	36:36
<i>Layla Ghazvini</i>	MAC	36:50

BRK-Brookwood, MAC-Maclay,
LIN-Lincoln, GAD-East Gadsen,
GDB-Godby, MAR-Marianna
Italics - Female

GIRLS' TEAM SCORES

Maclay	24
Lincoln	48

BOYS' TEAM SCORES

Maclay	55
Marianna	69
Godby	71
East Gadsden	89
Lincoln	130

**Prefontaine 5K XC Run
9/25/04 at Silver Lake
Jeff Nielsen, RD**

1	Gary	Droze	M 43	17:43
2	Andrew	Wills	M 39	18:43
3	Zach	Galloway	M 24	19:39
4	R J Von	Merveldt	M 26	19:54
5	Tim	Unger	M 45	20:06
6	Eric	Smith	M 32	20:17
7	Bill	Mccord	M 42	20:23
8	Jack	Mcdermott	M 35	20:42

9	Cedric	Gillette	M 23	20:44	64	John	Iarnssi	M 31	26:29
10	Andy	Roberts	M 37	20:50	65	Seth	Coffin	M 34	26:32
11	David	Yon	M 48	20:50	66	Ace	Haddock	M 34	26:32
12	Scott	Ruplinger	M 22	20:57	67	Warren	Emo	M 51	26:36
13	James	Dexter	M 19	21:04	68	Ray	Scott	M 51	26:39
14	Mike	Sims	M 52	21:08	69	Bill	Sanders	M 46	26:42
15	Colby	Clayton	M 19	21:13	70	Ithel	Jones	M 50	26:46
16	Fritz	Stoppelbei	M 18	21:16	71	Welsey	Scholfield	M 12	26:47
17	Brent	Jones	M 29	21:33	72	Nick	Yonclas	M 60	26:50
18	Bill	Mcguire	M 57	21:36	73	Rex	Cleveland	M 65	27:02
19	Jay	Silvanima	M 44	21:41	74	John	Kalin	M 53	27:23
20	Tom	Ratliffe	M 56	21:54	75	Connie	Clarke	F 42	27:25
21	Hobson	Fulmer	M 48	22:00	76	Maria	Vives	F 31	27:26
22	Chris	Marino	M 32	22:17	77	Lisa	Unger	F 36	27:26
23	Mike	Labossiere	M 38	22:24	78	Clint	Watkins	M 61	27:27
24	Elisha	Caldwell Jr.	M 17	22:24	79	Barry	Davis	M 55	27:36
25	Craig	Christoffersen	M 26	22:26	80	Shawn	Doherty	M 44	27:39
26	Cooper	Davis	M 55	22:26	81	Tim	Brewton	M 49	27:43
27	Bill	Hillison	M 60	22:34	82	Tom	Proctor	M 33	27:50
28	Felton	Wright	M 47	22:36	83	Charles	Thomsen	M 53	27:59
29	Seeley	Lovett	F 27	22:46	84	David	Darst	M 61	28:04
30	Jim	Carson	M 41	22:47	85	Gordon	Morgan	M 57	28:08
31	Bud	Fennema	M 48	22:48	86	William	Davis	M 53	28:10
32	Dave	Desmsiers	M 36	22:51	87	Mary Jean	Yon	F 48	28:17
33	Joe	Donoghue	M 57	23:09	88	Morgan	Smith	M 12	28:35
34	Ronald	Christen	M 58	23:12	89	Nancy	Widener	F 55	28:55
35	Douglas	Covert	M 40	23:15	90	Jerry	Chesnutt	M 54	28:55
36	Michael	Peters	M 51	23:25	91	Bruce	Lynn	M 57	29:07
37	Gary	Cato	M 48	23:28	92	Mike	Boll	M 40	29:28
38	David	Sanders	M 17	23:48	93	Carlos	Zapata	M 59	29:29
39	Myron	Herring	M 45	23:48	94	Marty	Kirkland	F 52	29:31
40	Raymond A.	Miller	M 22	23:51	95	Ed	Morgan	M 61	29:36
41	Angela	Dempsey	F 36	23:52	96	Emily	Ketring	F 30	29:45
42	Kirsten	Baggett	F 37	24:06	97	Burt	Von Hoff	M 52	29:49
43	Chris	Sumner	M 25	24:36	98	Melissa	Zapata	F 25	30:00
44	Brant	Foster	M 43	24:51	99	Jim	Zimmerman	M 61	30:03
45	Julie	Clark	F 42	24:58	100	John	Morrill	M 52	30:13
46	David	Cox	M 46	25:04	101	Caleb	Sanders	M 14	30:17
47	Cynara	Miller	F 43	25:04	102	Amy	Stenberg	F 31	30:20
48	Keith	Rowe	M 43	25:06	103	Mike	Schneider	M 67	30:22
49	Jeff	Kuperberg	M 44	25:07	104	Beth	Alexander	F 40	30:33
50	Fran	Mclean	F 46	25:09	105	Perha	Varley	F 60	31:17
51	Jane	Johnson	F 45	25:11	106	B01	Zzbandit	U 0	31:22
52	Aaron	Isom	M 17	25:13	107	Kadee	Price	F 24	31:24
53	Kara	Newell	F 20	25:15	108	Katie	Coleman	F 20	31:25
54	Joe	Edgecombe	M 55	25:35	109	Frank	Price	M 26	31:25
55	Timothy	Hoomes	M 46	25:41	110	Mae	Cleveland	F 64	31:26
56	Casey	Fort	M 14	25:54	111	Mark	Beaudoin	M 46	31:30
57	Jerry	Mcdaniel	M 50	25:54	112	Bob	Keller	M 70	32:08
58	Nathan	Switt	M 19	25:58	113	Tommy	Leaks Jr.	M 12	32:10
59	Ted	Shoaf	M 41	26:03	114	Gina	Proctor	F 27	32:13
60	Dale	Smith	M 51	26:08	115	Christine	Stabley	F 28	32:14
61	Riley	Doherty	M 12	26:23	116	Debbie	Beeson	F 49	32:15
62	Jeff	Doherty	M 46	26:23	117	Phillip	Tomberlin Jr	M 52	32:19
63	Sissi	Carroll	F 45	26:27	118	Mary	Stutzman	F 56	32:23
					119	Jamie	Wright	M 11	32:30

120	Leslie	M. Strauss	F 34	32:35	Speed workouts, tempo runs, and slower runs should be part of your running diet. The need for variety carries over to my food diet -- sometimes I eat Chicken McNuggets, sometimes a Big Mac, sometimes a Milkshake and fries. The point is that I vary my diet.
121	Jacque	Myers	F 48	32:36	
122	Ruth	Jones	F 53	32:47	
123	Christine	Klassen	F 31	32:48	
124	Nick	Stratis	M 53	32:59	
125	Robert	Vickers	M 14	33:08	
126	Susan	Cornwell	F 55	33:32	
127	Ray	Hanlon	M 61	33:47	
128	Randy	Dumm	M 48	34:41	
129	Karen	Smith	F 56	34:47	
130	Holly	Litt	F 20	35:36	
131	Joanna	Forsyth	F 13	35:53	
132	Arthur	Ward	M 71	36:02	
133	Margarete	Deckert	F 71	37:11	
134	Nadine	Dexter	F 45	37:18	
135	Vanessa	Morrill	F 21	37:21	
136	Nada	Stauffer	F 51	37:28	
137	Cynthia	Christen	F 51	37:30	
138	C. J.	Burke	M 9	37:54	
139	Nancy	Wallace	F 39	38:01	
140	Lynn	Schuster	F 45	38:34	
141	Cana	Nudi	F 48	38:41	
142	Brien	Richards	M 13	39:17	
143	Katie	Mccabe	F 18	39:27	
144	Dawn	Brown	F 55	39:37	
145	Marc	Engel	M 45	39:38	
146	B03	Zzbandit	U 0	41:38	
147	Sarah	Iarnssi	F 28	42:17	
148	Toni	Mathers	F 37	43:58	
149	Warren	Mulherin	M 63	43:59	
150	John	Alderson	M 77	44:32	
151	Vickie	Varchal	F 39	44:46	
152	Patricia	Handschy	F 52	44:48	
153	Willow	Shanti	F 34	46:14	
154	Tara	Gibson	F 12	46:53	
155	Judy	Shapiro	F 52	49:17	
156	Stuart	Garrity	M 8	51:50	
157	Jackie	Fulford	F 39	51:51	
158	Sharika	Lee	F 13	56:21	
159	Charlie	Yates	M 79	56:43	
160	Jere	Moore	M 72	56:43	
161	Brechelle	Davis	F 12	56:51	

Conclusion:

Like most things in running, all of this is probably irrelevant and the only thing that matters is genetics. But at least you tried, right?

GWTC's Grand Prix

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

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

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

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

Awards Committee:

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

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

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

Jo Lena Pace (jolenapace@nettally.com) and

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

Injuries (Continued from page 18)

do what I do -- run, sleep on the couch, and watch football. Tell your wife that Jack said it was OK.

Alter your Running Pace

One quick way to end a marriage is to put in your running journal, "Junk Miles -- Ran with spouse." Junk is something you find at the Flea market, not in a running journal. All miles are good miles, and like a healthy diet, you need variety.

Grand Prix Results through Prefontaine 5K

Overall Male

Gary Droze	42	170
Andrew Wills	39	140
Jack Mcdermott	34	140
Tim Unger	44	118
Bill Mcguire	56	100
David Yon	48	89
Reid Vannoy	45	69
Jeff Nielsen	46	61
Felton Wright	46	56
Bill Hillison	59	45
Jay Silvanima	43	44
Zach Galloway	24	43
Chris Holland	17	41
Brian Corbin	36	37
Paul Morphy	43	33
Matthew Minno	44	33
Art Remillard	30	27
Douglas Covert	39	27
Karl Hempel	52	24
Justin Dickieson	18	20
Larry Mengelkoch	51	20
Mike Johnson	41	20
Fred Johnson	41	20
James Dexter	19	15
Jeff Bowman	42	13
Eric Smith	31	13
Greg Waddell	37	13
Tom Ratliffe	56	12
Hobson Fulmer	48	12
Ronnie Godwin	39	11
Mike Sims	51	11
Bill Bowers	50	9
Tony Guillen	35	9
Andy Roberts	36	9
Mike Labossiere	37	9
Terry Presnell	54	9
Jason Carter	32	9
Bud Fennema	48	5
Jerry Mcdaniel	50	5
Scott Ruplinger	22	5
Simon-serge Sablin	30	5
Jay Herring	46	3
Jerry Ongley	56	3
Gary Cato	47	3

1-9 Male

Jordan Watkins	9	70
Davis Clarke	9	35
Conner Hopkins	9	27
Luke Strickland	7	20
Vincent Dewar	7	15
David Breza	9	15

Joseph Dewar	5	12
Chris Lindsay	7	12
Michael Mcguire	9	8
Cameron Nave	7	6

10-14 Male

Phillip Wenturine	12	89
Jamie Wright	10	82
Aaron Powell	12	40
Whitney Strickland Iii	12	40
Shelby Nave	10	34
Christopher Mcguire	14	28
Paul Mengelkoch	10	20
Drew Edwards	12	15
Will Stanford	11	15
Joey Vannoy	10	12
Blair Strickland	10	12
Nathan Kenney	12	12

15-19 Male

James Dexter	19	90
Chris Holland	17	60
Aaron Isom	16	35
Casey Perkins	18	27
Justin Dickieson	18	20

20-24 Male

Chris Sumner	24	146
Joe Crook	24	114
Zach Galloway	24	60
Chris Dexter	22	55
Phillip Claiborne	23	32
Scott Ruplinger	22	15

25-29 Male

Andres Bernal	25	60
Brent Jones	28	20
David Knoll	28	15

30-34 Male

Jack Mcdermott	34	150
Travis Miller	34	75
Simon-serge Sablin	30	70
Chris Marino	31	49
Jason Carter	32	47
Art Remillard	30	40
Chett Hopkins	30	25
Tom Proctor	32	20
Garth Grumme	34	20
Todd Mcgowen	32	20
Eric Smith	31	20
Tim W Guhl	34	10

35-39 Male

Andrew Wills	39	100
Brian Corbin	36	84
Douglas Covert	39	80

Mike Labossiere	37	73	Geoffrey Wenturine	49	6
Andy Roberts	36	68	Timothy Hoomes	45	6
Niclas Manz	35	50	Dennis Mcclure	47	4
Tony Guillen	35	45	Richard Addison	49	4
Mark Delegal	36	30	Tim Brewton	48	2
Mike Boll	39	28	Keith L Berry	47	2
Jeff Bryan	36	27	50-54 Male		
Mike Weyant	38	27	Mike Sims	51	144
Ronnie Godwin	39	20	Jerry Mcdaniel	50	117
Rick Callaway	38	16	Dale L Smith	50	96
Greg Waddell	37	15	Karl Hempel	52	75
Geoff Likens	38	14	Charles Thomsen	53	45
Sam Higdon	37	12	Warren Emo	50	42
Billy Oram	37	10	David Farnsworth	53	42
Hamp Stoutamire	37	10	Craig Willis	52	38
40-44 Male			Terry Tenold	54	38
Gary Droze	42	120	Keith Collins	50	33
Jay Silvanima	43	105	Bill Bowers	50	32
Tim Unger	44	100	Ray Scott	50	28
Myron Herring	44	88	Larry Mengelkoch	51	20
Matthew Minno	44	77	Lars Leader	51	18
Fred Johnson	41	50	Phillip Tomberlin Jr	52	16
Jeff Bowman	42	44	Chuck Booker	53	15
Jeff Kuperberg	43	42	Terry Presnell	54	15
Tom Taylor	40	41	Tom Perkins	52	8
Paul Morphy	43	38	Gary Griffin	54	8
Keith Rowe	42	38	Randy Holcombe	53	6
Mike Johnson	41	31	Pete Kerwin	51	6
Chuck Davis	42	20	John Kalin	52	6
Brant Foster	42	16	Jerry Chesnutt	53	2
Richard Ziegler	44	14	55-59 Male		
Robert Palmer	42	14	Bill Mcguire	56	180
Bob Asztalos	44	10	Bill Hillison	59	118
Sean Phelps	40	8	Joe E Dexter	57	93
Harry Detwiler	44	8	Ronald Christen	58	84
Frank Rudd	40	6	Joe Donoghue	56	71
Marc Engel	44	2	Tom Ratliffe	56	52
Herbert Wills	43	2	Jerry Ongley	56	50
45-49 Male			Carlos Zapata	58	40
David Yon	48	149	Gordon Morgan	57	36
Felton Wright	46	121	George S Palmer	59	26
Gary Cato	47	97	Bruce Lynn	56	24
Jeff Nielsen	46	85	David E Smith	59	20
Hobson Fulmer	48	81	Nick Mazza	55	12
Reid Vannoy	45	80	Rick Ashton	57	10
Bud Fennema	48	77	Bill Perry	55	10
Ithel Jones	49	58	Gene Opheim	57	10
Jimmy Ledford	47	36	Ronald Morrell	55	10
Bob Fisher	47	22	60-64 Male		
John Kelly	46	14	Nick Yonclas	60	165
Jay Herring	46	10	Rex Cleveland	64	140
Floyd Coleman	47	8	Jim Zimmerman	60	121
Ed Claiborne	49	8	Clint Watkins	61	101
David A Thompson	47	6	David Darst	60	96
Randy Hanna	45	6	Ray Hanlon	60	52

James Varley	64	20	Debbie			
Michael Degennaro	61	18		Lamarche	44	7
Charles R Futch	62	18	Amy	Stenberg	30	7
James Story	63	6	Jackie	Mcdaniel	49	5
Bruce Prevatt	62	6	Yvonne	Gsteiger	45	5
Ronald Mullis	61	4	Joyce	Lowery	54	5
			Susan	Ledford	40	5
65-69 Male			Dawn	Brown	55	5
Mike Schneider	66	174	Lisa	Echeverri	38	3
Bill Degrummond	69	137	Susan	Cornwell	54	3
Bob Keller	69	116	Barbara	Yonclas	56	3
John Rakestraw	67	60	Meredith	Fraser	18	3
Gene Sellers	69	10	Sue	Kelly	52	3
Rod Anderson	65	8				
70-74 Male			1-9 Female			
Arthur Ward	70	190	Cecelia	Williams	7	55
Robert Morris	72	85	Lily	Williams	9	50
Jere Moore	71	66	Breanna	Bruner	8	24
Fred Deckert	74	42	10-14 Female			
John Waters	71	15	Kara	Taylor	13	135
James Skofronik	72	12	Danielle	Jackman	12	121
			Melissa	Jackman	12	79
75 + Male			Whitney	Alexander	13	69
John Alderson	77	120	Allison	Clarke	12	20
Charlie R Yates	78	100	Samantha	Corbin	10	16
			Diamond	Brown	10	8
Overall Female			Erin	Kenney	10	8
Seeley Lovett	27	186	Jenny	Johnson	10	6
Kate Remillard	25	120	15-19 Female			
Julie Clark	42	110	Kara	Newell	19	80
Cynara Miller	42	106	Meaghan	Scott	17	65
Kirsten Baggett	37	91	Kelsey	Kilinski	17	32
Sarah Docter- Williams	39	90	Katy	Ziegler	18	20
Kara Newell	19	87	Meredith	Fraser	18	12
Fran Mclean	46	86	Lauren	Breza	15	10
Jane Johnson	44	73	20-24 Female			
Angela Dempsey	35	72	Melissa	Zapata	24	107
Connie Clarke	42	72	Catherine	Nixon	23	55
Meaghan Scott	17	48	Erin	Brannen	24	40
Sissi Carroll	45	48	Aimee	Molineaux	21	20
Stephanie Liles	31	42	Chrissy	Pannier	24	20
Lisa Whitworth	33	33	Myriam	Morales	21	10
Maria Vives	30	25	25-29 Female			
Lisa Unger	36	22	Seeley	Lovett	27	155
Caroline Noble	38	22	Kate	Remillard	25	100
Catherine Nixon	23	22	Christine	Stabley	28	98
Penny Isom	41	22	Jennifer	Kilinski	25	12
Leigh Ceci	39	20	Heather	Lammers	25	10
Judy Alexander	42	20	Rita	Tweed	27	8
Kelly Tucker	43	17	30-34 Female			
Loranne Ausley	40	13	Maria	Vives	30	145
Lynn Powell	39	11	Stephanie	Liles	31	75
Carrie Weyant	42	11	Amy	Stenberg	30	63
Pam Breza	43	9	Michelle	Stuckey	34	56
Kate Macfall	32	9	Marisol	Roberts	33	40
Nadine Dexter	45	9	Lisa	Whitworth	33	40
Cynthia Christen	50	7				

		Jo Lena		Jacque Myers	47	42
	Pace	31	35	Bonnie Wright	48	39
Kate	Macfall	32	23	Betsy Thorpe	47	32
Lena	Juarez	34	17	Barbara Mcneal	48	25
Erin	Shepherd	32	12	Jackie Mcdaniel	49	23
Amy	Brown	31	4	Yvonne Gsteiger	45	20
Birgit	Cromartie	33	4	Jan Blue	49	18
35-39 Female						
Kirsten	Baggett	37	164	Chris Savery	45	18
Lisa	Unger	36	131	Mary Geringer	48	14
Angela	Dempsey	35	70	Betty Dewar	45	8
Sarah	Docter- Williams	39	60	Lori Tomblin	45	6
Beth	Alexander	39	56	Kathy Dunnigan	45	2
Sondra	Lee	35	46	50-54 Female		
Ann	Guillen	35	34	Susan Cornwell	54	148
Caroline	Noble	38	27	Nancy Widener	54	120
Lynn	Powell	39	20	Ruth Jones	52	82
Sharon	Smith	38	20	Joyce Lowery	54	65
Leigh	Ceci	39	20	Cynthia Christen	50	58
Kim	Likens	35	15	Judy Shapiro	52	48
Hillary	Brigham	39	15	Linda Ongley	52	39
Augusta	Bostick	35	10	Nada Stauffer	50	32
Lisa	Echeverri	38	10	Martha Haynes	50	26
Christy	Ingram	35	8	Sue Kelly	52	15
Sharon	Pearson	38	8	Vicky Bernal	52	12
Kaye	Jaynes	36	8	Julian Hurt	50	12
Leslie	Delao	35	6	Mackie Hempel	51	10
40-44 Female						
Julie	Clark	42	147	Anne Priddy	54	8
Cynara	Miller	42	140	Patricia Handschy	51	8
Connie	Clarke	42	102	Ann Mullis	53	6
Jane	Johnson	44	72	Dianne P Douglas	50	6
Penny	Isom	41	70	55-59 Female		
Judy	Alexander	42	58	Perha Varley	59	139
Susan	Ledford	40	46	Mary Stutzman	55	122
Pam	Breza	43	42	Dawn Brown	55	106
Loranne	Ausley	40	25	Barbara Yonclas	56	85
Sherri	Jackman	40	18	Karen Smith	55	84
Edie	Mccarty	42	16	Gloria Crittenden	55	30
Carrie	Weyant	42	15	Judie Kean	58	20
Kelly	Tucker	43	15	Julie A Guhl	57	8
Debbie	Lamarche	44	10	B. J. Foster	56	6
Kathy	Lindsay	44	10	60-64 Female		
Krista	Killius	40	10	Mae Cleveland	64	180
Lynn	Schuster	44	8	Kay Holland	61	27
Leslie	Morton	41	8	Pheona Kaiser	61	27
Laurdes	Mengelkoch	41	6	65-69 Female		
Linda	Vannoy	44	4	Jean Ann Bowling	66	40
45-49 Female						
Fran	Mclean	46	155	70-74 Female		
Sissi	Carroll	45	107	Margarete Deckert	70	220
Nadine	Dexter	45	86	75 + Female		
Mary Jean	Yon	48	74	Josephine K Newton	77	20
Susan	Fitzgerald	47	61			



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

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

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

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

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Signature(s) of other members

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

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

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