



The Fleet Foot



\$2.00

Volume 29 Issue 8

Newsletter of the Gulf Winds Track Club

Sept. 2004

Lee Willis and Sarah Docter-Williams Win the Breakfast on the Track Mile at Maclay 8/14/04



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Sept.
25 Prefontaine 5K

 Oct.
23 Boston Mini-Marathon



Summer Track Series at Maclay



Jamie Wright leads!



Vicky Droze, Bonnie Wright, Jeanne O'kon, Margarete Deckert



Daniel Pitts leads Felton Wright, Barrett Haga and the pack during the 5K



Airborne!



John Kalin on patrol

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.

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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**GULF WINDS TRACK CLUB
June 9, 2004 Business Meeting
Hosted by Fred & Margarete
Deckert**

Board/GWTC Members present: David Yon, Lisa Unger, Fred & Margarete Deckert, Hobson Fulmer, Charlie Yates, Fran McLean, Judy Alexander and Allison Eagen

Guests present: Grace Flynn

David Yon called the meeting to order at 7:50 PM but quorum was not established. The May minutes were reviewed but will not be accepted until the next meeting with enough voting members.

NEW BUSINESS: none

REPORTS:

Treasurer's report – David Yon reported for Bonnie Wright by distributing copies of the Budget and Treasurer's reports, which included recent disbursements and receipts.

Race Director Coordinator report – Charlie Yates discussed the re-established Grand Prix Guidelines and race insurance

Race Director(s) report(s) – Allison Eagen and Grace Flynn discussed the "PT Prowl". They are considering a Sunday afternoon at the Miccosukee Greenway and have begun preliminary planning.

Membership report – Judy Alexander reported for Brian Corbin that there are currently 695 members represented by 396 memberships.

Chenoweth report –David Yon reported that the accounting for the Pot Luck is not yet complete. The committee received a request from the Capital City Christian Cruisers for \$2500.00, but the committee recommends offering \$1500.00. Because there was no quorum there was no vote, but there was also no opposition voiced.

Clothing Coordinator report – Margarete Deckert reported that the new shirts she purchased are at the screen printer's and should be ready this weekend.

Newsletter report – Fred Deckert discussed his goal of having the Fleet Foot delivered to members by the first of the month.

Lecture Series report – David Yon reported that the Coach Bob Brahman

lecture was very good and well attended.

Triathlete report – no report; **Training Committee Report –** no report; **Equipment report –** no report; **Grand Prix Committee report –** no report; **Social Coordinator report –** no report; **Racing Team Coordinator report –** no report

OLD BUSINESS: None

The meeting adjourned at approximately 8:50 PM. Tom Perkins and Jeanne O'Kon will host the next meeting on July 14, 2004.

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

**GULF WINDS TRACK CLUB
July 14, 2004 Business Meeting
Hosted by Tom Perkins and
Jeanne O'Kon**

Board/GWTC Members present: David Yon, Tim & Lisa Unger, Fred & Margarete Deckert, Hobson Fulmer, Charlie Yates, Fran McLean, Judy Alexander, Brian Corbin, Nadine Dexter, Jimmy Kalfas, Bill Lott, Jeff Bryan, Paul Ahnberg, Jerry Ongley, Tom Perkins and Jeanne O'Kon
Guests present: none

Tom Perkins called the meeting to order at 7:45 PM and quorum was established. The May and June minutes were reviewed and accepted by vote as presented.

NEW BUSINESS: none

REPORTS:

Race Director Coordinator report – Charlie Yates advised that the race calendar is filling up and that the Greensboro Firecracker 5k race directors were not aware that their race was a Grand Prix event.

Racing Team Coordinator report – Tim Unger reported that the GWTC racing team won 1st place at the Eglin Air Force Base Gate to Gate 4.4 Mile event on Memorial Day and that the next team event will be the Summer Beach Run in Jacksonville.

Membership report – Brian Corbin that there are currently 717 members represented by 402 memberships. This is about 60 memberships higher than usual

for this time of year.

Clothing Coordinator report – Margarete Deckert reported that the new shirts are ready for sale.

Chenoweth report – David Yon had no new report, but a motion was made, seconded and accepted by vote to approve the funding to Capital City Christian Cruisers, which has already been allocated.

Treasurer's report – David Yon reported for Bonnie Wright by distributing copies of the Budget and Treasurer's reports. A motion was made, seconded and accepted by vote to move the Chenoweth account from Raymond James to Envision Credit Union where GWTC's other accounts are held. There was discussion concerning the consolidation of some of GWTC's various checking accounts.

Training Committee Report – Nadine Dexter reported that preliminary arrangements are being made for the next training group. **Jerry Ongley** reported that the half marathon training group has about 18 interested participants and that a course has been developed. A motion was made, seconded and accepted by vote to approve up to \$150.00 for the ½ marathon group to purchase water bottles, possibly with the GWTC logo imprinted on them.

Grand Prix Committee report – Paul Ahnberg presented the Grand Prix Guidelines. A motion was made, seconded and accepted by vote to adopt the Guidelines with a change of terminology from "Guidelines" to "Standards".

Social Coordinator report – Jimmy Kalfas reported that the Pot Luck social went well. The next social will be the Ice Cream social on 7/29, and then will be the Breakfast on the Track social.

Newsletter report – Fred Deckert advised that he tried to sell copies of the Fleet Foot at the Summer Track Series, but had no takers, otherwise all is well with the newsletter.

Race Director(s) report(s) – no report;

Lecture Series report – no report;

Equipment report – no report; **Triathlete report** – no report

OLD BUSINESS: None

Loose Ends:

- There will be no Tom Brown Bash this year, but rather a Miccosukee Madness at the Greenway.
- All GWTC races now have race directors
- 2005 ACC XC meet will be hosted by FSU at the Greenway Discussion about Champion Chip timing systems was opened by Judy Alexander. The meeting adjourned at approximately 8:55 PM. Special appreciation and recognition is given to Jeanne O'Kon for the fabulous dinner she prepared.

The next meeting will be hosted by Tim and Lisa Unger on August 11, 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:

Sept. 8	Jane Johnson	894-1610
Oct. 13	Fran McLean	877-9016
Nov. 10	(OPEN)	

7:30 p.m. - call for directions

Editor's Column

Or, is it lament? I am often asked about the deadline, which is stated on page 3. Unfortunately, this date then tends to be the default submission date for many contributors. It was really meant to accommodate late breaking information, not the planned date of submission for everyone. When I receive a lot of information that could easily have been sent in previously, it causes much extra juggling and shows up as an inferior and poorly checked Fleet Foot. That's not what I want, and I hope, not what you want either.

Fred Deckert



Discounts for GWTC members



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Note to Businesses

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

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

**“Man Points”
by
Art Remillard**

As I approached the second mile of this year's Furry Scurry, I heard a “Pop!” and quickly formulated four theories concerning the origin of this sound. It was either (a) a twig snapping; (b) a monkey falling from a tree; (c) the recoil from a hillbilly's rifle; or (d) a fracture of my fifth metatarsal caused by that wicked ankle roll I had just experienced. “Please, please, please be option (b).” I prayed, “man, that would be both comforting and funny.” Alas, the searing pain told me what an X-ray would later confirm.

“Welcome back to the mind-numbing world of cross training,” I lamented. One may be tempted to predict that after such a realization, I would have stepped off the trail and called for help. Prudence of this sort would have likely prohibited any further injury while simultaneously guaranteeing an expedient recovery. Such a conclusion, however, would overlook one very important fact: “Man Points” were on the line.

Perhaps there are a few quizzical readers asking, “What are *Man Points*”? In all corners of contemporary society, there are various opportunities to gain or lose Man Points. Have you ever wondered why men insist on driving aimlessly through an unknown city for hours before stopping for directions? Indeed, the fear of losing Man Points prompts such behavior. Admitting some brand of navigational failure may result in a look from the gas station attendant that silently says, “Everyone in this store now questions your manhood because you cannot find Interstate 10.” At least that's how we Man Point seekers interpret any look from a gas station attendant in such a situation. When Man Points are at stake, that which seems idiotic to some, remains a noble quest for others.

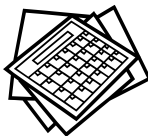
There are many Man Points available in the world of running. Winning an age group, setting a PR, or running an “Ultra-Marathon” (because 26.2 is for Oprah) are means for



affecting small boosts in Man Points. Large boosts, however, come principally through acts of “toughness” (AKA, mindless stupidity). Last summer I traveled to Pennsylvania for a wedding where I reunited with many of my former college teammates. While the bride and groom prepared for their reception, my Man-Point-Hungry friends and I ambled to the nearest track to conduct an alumni “beer mile.” For those of you who don't know, a beer mile involves

four laps on a track, one beer for each lap, and – by the close of the race – large deposits of regurgitated beer. Because of a recent operation on my left ankle, I had *no* business even running. “Ankle be damned,” I defiantly declared, “I must drink, run, and vomit no matter the cost!” The twelve other competitors were quite impressed with my third place finish. Those extra Man Points were reassuring during the following months of recovery.

It's now one year later, and I fully recognize that my choice to finish the final mile(ish) of the Furry Scurry probably resulted in more swimming, biking, and stair stepping. As I now return to running, I bring a distinct memory of this race. I remember hobbling up the final hill with tears in my eyes caused by both the pain in my foot and the pain in my heart. I love running. Many of my friends have come through running. I met my wife through running. With all of this in mind, I wonder if I will let Man Points once again corrupt the better Angels of my nature? Perhaps this time around I will be wiser and more prudent. Then again, one of my former teammates is bound to get married sooner or later.

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.

**Sept.**

04 Shaw's Fall Classic 5K/5 M. 7:30 a.m., Shaw's Athletics 893-5597 or Joe Dexter 878-7880.

04 Panama City 25th Midnight Chase. Marina Civic Center. Tim Wanamaker 850 234-9194

11 Sickle Cell 5K/1M. 8:30 a.m. Jake Gaither Park. 224-3597, 222-2355.

11 Just Wish for it! 5K run/walk. 8 a.m. Southwood. Jenna Gangestead jennag@chiomega.com

11 Pepper Festival 5K/1M. 8 a.m. Omega, GA Community Club US 319. Lamar Dickens 229 528-4688, ldickens@planttel.net.

18 Sandhills 10M/5K. 8 a.m. CT. Community Center, Sunny Hills. Ray Benz 850 747-3018, joeruns@yahoo.com. Reg. at active.com

25 *Prefontaine 5K. 9 a.m Silver Lake Rec. area. Jeff Nielson 422-3130

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. Boston GA. 8 a.m, Brad Johnson bradjohnson@banksb.com 229 226-3535

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

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

Nov.

06 *Women's Distance Festival 5K/1M. 8 a.m. Optimist Park. Jane Johnson 894-1610, jjohnson@faast.org

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 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.

Remaining Grand Prix Events for 2004

Sep. 25 Prefontaine 5K, Silver Lake Recreation

Oct. 23 Boston Mini Marathon, Boston, GA

Nov. 13 Fall Classic 10K, Bainbridge, GA

Nov. 25 Turkey Trot 15K, 10K, 5K, 1M, Southwood

PR's

Willow Shanti 8:20 at the Breakfast on the Track Mile

Breeda and Lee Willis congratulations on new daughter **Roisin Willis**



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

Volume 29 Issue 8

THE FLEET FOOT

**Featured Feet –
Gary Griffin**

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

20+ years steadily, though Peg and I used to jog around the block when we lived in Homestead 25 years ago.

***Favorite place to
run?***

It's got to be Munson Hills. Judie Kean

opened my eyes to it years ago and still ranks number 1 with me for local trails. I am convinced it is better for your legs from a strength-training and cushioning standpoint than any of the other popular trails.

Most memorable running experience?

Well, as far as race performance goes, it would be the Croom Trail 50K in September 2002 in which I ran as well as I can run, felt strong the entire way, finished 2nd overall and won the USATF Southeast 50K Master's Championship. To borrow the phrase of a friend of mine: my feet had wings. But, from the standpoint of which run I will remember while on my death bed, (maybe because it almost put me there!) it will be the Badwater experience of last year in which I only served as a crew support person. Nonetheless, I ran 65 miles in 2 days, across 2 deserts, in temperatures over 130 degrees. It was by far the hardest thing I have ever done or ever hope to do.

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

Ultrarunning doesn't demand getting psyched as much as it does getting



prepared to endure some tough times. I try to focus on the mantra "pace and patience" and the phrase "Pain is inevitable - suffering is optional".

5. Favorite non-running hobby.

Playing in my greenhouse.

6. Occupation?

Property Appraisal and Liquidation Specialist (in other words, a traveling auctioneer) for the Internal Revenue Service.

7. Personal hero(ine)?

There are too many to mention. I guess if I was to choose a group in which I consider all to be heroes or heroines, it would be those that are cancer survivors. Those that are victims are my heroes as well, but those that are survivors can share the gift of hope. The Apostle Paul was wrong, I sometimes think. Faith, Hope and Love do abide - but, the greatest of these is Hope.

8. Ideal travel destination?

Southeast Arizona - great bird-watching!

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

Botany and landscape design

10. Most recent book you read?

Cuba on the Verge - a composite of a number of short narratives about Cuba and its ongoing transition.



The Runner's Zodiac

Jack McDermott



Virgo ("The Virgin")

(Aug. 24 – Sep. 22)

Key Characteristics: Boring and Meticulous

Key Phrase: "I think I'm lost."

Key Injury: Shin Splints

Famous Runners: John A. Kelly (Sep. 6), Jesse Owens (Sep. 12), Emil Zatopek (Sep. 21)

Horoscope: The Moon is going to wreak havoc on you this year pulling you in several different directions. It will be a year of "Almost" --- you "almost" got a PR, you "almost" made it to Tuesday intervals, and you "almost" got out of bed on Sunday. Try to stay focused and motivated. Don't be distracted by any crazy ideas that a Capricorn or Taurus might have for you -- they aren't that bright anyway.

Neptune and Jupiter do not appear in your constellation regularly until at least the Spring solstice, which means you will struggle mightily for the first part of the year. You do have some positive energy focusing you on Springtime Tallahassee. This might be your year! (Then again, it might not -- so pace yourself.) However, we all know that Virgos are lousy hill-runners so perhaps some hill repeats should be in your future.

Even summer, with the appearance of Mars, might be OK, although you will be focused more on training, staying in-shape, and dare I say it? Perhaps a few tri-events. By Fall, you will be back on track as far as your running is concerned, but with Saturn's interference, directionally challenged Virgos should stay away from off-road races or any course that isn't marked well. In fact, sometime in the fall I envision you being lost out at Overstreet or on the Cadillac trail, so be sure to bring a compass.

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 constellations' 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.

Tallahassee Marathon Survey

Please note: This is a general survey for informational purposes, and the race will not be changed based on the outcome of the survey. All major changes to the marathon would need approval by the GWTC board. Results will be printed in a subsequent issue of the Fleet Foot. Please, only one response per person. Send results to Jack McDermott, 4122 Cottagewood Trail, Tallahassee, FL 32311 or Marathonjack@comcast.net. E-mail me if you would like an electronic version (MS Word).

Question 1: Have you ever run the Tallahassee Marathon or Half-Marathon?

Yes ___ No ___; If so, how many times (*add both together*) _____

Question 2: Should the Race Directors ever accept a "Title Sponsor?" (*i.e. --- The Boston Marathon or the Lasalle Banks Chicago Marathon*).

Yes Name Sponsor is OK _____ No Name Sponsor _____

Question 3: What Type of Awards Should be Given for Age Group Winners, etc.?

- A. Pottery (like last two years) _____
- B. Trophies _____
- C. Cash Awards _____
- D. Ribbons _____
- E. Plaques _____
- Other _____

Question 4: When Should the Marathon / Half-Marathon be held?

- A. January (during MLK weekend) _____
- B. January (not during MLK weekend) _____
- C. February _____
- D. March _____
- Other _____

Question 5: What type of T-Shirt? Long-Sleeve _____ Short-Sleeve _____

Other _____

Question 6: What should the Course be for the Marathon? (*The race will be in the same location for 2005*)

- A. FSU Stadium (as in 2004) _____
- B. Entirely on St. Mark's Trail (flat, fast) _____
- C. Scenic Downtown (but hilly) course _____
- Out of Town scenic wilderness type course _____

Other _____

Question 7: What should the optimal participation size be for the Marathon/Half-Marathon? (*i.e. -- in 2004, there were 245 finishers for both races*).

- A. 100 or fewer _____
- B. 200 _____
- C. 300 _____
- D. 500 _____

**Rave Run
Summer Track
Series June 3 –
July 29, 2004
Maclay Track,
Tallahassee, FL**

Lisa Unger

Summertime in Tallahassee means heat, humidity and the 8 weeks of the Summer Track Series that began on June 3, 2004. Each week there were 6 events run with one event classified as the GWTC Summer Grand Prix feature event. The Grand Prix events began with the 100 meter sprint and increased in distance each week up to a 5k distance race. There was also a monitored long jump pit and a 4 X 100 or 4 X 200 each week. The success of this series was assured by the cooperation of dedicated volunteers such as Tom Perkins, Casey Perkins (long jump), Perry Shaw, Bill Lott, Allison Eagen, Meredith Fraser, Allison Kuhse and Jeremy Conger who coordinated heats and called times. This year the series was very well attended and some of the earlier weeks entertained more than 200 participants of all ages and club affiliations. We saw bus loads of kids from local running clubs such as the Capital City Christian Cruisers and the Top Speed Track Club, as well as the children and grandchildren of GWTC members who laced up their running shoes and turned it loose on the track. The youngest GWTC competitors were Luke Ceci and Alex Bowman, both 4 years old, and the oldest competitors were Margarete Deckert (70) and Robert Morris (72). There's not much in running that is cuter than 8 or 10 toddlers "running" the 40 yard dash. Most of them had no idea what they were



doing or why, but they saw momma or daddy at the end and just charged! The squeals of delight and pride issued by the tots when they received their ribbons warmed the hearts of all who observed. There was also some heated competition amongst the adult set as the weeks passed and Grand Prix points were accumulated, which culminated with the very intense 5k competition.

The last week of the Summer Track Series Grand Prix competition was called the Wildcard event and allowed GWTC runners to choose the event in which they wanted to try to score points. Runners' times in their chosen events would be compared to the times of the runners in that same event as previously run in the series. If the week 8 runners performed better than the runners in the original race, they would score points accordingly. Some GWTC runners used the wildcard as an opportunity to make up an event they had missed earlier in the series. Several runners tried to beat their previous time for the same event, and most succeeded. After running in the heat of late July, runners of all ages were glad to cool off with the ice cream provided by GWTC Social Coordinator, Jimmy Kalfas, as part of the Ice Cream Social sponsored by the club. The 2004 Summer Track Series was a lot of fun for participants and spectators alike. New friends were made and fierce competition was sparked. Surely, all who attended any of the sessions would agree that Summer Track, in whole or in part, is a Rave Run.

Summer Track results are on page 18

Sudden Death in Athletes

Karl Hempel, M.D.

It is always a shock when a presumably healthy athlete dies suddenly. After the sad and untimely death of a local longtime Tallahassee runner, I was asked to write an article about sudden death in athletes for *The Fleet Foot*.

Sudden deaths are usually caused by underlying heart problems. Deaths that are caused by heart problems are divided into individuals under the age of 30 and those over the age of 30. Cardiac deaths that occur in athletes under age 30 are usually caused by congenital problems such as:

1. **Hypertrophic cardiomyopathy**, a hereditary condition characterized by an enlarged heart that is very susceptible to fatal cardiac arrhythmias.
2. An **abnormally formed coronary artery**.
3. **Rupture of the aorta**, the main artery leading from the heart, usually occurring in people with a condition called Marfan's syndrome.
4. **Myocarditis**, a viral infection of the heart muscle.
5. **Prolonged QT syndrome**, a problem with the heart conduction system making the heart susceptible to fatal cardiac arrhythmias.
6. **Congenital valvular heart conditions**.
7. **Arrhythmogenic right ventricular dysplasia**, a condition that causes fibrosis of the heart muscle and a susceptibility to fatal cardiac arrhythmias.



It is very difficult to diagnose many of these conditions with a routine physical exam with the exception of valvular heart problems. All athletes in the Florida school system are required to have sports physicals before they can participate in school sponsored athletic programs. These exams are tailored to detect medical problems that are associated with a

risk of sudden cardiac death. An EKG can usually diagnose prolonged QT syndrome and sometimes suggest if the patient has other heart problems leading to further more definitive diagnostic studies.

Sudden deaths in athletes older than age 30 are usually caused by coronary artery disease. Coronary artery disease refers to the buildup of plaque in the arteries that provide blood to the heart muscle. The leading cause of death in the United States is obstruction of one of these vessels resulting in a heart attack. If the buildup of plaque causes over a 90% blockage of the coronary artery, a stress test is helpful in making the diagnosis. We know now that many heart attacks are caused by the rupture of a small plaque in the coronary artery resulting in a blood clot and ultimately a heart attack. These small lesions are not usually detected by a stress test. A plain EKG will not show buildup of plaque in the coronary arteries but can show if the patient has had a previous heart attack or has an abnormal heart rhythm.

Frequently, the first sign of a coronary artery disease is sudden death. Many times people will experience chest, arm, throat, shoulder or back pain as an early sign of heart disease. Dizziness, palpitations or unusual fatigue can also be early warning symptoms of heart dis-

ease. It is very important to have these symptoms checked out before resuming exercise. It is also prudent to ask your physician if you should have a stress test before starting an exercise program. This is certainly not always necessary, but for males over 40 and females over 50 it is probably worthwhile, particularly if you have risk factors for heart disease. Risk factors are:

Diabetes, Family history of heart attacks before age 60, Inactivity, Smoking, High cholesterol, High blood pressure.

Exercise reduces the risk of developing coronary artery disease but it does not make one immune to a heart attack. Other less common causes of sudden death in people over 30 are valvular heart problems, viral myocarditis and hypertrophic cardiomyopathy. Heat strokes also are responsible for some cases of sudden death in athletes.

Fortunately, sudden death in athletes is a very rare occurrence. There have been several studies that estimate the risk of sudden death during jogging. One study by PD Thompson estimated the risk to be one death per 396,000 hours of jogging. Another study looked at deaths that occurred in the Marine Corps Marathon over a 19 year period. There were four deaths and three of them had coronary artery disease on autopsy. None of these four marathoners had known coronary artery disease before their death. The incidence of death in marathoners is estimated to be one death per 215,000 hours of racing. Another study calculates the incidence of sudden death in noncompetitive exercise as one death per 375,000 hours of exercise.

To put things in perspective, let us look at the number of deaths caused by inactivity. The general consensus is that at least 200,000 people die in the United States every year because they do not exercise. The **Center for Disease Control** has a web site:

(http://www.cdc.gov/nccdphp/factsheets/death_causes2000.htm)

that lists the actual causes of death in the United States in 1990 as compared to 2000. Inactivity and poor diet caused 300,000 deaths in 1990 and 400,000 deaths in 2000. Smoking caused 400,000 deaths in 1990 and 435,000 deaths in 2000. Using the rate of increase, inactivity and poor diet is now the leading cause of death in the United States in 2004.

It is impossible to prevent all sudden cardiac deaths in athletes. Nevertheless, there are some general guidelines that are advisable to follow:

1. Never ignore pain or unusual sensations that occur in the chest, arm, shoulder, jaw, throat or back especially if these occur with exercise. Patients will frequently describe these unusual sensations as pain, indigestion, aching or pressure.
2. Do not use any stimulants when exercising or particularly when racing. Ephedrine has caused a number of deaths but fortunately has been taken off the market. Many diet pills have a stimulant in them. Stimulants cause the heart to be more susceptible to cardiac arrhythmias.
3. It is better not to race or even run hard when you have a bad cold. Fever, chills and muscle aches are indicative of a bad cold. Coxsackie virus is responsible for many cases of myocarditis that can precipitate cardiac arrhythmias and sudden death.
4. Do not drink alcohol and then race or run hard. Alcohol is toxic to the heart muscle and can increase the probability of arrhythmias.
5. It is important to realize that even though exercise is an extremely healthy habit to develop, it does not make you invincible. Listen to your body. If you feel particularly bad it is probably better

not to race or run hard.

In conclusion, I believe that exercise is the most important thing that we can do for our health. It increases our longevity and improves the overall quality of life. Sudden cardiac death in athletes certainly can occur but is extremely rare. Conversely, sudden cardiac death in people who don't exercise is extremely common. In fact, it is now the leading cause of death in the United States.

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Consistency Pays David Yon

A record turnout, a masters record, lots of young runners, plenty of pancakes and lots of fun. Yes, the mile is unforgiving and runners have no place to hide, but time and again you could hear the fun and awe in the participants' reactions. So, what makes an event like this a success? How about consistency in leadership? The Breakfast on the Track Mile has only had one race director. Well, I mean one *set* of race directors. **Felton, Bonnie and Jamie Wright** gave birth to this event in 1998 and seven years later they are still at it and, thank goodness, talking about next year. Since Jamie is eleven, that is pretty impressive on his part.

Lee Willis grabbed his third title in this event and now owns three of the four fastest times ever winning in a time of 4:32.40. Ryan "Hicham el" Deak owns the record when he won the mile in 2001 at the age of 16 in 4:21.47. **Sarah Docter-Williams** owns the women's record and this year she grabbed the masters record as well, winning the overall title with a time of 5:11.72. Sarah now owns the top four times in this event with a best of 5:02.28. **Brennon Clayton** pushed Lee and finished second in 4:34.43. **Andrew Wills** continued his torrid return to the top of the running world by finishing third in 4:42.44. **Gary Droze** was the master champ running 4:48.49. On the women's side **Adrianna Piekarewicz**, grabbed the second spot with a time of 5:27.25. **Kate Remillard** took third with a 5:30.17.

Other outstanding performances included, **Seeley Lovett** who ran 5:32.85, **Rex Cleveland** who took the 60 and up group (he is 65) with a 6:33.91, and the grand masters winners, **Bill McGuire** and **Nancy Wiedner** who ran 5:10.77 and 6:56.25. Not bad for 57 and 55 year olds.

Longevity and consistency, not bad traits to make an event, and a group special.

Summer Track Series at Maclay

Overall Winners
Kirsten Baggett (37) 70 points
Doug Covert (40) 32 point

Age Group Winners

6 & under: **Hunter Parker (6)**
Luke Ceci (4)
7 - 10: **Lily Williams (9)**
Shelby Nave (10)
11 - 14: **Samantha Fortunas (13)**
Joey Vannoy (11)
25 - 29: **Barrett Haga (25)**
30 - 34: **Stephanie Liles (32)**
35 - 39: **Beth Alexander (39)**
Andy Roberts (37)
40 - 44: **Jay Silvanima (43)**
45 - 49: **Hobson Fulmer (48)**
50 - 54: **Jeanne O'Kon (52)**
Dave Rodgers (50)
55 - 59: **Bill McGuire (57)**
70 - 74: **Margarete Deckert (70)**
Robert Morris (72)

30-34

Stephanie Liles F 32 60
Marisol Roberts F 33 26

35-39

Kirsten Baggett F 37 80
Beth Alexander F 39 60
Lisa Echeverri F 38 8
Ann Bowman F 35 8

40-44

Andy Roberts M 37 28
Tony Guillen M 35 16
Brian Corbin M 36 10
Andrew Wills M 39 10
Rick Parker M 39 5

45-49

Ana Sutherland F 40 10
Connie Clarke F 41 10

50-54

Jay Silvanima M 43 52
Doug Covert M 40 50
Dan Fortunas M 43 38

55-59

Nadine Dexter F 45 10
Fran McLean F 46 10
Chris Savery F 45 20

Summer Track Age Groups**11-14**

Samantha Fortunas F 13 52
Melissa Jackman F 12 23
Danielle Jackman F 12 16
Allison Clarke F 12 13
Whitney Alexander F 13 10
Cynda Covert F 12 10
Adrianna Echeverri F 11 8
Devon Lynn F 12 3

Joey Vannoy M 11 46
Andrew McWilliams M 13 40

15-19

Meredith Fraser F 18 10
Ellen Crook F 18 8
Christopher McGuire M 15 20

19-24

James Dexter M 19 18
Justin Dickieson M 19 10

25-29

Barrett Haga M 25 50
Joe Crook M 25 24
Chris Dexter M 25 8

50-54

Hobson Fulmer M 48 45
David Yon M 48 18
Felton Wright M 46 16
Gary Cato M 48 8
Reid Vannoy M 45 8

55-59

Jeannie O'Kon F 52 50
Dave Rodgers M 49 24
Karl Hempel M 52 10

60-64

Bill McGuire M 57 48
Bruce Lynn M 57 28
Bill Tharpe M 55 20
Joe Dexter M 58 6

65-69

Jim Zimmerman M 60 18
Charles Futch M 62 10
Clint Watkins M 61 10

70-74

Margarete Deckert F 70 68
Robert Morris M 72 30

Summer Track Series at Maclay			Cecelia Williams (8)	3:07.39
			Justin Dickieson (19)	2:15.10
			Doug Covert (40)	2:17.10
			Barrett Haga (25)	2:21.26
100 meter				
Samantha	Fortunas (13)	15.0		
Allison	Clarke (12)	16.0		
Kirsten	Baggett (37)	16.2		
Bill	Tharpe (55)	12.4		
Hobson	Fulmer (48)	12.9		
Dave	Rodgers (50)	13.6		
200m				
Lily	Williams (10)	31.0		
Samantha	Fortunas (13)	32.0		
Kirsten	Baggett (37)	34.0		
Doug	Covert (40)	25.0		
Hobson	Fulmer (48)	26.0		
Bill	Tharpe ()	26.1		
400m				
Kirsten	Baggett (37)	1:17.0		
Samantha	Fortunas (13)	1:17.5		
Stephanie	Liles (32)	1:19.0		
Barrett	Haga (25)	1:00.4		
Jay	Silvanima (43)	1:03.0		
Bill	McGuire (57)	1:03.5		
800m				
Kirsten	Baggett (37)	2:54.23		
Stephanie	Liles (32)	3:02.35		
1 mile.				
Stephanie	Liles (32)	5:54.0		
Kirsten	Baggett (37)	6:11.0		
Fran	McLean (46)	6:15.0		
David	Yon (48)	5:09.0		
Reid	Vannoy (45)	5:11.0		
Brian	Corbin (36)	5:12.0		
2 mile				
Kirsten	Baggett (37)	13:58		
Whitney	Alexander (13)	15:46		
Beth	Alexander (39)	16:35		
Hobson	Fulmer (48)	12:06		
Andy	Roberts (37)	12:28		
Gary	Cato (48)	13:00		
5k				
Andrew	Wills (39)	18:11.		
David	Yon (48)	18:32		
Felton	Wright (46)	18:57.		
Kirsten	Baggett (37)	23:21		
Lisa	Echeverri (38)	25:19		
Beth	Alexander (39)	27:12		

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Gary Droze's Downhill Mile			Hunter Stone	6:15
			Colin Montes	6:18
Date:	August 21, 2004		David Twitchell	6:20
Site:	North Meridian Road & Gardner Road (rolling 1st half, downhill 2nd half)		Joe Crook	6:25
			John Showalter	6:25
			Mallory Alonso	6:26 PR
Finishers				
			Chris Erikson	6:55
			Jarin Whalley	7:07
			Jacque Myers	7:17
Overall Male				
David Yon	5:22		Mike Boll	7:45
Will Stanford	5:41	PR	Erin Kenney	7:47
			Caroline Showalter	7:55
Overall Female				
Fran McLean	6:03		Ray Hanlon	7:55
			Margarete Deckert	9:06

**Breakfast on The Track Mile
8/14/04
RD's, Bonnie, Felton and Jamie
Wright**

1	LEE	WILLIS	31 M	4:32	56	JOE	CROOK	25 M	6:15
2	BRENNON	CLAYTON	18 M	4:34	57	KIRSTEN	BAGGETT	37 F	6:15
3	ANDREW	WILLS	39 M	4:42	58	ITHEL	JONES	50 M	6:16
4	GARY	DROZE	43 M	4:48	59	CYNARA	MILLER	43 F	6:17
5	RJ	VON MERVELDT	28 M	4:51	60	SISSY	CARROLL	45 F	6:21
6	ANDREW	MANNHEIMER	16 M	4:53	61	PAUL	PEAVY	44 M	6:21
7	DOUGLAS	GORTON	45 M	4:55	62	CHRIS	TEAF	51 M	6:22
8	JAY	WALLACE	40 M	5:01	63	DALE	SMITH	51 M	6:23
9	REID	VANNOY	46 M	5:02	64	SEVIN	WILSON	13 M	6:26
10	JACK	MCDERMOTT	35 M	5:04	65	MALLORY	ALONSO	13 F	6:27
11	TIM	UNGER	44 M	5:08	66	EVAN	CAMERON	12 M	6:29
12	BRAD	CATER	18 M	5:08	67	LAURA	KUHSE	14 F	6:30
13	BILL	MCGUIRE	57 M	5:10	68	CONNIE	CLARK	42 F	6:31
14	DOUGLAS	COVERT	40 M	5:11	69	REX	CLEVELAND	65 M	6:33
15	SARAH DOCTER-WILLIAMS	40 F	5:11	70	DEAN	PAINI	37 M	6:35	
16	WHITNEY	STRICKLAND	13 M	5:13	71	MICHELLE	STUCKEY	35 F	6:38
17	BRIAN	CORBIN	37 M	5:13	72	TERRY	TENOLD	55 M	6:39
18	DAVID	YON	48 M	5:15	73	CAITLIN	RIDGEWELL	14 F	6:41
19	HOBSON	FULMER	48 M	5:18	74	AARON	POWELL	13 M	6:41
20	TONY	GUILLEN	35 M	5:21	75	WHITNEY	ALEXANDER	13 F	6:44
21	BARRETT	HAGA	28 M	5:24	76	PHILIP	WENTURINE	12 M	6:44
22	TYLER	BRAMAN	14 M	5:26	77	BRAD	GIVENS	15 M	6:45
23	STEPHEN	TAUL	17 M	5:26	78	CECELIA	WILLIAMS	8 F	6:46
24	MATT	MINNO	44 M	5:26	79	NICK	YONCLAS	60 M	6:47
25	ADRIANA	PIEKAREWICZ	15 F	5:27	80	JOE	DEXTER	58 M	6:48
26	JEFF	GIVENS	17 M	5:28	81	DENNIS	MCLURE	48 M	6:48
27	MIKE	SIMS	52 M	5:29	82	GORDON	MORGAN	57 M	6:49
28	KATE	REMILLARD	26 F	5:30	83	LISA	UNGER	36 F	6:50
29	JAMES	DEXTER	19 M	5:32	84	CHRIS	ERICKSON	13 M	6:52
30	SEELY	LOVETT	27 F	5:32	85	CARLOS	ZAPATA	59 M	6:53
31	TYLER	COUNCIL	15 M	5:35	86	BRUCE	LYNN	57 M	6:54
32	JAY	SILVANIMA	44 M	5:37	87	DANIELLE	JACKMAN	12 F	6:54
33	BUD	FENNEMA	48 M	5:38	88	CHRIS	SUMNER	25 M	6:55
34	ANDY	ROBERTS	37 M	5:39	89	MARIA	VIVES	31 F	6:55
35	SIMON-SERGE	SABLIN	31 M	5:40	90	NANCY	WIDENER	55 F	6:56
36	DAN	BACHTTEL	38 M	5:43	91	MICHAEL	MITCHELL	15 M	6:57
37	MIKE	LABOSSIERE	38 M	5:43	92	MICHAEL	BOLL	40 M	6:57
38	WILL	STANFORD	11 M	5:46	93	RAY	SCOTT	51 M	7:00
39	GARY	CATO	48 M	5:50	94	KRISTY	CRIBLEY	14 F	7:02
40	ANGELA	DEMPSEY	36 F	5:51	95	MARY JEANYON	48 F	7:03	
41	JORGE	PIEKAREWICZ	48 M	5:52	96	DAVID	DARST	51 M	7:05
42	CHRIS	DEXTER	22 M	5:54	97	GEOFFREY	WENTURINE	50 M	7:05
43	TRAVIS	MILLER	34 M	5:54	98	JESSICA	CLAYTON	13 F	7:08
44	CHETT	HOPKINS	30 M	5:54	99	JIM	ZIMMERMAN	60 M	7:09
45	JOE	DONOGHUE	57 M	5:55	100	RICHARD	ZIEGLER	45 M	7:09
46	JON	MCVANEY	13 M	5:58	101	ANNA	STINE	17 F	7:10
47	JULIE	CLARK	42 F	5:59	102	LORANNE	AUSLEY	40 F	7:14
48	CASEY	PERKINS	19 M	5:59	103	DAVID	FARNSWORTH	53 M	7:19
49	NATHAN	KENNEY	13 M	6:06	104	PENNY	ISOM	41 F	7:20
50	COLIN	MONTES	14 M	6:08	105	THOMAS	WATSON	11 M	7:20
51	FRAN	MCLEAN	46 F	6:09	106	MICHAEL	FUNCHESS	15 M	7:21
52	RON	CHRISTEN	58 M	6:10	107	ERIN	FRASER	13 F	7:23
53	KARA	TAYLOR	14 F	6:12	108	ALEXANDRA	SCANAMEO	12 F	7:25
54	HUNTER	STONE	13 M	6:13	109	BETH	ALEXANDER	40 F	7:25
55	TOM	TAYLOR	40 M	6:13	110	LILY	WILLIAMS	10 F	7:26
					111	MELISSA	JACKMAN	12 F	7:26
					112	MELISSA	ZAPATA	25 F	7:28
					113	ERIN	KENNEY	11 M	7:29
					114	SHERI	JACKMON	41 F	7:29
					115	MAE	CLEVELAND	64 F	7:31
					116	ZACHARY	BRYANT	12 M	7:33
					117	ANN	GUILLEN	35 F	7:33
					118	DAVID	MILLER	13 M	7:33

119 DENNIS	HITCHENS	53 M	7:33
120 CODY	ROWAN	9 M	7:37
121 DARCY	WATSON	12 F	7:38
122 BOB	KELLER	70 M	7:41
123 BRIDGET	EDMOND	35 F	7:42
124 PERHA	VARLEY	60 F	7:52
125 JAMIE	WRIGHT	11 M	7:54
126 RAY	HANLON	61 M	7:55
127 CAREN LEE	PARSLOW	11 F	7:55
128 NICOLE	SPEARS	11 F	7:58
129 CHRISTINE	STABLEY	28 F	7:58
130 CHARLES	FUTCH	62 M	8:01
131 BARBARA	YONCLAS	58 F	8:03
132 JACQUE	MYERS	47 F	8:05
133 MIKE	SCHNEIDER	67 M	8:08
134 MARY	STUTZMAN	55 F	8:09
135 SUSAN	CORNWELL	55 F	8:11
136 WILLOW	SHANTI	34 F	8:20
137 KATE	MURRAY	8 F	8:20
138 ROBERT	MORRIS	72 M	8:23
139 JORDAN	WATKINS	10 M	8:32
140 AUSTIN	SULLIVAN	7 M	8:33
141 CLINT	WATKINS	61 M	8:36
142 ARTHUR	WARD	70 M	8:36
143 MARISOL	ROBERTS	33 F	8:37
144 SCOTT	LINDSEY	43 M	8:49
145 NADINE	DEXTER	45 F	9:03
146 MARGARETE	DECKERT	71 F	9:05
147 MISSY	SULLIVAN	29 F	9:22
148 CONNOR	HOPKINS	10 M	9:23
149 KIRK	COUNCIL	11 M	9:28
150 DAWN	BROWN	55 F	9:28
151 SARAH	OLIVER	13 F	9:32
152 CYNTHIA	CHRISTEN	51 F	9:39
153 CHRIS	SAVERY	45 F	9:42
154 JERE	MOORE	72 M	10:41
155 JORDAN	SULLIVAN	6 M	10:46
156 KATHY	LINDSAY	45 F	10:52
157 JUDY	SHAPIRO	52 F	11:55
158 JENNY	JOHNSON	11 F	12:04
159 AMANDA	ERICKSON	48 F	12:18
160 JOHN	ALDERSON	77 M	13:05
161 CHARLES	YATES	80 M	13:23
162 JOSEPHINE	NEWTON	78 F	13:51

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.

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Paul Ahnberg (562-6171) run-hikebird@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.

**Freedom Springs Triathlon,
10M/5K/.25M, July 5, 2004**

1	Kiko	Cintron	32	M	51:36	47	Wyatt	McCutcheon	45	M	1:05:15
2	Tom	Lowery	41	M	53:19	48	Charles	Bonhard	44	M	1:05:17
3	Michael	Weyant	38	M	55:02	49	Dave	Garrett	47	M	1:05:42
4	Chris	Marino	32	M	55:22	50	Michael	Duray	40	M	1:06:10
5	Glen	Cottrill	41	M	55:49	51	Mark	Sawicki	46	M	1:06:20
6	Alan	Swigler	50	M	56:23	52	Lisa	Sawicki	14	F	1:06:30
7	Sean	Phelps	41	M	57:50	53	Barbara	Smith	43	F	1:06:31
8	Steve	Beranek	44	M	57:54	54	Mark	Schweder	47	M	1:06:36
9	Helen	Libby	27	F	57:56	55	Floyd	Coleman	47	M	1:06:43
10	Matt	Lindsey	27	M	57:56	56	Stephanie	Liles	32	F	1:06:44
11	Terry	Presnell	54	M	57:58	57	Amy	Stenburg	31	F	1:06:50
12	Timothy	Hsia	21	M	58:00	58	Chett	Hopkins	30	M	1:06:55
13	Jamews	Frazier	43	M	58:02	59	Cynara	Miller	42	F	1:07:04
14	Tony	Guillen	35	M	58:08	60	James	Braunretter	28	M	1:07:09
15	Brecht	Heuchan	34	M	58:24	61	Ava	Suydan	39	F	1:07:13
16	Chris	Neal	51	M	58:33	62	Rodney	O'Hara	29	M	1:07:24
17	David	Ruckstuhl	43	M	58:40	63	Jessica	Utter	23	F	1:07:24
18	Trevor	Smith	22	M	59:04	64	David	Durbin	44	M	1:07:34
19	Michael	Martinez	38	M	59:29	65	Mike	Jaynes	36	M	1:07:40
20	Bill	Jones	42	M	1:00:13	66	Suzanne	Sawicki	17	F	1:07:47
21	Dale	Nash	53	M	1:00:30	67	Brian	Parker	22	M	1:08:01
22	T. Alan	Cox	44	M	1:00:37	68	Rick	Ashton	57	M	1:08:14
23	Jerry	Armstrong	56	M	1:00:48	69	Alexander	Stevens	23	M	1:08:26
24	Jay	Herring	46	M	1:01:23	70	Roger	Sprandel	62	M	1:08:26
25	Mark	Gillespie	33	M	1:01:26	71	Bill	Keith	37	M	1:08:27
26	Geoff	Layne	37	M	1:01:34	72	Andrew	Wall	59	M	1:08:48
27	John	Matthews	33	M	1:01:38	73	Steve	Burdeshaw	45	M	1:08:52
28	Pat	Sullivan	35	M	1:02:02	74	Dave	Bigoney	30	M	1:09:01
29	Jonathan	Stabile	32	M	1:02:28	75	Marty	Kirkland	51	F	1:09:13
30	Steven	Specht	21	M	1:02:30	76	Doug	Reinert	18	M	1:09:33
31	Brian	McMahon	45	M	1:02:42	77	James	Graner	45	M	1:09:41
32	Therese	Bynum	44	F	1:03:12	78	Vicky	Connell	45	F	1:09:45
33	Gary	Bair	33	M	1:03:18	79	Chad	Henry	34	M	1:09:45
34	Sandra	Eubanks	38	F	1:03:24	80	Meaghan	Scott	17	F	1:10:08
35	Joe	Edgecombe	55	M	1:03:26	81	Jennifer	Smith	26	F	1:10:14
36	Yvonne	Gsteiger	46	F	1:03:35	82	Eddie	Bauer	42	M	1:10:27
37	Brandi	Campbell	28	F	1:03:45	83	Craig	Tiller	52	M	1:10:42
38	George	Palmer	60	M	1:04:11	84	Ann	Talkington	??	F	1:10:49
39	Higinio	Rodriguez	41	M	1:04:18	85	Tom	Cornish	34	M	1:11:00
40	Hamp	Stoutamire	38	M	1:04:37	86	Joseph	Alday	30	M	1:11:26
41	Jennifer	Kiel	31	F	1:04:38	87	Jeremiah	Jones	12	M	1:12:20
42	David	Williams	35	M	1:04:47	88	Javier	Echavarri	35	M	1:12:37
43	Stephen	Smith	44	M	1:04:52	89	Carole	Thompson	57	F	1:12:41
44	David	Dentino	38	M	1:04:53	90	Hal	Davis	48	M	1:12:44
45	Bill	Leonard	38	M	1:05:08	91	Mason	Johnson	31	M	1:12:47
46	Keith	Sasser	40	M	1:05:14	92	Robert	Palmer	42	M	1:13:09
						93	Joe	Bruer	47	M	1:13:29
						94	Ray	Bentz	64	M	1:13:31
						95	Kevin	Coleman	35	M	1:13:34
						96	Tim	Gannon	44	M	1:13:49

**Critter Run 5K, Dothan AL
7/24/04 Larry & Rona Dykes**

20-24 Male			
2	Donny Douglas	21	20:19
35-39 Male			
3	Jack McDermott	35	19:12
5	Andy Roberts	37	20:38
7	Geoff Likens	39	24:20
10	Kevin Coleman	35	26:32
40-44 Male			
1	Tim Unger	44	18:22
5	Keith Rowe	42	22:23
6	Herb Wills	44	22:29
8	Mike Novak	42	23:57
13	Mike Boll	40	26:24
17	Chuck Davis	43	29:32
45-49 Male			
4	Hobson Fulmer	48	20:33
10	Hal Davis	48	28:07
55-59 Male			
1	Jerry Ongley	57	20:11
10	Don Douglas	58	42:50
60-64 Male			
2	George Palmer	60	24:04
70-74 Male			
2	Bob Keller	70	29:09
3	Arthur Ward	70	33:15
5	Jere Moore	72	51:55
75-79 Male			
1	Charles Yates	79	54:13

30-34 Female			
5	Marisol Roberts	33	32:11
35-39 Female			
1	Kim Likens	36	23:14
2	Lynn Powell	39	24:58
4	Lisa Unger	36	26:59
8	Rena Fountain	37	41:36
40-44 Female			
3	Pam Breza	44	29:32
5	Pam Novak	44	32:49
9	Jacque Myers	47	32:03
11	Judi Taber	47	40:32
50-54 Female			
2	Linda Ongley	53	30:01
55-59 Female			
3	Gloria Crittenden	55	31:30
4	Dawn Brown	55	34:37
70-74 Female			
1	Margarete Deckert	71	34:11
Race Walker Female			
5	Judy Shapiro	52	43:22
Race Walker Male			
2	Kevin Kozlowski	49	31:28

**2004 Devil-Take-The-Hindmost Run
7 August 2004 @ 7:00 PM
Mike Long Track FSU**

			Laps
1.	Andrew Wills		23
2.	Zach Galloway		22
3.	R. J. Von Merzeldt		21
4.	Jack McDermott		20
5.	Scott Ruplinger		19
6.	Stewart Nincehelter		18
7.	Dana Stetson		17
8.	Keith Rowe		16
9.	Brant Foster		15
10.	Jared Black		14
11.	Shannon Sullivan		13
12.	Ace Haddock		12
13.	Paul Peavy		11
14.	Adrianna Esherri		10
15.	Malcolm Morrison		9
16.	Jessica Stewart		8
17.	Jim Zimmerman		7
18.	Jamie Wright		6
19.	Daniella Esherri		5
20.	Mike Schneider		4
21.	Willow Shanti		3
22.	Susan Cornwell		2

**A MIDSUMMER NIGHT'S 3K
AUGUST 6, 2004
TALLAHASSEE, FL**

1.	Caleb Carmichael	20 M	9:19.70
2.	Gary Droze	43 M	9:53.11
3.	David Knauf	40 M	10:50.32
4.	Jack McDermott	35 M	10:56.15
5.	Jeff Nielsen	M	10:57.47
6.	David Yon	48 M	11:17.95
7.	Tony Guillen	35 M	11:22.42
8.	Craig Willis	53 M	11:25.52
9.	Don Smith	24 M	11:28.43
10.	Andy Roberts	37 M	11:33.93
11.	Jim Melcher	36 M	11:35.84
12.	Gavin Naylor	43 M	11:38.90
13.	Simon-Serge Sablin	31 M	11:41.32
14.	Mike Sims	52 M	11:42.17
15.	Jay Silvanima	44 M	11:45.05
16.	Jared Black	16 M	11:49.56
17.	Barrett Naga	25 M	11:55.35
18.	Felton Wright	47 M	12:05.36

19. Josh Barrow	28 M	12:11.87	73. Del'Vonte Crawford	12M	16:45.14
20. Dan Fortunas	43 M	12:19.78	74. Christine Klassen	31 F	16:49.37
21. James Dexter	M	12:20.58	75. Kerry Fordyce	44 M	16:55.64
22. Chuck Davis	43 M	12:21.84	76. Mike Schneider	67 M	17:05.56
23. Keith Rowe	42 M	12:22.67	77. Janice Fordyce	41 F	17:10.36
24. Stephanie Liles	32 F	12:24.56	78. Jeff Townsend	29 M	17:18.51
25. Chett Hopkins	30 M	12:33.57	79. Kyle Kilinski	15 M	17:18.85
26. (u n k n o w n)		12:34.04	80. Susan Cornwell	55 F	17:28.13
27. John Kelly	46 M	12:41.89	81. Kelsey Kilinski	18 F	17:32.92
28. Frank Flynn	45 M	12:47.00	82. (u n k n o w n)		17:33.20
29. Cliff Cook	47 M	12:58.81	83. Arthur Ward	20 M	17:37.12
30. George Palmer	60 M	13:01.89	84. Julia Clarke	F	17:39.93
31. Will Stanford	11 M	13:04.58	85. Ed Bettinger	43 M	17:43.11
32. Fran McLean	F	13:05.90	86. Malcolm Morrison	12 M	17:49.04
33. Seth Coffin	34 M	13:12.23	87. Ray Hanlon	61 M	17:59.88
34. Ace Haddock	34 M	13:15.32	88. Colin Smith	13 M	18:00.62
35. Carl Huang	47 M	13:24.11	89. Katy Ziegler	19 F	18:04.21
36. John Chu	23 M	13:24.90	90. Tom Kerwin	15 M	18:04.49
37. Aran Clarke	54 M	13:25.57	91. Samantha Fortunas	13 F	18:19.83
38. Hunter Howell	13 M	13:29.04	92. Jamie Wright	11 M	18:22.96
39. Casey Perkins	19 M	14:04.10	93. Catherine Crew	16 F	18:25.63
40. Connie Clarke	42 F	14:07.97	94. Winston Howell	48 M	18:26.77
41. Paul Peavy	44 M	14:13.09	95. Pete Kerwin	51 M	18:29.59
42. Scott Barton	42 M	14:14.58	96. (u n k n o w n)		18:32.32
43. Chris Dexter	22 M	14:26.30	97. Ellen Crook	18 F	18:34.15
44. David Baczewski	15 M	14:28.44	98. Marisol Roberts	34 F	18:35.57
45. Steve Baczewski	47 M	14:32.27	99. Jackson Maynard	29 M	18:45.83
46. Charles Thomsen	53 M	14:33.86	100. John Calhoun	38 M	19:02.11
47. (u n k n o w n)		14:38.57	101. Mikki Campbell	29 F	19:10.86
48. Maria Vives	31 F	14:58.98	102. David Miller	13 M	19:11.34
49. Hal Dave	48 M	15:07.51	103. Colette Clarke	50 F	19:35.86
50. Jo Lena Pace	32 F	15:25.61	104. Dawn Brown	55 F	19:42.06
51. Julie Clark	45 F	15:27.81	105. Nadine Dexter	46 F	20:01.00
52. Riley Doherty	12 M	15:28.50	106. John Woo	34 M	20:08.25
53. Jeff Doherty	46 M	15:29.77	107. Nancy Summers	32 F	21:11.11
54. Brent Johnson	45 M	15:30.82	108. Chris Savery	45 F	21:19.25
55. Jane Johnson	45 F	15:31.16	109. Joanna Forsyth	13 F	21:26.69
56. Michele Rowe	44 F	15:31.54	110. Judi Taber	47 F	21:43.69
57. Jim Lane	47 M	15:32.56	111. Patterson Calhoun	40 F	21:44.43
58. Janelle Barrow	25 F	15:40.88	112. Jeanny Tauli	23 F	21:56.22
59. Joe Crook	25 M	15:43.16	113. (u n k n o w n)		21:57.32
60. Clint Watkins	61 M	15:43.42	114. Brian Corbin	37 M	22:05.31
61. Gene Opheim	57 M	15:45.63	115. Max Corbin	13 M	22:05.80
62. Philip Tomberlin	52 M	15:51.84	116. Willow Shanti	34 F	22:36.09
63. Richard Ziegler	45 M	15:55.96	117. Samantha Corbin	11 F	23:04.41
64. Jamaa Bouhattate	28 F	15:58.77	118. Bev Kerwin	49 F	23:49.25
65. Joe Baker	41 M	15:59.83	119. Teresa Massa	46 F	25:30.30
66. Beth Vanstone	30 F	16:01.80	120. Jere Moore	72 M	26:04.11
67. Jessica Clayton	13 F	16:02.22	121. Charlie Yates	79 M	27:46.78
68. Carli Wells	18 F	16:26.60			
69. Karla Savery	18 F	16:26.88			
70. Allison Clarke	12 F	16:31.26			
71. Davis Clarke	10 M	16:40.50			
72. Rob Clarke	47 M	16:42.05			



Judy Alexander



Margarete Deckert



Chris Williams



Sarah Docter-Williams



Stephanie Liles



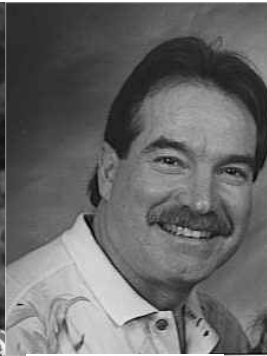
Nadine Dexter



Dana Stetson



Andy Wills



Tom Perkins

Match the faces with the proper legs and call the answer in to 893-9739. First correct set will win a gift membership to GWTC for the balance of the year and 2005. Gifts must be given only to a non member of GWTC. Use the code letter with your call so that electronic FF readers do not get an unfair early advantage in the contest.



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.