



The Fleet Foot



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Volume 29 Issue 9 **Newsletter of the Gulf Winds Track Club**

Oct. 2004

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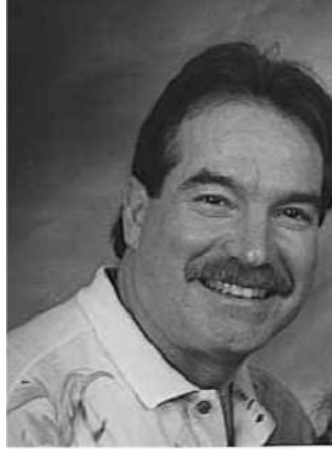
Grand Prix Races

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

Pulpits Happen

Fall is upon us once again. The days get shorter. The temperature drops and the leaves start to change colors. At least that all is happening somewhere, but not here. However, the fall running season is here. The Pine Run 20K will be held on October 9. This is an away football game weekend, so there is no pressure to hurry back to town. Take your lawn chairs and enjoy the post-race activities. A rare Sunday run is the PT Prowl held Oct. 10 at the Miccosukee Greenway. One of my favorite fall runs is the Boston Mini-Marathon. This small Georgia town and the beautiful countryside make it a very enjoyable event. November 6 brings us Jane Johnson's Tallahassee Women's Classic 5K. This is a fast course with downhill finish. All of these events along with others are listed on the GWTC web site. Thank you, Martha Haynes for the outstanding job you do of keeping us all informed (I always bow to my monitor when I speak our Webmistress' name).

And speaking of other outstanding members. **Julie Clark, Jerry Ongley, Nadine Dexter, Jeanne O'Kon, Beth Alexander**, and the rest of the great GWTC volunteers have done it again. The Half Marathon training group is at 50+ members and going strong. The Beginning Running class had 87 people present on the first night at the FSU track. The enthusiasm of these group leaders is contagious. No greater



service is done on behalf of GWTC than what they are doing. Sharing their love and fellowship for running with others is truly a rewarding gift. I urge all members to go participate and meet some of our newest members in these classes. Remember how good it felt when, as a neophyte runner, a veteran told you how well you were doing. Pass that feeling along!

Editors Column

Now that we're on the downhill of my first year, I'd like to remind everyone that's given me nice words about the Fleet Foot, how much we all owe to our previous editors. **Rex Cleveland** is of course the "mother" who set all the parameters for the magazine during the days of cut and paste editing. His work can't be overly appreciated. And, **Mike LaBossiere** brought us into the modern desktop publishing and electronic disbursement phase of the Fleet Foot. Both have been my guides, and I hope the FF can keep their momentum.

Fred Deckert

Face/Legs Contest Results

Andy Roberts won, all 9 correct!

1- Andy Wills, 2-Chris Williams, 3- Judy Alexander, 4-Stephanie Liles, 5-Tom Perkins, 6-Dana Stetson, 7-Sarah Docter-Williams, 8-Nadine Dexter, 9-Margarete Deckert

The Fleet Foot

Newsletter of the Gulf Winds Track Club

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

Columnists: Jack McDermott, Jane Johnson,
Lisa Unger

Advertising Copy

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

Advertising Payments –NEW RATES!

Full Page-\$58, Half Page – \$32, 1/4 Page-\$18, Run twice, no changes – \$52, 28, 15 each. Letter-size centerfold race flyer-\$125. Yearly rates: 450, 250, 135.

Payment in advance/checks payable to GWTC-Fleet Foot and sent to: Fred Deckert, 6323 Count Fleet Trail, Tallahassee, FL 32309

Submissions/Contributions

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

Deadline: 3rd Saturday of each month.

Change of Address

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

Gulf Winds Track Club

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Lecture Series

Arthur Remillard

arthurremillard@yahoo.com

GULF WINDS TRACK CLUB
August 11, 2004 Business Meeting
Hosted by Tim & Lisa Unger

Board/GWTC Members present: **David Yon, Tim & Lisa Unger, Fred & Margarete Deckert, Charlie Yates, Fran McLean, Joe & Nadine Dexter, Jimmy Kalfas, Paul Ahnberg, Jerry Ongley, Tom Perkins, Jeff Nielsen, Jack McDermott, Mark Priddy, Bonnie Wright and Jackie & Jerry McDaniel.**

Guests present: Anthony De Santis and Doug Wainright

Tom Perkins called the meeting to order at 7:40 PM and quorum was established. The July minutes were reviewed and accepted by vote as presented.

Guest Presentations:

- **Doug Wainright** from the Monticello Kiwanis Club would like the Melon Run to be a Grand Prix race again and discussed several reasons why the race went wrong in the past and the efforts he and others have made to correct any shortfalls. Doug received a copy of the new Grand Prix guidelines.

Anthony De Santis discussed the Medal of Honor race that he is directing for the second year. It is scheduled for 10/23/04 on or near FSU campus.

NEW BUSINESS: none

REPORTS:

Race Director(s) report(s) – Jack McDermott discussed the Tallahassee Marathon scheduled for 2/20/05. **Toma Wilkerson** will be co-directing with him. Jack discussed the name of the race – Capital City Marathon or Tallahassee Marathon. It was determined that the name Capital City was used when Capital City bank sponsored the race. It was determined that the race should be called the Tallahassee Marathon and if they get a major sponsor they would add “presented by ...”. Jack advised that there are no other major marathons that weekend and they will begin to advertise the accepted date. The course will be the same as 2004 and Jack mentioned that most marathons do not offer a “no t-shirt” option, usually due to sponsorship. **Jackie and Jerry McDaniel**

will be the race directors for the 30k, which they plan to hold on 1/22/05 and they are attempting to get the race moved back to the Refuge. **Fred and Margarete Deckert** will direct the Ultra on 12/11/04 and **Joe and Nadine Dexter** will direct the Flash on 2/5/05. **Jeff Nielsen** presented a budget for the Prefontaine. The only change from last year is to include the St. Francis Wildlife Foundation as a co-recipient of the proceeds. A motion was made to approve the budget, which was seconded and passed by vote. Jeff also advised that Prefontaine will focus on High School XC runners and anticipates at least 4 teams will attend. Jeff will have a special team rate and awards.

Bonnie Wright discussed the Breakfast on the Track event and advised that they will still run in the rain, but not with lightning and thunder. **Tom Perkins** discussed the Miccosukee Madness 5k/8k, which replaces the Tom Brown Bash. The event will be held on 8/28/04 at the Miccosukee Greenway and Rupp Shirts will provide free shirts to High School runners.

Mike Sims is the race director. **Jane Johnson** will be directing the former Women’s Distance Festival and opened discussion about changing the name. Several suggestions were made including one to make it a memorial to Joyce Lowery and also one to make it a novelty race called “Victoria’s Egret”, but no decisions were made. **David Yon** discussed a request from Chris Sumner, Godby XC Coach, for GWTC to sponsor a social event for High School XC teams to get to know each other outside of running and competing.

Race Director Coordinator report – Charlie Yates discussed the current race calendar and the dates of several upcoming races.

Triathlete report – Jeff Nielsen reported for **Tony Guillen** that the Triathlete club’s bike case has been repaired and is available for rental. The Red Hills Tri race directors are working on finalizing their budget and are waiting

on sponsorship money. The 2005 event date has been set at 3/26/05 and they are working on a new bike route.

Clothing Coordinator report – Margarete Deckert reported that she has 50 "I Run This Town" shirts for the Beginning Running group.

Newsletter report – Fred Deckert would like to formulate a contest in which a non-club member could win a free year subscription for the Fleet Foot. A motion was made to approve this idea, which was seconded and passed by vote.

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

Training Committee Report – Jerry Ongley reported that 49 people attended the first half marathon training session and 47 attended the second session. They are working up to the Boston Mini Marathon.

Nadine Dexter reported that she is receiving numerous e-mails from people interested in the next Beginning Running Group, which starts on 9/8. They will be working up to the FSUCares and/or Turkey Trot 5k's.

Equipment report – Joe Dexter reported that all is fine and he is waiting for one more rental fee to be paid.

Grand Prix Committee report – Paul Ahnberg reported that the Grand Prix Committee has begun to develop the 2005 race schedule and that the committee will be meeting again before submitting the list to the board for approval.

Chenoweth report –David Yon had no new report, but mentioned that the committee received some expressions of thanks from previous fund recipients.

Social Coordinator report – Jimmy Kalfas reported that the Ice Cream Social went well. Jimmy would like some suggestions for the Holiday party and is checking into several possible locations. Suggestions can be e-mailed.

Racing Team Coordinator report – Tim Unger reported that the GWTC racing team will run in the Jacksonville Summer Beach Run and will include himself, Bill McGuire, James Dexter and Zach Galloway.

Membership report – Brian Corbin reported via e-mail that there are currently 730 members represented by 410 memberships.

Lecture Series report – no report

OLD BUSINESS: None

Loose Ends:

Joe Dexter advised he received an e-mail about a campus race that is looking for assistance/volunteers and he also discussed a novelty race between GWTC (Tallahassee/FSU) and the North FL Track Club (Gainesville/UF), in line with the Seminole/Gator rivalry.

The meeting adjourned at approximately 9:10 PM.

The next meeting will be hosted by **Jane Johnson** on September 8, 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:

Oct. 13	Fran McLean	877-9016
Nov. 10	Jane Johnson	894-1610

7:30 p.m. - call for directions

PR's

Simon Serge Sablin	19:38
at Firecracker 5K	
Stephanie Liles	5:54
mile at Summer Track series	



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.

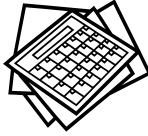
Master's swim 11:40 AM Monday thru Friday - Trousdell Pool, daily fee gets you a lifeguard in the stand.



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



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.

- 02 FSU Parents' Weekend 5K Fun Run/Walk.** 7:30 a.m. Patti Coryell. 644-6717.
- 02** Run for Rover 5K. 8 a.m. Thomas College, Thomasville.
- 09 American Medical Students 5K.** 9 a.m. Westcott Fountain, FSU. Mei Ling Shotts. 445-6318, fsuamsa_president@yahoo.com
- 09 Pine Run 20K.** 9 a.m. Int'l Paper Co Southlands Forest, GA.
- 10 PT Prowl 2M XC/1M fun run.** 2 p.m. Miccosukee Greenway @ Edenfield. Allison Eagan 567-6531 or Grace Flynn 510-2508.
- 23 Christmas Connection 5K/1M.** 8 a.m. Albertson's 3521 Thomasville Rd.
- 23 Medal of Honor 5K.** 10 a.m. FSU campus. Anthony DeSantis ant91783@hotmail.com
- 30 Boston Mini-Marathon 13.1M/5K/1M.** Boston GA. 8 a.m, Brad Johnson bradjohnson@banksco.com 229 226-3535
- 30 Alan Sundberg Memorial 5K.** 8 a.m. Maclay Gardens. billsundberg@yahoo.com. Form on page 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 on page 13.
- 07 FSU Cares 5K.** 2 p.m. FSU Medical School. Nadine Dexter 878-7880
- 13 Veterans Day Classic 10K.** 9 a.m. Bainbridge College, Bainbridge, GA.
- 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 20.
- 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

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

**The Gulfwinds Track Club Lecture Series
Presents: *Jane Johnson***

Jane will discuss the fine line that runners navigate between a commitment to their sport and a compulsion to exercise. This triathlete-turned-marathon runner will engage in a frank discussion about the role that running and sports have played in her own struggles over the years with eating disorders and a distorted self image.

Thursday, October 21, 2004
7:00 to 9:00
Myers Park Community Center
Pizza and Liquid Refreshments Served



For More Information Contact: Art Remillard at arthurremillard@yahoo.com, or h576-3331/w644-9038

Remaining Grand Prix Events for 2004

- Oct. 30 Boston Mini Marathon, Boston, GA
- Nov. 13 Fall 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

The Sixth Annual Alan C. Sundberg, Jr. Memorial 5K Run

Saturday, October 30, 2004 at 8:00 a.m., Maclay Gardens

- 5K Run through Maclay Gardens
- Free Skin Cancer Screening
- Awards Ceremony
- Support Skin Cancer Awareness – And Help Save Lives!!



**Alan C. Sundberg, Jr.
July 1964 – January 1998**

The race start time is 8:00 a.m. The entry fee is just \$12.00 and includes a race T-shirt. All proceeds will be donated to the Florida Skin Cancer Foundation. The FSCF was founded in 1996 and is dedicated to educating Floridians about the dangers of prolonged exposure to the sun. For more information about the race or the Foundation, please contact William L. Sundberg at 850/402-3000.

Volume 29 Issue 9

THE FLEET FOOT

The Sixth Annual Alan C. Sundberg, Jr. Memorial 5K Run
Sponsored by the
Florida Skin Cancer Foundation
Saturday, October 30, 2004 – 8:00 a.m.
At Maclay Gardens



Alan C. Sundberg, Jr. Memorial 5K Run Entry Form & Waiver

Name _____

Age on 10/30/04 _____ Sex: M F

Address _____

City/State/Zip _____

T-shirt Size: Medium Large X-Large

Entry Fee: \$12.00, T-shirt included. Your entry fee will benefit the Florida Skin Cancer Foundation. Make checks payable to the Florida Skin Cancer Foundation, and mail with this form to FSCF, 335 Beard Street, Tallahassee, FL 32303. For more information, please contact William L. Sundberg at 850/402-3000.

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

Date _____

Signature (parent or guardian must sign if entrant is under 18)

THE TALLAHASSEE TRAILBLAZERS, INC.
www.tallahassee-trailblazers.org

July 28, 2004

Gulf Winds Track Club
Chenoweth Fund
Post Office Box 3447
Tallahassee, FL 32315

On behalf of the Tallahassee Trailblazers Track & Field Club please let me express our most sincere appreciation and gratitude for your financial contribution of \$1,000.00 for our 2004 track season.

As the saying goes, "It takes a whole village to raise a child." That village includes people like you in union with coaches, parents and volunteers in helping young people to strive for and realize their potentials and gifts.

Thank you for being a supporter of the youth of the Tallahassee Trailblazers. Your contribution helped towards costs associated with the team's participation in invitational, local, and state track and field competitions. Specifically costs associated with transportation and meals.


We would like to share the enclosed article with you that appeared in the Capital Outlook newspaper on our team. As you will read 23 of our 45 athletes qualified to compete at the 2004 AAU National Jr. Olympic Games being held in Des Moines, Iowa, July 31-August 7, 2004.


Again thank you for your support, and please visit our website at the address in the heading where we proudly list the names of our sponsors.

Most Sincerely

Teresa Railey Sancho

President

<p>M. Felton Wright Vice President Financial Consultant Certified Financial Planner</p>		<p>Merrill Lynch Private Client Group 215 South Monroe Street Suite 300 Tallahassee, Florida 32301 850 599 8978 800 937 0663</p>
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Gulf Winds Track Club presents:
Tallahassee Women's Classic 5k

DATE: Saturday, November 6, 2004
Registration begins at 7:00 AM.
5K Start: Women- 8:00 AM. Men- 8:10 AM.
1 Mile fun run starts at 9:00 AM.

Location: Optimist Park , Tallahassee, FL
Optimist Park is located on East Indianhead Drive.
Directions: From Apalachee Pkwy, turn onto East Indianhead (which is the road in front of Pier 1 Imports.) Follow East Indianhead for 3 blocks.


COURSE: A mostly shaded and scenic loop course with some moderate hills through the Indianhead Acres neighborhood. This is an officially certified 5K course (cert# FL90024DL).

AMENITIES: T-shirts to first 150 entrants
~Random drawings and refreshments for all ~

REGISTRATION & PACKET PICKUP: Friday, November 5th from 10 am - 6 pm at SportsBeat at Ocala Corner (phone: 576-3338).

For more information, contact Jane Johnson @ 894-1610 or jjohnson@faast.org

Proceeds will benefit the Children's Home Society of Tallahassee.




ENTRY FEES:

- 5K Early registration: INDIV- \$10 GWTC/\$13 non-GWTC, FAMILY* -\$20 GWTC/\$25 non-GWTC
- 5K Race day: INDIV- \$12 GWTC/\$15 non-GWTC, FAMILY*-\$25 GWTC/\$30 non-GWTC
- No T-Shirt Option: 5K \$8
- 1 Mile Fun Run: \$2 children, \$5 adult

**(note: 4 persons maximum and no other discounts apply for family discount)*

AWARDS:
5K: Overall Male & Female, Masters (40+), Grandmasters (50+), & top 3 in the following age groups: 0-14,15-19,20-24,25-29,30-34, 35-39, 40-44,45-49,50-54,55-59,60-64,65-69,70- up.
One Mile: First Overall Male & Female & top 2 in the following age groups: 0-6,7-8,9-10,11-12,13-14.

Make checks payable to GULF WINDS TRACK CLUB
Mail entries to:
Jane Johnson, 7184 Ox Bow Circle, Tallahassee, FL, 32312.



**Tallahassee Women's Classic
5K and 1 Mile Run/Walk
November 6th, 2004
Registration & Waiver Form**

Name	Phone
Address	Sex F M Age on race day
Race: 5K 1 mile Date of birth: __/__/____	T-shirt Size: S M L XL

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume any and all risks associated with this event including but limited to falls, contact with other participants, effects or weather, including high heat and or humidity, and the condition of the roads, all such risks being known and 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)

Date

Featured Feet Dave Rogers

How long have you been running?

Boy, that's a tough one. I'm 50 now, and one of my first memories was running around the neighborhood at what I thought was lightning speed as a three-(maybe four)-year old. The truth is, I don't remember not being a runner.

Favorite place to run?

Back in the infant days of GWTC, we held our marathon in the forest. It was a perfect setting for a barefoot runner to run the distance on white, sandy roads. After a couple of years ('76 and '77, I believe) and two different forest courses, the marathon was moved out of the woods and into Killlearn. Attempting to embrace the change of venue, I borrowed a pair of Sears running shoes from a great runner named Dara Houlistan and hit the pavement. It rained like crazy during the race and blue dye from the heavy Sears shoes had me leaving tracks as I plodded along. At 19 miles, fatigue made a coward out of me and I recorded my first ever DNF. For the next four years, I returned to the forest and ran solitary marathons. In an answer to the question, my favorite place was determined on a beautiful, full moon night as I completed my final edition of the forest marathon. The air was crisp, the moon was brilliant, and my last six miles were the fastest of the race. A late-night, post-race celebration was in order at the Palace Saloon. After each of the six forest marathons, I transplanted a pine seedling from the course into my yard. Today, those trees tower over me as I enjoy frozen martinis in the evening at our home on the shore of Lake Miccosukee.

Most memorable running experience?

I'm sorry folks, but I simply cannot



claim just one running experience as the "most memorable." Among others, it may have been the day before track practice my senior year of high school in Ft. Lauderdale, during the spring of 1971. By myself, I started my warm up of about 1.5

miles. This particular day would unquestionably prove to be the fastest day of my life. I was a miler then and ran a respectable 4:36 that year; but on that specific day, something exceptionally special happened to me. Running completely devoid of pain or struggle, I flew across that warm-up course in a way that I would never experience ever again. I will never know what my mile PR is, but I know without question that it was run on that warm spring day around the grounds of Stranahan High School before track practice.

Also, near the top of the list of memorable running experiences, I would have to list the unique race starts that my wife Carmen and I came up with over the years. The last time I counted, we had directed 33 racing events dating back to 1976. One of our more memorable efforts included the first nine years of the "Salute To Prefontaine." It seemed to me that the starter of a race had a great opportunity to focus the entire field on a given moment. Carmen and I figured that we would try to make that moment memorable and special. Many of our starts included guns (with live ammunition), bows and arrows, and even a dropped watermelon from my ultralight aircraft. One year, we had a kissing start; once we had a champagne cork start, while yet another year we started the race by shooting a clay target with a 22 cal. rifle while sitting in a rocking chair in the back of a truck. The trick there was that the target was shot while looking into a mirror at a rifle sight that was over my shoulder pointed behind me. We had a great time.

What do you do to get psyched before a race?

These days, I tend to enjoy the sprints during the summer track meets. I mean, hey, it's only 100 meters. I can hold my breath for

12 seconds. How bad can that hurt? I do, however, take it seriously. It probably looks like I'm stretching, but at some point before the race, I'll find a quiet corner of the track, get down on my knees with my face down on the track, and I'll pray. I pray to run without injury and I'll pray to do my best.

Favorite non-running hobby?

How shall I put this for a family oriented publication? My favorite non-running hobby is, without question, sharing intimate moments with my loving wife, Carmen. We have been one for nearly 30 years and she wins this category, hands down. Other front-runners include flying, hunting, fishing.

Occupation?

I am a professional bird feeder and an Aerospace Executive. Last year, I put out 391,000 pounds of bird feed on a 5,000-acre private, quail-hunting plantation. I can't believe they pay me for this job. I ride around the woods all year and feed the wildlife. This job is great for my soul. I'm also the proud President and part owner of Kinetic Aerospace, Inc. We designed and built the stunt aircraft for the last James Bond movie, "Die Another Day." Carmen and I even got to go to Hollywood and party with the stars at the premiere. It was really cool.

Personal Heroine?

I assume by this question that you are asking for a gender-specific reply. I know a woman here in Miccosukee named Mary Anne who is the most saintly person I have ever had the pleasure of knowing. She is thoughtful, caring, generous, and completely self-less. I wish I were more like her.

Ideal travel destination?

When I die, I would prefer to go Up!

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

I have always gotten a kick out of this question. The fact is that school never really was much fun to begin with. My guess is that I was more focused on trying to find the fun part during college and not hit the books. I do, however, have a

great desire to continue learning. I was on the five-college, seven-year- plan. It would be great fun to go back and train to be an astronaut. Heck, I'd get paid to exploit two of my hobbies at the same time. I'd get to fly the ultimate flying machine, and if I could bring my wife along, we'd get to experience weightlessness in ways I could only imagine.

Most recent book you read?

Boy, have I got a great one for my fellow Gulf Winders. It is non-fiction, has suspense, intrigue, murder, mayhem and miracles. It spans thousands of years, contains the most incredible lessons for how to live life and comes complete with timeless advise. It is the greatest book ever written. It is titled, The Bible.

New GWTC Members

Kaye	Jaynes
Mike	Jaynes
Matt	Stanford
Myles	Stanford
Jonathan	Herzog
James	Herzog
Don	Stanford
Will	Stanford
Susan	Stanford
Dan	Fortunas
Jake	Fortunas
Andrea	Fortunas
Samantha	Fortunas
Cass	Vickers
Jackson	Dick
Jordan	Dick
Bobby	Dick
Sue	Dick
Lynn	Mcwilliams
Todd	Mcwilliams
Kelsey	Mcwilliams
Waverly	Chin
Annemarie	Chin
Judy	Chin
Owen	Chin
Andrew	Mcwilliams
Brent	Jones
Linc	Clay
Karen	Girard
Eirin	Lombardo
Kristine	Dougherty



The Runner's Zodiac

Jack McDermott



Libra ("The Scales") (Sep. 23 – Oct. 23)

Key Characteristics: Sociable and Gullible

Key Phrase: "After this race, I'm going Tri"

Key Injury: Housemaid's Knee

Famous Runners: Sebastian Coe (Sep. 29), Greta Waitz (Oct. 1), Elana Meyer (Oct. 6)

Horoscope: Both Mars, and Neptune will appear in your constellation's middle quadrant for much of the year, which is quite rare. This also means that you will do well at some longer distances, ---which for you --- is also quite rare.

Dare I say it? There could be a fall marathon, half-marathon, or some other longer distance in your future. Yeah, unfortunately you have been hanging out with a Cancer or Gemini that have put some really crazy ideas into your head. By the way ... this is a bad fashion year for you so don't wear any running clothes that you see on an Aquarius or a Sagittarius because they aren't too color coordinated to begin with. Stick with earth tones.

In the Spring you will probably blow-up at either the Palace Saloon Run, Rails to Trails, or maybe even the Artfest 5K --- but you will redeem yourself in the fall, when Saturn interferes with Neptune's negative Karma. The Summer track series could be an option, although be sure to stay hydrated. I do envision a knee injury in the future --- and you will be tempted by a "tri" event. In the words of Nancy Reagan, "Just Say No."

Fall will be good provided you can steer clear of any Pisces or Capricorns. They are filled with negative energy because you are competing against them for age group points. I could even see you doing well if you pick an obscure out-of-town race like the Critter Run, or something in Alabama.

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 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 Sickie Cell 5K, or Prefontaine Classic. You won't get a PR, but you won't embarrass yourself like the other 5Ks you have run.

**Back of the Pack
"Heart of America
Marathon"**

**By Jack McDermott
October, 2004**

September meant the Heart of America Marathon in Columbia, Missouri. Although the event was held on Labor Day, they did not offer discounts for union members. *(I formed the "Florida Hurricane Survivors Union" in anticipation of a \$5 discount on my entry.)* This race could have been called the "Heart Attack" marathon as it had more ups and downs than the John Kerry presidential campaign.

Sight-Seeing in Missouri

The race was near the Ozarks, and I kept seeing Billboards for the --- the "Bridal Cave." Soon I embarked on the whole cave dwelling experience starting in the "Singles Cave" moving to the "Romance Cave" onto the "Engagement Cave," and finally to the "Bridal Cave" --- where I either married the girl of my dreams, or a stalagmite -- - It was too dark to tell. It went downhill from there, as I entered the "Marriage Counseling Cave," and ended in the "Annulment Cave." Apparently I was "flunking spelunking," and told to leave.

Jefferson City

I stayed in Jefferson City, the capital of Missouri that is named after our third president. Most people think Jefferson was one of our greatest presidents --- but not those in the 50-states club. If it weren't for the Louisiana Purchase, the United States would have at most, 26 states. I would almost be done by now! *(Missouri was state number 20).* Darn Jefferson!

The Race

The reason I couldn't stay in the host city, is that there was a football game the night before the race. *(Missouri 52, Arkansas St. 20).* When I entered Columbia that morning it was a ghost town of empty beer cans, and dirty port-o-lets with no toilet paper. *(I knew*



that race map would come in handy!)

The Race History

It was the 45th annual Heart of America Marathon making it one of the oldest in the country. Yet despite years of existence, it had not generated a large following as there were only 116 finishers that Monday morning, and most were from out of town. What does this tell you? Either: 1.) The race is really tough and the locals know better, 2.) Everybody was too hung-over from the football game; or 3.) There was a big wedding in the Bridal Cave.

The Race Start

We were about to start the race, when a police officer told the race director he had "security concerns." Had Al-Qaeda spiked the power-aid? No, the security concern was that the police squad car was pointing in the wrong direction. Someone in the crowd yelled, "Come on Barney Fife, let us run." The police officer, turned, sneered, and got into his vehicle. The gun went off, and I began the "Flurry in Missouri," or maybe it was the "Blurry in Missouri" as it was a dark and rainy for the first four miles. According to the race map, there were six big hills, but the hills must have multiplied, because I counted at least 15 during the run. My quads were screaming as my racing flats helped on the uphill, but not the downhill. I was in seventh place, behind a 21 year old kid who dropped me at the nine-mile mark. I did not see another soul until Mile 23, where I honed in on a runner, and caught him at mile 25 to capture sixth. Other than that ... it was a lonesome day in Missouri.

Recovery

I put this under the category of "Kids, don't try this at home." One advantage of being a three-hour marathoner *(I finished in 3:01)* is that you still have time for the McDonalds breakfast which stops serving at 10:30 am. I ordered two egg-McMuffins, and a large Chocolate Shake. Then I went to a gas station and bought a 24-ounce can of Budweiser. Soon I was *(Continued on page 24)*

**Featured Feet –
Kate Remillard**

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

I have been running competitively since my freshman year in high school. However, I remember running around the neighborhood and trying a few 5K's in my junior high days.

**2. Favorite place to
run?**

Tallahassee is hard to beat when it comes to easily accessible trails and the running community! One thing I miss about running the back roads of Pennsylvania is the constant changing landscape as you crest a hill or meander around a bend . . . things are a little bit flatter and straighter here in Florida!

**3. Most memorable running ex-
perience?**

I have too many to name here. However, one particular incident pops into mind. One cold March day in my college running days, after stretching and warming up, both the men's and women's distance squads were leaving our gym for our run. As we stepped out a blinding rain was beating down. The combination of the furious rain and cold literally took our breaths away. After the initial shock everyone began whooping, hollering and laughing with hysteria. There was nothing else to do but strip off the heavy winter gear to our lightest layers. There was no question that we would be getting wet and cold one way or another! We headed off campus that day fully aware of what



it feels like to be alive. I think the sheer insanity and joyfulness of that day will always stick with me, as well as the puddle splashing that ensued.

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

If it is a race I am really going for I generally concentrate on staying relaxed, confident

and focused.

5. Favorite non-running hobby.

I enjoy reading.

6. Occupation?

High School Math Teacher

7. Personal heroine?

My mom's complete unselfishness is pretty incredible. Mother Theresa's lessons on love are remarkable. These are two women that I admire.

8. Ideal travel destination?

I have never been out west. My brother is currently doing graduate work in Idaho and I would like to make the trip out to see him!

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

Theology or Neuroscience

10. Most recent book you read?

The Things They Carried



A letter from Meredith Fraser

To **Mr. Perkins** and every member of the Gulf Winds Track Club:

As most of you know, in a few days I will be leaving Tallahassee behind to begin my college education at Dartmouth College. My mom recently inquired what I would miss most about this town that I have come to love so much. One of my immediate responses was "Gulf Winds, most definitely."

Over the past few years, I have come to truly adore this club and the people in it. There was never a race that I regretted attending, never a person I wished I hadn't met. I have gathered many wonderful

memories and friends through this club, and I now have an intense love of running that I hope stays with me until I can't physically move any longer. The mountains of New Hampshire are calling, and I can't wait to rack up the miles, even if it means trudging through walls of snow.

However, most importantly, I have gotten something from this club that is difficult to put into words. I'm not sure if it's all the endorphins or the stereotypical "runner personality", but I have come to associate a certain type of person with GWTC. I have always, from my first club race, gotten a sense of optimism, friendliness, and genuine overall goodness from the people in Gulf Winds. The attitude and atmosphere at many races or club functions is something that GWTC, as a group, should cherish and be deeply proud of.

Let me provide an example. In 2002, I ran the Springtime 10K. I wasn't in shape to run a 10K well, and I was really slow. Later that year, after getting myself healthier and running a season of cross country for Maclay, I ran the Turkey Trot 10K in about 45 minutes. I remember playing the two finishes over in my head and comparing them: they were almost identical. The cheering of strangers, the support of the finish-line workers... everything was so similar. Sure, after the Turkey Trot, many people came up to me, noting my 20-minute improvement and praising my effort, but the unconditional support and encouragement was the same, whether I was an established high school cross country athlete or a random girl who decided to spontaneously jump into a 10K.

Throughout the rest of my life, I will remember **Ray Hanlon**, for the amazing all-around person that he is. I will remember **Lisa Unger**, always friendly, and **Mr. Perkins**, always sweaty and jolly. I will remember **Mr. Yon**, always congratulatory on my times, and **Judy Alexander**, always jumping up and down with enthusiasm and encouragement, a joyous smile always plastered across her face. I will remember **John Kalin** for his quirkiness, his mini-bike, and the time he literally ran circles around me on a trail run. I will remember **Gary (Droze)**, and everything he taught me, ever (which is a lot). There are countless others who have made my life better with their encouragement, compassion, and unconditional kindness.

I thank you, Gulf Winds Track Club, for inspiring me not only to run, but also, more importantly, to be a better person. In truth, discovering this club has been one of the best things that ever happened to me.

With love and sincerity,

Meredith Fraser



Albertsons 2nd Annual 5K Run*/Walk for Christmas Connection of Tallahassee

Date: October 23, 2004 **Time:**
7:30 a.m. registration
8:30 a.m. race
Location: Albertsons #4428
3521 Thomasville Rd
Cost: \$10 pre-registration
\$15 day of race



Pre-registration must be post marked by October 16th

**Please Send Check or Money Order to:
Christmas Connection of Tallahassee**

PMB 463
400 Capital Circle SE Unit #18, Tallahassee, FL 32301-3839
(850) 893-5166

Registration

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____ Phone _____

Gender M__ F__ Amount Enclosed _____ Extra Donations _____

Runner__ Walker (no running) __ Age _____ Tshirt size S M L XL XXL

Mail registration, entry fee & signed waiver by **10/16/04** to: Christmas Connection of Tallahassee PMB 463, 400 Capital Circle SE Unit #18, Tallahassee, FL 32301-3839
WAIVER (Mandatory): In consideration of your accepting my entry fee, I, intending to be legally bound for myself, my heirs, executor and administrators, do hereby discharge Albertsons, Christmas Connection of Tallahassee and any and all sponsors from any liability arising from illness, injury, and damage I may suffer as a result of my participation in this event. I attest and verify that I am physically fit and have sufficiently trained for the competition of this event. I understand that no bikes, scooters, pets, or roller skates are allowed on the course.

Date _____

SIGNATURE IS REQUIRED TO PARTICIPATE

Shaws 5M Run 9/4/04

				54	Jo Lena	Pace	32	F	43:03		
				55	Gordon	Morgan	57	M	43:18		
1	**Gary	Droze	43	M	27:39	56	Nancy	Valery	43	F	43:27
2	*Reid	Vannoy	46	M	29:50	57	Richard	Addison	50	M	44:02
3	*Bill	McCord	41	M	30:26	58	Brett	O'Brien	48	M	44:12
4	*Bill	McGuire	57	M	30:54	59	Christine	Williams	34	F	45:00
5	*James	Dexter	19	M	31:29	60	*Juanice	Hagan	54	F	45:03
6	**Kate	Remillard	26	F	31:34	61	Kathy	Lindsay	45	F	45:05
7	*Timothy	Hsia	22	M	31:47	62	Susan	Ledford	41	F	45:16
8	*Mike	Sims	52	M	32:12	63	Nicole	Lang	32	F	45:38
9	*Tony	Guillen	35	M	32:17	64	Rob	Teel	31	M	46:07
10	*Seeley	Lovett	27	F	32:21	65	Jackie	McDaniel	49	F	46:18
11	*Simon-Serge	Sablin	31	M	32:47	66	Mike	Boll	40	M	46:24
12	Mike	LaBossiere	38	M	32:57	67	*Katrina	Unglaub	14	F	46:37
13	Jerry	Ongley	57	M	32:59	68	Christine	Stabley	28	F	46:40
14	Andy	Roberts	37	M	33:03	69	*Bob	Keller	70	M	46:43
15	Jim	Carson	41	M	33:51	70	Jacque	Myers	47	F	47:10
16	Jeff	Bryan	37	M	33:59	71	Vanessa	Unglaub	44	F	47:12
17	Jerry	McDaniel	50	M	34:02	72	Heather	Lammers	25	F	48:04
18	Chuck	Davis	43	M	34:19	73	Kevin	Coleman	35	M	48:12
19	Tim	Meyers	32	M	36:07	74	Phillip	Tomberlin Jr.	52	M	48:13
20	*Andres	Bernal	25	M	36:02	75	Lacy	Douglass	46	M	48:27
21	Keith	Berry	47	M	39:21	76	Robert	Morris	72	M	48:48
22	Brant	Foster	43	M	39:26	77	Robin	Safley	41	F	49:06
23	Bill	Davis	53	M	39:34	78	Joseph	Lewis	51	M	49:13
24	*Connie	Clarke	42	F	39:36	79	Sherrie	Peavy	36	F	49:16
25	Julie	Clark	42	F	39:48	80	Arthur	Ward	70	M	49:59
26	Reg	Perry	45	M	39:58	81	Linda	Ongley	53	F	51:35
27	D.Tyler	VanLeuven	32	M	40:06	82	Lee	Stone	59	M	51:40
28	Dan	Beneby	39	M	40:18	83	Terry	Karesh	52	M	51:57
29	*Kate	McFall	33	F	40:29	84	Jim	Wolf	54	M	52:04
30	Myron	Herring	45	M	40:38	85	Kay	Jaynes	37	F	52:29
31	*Cindy	Geeker	45	F	40:38	86	Ann	Guillen	35	F	52:32
32	*Kirsten	Baggett	37	F	40:43	87	C.	Figley	59	M	52:36
33	?	Mayfield	30	M	40:51	88	Dr. Jim	Story	64	M	52:50
34	*Nick	Nichols	60	M	41:05	89	Riza	Cruz	32	F	53:27
35	Unknown2				41:08	90	Beth	Alexander	40	F	53:27
36	Hugh	Hartsfield	34	M	41:10	91	Unknown3				53:28
37	Wray	Pace	32	M	41:21	92	Vicky	Bernal	52	F	53:59
38	Sarah	Van Wart	27	F	41:28	93	Pamela	Peterson	49	F	56:53
39	Dan	Oronje	39	M	41:32	94	Pete	Kerwin	51	M	56:54
40	Fran	McLean	46	F	41:38	95	Carol	Hendrix	45	F	61:10
41	Mark	Delegal	36	M	41:41	96	Nancy	Summers	32	F	62:43
42	Virginia	Black	27	F	41:51	97	Judy	Shapiro	52	F	70:00
43	Bruce	Lynn	57	M	41:57	98	*Nancy	McClure	57	F	74:38
44	D.	McClure	48	M	41:59						
45	G.	Bevis	42	M	42:09						
46	Kristina	Peeples	34	F	42:21						
47	David	Bigoney	30	M	42:22	1	**Scott	Ruplinger	22	M	19:03
48	Fred	Hirsh	58	M	42:29	2	*Sean	Ruane	26	M	21:50
49	Jimmy	Ledford	48	M	42:30	3	*Bill	Kimmons	52	M	22:30
50	Mary Anne	Huckabee	32	F	42:48	4	*Chett	Hopkins	31	M	22:47
51	Bridget	Edmond	35	F	42:50	5	*Carl	Huang	47	M	22:56
52	Michelle	Stuckey	35	F	42:52	6	Seth	Coffin	34	M	23:08
53	David	Darst	61	M	42:55	7	*Mike	Jaynes	37	M	23:46
						8	Bill	Gillis	39	M	24:17

Shaws 5K Run 9/4/04

				Sickle Cell 5K at Jake Gaither Park 9/11/04		
9	*Bruce	Jordan	41 M	24:18		
10	**Elizabeth	Beane	30 F	24:19		
11	Charles	Perego	53 M	24:24		
12	Camilo	G.	29 M	24:40		
13	*Taylor	Boylan	18 M	24:45	Scott Ruplinger	18.32 22 M
14	Michael	Klump	50 M	25:10	David Yon	18.54 48 M
15	Steve	Barnes	30 M	25:35	Tony Guillem	19.09 35 M
16	*Gene	Opheim	58 M	25:47	Felton Wright	19.20 46 M
17	*Kimberly	Rakestraw	33 F	26:27	Hugh Bosley	19.36 42 M
18	Tom	Hethrington	41 M	26:45	Simon-Serge Sablin	19.51 31 M
19	Scotty	Crowe	35 M	26:57	Mike LaBossiere	20.21 38 M
20	Unknown1			26:58	Carlos Macedo	20.32 32 M
21	Mike	Veniard	26 M	27:10	Jerry Mc Daniel	20.34 50 M
22	Pat	Connolly	28 M	27:20	David Cox	20.55 46 M
23	Beth	Vanstone	30 F	27:29	Dan Oranje	21.18 39 M
24	Scott	Lindenman	29 M	27:31	Gary Cato	21.18 48 M
25	*Jama	Bouhattate	28 F	27:39	Justin T. Patak	21.21 25 M
26	Jason	Connell	18 M	28:12	Will Stanford	21.31 11 M
27	Randy	Williams	42 M	28:13	Keith Roberson	21.37 32 M
28	T.J.	Cutchins	44 M	28:24	Joan Pere Aguilo	21.55 37 M
29	*Wesley	Schofield	12 M	28:49	Keith Rowe	21.56 43 M
30	Kirsten	Peterman	31 F	29:08	Eric Ellis	22.00 24 M
31	*Mike	Schneider	67 M	29:14	Kreig Lashaway	22.11 16 M
32	*Susan	Cornwell	55 F	29:17	Krista Killius	22.29 40 F
33	Unknown2			29:59	Rex Cleveland	22.40 65 M
34	*Adriana	Echeverri	12 F	30:12	Nick Nicholas	22.50 60 M
35	*Lisa	Echeverri	38 F	30:15	Nathan Kenney	22.53 13 M
36	Michaellean	Campbell	29 F	30:46	Sevin Wilson	22.59 13 M
37	Tanner	Hetherington	12 M	30:53	Matthew Stanton	23.19 23 M
38	*Margarete	Deckert	71 F	31:24	David Twitchell	23.20 13 M
39	Michelle R.	Vasilinda	44 F	31:25	Ithel Jones	23.36 50 M
40	Toma	Wilkerson	35 F	31:36	Mary Jean Yon	23.43 48 F
41	Valerie	Reglat	37 F	31:45	Loranne Ausley	23.47 40 F
42	Randy	Dumar	48 M	32:58	Kristen Kinsley	24.03 32 F
43	*Ana	Sutherland	41 F	33:07	John Showaltz	24.06 45 M
44	Vicky V	Crawford	40 F	33:07	Lisa Unger	24.24 36 F
45	Joey	Vannoy	11 M	33:49	Demetrius Iverson	24.25 14 M
46	*M.	Bergevin	24 F	33:58	Allison Clark	24.27 12 F
47	Dawn	Brown	55 F	34:07	Summer Sheppard	24.28 11 F
48	Connie	O'Brien	41 F	34:24	Connie Clark	24.33 42 F
49	Cassy	Dolgin	42 F	34:44	Akram Morgan	24.39 30 M
50	Stephanie	Gillis	34 F	34:47	David Darst	24.59 61 M
51	Unknown3			36:31	Danny Garrigan	25.06 14 M
52	Brooke	Boston	32 F	36:48	Melanie Wiener	25.10 23 F
53	Christy	Carson	35 F	36:49	Li Feng	25.11 27 F
54	Lori	Browne	42 F	37:27	Matthew McGrath	25.11 28 M
55	*Bev	Kerwin	49 F	38:00	Jamaa Bouhattate	25.11 28 F
56	Cherry	Shaw	37 F	40:01	Bridget Edmond	25.21 35 F
57	*Kathy R.	Figley	55 F	41:51	Mae Cleveland	25.48 65 F
58	*Karen	Stegmaier	61 F	45:12	Toma Wilkerson	25.52 35 F
59	*Charley	Yates	79 M	45:59	Larry Austin	26.04 52 M
60	*Jere	Moore	72 M	46:01	Kelsey Kilinski	26.20 18 F
61	Coleson	Davis	3 M	51:54	Danielle Fiscler	26.22 16 F
62	Cierra	Davis	5 F	51:56	Tony L. Robinson	26.29 38 M
63	Jennifer	Davis	29 F	51:56	Clinton Byrd	27.14 55 M
					Sandra Canada	27.16 41 F
					Bob Keller	27.34 70 M
					Mike Schneider	27.41 67 M

**** Overall, * Age Group winner**

Jerry Chestnut	27.42	54 M	Jere Moore	45.33	72 M
Phillip "Tip" Tomberlin	28.08	52 M	Charlie Yates	45.35	79 M
Vicki Wilson	28.10	42 F	Linzie Bogan II	46.46	10 M
Edna Gilbert	28.32	47 F	Josephine Newton	46.53	78 F
Jan Verhn	28.47	42 F	Linzie Bogan	48.02	38 M
Haley Chamber	29.07	18 F	Beverly Byrd	48.26	55 F
Susan Cornwell	29.38	55 F	Edna B. Walker	48.28	44 F
Robert Morris	29.51	72 M	Sharon Jenkins	48.46	39 F
Tara Hostefler	29.54	23 F	Kimberly Glenn	49.15	26 F
Lenita Williams	30.09	31 F	Ruby J. McKay	49.20	49 F
David Miller	30.16	13 M	Teirra Jones	49.37	6 F
Yamon Brown	30.20	12 M	April Williams	49.41	28 F
Kathleen White	30.31	19 F	Jennifer Jones	49.42	28 F
Josh Hampton	30.37	13 M	Carneica Linda Baker	49.46	12 F
Antoine J. Berret	30.39	35 M	Ranice Moore	49.46	27 F
Chris Findlater	30.55	19 M	Rita Brown	49.46	51 F
Andel Fils-Aime	30.55	21 M	Janesea Inman	49.52	13 F
Vivian Booth	31.15	46 F	Jessie Mae Jackson	50.15	69 F
Vicky V. Crawford	31.18	40 F	Herbert L. Jackson	50.17	41 F
John Burke	31.18	57 M	Marlena Sauls	50.32	14 F
Robert Draper	31.27	14 M	Elizabeth Grahm	50.32	47 F
Vicky Bernal	31.40	52 F	Lashun Hooks	50.44	32 F
Margarete Deckert	31.48	71 F	Tracey Jackson	50.46	33 F
Sheldon Atkins	31.56	15 M	Andrea Weatherspoon	50.53	30 F
Robert Vickers	31.57	13 M	Malena Lowe	52.56	12 F
Harris Wilther	32.05	36 M	Kendrick Williams	53.03	32 M
Ana Sutherland	32.07	41 F	Ben Williams	53.05	54 M
Stephon Hamilton	32.50	18 M	Cabrea Mullins	53.26	17 F
Katrice Jenkins	32.51	29 F	Kateshia Jackson	53.27	5 F
David Alee	33.46	28 M	Lafasia Jackson	53.28	30 F
Willis Walter	34.21	8 M	Cheryl Gonzalez	53.32	52 F
Scott Hopkins	34.21	13 M	Mangernett Reed	53.48	47 F
Sarah Brandeberry	35.17	23 F	Eunice Holiday	53.48	53 F
Jodi Chase	35.17	43 F	Gloria Harrison	54.15	54 F
Anthony Viegbesie	35.17	49 M	Sophia Burks	54.19	23 F
Daniel Richardson	36.01	14 M	Clark Bogan	54.34	9 M
Carol Hendrix	36.12	45 F	Krystal Jack	54.35	15 F
Cana Nudi	36.21	48 F	Karla Ellis	55.00	39 F
Lynn Schuster	36.26	44 F	Cassandra Jackson	55.01	42 F
Becky Ajhar	36.27	39 F	Erika McMillon	56.10	18 F
Chika Okoro	37.30	24 F	Darius Jones	56.10	26 M
Christopher Daniels	39.11	10 M	Lawrence Thomas	56.17	24 M
Cathy Williams	40.01	47 F	Felicia Avant	56.17	34 F
Cherry A. Shaw	41.20	35 F	Lajuan Gallon	56.17	37 F
Monica McDonald	41.32	25 F	Lilian Jack	57.54	48 F
Terraca Jones	41.40	27 F	Danette Saylor	58.09	29 F
William Bookman	43.23	75 M	James Saylor	58.47	34 M
William Alex Walter	43.37	5 M	Domonique Daniels	59.25	12 F
Natoya Alee	43.37	28 F	Kateshia Daniels	59.33	31 F
Al Lawson	43.38	55 M	Tonya Sweet	60.09	36 F
Sherwood Brown	43.57	36 M	Allyson Sweet	60.28	11 F
Maggie Jean Noel	44.31	20 F	Jessica Bouyer	60.36	10 F
Ja'Kariaus Jackson	44.46	10 M	Cheryl Bouyer	61.36	F
Lateefah Stanford	44.50	24 F	Evonski Bulger	61.37	40 F
Nakeya Baker	44.56	13 F	Pat Williams	61.37	51 F
Lillie Manns	45.08	64 F	Hester O' Rourke	67.52	58 F
Chucky Fryson	45.25	15 M	Mildred Fennal	67.52	60 F

(Continued from page 17)

satiated, hydrated, and fully carbonated alone in my hotel room. Yet, I was still in pain from the pounding of the hills, and tried the "Fill the bathtub with ice water" trick. The good news is that it reduced the swelling in my legs --- The bad news -- I'm now sterile.

Hatfield-McCoy Marathon

I had an interesting experience at the Hatfield-McCoy Marathon in June. I ran the race with my running buddy, **Pam Kennedy**, and was waiting with her and her mother **Susan** at the awards ceremony, when they announced **Ron Christen** of Crawfordville, Florida. "Oh my gosh -- I know that guy." Actually, it was not hard to identify him --- I think we were the only four people in West Virginia that *weren't* cousins.

Ron, wife **Cynthia**, and friend **Cathy McCarty** are about to finish their 50-state marathon journey. For the Christens, West Virginia was number 47, Mesa Falls in Idaho was 48, the Maine Marathon will be 49, and number 50 will be the Big Island Marathon (Hawaii) in March. Cathy is going to sneak in the Maui Marathon in September, thus making the Maine Marathon October 3rd her finish line. Congrats to all three! Just to show you what running marathons will do to you --- poor Ron --- he used to look like Robert Redford, but now look at him! By the time I finish 50 states, I'll probably look like a member of the Rolling Stones. You know it is time to retire when your friends enter you in the "Keith Richards" look-a-like contest. As for now, I "Can't Get No Satisfaction" running 5Ks, just had my "19th Nervous Breakdown," and can only hope "Time is on My Side" for the 50 state quest. And if I die en route, all I can say about my coffin is, "Paint it Black."

Micosukee Madness 5K XC 8/28/04 Mike Sims RD

Shawn Patterson	M	16:40
Brennon Clayton	MAC M	16:59
Joe Franklin	GDB M	17:48
Kevin Hicks	FAM M 19	18:46

Andrew Manheimer	MAC M	18:47
Casey Clayton	MAC M	18:50
Whitney Strickland	NFC M 13	18:54
Steven Brady	LNC M	18:58
JC Williams	LEN M	19:20
Leon Homes	LEN M	19:44
Jarred Black	LEN M	19:55
Tristan James	FAM M 20	20:10
Adriana Piekawicz	MAC F	20:13
Amanda Kahn	FSU F 18	20:15
Hugh Bosley	M	20:22
Tyler Council	NFC M	20:23
Richard Dolly	LEN M	20:29
Somon Serge Sablin	GWT M 31	20:30
Conou Sweeney	MAC M	20:31
Max Fishman	LNC M	20:35
James Dexter	M 19	20:37
Tyler Braman	M	20:46
Mike Hutsinger	MAC M	20:47
Sydney Mondragon	FSU F 21	20:48
Dustin Hern	GDB M	20:51
Stefanie Bechler	TAL F 20	20:54
Audrey Hand	FSU F 18	21:00
Mari Lietner	FSU F 22	21:01
Jason Bell	GDB M	21:16
Jeff Givens	NFC M 17	21:23
Jordan Hopkins	GDB M	21:27
William Overland	GDB m	21:30
Raphel Mendoza	GDB M	21:32
Greg Polidova	FSU M 21	21:34
Thomas Doxee	LEN M	21:41
Shannon Coates	F 18	21:43
Jeff Kupperberg	GWT M 44	22:00
Brooks Whalley	LEN M	22:03
Katy Swain	MAC F	22:16
Al Bowden	M 47	22:23
Laureen Kolakowski	F 18	22:30
Cody Young		22:34
Michelle Labbe	MNE F 25	22:37
Adrienne Lufkin	FSU F 19	22:52
Sean Griffin	MAC M 14	22:54
Riley McCloud	MAC M	22:58
Chris Summner	GWT M 25	23:06
Chris Dexter	GWT M 22	23:08
Brian Bowden	TRC M 10	23:09
Ashley Address	F 19	23:10
Taylor Jones	LEN M	23:12
Dan Fortunas	M	23:14
Brennan Blanchard	NFC M	23:17
Jason Nobles	GDB M	23:20
Taylor Byrd	LEN M	23:33
Dale Smith	TAL M 51	23:32
Kara Taylor	NFC F	23:47
Aaron Powell	NFC M 13	23:55
David Powers	LEN M	23:56

Kieth Martin	GDB	M	24:01	John Hazelton	TAL	M 44	28:30
Christy Forsyth	GDB	F	24:11	Darcy Watson	NFC	F 12	28:31
Laura Kuhse		F	24:12	Melissa Jackman	NFC	F	28:36
Seth Coffin		M 34	24:14	Emilio Carbonell	NFC	M 14	28:40
mark Patterson	MIC	M 47	24:16	Susan Ledford	GWT	F 41	28:40
Alicia Fenley		F	24:18	Jimmy Ledford	GWT	M 48	28:47
Bud Baker		M	24:19	Anna Stone		F	28:48
Samms			24:23	Kate Stevenson	LEN	F	29:04
Eric Putsman	TAL	M 42	24:39	Beth Alexander	GWT	F 40	29:18
Philip Wenturine	NFC	M	24:47	Philip Tomberlin	GWT	M 52	29:23
Brett		M	24:48	Kevin Coleman	GWT	M 35	29:37
Dominic Nichols		M	24:51	Kelbe Bezak		F	29:50
Ben M		M	24:53	Dewey Hudson	TAL	M 32	29:53
Rory Glen	LEN	M	24:54	Dimitri Petrov	STP	M 16	29:54
Kieth Edwards	GDB	M	24:55	Robby McPherson	NFC	M 14	29:55
Brad Givens	NFC	M	24:59	Brian Blanchard		M 45	30:05
Hannah Ciupalo		F	25:14	Ashley Grubbs	LEN	F	30:11
Blair Strickland	NFC	M 10	25:16	Rodney Briman	LEN	M	30:20
Ashley		F	25:19	Mary Ertel	LNC	F 17	30:24
Emily Doman		F	25:25	Alden Enlow		M 13	30:27
NiKi		F	25:32	Heather Smith	LNC	F	30:38
Danielle Jackman	NFC	F	25:32	Kurt A.		M 45	30:40
John Showalk		M 45	25:38	Freya Lahtinen	LNC	F 16	30:43
Unknow				Mary Sturman	GWT	F 56	31:01
Soloman Nichols	LEN	M	25:47	Katherine Gordon		F 21	31:02
Roger Miehaud		M	25:49	Unknown			32:06
Drew Thompson	PER	M 12	25:50	Penny Detscher		F 47	32:06
Gordan Morgan	GWT	M 57	25:51	Ashley Pitts		F	32:18
John Sukhia	LEN	M	25:57	Joe Fallman	TAL	M 43	32:21
Wade Thompson	PER	M 16	26:07	Ray Hanlon	GWT	M 61	32:32
Liz Wagne		F	26:13	Rebecca Schackman		F 24	32:35
Chett Thompson	PER	M 44	26:17	Leslie Follman		F	32:45
Jessica Clayton	TAL	F 13	26:29	Randy Daman		F 48	32:46
M Messina	TAL	F 23	26:29	Hector Figuero		M 22	32:47
Philip Schlenoff	MAC	M 12	26:34	C. Figley		M 59	32:53
Chris O'Kelly	COB	M 11	26:41	Barret Johnson	GWT	M 63	33:25
Luke Strickland	NFC	M 8	26:46	Karen Smith		F 55	33:29
Tom Balkcan	LEN	M	26:51	Rachael Johuke	NFC	F	33:33
Ben Salyers		M	26:59	Art Ward	GWT	M 70	33:53
Robert Bledleg		M	27:07	Daniel Smith		M	34:01
Grady Ealow		M 44	27:08	Chyanne Morris	TAL	F 12	34:47
Rick Givens		M 52	27:09	Layla Ghatvin		F	35:59
Catlin Ridgewell		F	27:13	Kathy Gartley	CCF	F 22	36:00
Chelsea Briggs	NFC	F 13	27:15	Randy Riles	NFC	M 12	36:14
Richard Mann		M	27:23	Danny Linton	NFC	M 13	40:49
David L	LNC	M 15	27:33	Stacey Agnew		F 25	42:03
Ronald Cull	LEN	M	27:41	Laigh Gillman	TAL	F 43	42:08
Katlin Crundal		F	27:45	Judy Shapiro	GWT	F 52	42:19
Nicolas Menchetti		M	27:49	Regina Morris		F 42	49:17
Mike Funchess		M	28:06	Kirk Council	NFC	M	49:24
Unknown			28:08	Kathy Figley	TAL	F 55	49:32
Kayla Rady		F	28:11	Terry Massa	TAL	F 47	0
Leila Mattinere	LEN	F	28:12	Charlie Yates	GWT	M 79	49:24
T.J. Henderson	TAL	M 12	28:22	Cameron Massa	TAL	M 15	0
Erin Fraser	NFC	F 13	28:22				
D.Gregory	LNC	F 16	28:23				

**Miccosukee Madness 1 Mile
8/28/04 Mike Sims RD**

Will Stanford	RAA	M 11	5:41	Joey Vannoy	TAL	M 11	9:48
David Twitchell	RAA	M 13	6:14	Kelly Hinson	MAC	F	9:52
Goveth Willmott	HCF	M 13	6:17	Cheslyn Donaldson	F	7	9:56
Hunter Stone	RAA	M 13	6:17	Andrea Fenley	F	10	9:57
John Hazleton	HCF	M	6:17	Zoe Alliare	RAA	F 11	10:09
Mallory Alonzo	RAA	G 13	6:23	David Stich	RAA	M	10:18
Pat Swain	COB	M 11	6:27	Danielle Stroup	CCF	F 21	10:28
Eric Hoofnagle	RAA	M 13	6:30	Andrew Winchester	TRN	M 11	10:29
Riley Doherty	M	12	6:38	Morgan Burns	F	11	10:31
Hunter	MAC	M 13	6:39	Jacqueline Klein	CCF	F 21	10:59
Elena Villa	MAC	F	6:41	Austin Sullivan	M	7	11:01
Chris Encksa	RAA	M 13	6:42	Gracie Mitchell	F	9	11:02
Austin Nelson	COB	M 11	6:55	Jenny Johnson	GWT	F 11	11:03
Jackie Vanlandingham	HCF	M 12	6:55	Lashante Manning	COB	F 11	11:17
Chase Mamatey	HCF	M 14	6:56	Morgan Wood	MAC	F 11	11:52
Georgia Mitchell	HCF	F 12	6:58	Shelia Holden	RAA	F 12	11:52
Rich Ledson	M	11	6:58	Hannah Kramer	MAC	F 11	11:58
Scott Anderson	SWC	M 11	7:06	Melissa Jackman	F	12	12:03
Jeff. H.	M	14	7:06	Danielle Jackman	F	12	12:03
Chris LaRocaue	RAA	M 12	7:13	Nate Russell	RAA	M 11	12:14
Brook Eubanks	MAC	F 11	7:14	Jared Stich	RAA	M 11	12:16
Alexander Scanameo	MAC	F 12	7:19	Monica Mcdonald	F	25	12:25
Oliva Obretch	MAC	F 11	7:25	Chris Landry	M	7	12:42
Zach Bryan	MAC	M 12	7:27	Emily Childs	TAL	F 6	12:44
Erin Kenney	RAA	F 11	7:28	Jordan Sullivan	M	6	14:51
Marco Cognitiona	MAC	M 11	7:28	Unknown			14:51
Haley Garner	GRF	F 11	7:29				
Jack	M	8	7:30				
Casey L	M		7:35				
Allison Bowden	F	8	7:35				
Caroline Showalter	RAA	F 12	7:36				
Jamie Wright	MAC	M 11	7:37				
Drew LaRocaue	RAA	M 13	7:53				
K.Park	F	12	8:22				
Melanie Hartsfield	COB	F 12	8:26				
William Hartsfield	COB	M 0:00	8:26				
Anna Amino	HCF	F 12	8:38				
Brad Donalsen	M	11	8:52				
Haydon Barton	PER	M 12	8:53				
Jacob Fortunas	TAL	M 12	8:55				
Randy Riles	TAL	M 12	8:57				
H Johnson	F	13	9:07				
Alysia Murphy	RAA	F 11	9:10				
Lacy Langston	RAA	F 11	9:11				
Othello Edmond	M	6	9:17				
Jaque Myers	F	47	9:26				
Natalie Tedder	COB	F 11	9:30				
Bryan F	M	13	9:37				
Bridgett Edmond	GWT	F 35	9:42				
Tristan Edmond	F	4	9:42				
Brooke Barton	PER	F 12	9:43				

GWT - GWTC, TAL- Tallahassee, MAC-
Maclay, PER-Perry, HCF-Holy Comforter,
GRF-Griffin, LNC-Lincoln, LEN-Leon,TRC-
Trinity Catholic, GDB-Godby, MNE-Maine

**Miccosukee Madness 8K
at the Greenway 8/28/04
R.D. Mike Sims**

1	Gary	Droze	M 43	27:57
2	Brandon	West	M 19	28:16
3	Brian	Griffith	M 19	28:48
4	Jeff	Dobias	M 23	28:52
5	Omae	Osbourne	M 21	28:55
6	Zach	Galloway	M 24	30:03
7	R.J:	Von Merveldt	M 26	30:34
8	Tim	Unger	M 45	30:39
9	Jay	Wallace	M 40	30:46
10	Bill	Mccord	M 41	31:09
11	Martinez	Lores	M 23	31:30
12	Reid	Vannoy	M 46	31:58
13	David	Yon	M 48	32:25
14	Bill	Mcguire	M 57	32:34
15	Fritz	Stoppelbei	M 18	33:35
16	Tom	Ratliffe	M 56	34:14
17	Kate	Remillard	F 26	34:58
18	Jeff	Doherty	M 46	35:02

19	Scott	Ruplinger	M 22	35:02	75	Arthur	Ward	M 70	55:40
20	Jim	Carson	M 41	35:09	76	Eric	Daniel	M 42	57:23
21	Keone	Murphy	M 15	35:11	77	Margarete	Deckert	F 71	58:22
22	Tony	Guillen	M 35	35:21	78	Nadine	Dexter	F 45	59:21
23	Mike	Labossiere	M 38	35:28	79	Bob	Keller	M 70	59:24
24	Felton	Wright	M 47	35:34					
25	Pat	Sullivan	M 35	36:16					
26	Joe	Donoghue	M 57	37:13					
27	Ted	Nation	M 28	38:00					
28	Matt	Schrader	M 29	38:21					
29	Keith	Collins	M 51	39:00					
30	Scott	Mitchell	M 52	39:01					
31	Brant	Foster	M 43	39:34					
32	Jeff	Bryan	M 37	39:35					
33	Keith	Rowe	M 43	40:32					
34	Joe	Dexter	M 58	40:51					
35	Rex	Cleveland	M 65	41:33					
36	Scott	Barton	M 42	41:37					
37	Sissi	Carroll	F 45	41:51					
38	Dennis	McClure	M 48	41:56					
39	Larry	Stevenson	M 47	42:07					
40	Kreig	Lashaway	M 16	42:24					
41	Bill	Davis	M 53	42:38					
42	David	Broadway	M 0	42:52					
43	Reg	Perry	M 45	43:18					
44	Maria	Vives	F 31	43:23					
45	Joel	Springer	M 33	43:32					
46	Amy	Peterson	F 26	43:37					
47	Mary Jean	Yon	F 48	43:48					
48	Clint	Watkins	M 61	44:07					
49	Keri	White	F 19	44:29					
50	Fran	McClean	F 46	44:51					
51	Ann	Guillen	F 35	44:52					
52	Mike	Boll	M 40	44:57					
53	Lee	Becker	M 13	45:09					
54	Mary Anne	Huckabee	F 32	45:11					
55	Jim	Lane	M 47	45:24					
56	Kathy	Lindsay	F 45	45:41					
57	Howard	Jemison	M 45	45:42					
58	David	Darst	M 61	45:54					
59	Akram	Mezhem	M 29	45:57					
60	Ithel	Jones	M 50	46:09					
61	John	Occhiuzzo Jr.	M 51	46:36					
62	Mark	Endries	M 31	46:46					
63	Rebecca	Hale	F 30	47:15					
64	Kaye	Jaynes	F 37	47:21					
65	Bruce	Lynn	M 57	47:23					
66	Burt	Von Hoff	M 52	47:47					
67	Bert	Wilkerson	M 37	47:51					
68	Kelsey	Kilinski	F 18	48:21					
69	Kate	Macfall	F 32	48:38					
70	Christine	Stabley	F 28	50:08					
71	Richard	Ziegler	M 45	50:35					
72	Layne	Russell	M 42	53:24					
73	Chris	Becker	M 49	53:31					
74	Jacque	Myers	F 47	55:19					

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

ungertl@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.

Grand Prix Overall Male

Gary	Droze	42	140
Jack	Mcdermott	34	129
Andrew	Wills	39	120
Tim	Unger	44	103
Bill	Mcguire	56	100
David	Yon	48	82
Reid	Vannoy	45	69
Jeff	Nielsen	46	61
Felton	Wright	46	56
Bill	Hillison	59	45
Jay	Silvanima	43	44
Chris	Holland	17	41
Brian	Corbin	36	37
Matthew	Minnno	44	33
Paul	Morphy	43	33
Art	Remillard	30	27
Douglas	Covert	39	27
Zach	Galloway	24	26
Karl	Hempel	52	24
Larry	Mengelkoch	51	20
Justin	Dickieson	18	20
Fred	Johnson	41	20
Mike	Johnson	41	20
Jeff	Bowman	42	13
Greg	Waddell	37	13
Hobson	Fulmer	48	12
Tom	Ratliffe	56	12
James	Dexter	19	12
Mike	Sims	51	11
Ronnie	Godwin	39	11
Tony	Guillen	35	9
Mike	Labossiere	37	9
Terry	Presnell	54	9
Bill	Bowers	50	9
Jason	Carter	32	9
Jerry	Mcdaniel	50	5
Bud	Fennema	48	5
Simon-serge	Sablin	30	5
Jerry	Ongley	56	3
Jay	Herring	46	3
Gary	Cato	47	3

1-9 Male

Jordan	Watkins	9	70
Davis	Clarke	9	35
Conner	Hopkins	9	27
Luke	Strickland	7	20
David	Breza	9	15
Vincent	Dewar	7	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	62
Aaron	Powell	12	40
Whitney	Strickland lii	12	40
Shelby	Nave	10	34
Christopher	Mcguire	14	28
Paul	Mengelkoch	10	20
Will	Stanford	11	15
Drew	Edwards	12	15
Joey	Vannoy	10	12
Blair	Strickland	10	12
Nathan	Kenney	12	12

15-19 Male

James	Dexter	19	70
Chris	Holland	17	60
Casey	Perkins	18	27
Aaron	Isom	16	20
Justin	Dickieson	18	20

20-24 Male

Chris	Sumner	24	134
Joe	Crook	24	114
Chris	Dexter	22	55
Zach	Galloway	24	40
Phillip	Claiborne	23	32

25-29 Male

Andres	Bernal	25	60
David	Knoll	28	15

30-34 Male

Jack	Mcdermott	34	135
Travis	Miller	34	75
Simon-serge	Sablin	30	70
Jason	Carter	32	47
Art	Remillard	30	40
Chris	Marino	31	37
Chett	Hopkins	30	25
Garth	Grumme	34	20
Todd	Mcgowen	32	20
Tim W	Guhl	34	10
Tom	Proctor	32	10

35-39 Male

Brian	Corbin	36	84
Andrew	Wills	39	80
Douglas	Covert	39	70
Mike	Labossiere	37	61
Andy	Roberts	36	53
Niclas	Manz	35	50
Tony	Guillen	35	45
Mark	Delegal	36	30

Jeff	Bryan	36	27
Mike	Weyant	38	27
Ronnie	Godwin	39	20
Mike	Boll	39	20
Rick	Callaway	38	16
Greg	Waddell	37	15
Geoff	Likens	38	14
Sam	Higdon	37	12
Billy	Oram	37	10
Hamp	Stoutamire	37	10

40-44 Male

Gary	Droze	42	100
Jay	Silvanima	43	93
Tim	Unger	44	85
Myron	Herring	44	78
Matthew	Minno	44	77
Fred	Johnson	41	50
Jeff	Bowman	42	44
Tom	Taylor	40	41
Jeff	Kuperberg	43	38
Paul	Morphy	43	38
Keith	Rowe	42	32
Mike	Johnson	41	31
Chuck	Davis	42	20
Richard	Ziegler	44	14
Robert	Palmer	42	14
Bob	Asztalos	44	10
Brant	Foster	42	8
Sean	Phelps	40	8
Harry	Detwiler	44	8
Frank	Rudd	40	6
Herbert	Wills	43	2

45-49 Male

David	Yon	48	129
Felton	Wright	46	109
Gary	Cato	47	89
Jeff	Nielsen	46	85
Reid	Vannoy	45	80
Bud	Fennema	48	67
Hobson	Fulmer	48	66
Ithel	Jones	49	54
Jimmy	Ledford	47	36
Bob	Fisher	47	22
John	Kelly	46	14
Jay	Herring	46	10
Ed	Claiborne	49	8
Floyd	Coleman	47	8
Geoffrey	Wenturine	49	6
David A	Thompson	47	6
Randy	Hanna	45	6
Dennis	Mcclure	47	4
Richard	Addison	49	4
Keith L	Berry	47	2

50-54 Male

Mike	Sims	51	124
Jerry	Mcdaniel	50	102
Dale L	Smith	50	84
Karl	Hempel	52	75
David	Farnsworth	53	42
Charles	Thomsen	53	41
Craig	Willis	52	38
Terry	Tenold	54	38
Keith	Collins	50	33
Warren	Emo	50	32
Bill	Bowers	50	32
Ray	Scott	50	20
Larry	Mengelkoch	51	20
Lars	Leader	51	18
Phillip	Tomberlin Jr	52	16
Chuck	Booker	53	15
Terry	Presnell	54	15
Gary	Griffin	54	8
Tom	Perkins	52	8
Randy	Holcombe	53	6
Pete	Kerwin	51	6

55-59 Male

Bill	Mcguire	56	160
Bill	Hillison	59	106
Joe E	Dexter	57	93
Ronald	Christen	58	76
Joe	Donoghue	56	61
Jerry	Ongley	56	50
Carlos	Zapata	58	38
Tom	Ratliffe	56	37
Gordon	Morgan	57	30
George S	Palmer	59	26
David E	Smith	59	20
Bruce	Lynn	56	20
Nick	Mazza	55	12
Ronald	Morrell	55	10
Rick	Ashton	57	10
Gene	Opheim	57	10
Bill	Perry	55	10

60-64 Male

Nick	Yonclas	60	145
Rex	Cleveland	64	125
Jim	Zimmerman	60	113
Clint	Watkins	61	89
David	Darst	60	86
Ray	Hanlon	60	46
James	Varley	64	20
Michael	Degennaro	61	18
Charles R	Futch	62	18
Bruce	Prevatt	62	6
James	Story	63	6
Ronald	Mullis	61	4

THE FLEET FOOT

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65-69 Male

Mike	Schneider	66	154
Bill	deGrummond	69	137
Bob	Keller	69	101
John	Rakestraw	67	60
Gene	Sellers	69	10
Rod	Anderson	65	8

70-74 Male

Arthur	Ward	70	170
Robert	Morris	72	85
Jere	Moore	71	51
Fred	Deckert	74	42
John	Waters	71	15
James	Skofronick	72	12

75+ Male

John	Alderson	77	100
Charlie R	Yates	78	85

Grand Prix Overall Female

Seeley	Lovett	27	156
Kate	Remillard	25	120
Julie	Clark	42	95
Cynara	Miller	42	93
Sarah Docter-	Williams	39	90
Kara	Newell	19	80
Fran	Mclean	46	75
Kirsten	Baggett	37	74
Connie	Clarke	42	69
Jane	Johnson	44	64
Angela	Dempsey	35	52
Meaghan	Scott	17	48
Sissi	Carroll	45	43
Stephanie	Liles	31	42
Lisa	Whitworth	33	33
Maria	Vives	30	25
Lisa	Unger	36	22
Catherine	Nixon	23	22
Caroline	Noble	38	22
Penny	Isom	41	22
Leigh	Ceci	39	20
Judy	Alexander	42	20
Kelly	Tucker	43	17
Loranne	Ausley	40	13
Carrie	Weyant	42	11
Lynn	Powell	39	11
Pam	Breza	43	9
Nadine	Dexter	45	9
Kate	Macfall	32	9
Amy	Stenberg	30	7
Debbie	Lamarche	44	7
Cynthia	Christen	50	7
Joyce	Lowery	54	5

Dawn	Brown	55	5
Yvonne	Gsteiger	45	5
Jackie	Mcdaniel	49	5
Susan	Ledford	40	5
Barbara	Yonclas	56	3
Lisa	Echeverri	38	3
Meredith	Fraser	18	3
Sue	Kelly	52	3
Susan	Cornwell	54	3

1-9 Female

Cecelia	Williams	7	55
Lily	Williams	9	50
Breanna	Bruner	8	24

10-14 Female

Kara	Taylor	13	135
Danielle	Jackman	12	121
Melissa	Jackman	12	79
Whitney	Alexander	13	69
Allison	Clarke	12	20
Samantha	Corbin	10	16
Erin	Kenney	10	8
Diamond	Brown	10	8
Jenny	Johnson	10	6

15-19 Female

Meaghan	Scott	17	65
Kara	Newell	19	60
Kelsey	Kilinski	17	32
Katy	Ziegler	18	20
Meredith	Fraser	18	12
Lauren	Breza	15	10

20-24 Female

Melissa	Zapata	24	87
Catherine	Nixon	23	55
Erin	Brannen	24	40
Aimee	Molineaux	21	20
Chrissy	Pannier	24	20
Myriam	Morales	21	10

25-29 Female

Seeley	Lovett	27	135
Kate	Remillard	25	100
Christine	Stabley	28	83
Jennifer	Kilinski	25	12
Heather	Lammers	25	10
Rita	Tweed	27	8

30-34 Female

Maria	Vives	30	125
Stephanie	Liles	31	75
Michelle	Stuckey	34	56
Amy	Stenberg	30	48
Marisol	Roberts	33	40

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

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

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

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

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

Signature(s) of other members _____

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

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

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