



# The Fleet Foot



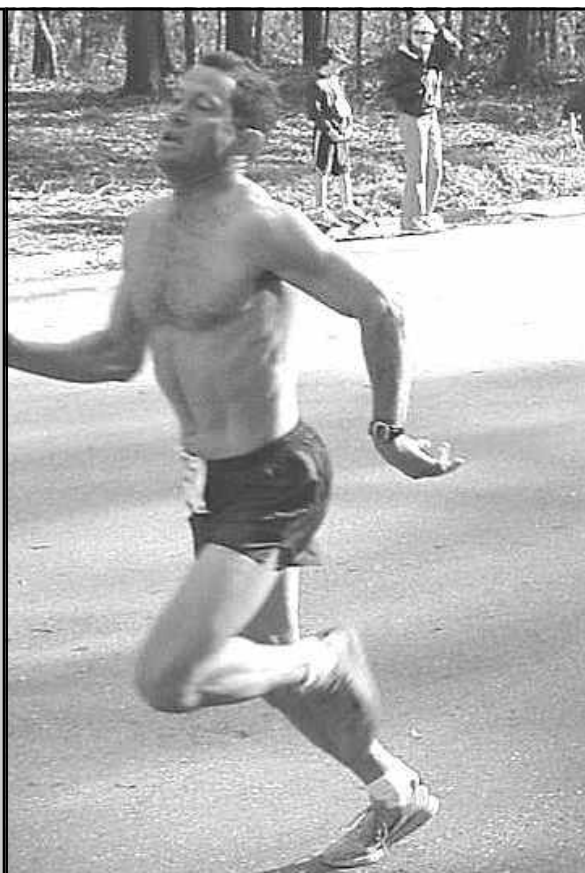
\$2.00

Volume 30 Issue 4

Newsletter of the Gulf Winds Track Club

Apr. 2005

**Gary  
Droze -  
Still  
flying  
at the  
Shamrock  
Scurry  
5K**



## In this Issue

Minutes	3
Training Groups	8
Race Calendar	9
Rave Run	12
Back of the Pack	13
Featured Feet	14,15
Race Results	24-28
Grand Prix	29-31

### Grand Prix Races

<b>April</b>	
<b>2</b>	Springtime 10K/1M ( <b>8 a.m.!</b> )
<b>16</b>	Palace Saloon 5K

# **CONGRATULATIONS**

## **Cynthia & Ron Christen**



**51 Marathons – 50 States**

**Way to GO and GO and  
GO!!**

**NEW CONTEST**

1. What was the first GWTC race?
2. Fastest Male GWTC 5K time?
3. Fastest Female GWTC 5K time?
4. The longest GWTC race?
5. Which member placed in the top 10 in the Boston Marathon?
6. Which race had the most unusual starts?
7. How many different courses has the marathon been run on?
8. Which Race Director has directed the most races?
9. Which GWTC president ran in a clothing optional race?
10. Which GWTC president broke 20 minutes in her 50's?

***As usual, the winner can give a non-member a year's membership.***



Craig Hasty giving runners support at the 1998 Ultra

**GULF WINDS TRACK CLUB**

**February 9, 2005**

**Business Meeting**

**Hosted by Charlie Yates**

**Board/GWTC Members** present:

**Beth Alexander, Fred & Margarete Deckert, Charlie Yates, Tom Perkins, Hobson Fulmer, Julie Clark, Brian Corbin, Joe Dexter, Jane Johnson, Clint Watkins, Paul Ahnberg, Bonnie Wright, Tim Unger and Reid Vannoy**

**Tom Perkins** called the meeting to order at 7:36 PM and quorum was established. The January minutes were reviewed. A motion was made, seconded and passed by unanimous vote to accept the minutes as presented.

**Guest Presentations:**

**NEW BUSINESS: Paul Ahnberg** requested that GWTC sponsor a team entry for the Leon County Relay for Life on May 6/7. He pointed out that this is a good cause and good PR for the Club. The cost is \$150/team. A motion was made, seconded, and passed by unanimous vote.

**REPORTS:**

**Race Director Coordinator report – Charlie Yates** reported he has no major conflicts in scheduling.

**Race Director(s) report(s) – Reid Vannoy** submitted the Palace Saloon 5K budget. A motion made to accept the budget was seconded and passed by unanimous vote. **Joe Dexter** presented the final Flash 12K budget. A profit of \$549 was earned. Short sleeve shirts were printed erroneously by the printer,

and \$2 was refunded to each person who purchased one. No complaints were registered.

**Treasurer's report – Bonnie Wright** presented the Budget and Treasurer's reports for 2005; discussion concerning various line items occurred.

**Clothing Coordinator report – Margarete Deckert** gave 5 additional club shirts to the Beginner's training group of Fall 2004.

**Newsletter report – Fred Deckert** inquired why the Fleet Foot cannot have non-profit status for mailing. Discussion was opened regarding criteria required by the post office for this status. It was determined that **Paul Ahnberg** would ask the post office for the information. Fred reported that he had 1 winner from his Fleet Foot contest last month.

**Training Committee Report – Tom Perkins** reported for **Julie Clark** that Springtime Training Group on February 7 had more than 50 runners.

**Equipment report – Joe Dexter** turned in checks from 3 races. He also reported that he and **Bill Lott** mapped a 5K race course Sunday for the Dance Marathon. The race director requested the course that day.

**Membership report – Brian Corbin** reported that there are currently 542 members represented by 293 memberships.

**Racing Team Coordinator report - Tim Unger** announced he will not purchase new team shirts this year. A team will compete at The River Run on March 12, but at this time no team is formed for the Azalea run on March 19. Tim also noted there may be race teams at Springtime 10K this year.

**Social Coordinator report – Bonnie**

**Wright** reported for **Kathy Lindsay** that she had obtained the equipment from **Jimmy Kalfas**. Bonnie encouraged Kathy to set up social events for the Beginner's Group. Bonnie also announced the Celebrity Dinner on March 12 will raise money for a scholarship to TCC for and 8<sup>th</sup> grade student. The state of Florida will match the donation the Club presents. **Tom Perkins** pointed out that endowed scholarships can have restrictions put on them, such as only a cross country runner can receive this scholarship, but the Club may want to expand the counties to include Gadsden and Jefferson in addition to Leon.

**Grand Prix Committee report – Paul Ahnberg reported that Lisa Unger** would have uncollected awards for all Grand Prix winners at the Run for the Cookies on February 12.

**Chenoweth report** –no report;  
**Lecture Series report** – no report;  
**Triathlete report** – no Report.

There was a motion to adjourn made at 8:55 PM, which was seconded and passed by unanimous vote. The next board meeting will be held on March 9, 2005 hosted by **Bonnie Wright**. These minutes have been reviewed and accepted by the board.

**Beth Alexander**, Secretary.

**Board Meeting Schedule  
7:30 p.m**

**April 13 Jane Johnson  
May 11 Joe and Nadine  
Dexter**

**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**

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

**President**

Tom Perkins 894-2019  
tomperkins51@yahoo.com

**Vice President**

David Yon 668-2236  
david@radeylaw.com

**Secretary**

Beth Alexander 668-0101  
Alexander\_ke@msn.com.

**Treasurer**

Bonnie Wright 386-3500  
bwright@electro-net.com

**Directors at Large**

Judy Alexander 383-1361,  
jalexander98@comcast.net  
Nadine Dexter 878-7880  
Clint Watkins 386-4867  
clint.watkins@att.net  
Hobson Fulmer 850 927-2510  
hobson@gtcom.net  
Fran McLean 877-9016  
franm@stslaw.com

**Membership**

Brian Corbin 383-1361,  
brirun@comcast.net

**Equipment**

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

**Race Director Coordinator**

Charles Yates 385-2768  
yatesc1@earthlink.net

**Racing Teams Coordinator**

Tim Unger 562-2901,  
ungerTL@juno.com

**Past Presidents**

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

**Articles/Race Results for Democrat**

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

**Clothing Coordinator**

Margarete Deckert 893-9739  
fdeckert1@juno.com

**Social Coordinator**

Kathy Lindsay 219-3788  
klindsay@ngn-tally.com

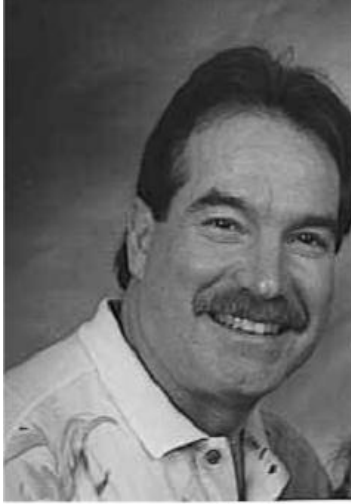
**Lecture Series**

Arthur Remillard  
arthurremillard@yahoo.com

**GWTC Web Site - [www.gulfwinds.org](http://www.gulfwinds.org)**

## Pulpits Happen Tom Perkins

Spring has arrived, and I, for one, am happy to see it. Cool mornings and warm afternoons, offset by nature's fanfare of announcing its return with color, makes this a wonderful time of year. The GWTC calendar is full of running events, sometimes two or three each weekend, until the summer heat arrives.



believe it is an idea whose time has come. It is a natural progression for someone to start in such a group and then move into a running group as fitness allows. However, there may be some, for whatever reasons, who will never make that jump. Interestingly, I have also had recent inquiries about whether we could

This is also when the high school and college track season heats up. Young athletes have worked hard and now it is time to sprint, run, throw, or jump in competition. Forget the overpaid professional athlete (anybody who makes more than a school teacher). Come out and watch or volunteer at a local track meet! It is rejuvenating to watch sheer joy and determination of these young athletes. The City Track meet will be held April 4<sup>th</sup>, starting at 5:00 p.m. on the Mike Long Track at FSU. Contact Perry Shaw at [perryshaw@yahoo.com](mailto:perryshaw@yahoo.com) to volunteer. GWTC is a major sponsor of the Seminole Track Invitational. This event is held April 8<sup>th</sup> and 9<sup>th</sup> at FSU's Mike Long Track as well. If you would like to volunteer for the Seminole Track Invitational, please contact David Yon at 668-2236. You will not regret helping out!

I have had a few inquiries about GWTC starting up walking groups within our community, and I

organize a "slow" runners group (slower than 10 minute miles). We cannot ignore these individuals who strive for physical fitness through walking and slower running. Local corporate groups are interested in helping GWTC to organize walking groups. I am looking for ideas and people who would like to be on the ground floor in helping to develop this plan. With a little bit of work, this could be a new and exiting chapter for GWTC. If you are interested and willing to help, contact me at [tomperkins51@yahoo.com](mailto:tomperkins51@yahoo.com) or 894-2019.

Finally, this newsletter should arrive at your door before April 2<sup>nd</sup>, the day of our premier race, the Springtime Tallahassee 10K and One Mile Run. I hope that all of you are either running or volunteering...a successful event of this size requires the effort of many club members pulling together to help out. Thanks in advance to all of you who will contribute to make our Springtime 10K one of the best ever!



### 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).

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

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

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

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

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

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

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

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

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

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

**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.

**Dr. Wallace Randell - Northampton Animal Health Clinic.** 2910 a-12 Kerry Forest Parkway, Tallahassee, FL 32309 \* 668-8031.

10% discount on professional services.

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

#### Note to Businesses

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

### 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](mailto:kellys@dfmc.org).

**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](mailto: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](mailto: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

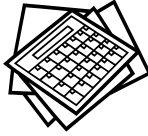
**Cycling:** go to <http://www.cccyclists.org/roadsched.php3> for capital city cyclist training rides.

**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](http://www.gulfwinds.org) for more club info, and to join GWTC.

### **Multi-Sport Clubs & Contacts:**

- USA/World Race Calendar by State - [www.trifind.com](http://www.trifind.com)
- Beaches Fine Arts Triathlon Series, Jacksonville FL. - [www.bfastrathlon.org](http://www.bfastrathlon.org)
- Clermont Triathlons - [www.triflorida.com](http://www.triflorida.com)
- John Boyle Races - [www.cuattheraces.com](http://www.cuattheraces.com)
- Exclusive Sports Marketing Races - [www.palmtreesportsclub.com/](http://www.palmtreesportsclub.com/) (Publix Family Fitness Weekends)
- Set-Up Inc., Triathlons in the NC,SC,GA area - [www.set-upinc.com](http://www.set-upinc.com)
- Charleston Triathlon Club, South Carolina, [www.awod.com/gallery/probono/ctc/](http://www.awod.com/gallery/probono/ctc/)
- Nature Coast Sprint Triathlon Series, [www.drc911.com/triathlon.htm](http://www.drc911.com/triathlon.htm)
- Blue Sky Sports, Triathlons in the North / Central Georgia Area, [www.tribluesky.com/](http://www.tribluesky.com/)
- Great Smokey Mountain Triathlon Club, [www.gsmtc.com](http://www.gsmtc.com)  
[North Florida RRCA Rep kbendy@aol.com](mailto:kbendy@aol.com)  
 Ken Bendy, 65 Winterbourne N., Orange Park, FL 32073  
 (904) 278-2926



### 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.

### April

\***02 Springtime 10K/1M**. 8 a.m. DOT parking lot. Jeanne O'Kon, Tom Perkins. **Go to [www.gulfwinds.org](http://www.gulfwinds.org) for race info and flyer.**

**08-09 Seminole Invitational**. 6 p.m. thru 8 p.m. **See next page.**

**09 Worm Gruntin'5K**. 9 a.m. Downtown Sopchoppy. 850 962-2020.

**09 Lee's Place 5K Run/Walk**. 8:30 a.m. Maclay Gardens.

EvieFA@aol.com, [www.leesplace.org](http://www.leesplace.org). 841-7733.

\***16 31st Annual Palace Saloon 5K**. 8 a.m. Messer Field. Reid Vannoy 894-5659. Form p. 17

**16 Rose City 5K Walk**. 8:30 a.m. Thomasville. [ymca@rose.net](mailto:ymca@rose.net) (229) 226-9878. form p. 18 (Mar. issue)

**18 Boston AA Marathon**. Hopkinton, MA

**23 Rose City 10K/1M**. 8 a.m. Thomasville. [ymca@rose.net](mailto:ymca@rose.net) (229) 226-9878. form p. 19 (Mar. issue)

**30 Miles for Meals 5K/1M** 8 a.m. Maclay Gardens. Sharon Davidson 921-5554.

### May

**06 Gnat Days 5K**. 7:30 p.m. Camilla GA. Camilla C of C. 229 336-5255 [gnatdays@camillageorgia.com](mailto:gnatdays@camillageorgia.com)

**07 Fiesta 10K** Pensacola ?

**14 Rails to Trails 5K, St. Marks Trail**. 8:30 a.m. Joe Dexter 878-7880

\***15 Red Hills Triathlon for Kids**. 8:30 a.m. Maclay S.P. 125 yd.

swim/2.4M bike/1M run. Felton, Bonnie and Jamie Wright at:

[bwright@electro-net.com](mailto:bwright@electro-net.com). Form p. 23

**21 Wakulla Co. Court House Renovation 5K**. 8:30 a.m. Corner 98 and Rail Trail. Capt. Larry Massa, 926-0821, eves. 926-1281

**28 Open**

**30 Gate to Gate 4.4 M**. 7:30 a.m. CDT. Elgin AFB

### June

\***02 Summer Track Meet**. 6:45 p.m. Maclay School. 8 Thursdays through July 21. David Hormuth 891-3866.

**\*04 Potluck 4 M Forest Meadows.** 6 p.m. Festivities at 7 P.M. David Yon 668-2236, [dyon@radeylaw.com](mailto:dyon@radeylaw.com)

**11 FSU-ASP SportPSY 1st Annual 5K.** TBA. Contact Loretta Handegard, 645-1833 or 980-0492

**18 SGI Summer Sizzler 5K.** 7:30 p.m. St. George Is. Hobson Fulmer [hobson@gtcom.net](mailto:hobson@gtcom.net) 850 927-2510. Form p. 22

**18 Melon Run 5K Monticello.** 8:15 a.m. JCHS Gym, Monticello. Ferd Naughton or Larry Halsey 997-3912, 997-5552.

#### **Grand Prix Events for 2005**

Apr 2 Springtime 10K  
 Apr 16 Palace Saloon 5K  
 Jun 4 Potluck 4-mi (trail run)  
 Jun 18 Summer Sizzler 5K (St George Island)  
 Aug 13 Breakfast on the Track 1-mi  
 Aug 27 Miccosukee Madness 8K (trail run)  
 Sep 3 Shaw's 5-mi  
 Oct 15 Pine Run 20K (trail run)  
 Nov 6 FSU Cares 5K (Sunday) ??????  
 Nov 24 Turkey Trot 5K/10K/15K (Thursday; all races count)  
 Dec 3 Ten Mile Challenge

#### **CHILDREN'S SCHEDULE**

Apr 2 Springtime 1-mi  
 Jun 4 Potluck 1-mi (trail/grass run)  
 Jun 18 Summer Sizzler 1-mi (St George Island)  
 Aug 13 Breakfast on the Track 1-mi  
 Nov 24 Turkey Trot 1-mi (Thursday)

#### **SEMINOLE INVITATIONAL**

GWTC actively supports local high school running programs. Look at the coaching ranks and you will see our members heading up programs, serving as assistants and volunteering to help make events successful. Another major effort has been a sponsorship of a major track meet each spring that directly raises money for the local programs. This year's event is the Seminole Invitational Meet and it will feature some of the best high school competition in the city. The meet is put on in conjunction with the Florida State University Track and Field Program and is part of a dual meet hosted by FSU at Mike Long Track. This year's meet will be held on April 8 and 9. GWTC is looking for volunteers for the evening of the 8<sup>th</sup> or a morning or afternoon shift on the 9<sup>th</sup>. If you can help out contact David Yon at [david@radeylaw.com](mailto:david@radeylaw.com) or 668-2236. You don't need any special knowledge just a willingness to give a few hours.

## Struggling with Sisyphus

Art Remillard

At this year's Tallahassee half-marathon, I ran a personal record. The last time I ran a PR, cell phones were a novelty and I was only slightly unsure about the Easter Bunny's existence. Now, I'm convinced Satan invented cell phones for the sole purpose of tormenting me, and I'm starting to wonder if leprechauns are yet another fable. No doubt, the PR was welcome, especially considering my recent string of bad luck. For five years now, my training has been hindered due to work, injuries, and sporadic internal bleeding. Finally, everything went right. In training, I had six good months under my belt. In the race, I ran a steady but manageable pace. Finally, the weather was perfect, and we all know what a problem that can be.

You would think that I was pretty happy, right? For the most part I was. During my period of ill fortune, I began to wonder if I would ever run well again. With this one performance, I silenced many doubts and renewed hope for more of the same in the future. Nevertheless, an hour after the race, I began to think: "Did I really run as hard as I could have?" "Perhaps I could have started faster?" "Did I run every turn as tightly as I could have?" My PR elation turned quickly to analysis, and the result was a lingering feeling that I could have *run faster*.

The puzzled reader may be asking: "Why keep running if you can never be satisfied?" For me right now, I suppose satisfaction is not the goal of running, but struggling is. At the risk of typecasting myself, I would like to invoke yet another Greek allusion. Consider Sisyphus. For his many sins, the gods condemned Sisyphus to push a rock to the top of a mountain. The mountain's summit, however, was sharp thus ensuring that the rock would always fall back to the bottom. As a runner, I feel Sisyphus's pain. But I



don't see his fate to be one of hopelessness. Much to the contrary, I see a message of hope. Like our tragic Sisyphus, to improve we must struggle knowing full well that accomplishing one goal only leads to more challenges.

Complacency has no place in the life of the struggling Sisyphus wannabe. In running, I have experienced complacency and the subsequent vapidness that comes with it. By the end of my four-year term in the collegiate meat grinder, I ran workouts and races with little fire in my belly. One of my friend's parents often took pictures at our meets. One image taken from the start of a 5k, showed a crowd of runners all with steely looks of determination in their eyes, except for me. My countenance resembled a blank sheet of paper. It was plain, I was bored, I had no pre-race jitters, and I had no joy. I remember running the race and wanting only for it to finish. Indeed, we all want this sometimes. But my desire came out of a sense of despair – I truly wanted to be done running forever.

In spite of this, I began running after college and even managed to rekindle this diminished flame. At races, I approached the line thinking: "What's in me today?" And to my fortune, I still do. No doubt, my PR days will soon be gone, if they are not already. Perhaps in the future, my drive to run fast will be replaced with a want simply to run. Or maybe I will stop running altogether. For now, running has taught me, and continues teaching me, that struggling is essential. In everything that I do – whether as a runner, scholar, husband, son, or friend – I want always to avoid complacency and seek self-improvement. For now, one of my rocks is running. As I shoulder up along with Sisyphus, I hope that the mountain's peak will remain sharp for many years to come. I also hope I don't run over any leprechauns on the way.

## Rave Run Lisa Unger

Inaugural Daytona 5k  
Daytona International  
Speedway 2/5/2005

This was the first time in 47 years of Daytona racing history that a running event has been staged before a major car race on the Speedway. Daytona has earned the title of "World Center of Racing" and hosts various types of racing events, and now it also has the distinction of hosting a 5k run and 2 mile walk. It was fitting that the auto race that was staged at Daytona on this particular weekend was the 43rd Annual Rolex 24, which was billed as the "around the clock marathon of sports car racing", and took the green flag at noon on Saturday, February 5th. Sports car racing is much like distance running in that it's not always the fastest starter that wins, but rather the team who has engineered the best performing vehicle that can continue to run for extended periods of time, 24 hours in this case. Sports cars are engineered to endure the distance while athletes train to achieve their endurance, but the goal is the same: keep moving until the end. As most experienced runners know, going out too fast means losing it in the end, so distance runners mimic the sports cars in our effort to endure as well as set an even pace. Another similarity is the race environment. Road and Cross Country runners rarely encounter straight, flat courses. Usually we travel around corners, up and down hills and sometimes even over, under or around obstacles. Sports cars do not race on an oval track making constant left turns like NASCAR events use, but rather they travel around hairpins, S curves and chicanes in all directions, and the Speedway at Daytona was designed to accommodate this type of racing. The infield area of the Speedway is paved with twisting and turning racing lanes to challenge both driver and automobile.



This weekend it also challenged about 600 runners and walkers.

The morning began pretty early as road races go, and event organizers requested that participants arrive prior to 6AM. A system of tram like shuttles was arranged to move runners from the

parking lot/awards staging area to the infield of the Speedway. Luckily, the trams were spacious enough to allow Lilly's baby jogger to be transported with us, and, although we were shivering in the dark and cold, we arrived in the Daytona pit area in plenty of time to warm up and make other pre-race preparations. As the sun came up and the chill started to fade, runners and walkers made their way to the starting line. Tim expected to run a pretty quick pace of about 5:30 per mile so of course, he headed for the front of the pack. I usually try to start behind the rest of the pack when pushing Lilly, but decided that it is easier for faster people to pass me than it is for me to maneuver the jogger around slower people, so I made an unprecedented move to the front as well. At about 7AM, the race was begun with, "Ladies and Gentleman, start your engines...", which prompted the runners and walkers to charge across the starting line just after the Pontiac GTO pace car exhibited what is know as a "peel out", with screaming tires and a racing engine. And we were off! As I progressed around the historic track I was amazed to notice that the pavement is not really as smooth as it appears to be when watching auto races on TV. I saw a lot of cinders and tire debris strung along the track, which caused the wheels of the baby jogger to bounce about, and it made me consider what must happen to the car tires as they tear around the track. We moved through the infield turns and progressed

*(Continued on page 21)*

**Back of the Pack**  
**“Tallahassee**  
**Marathon**  
**Post-Script” Jack**  
**McDermott April 2005**

It's finally over. All the months of hard work, planning, hand wringing, and late night worrying are finally done --- Martha Stewart is free! (*What? Did you think I was talking about the Tallahassee Marathon?*) As our home-making diva is reintroduced into society, I cannot let the 2005 edition of the marathon pass without a postscript. Here are a list of *actual* questions that were asked by race participants, and my answers which decorum didn't permit me to say as the diplomatic co-director:

**Q. Is the Tallahassee Marathon a loop course?**

A. Sure it is --- if you want to run 52 miles, but don't expect to get two finishing medals. Please read the map.

**Q. Will there be a baggage check and pick-up?**

A. Yes, we have arranged for a U-Haul to pick up your bags, and haul them 50 yards to the finish line adjacent to the starting line. Once again, please read the map.

**Q. Will the bathrooms at the start line be open?**

A. No, they will be padlocked. We find they stay cleaner that way. It also saves expenses on toilet paper.

**Q. Will there be police there? Lots of them?**

A. Why? Do you have a criminal record? In the 30 years of doing this marathon we have only had 11 fatalities. The odds are in your favor. Relax.

**Q. Will there be gummy bears at the aid stations?**

A. Gummy what? Who are you people? The aid stations will have stale cookies. If we couldn't buy it at the Dollar Store, you're not getting it.

**Q. Will there be assistance with parking?**

A. Yes, we have arranged for a valet parking service. No, wait a minute. I forgot. It was on my "to do" list. Tell you what --- if you need help *parking* a car,



perhaps you shouldn't be *driving* one.

**Q. I ran the Tallahassee Marathon in the late 1980s before they had finishing medals. Has there been any thought to re-ordering medals for people of that era?**

A. Yes. As a matter of fact, we are also going to re-order vintage 1983 Turkey Trot coasters, 1991 Palace Saloon beer mugs, and 1987 Cookie Run

thin mints for those that did not receive them.

**Q. Will there be people calling mile splits for the marathon?**

A. Yes, we have 26 volunteers to call your mile splits, and to accommodate our Canadian and Polish runner -- we have arranged for 42 other people to call kilometer splits. Hello? If we had that many extra volunteers we would have had another water table! Here's a tip: Buy a watch!

**Q. If you can't get sponsors for the mile markers, does that mean you won't have certain miles?**

A. That's right. And since we only got four sponsors, only miles 4, 5, 8, and 18 will be marked. Fortunately this should not be a problem as we have 26 people calling mile splits ---

**Q. How far apart are the medical tents?**

A. What bothers me ISN'T that you are planning on needing a medical tent, but that you think you will need MULTIPLE medical tents. May I recommend the Cookie Run 5K the week before?

**Q. What's the deal with the Tallahassee Marathon being on President's Day?**

A. We were going to have it on Robert E. Lee Day but couldn't get the permits. Arbor Day and Groundhog's Day had conflicts. Next year we are looking at Bastille Day featuring famous French Emperors and Kings from the past, French fries at every water stop, and a guillotine at mile 20. But don't get the race directors peeved or you may hear, "Off with his head!"

Thanks for all that participated and volunteered.

**Featured Feet**

**Edie Strickland**  
(age – undeclared)

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

*Off and on since I was 14 (joined GWTC in the 1970's when the club was younger than me!)*

**2. Favorite place to run?**

*I love running in the woods – trails through the untamed forest are my favorite.*

**3. Most memorable running experience?**

*Winning the quarter mile and setting the state record was exciting, but not as memorable as my Phase II (only for grown ups!) experience running the Bainbridge Sucker Run on my 40<sup>th</sup> birthday!*

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

*Phase II preparation is to set the coffee pot to go off very early – and plan to have fun!*

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

*I love the coast – boating, fishing, and reading in the hammock as well as nature photography and biking the trails in the forest.*



**6. Occupation?**

*I am a CPA and Real Estate Broker and teach business classes at the community college*

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

*The Apostle Paul is my all time hero. My parents,*

*Marion and Susie Lamb, have always been my example of a life well lived. My mother and I have had a great time running together and dad was a quarter miler for Leon High School.*

**8. Ideal travel destination?**

*Live Oak Island is my all time favorite, although returning to Scotland is on my “to do” list.*

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

*History!*

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

*Gates of Fire by Steven Pressfield.*

**Featured Feet:**

**Whitney Strickland, III (age 14)**

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

3 years

**2. Favorite place to run?**

Granddaddy's farm

**3. Most memorable running experience?**

*When I first broke the 5-minute mile and I could see Casey Clayton just ahead, it was very exciting, I am sure I will never forget the thrill.*

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

*I listen to a Bible lesson on tape to help me focus on the priorities in my life.*

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

*I love everything at the coast – canoeing, boating, tubing, and fishing and can't wait for warm weather to try out my new knee board*

**6. Occupation?**

8<sup>th</sup> grade student

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

All time hero: Jesus Christ  
Contemporary hero: George W. Bush



**8. Ideal travel destination?**

Live Oak Island

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

Persian, Greek and Roman History

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

*The Flying Cavalier* by Gilbert Morris

**NOTABLES**

**Sarah Docter-Williams**  
**1:21:05** Course Record at Seaside Half.

**Tim Unger 17:05** 5K Master's Winner at Gainesville

**Gary Griffin 4:39** at the Mississippi 50K for First Master

**Keith Rowe 1:44:29** P.R. at the Tallahassee Half

**Craig Christoffersen II 3:20** P.R. at the Tallahassee Marathon



**The Gulfwinds Track Club  
Lecture Series Presents:  
An Evening With Robert  
Morris**

Robert will be giving an illustrated presentation on a host of topics to include: Army-Navy Football games, mountain biking on Maui, the Tantalus 10 Miler on Oahu, plebe hikes at West Point, camping and parachuting in Thailand, Army 10 Miler races from the Pentagon through Washington, DC, an unexpected Afghanistan over-flight

during Operation Anaconda, and some final looks at the Twin Towers pre-9/11.

**Thursday, May 5, 2005 7:00 to 9:00  
Myers Park Community Center  
Pizza and Liquid Refreshments Served**

For Information Contact: Art Remillard at  
[arthurremillard@yahoo.com](mailto:arthurremillard@yahoo.com), or h576-3331/w6441-9038



**Kitty Remington DVM,  
Diplomate ABVP-Avian  
Tallahassee's only Board  
Certified  
Avian Veterinarian**

Announces her association with Dr. Wallace  
Randell at Northampton Animal Health Clinic  
2910 a-12 Kerry Forest Pkwy  
Tallahassee, FL 32309 · 668-8031  
[www.tallahasseebirddoctor.com](http://www.tallahasseebirddoctor.com)  
10% discount for GWTC members





**Date:** Saturday, April 16, 2005

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

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

**Entry Fee:** Early Registration (by or before April 15th) - \$12.00, includes shirt. \$7.00, no shirt option.

Day of Race - \$15.00, includes shirt. \$10.00, no shirt option. Make checks payable to Gulf Winds Track Club

**Refreshments:** Gatorade, water, other beverages, bagels, fruit

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

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

**For Additional Information:** Reid Vannoy: [r.vannoy@worldnet.att.net](mailto:r.vannoy@worldnet.att.net) or 850-894-5659 or Herb Wills: [hwills@gmail.com](mailto:hwills@gmail.com) or visit the Gulf Winds Web site at [www.gulfwinds.org](http://www.gulfwinds.org)

**Palace Saloon 5K Entry Form**

Mail entry with payment to: Palace Saloon 5k c/o Reid Vannoy, 6399 Belgrand Drive Tallahassee, FL 32312 -OR- Take entry with payment (by or before 4/15/05) to: Shaw's Athletics, Market Square, 115 Timberlane Road

Name: \_\_\_\_\_ Age (4/16/2005): \_\_\_\_ D.O.B.: \_\_\_\_\_

Male Female Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Shirt Size: S M L XL (circle one)

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

Signature (parent if under 18)

\_\_\_\_\_ Date: \_\_\_\_\_

### **Baron**

Is a very sweet and loving 2 year young neutered male. He is a German shepherd and golden retriever mix. He listens well, is very smart and loyal. He also walks on a leash well, can "sit" and "lie down". He is looking for a nice forever home and will be a terrific running partner. Baron can be adopted for reduced fee of \$15 because he has been at the shelter since November.



For more information, call Kate 508-1001 or email [kmacfall@comcast.net](mailto:kmacfall@comcast.net)

**Sponsored by Kate MacFall, Realtor ®**

**850 508 1001**

Kent Strauss Management and Realty Inc.



### **GWTC Merchandise**

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**

**M. Felton Wright, CFM, CFP**  
First Vice President -  
Investments  
Wealth Management Advisor

**Naomi G. Weaver**  
Senior Associate  
**Judy Mott**  
Senior Associate



### **MERRILL LYNCH**

Global Private Client Group  
215 South Monroe Street Suite 300  
Tallahassee, Florida 32301  
850 599 8978 Felton  
850 599 8924 Naomi  
850 599 8903 Judy  
800 937 0663 Toll Free  
FAX 850 681 3591  
[mfelton\\_wright@ml.com](mailto:mfelton_wright@ml.com)

**RUNNING**

**SHOE**

**HEADQUARTERS**

*Brooks • Asics • New Balance  
• Saucony • Ryka • Spira • Mizuno  
New Models • Width Sizing*

***Experts***

***In***

***Running Shoes  
for over 25 years***

**SHAW'S**

**ATHLETICS**

**850-893-5597**

**OPEN EVENINGS**

**UNTIL 8 p.m.**

THE FEET FOOT

**TRIATHLETE**  
**HEADQUARTERS**

*Swimwear*

*Apparel*

*Running Shoes*

*Nutritional Supplements*

**GET FIT**

**RIGHT**

**AT**

**SHAW'S**

**ATHLETICS**

**850-893-5597**

**OPEN EVENINGS**

**UNTIL 8 p.m.**

**Note from Craig Christoffersen:**

Scott Ruplinger met me at the 23 mile mark in the marathon and helped bring me to the promised land. I don't know what I would have done without his help. It was a PR for me at 3:20. I personally saw him help 3 other runners besides myself. This is all after he ran the 1/2. Now that's what being in the GWTC is all about. Here how I see it:

**Cost of GWTC membership: \$40.00**

**Cost of new running shoes every three months: \$80.00**

**Cost of registration for the Tallahassee marathon: \$40.00**

**Having a GWTC member helping you pull together at mile 23 after you have hit the WALL and you have nothing else to give: PRICELESS**

**THANKS SCOTT!!**

Thanks to all of you as well. This is a great club. I look forward to every grand prix event. Keep up the good work.

Thanks again,

*Craig Christoffersen II*

*(Continued from page 12)*

out to turns one and two on the super speedway that form the oval of NASCAR fame. The fickle winds that blow along the huge turns could now be felt. The winds on the speedway never follow a designated path. The flagpoles that show the prevailing winds do not tell how the towering turns interfere with the actual push and pull of the air stream around the track. As I pushed Lilly around the racing apron, below the curve of the oval, I was awed by the steepness of the embankment. Having watched NASCAR events, I knew about the embankment and the way the centrifugal force at high speed seems to defy gravity and hold the cars on the track, but seeing it up close in person is completely different. I felt as if I were running on a path with a vertical wall to my right. The embankment does not slope, it goes almost straight up! I was so fascinated by the embankment that I did

not even realize I was heading to the finish line. There were no mile markers on the course and I had not run with Lilly in some time, so I really didn't have a handle on what my pace would be. I was very surprised to find that I ran what felt like a pretty easy 5k in under 25 minutes, a personal best with the baby jogger. I had just come across the finish line when Tim appeared in the crowd to meet me. He had made his goal by finishing in 17:12 and captured first place in his age group. The awards were presented by a local DJ who added plenty of colorful comments about the spectacle of the race and post race party. For our efforts, all participants were awarded commemorative pieces of the track and free admission to the Rolex 24, as well as free admission passes to the activity center called DAYTONA USA. The history, the novelty and satisfying times combined to make the first ever Daytona 5k a Rave run!

**7<sup>TH</sup> ANNUAL**

**ST. GEORGE ISLAND SIZZLER 5K RACE**

**SATURDAY, JUNE 18, 2005 7:30 PM, ST. GEORGE ISLAND, FL**

**A BENEFIT FOR THE FRANKLIN COUNTY HUMANE SOCIETY**

**A GULF WINDS TRACK CLUB GRAND PRIX EVENT**

**A TATE'S HELL TRACK CLUB PRODUCTION**

**REGISTRATION**

**6:00 PM NEXT TO BJ'S PIZZA ON WEST 1<sup>ST</sup> STREET**

**PRE-REGISTRATION BY 6-11-2005**

**\$15 PLUS 1 BAG PET FOOD**

**RACE DAY REGISTRATION**

**\$20 PLUS 1 BAG PET FOOD**

**NO SHIRT \$10 PLUS ONE BAG PET FOOD**

**POST RACE PARTY INCLUDES APALACHICOLA BAY SEAFOOD,**

**DESSERTS, SOFT DRINKS, ADULT BEVERAGES AND**

**ENTERTAINMENT**

**UNIQUE AWARDS TO OVERALL M/F, MASTERS, GRANDMASTERS,**

**SENIOR MASTERS AND STANDARD AGE GROUP WINNERS**

**CONTACT: HOBSON FULMER POB 685 EASTPOINT, FL 32328**

**850-927-2510 (LEAVE MESSAGE) HOBSON@GT.COM.NET**

.....  
Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Shirt Size \_\_\_\_\_

GWT Club Member? \_\_\_\_\_ Birthday \_\_\_\_\_

Waiver I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. In particular I acknowledge the danger of hot weather running, traffic and road conditions. I acknowledge that I am medically able to perform this event, am in good health and properly trained. I assume all risks and liabilities involved in running this event and release the Gulf Winds Track Club, Franklin County Humane Society, Franklin County, Tate's Hell Track Club, The race director, volunteers, sponsors and anyone involved in this event from any liability as a result of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of those named in this waiver. I have read and understand the above release and enter the Sizzler Run at my own risk.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian must sign if under 18



<b>Furry Scurry XC 5K+ Easterwood Dr. Kate McFall RD. 3/19/05</b>
---

1	Matthew	Dobson	M	35	0:18:51	59	Jessica	Gray	F	28	0:28:23
2	Tony	Segreto	M	25	0:20:43	60	Martin	Dix	M	50	0:28:28
3	Eric	Smith	M	32	0:20:56	61	Gordon	Morgan	M	58	0:28:31
4	Levon	Hoomes	M	16	0:21:05	62	Brian	Hedge	M	22	0:28:36
5	Jeff	Nielsen	M	47	0:21:27	63	Sarah	Chaiffetz	F	19	0:28:37
6	Mike	Labossiere	M	38	0:21:59	64	Jeffrey	Clark	M	10	0:29:04
7	Hobson	Fulmer	M	49	0:22:05	65	Lindsay	Myers	F	20	0:29:10
8	Rolf	Zwaan	M	42	0:22:09	66	Thurmon	Cutchins	M	45	0:29:17
9	Mike	Sims	M	53	0:22:29	67	Amanda	Bush	F	19	0:29:19
10	Jon	Simpson	M	36	0:22:31	68	Larry	Miller	M	59	0:29:20
11	Sean	Phelps	M	42	0:22:41	69	Kathryn	Hunt	F	22	0:29:25
12	David	Yon	M	49	0:22:49	70	Toni	Kochhar	F	36	0:29:26
13	Stephanie	Liles	F	32	0:23:12	71	John	Morrill	M	53	0:29:28
14	Jim	Melcher	M	37	0:23:16	72	Ron	Mezich	M	46	0:29:33
15	Ted	Shoaf	M	41	0:23:24	73	Kenneth	Jones	M	43	0:29:38
16	Niklas	Manz	M	36	0:23:28	74	Mary Anne	Huckabee	F	32	0:29:41
17	Jeff	Doherty	M	46	0:23:38	75	Lindsey	Sorensen	F	25	0:29:50
18	Brandi	Campbell	F	29	0:23:42	76	Mike	Boll	M	40	0:29:53
19	Dwayne	Maddron	M	43	0:23:46	77	Bill	Holliman	M	45	0:29:58
20	Geoff	Likens	M	39	0:23:51	78	Brett	O'Brien	M	49	0:30:00
21	George	Palmer	M	60	0:23:58	79	Nancy	Widener	F	55	0:30:05
22	Myron	Herring	M	46	0:24:07	80	Lauren	Murphey	F	22	0:30:42
23	Chuck	Booker	M	54	0:24:08	81	Donna	Clark	F	44	0:30:54
24	David	Freni	M	35	0:24:25	82	Tiffany Hewitt	Brown	F	36	0:31:03
25	Kirsten	Baggett	F	38	0:25:01	83	Burt	Hoff	M	52	0:31:04
26	Chuck	Davis	M	44	0:25:28	84	Heather	Lammers	F	26	0:31:06
27	Kim	Likens	F	36	0:25:34	85	Richard	Ziegler	M	45	0:31:23
28	Doug	Blair	M	28	0:25:39	86	Rick	Barnett	M	61	0:31:31
29	Seth	Coffin	M	35	0:25:42	87	Sharon	Sasser	F	22	0:31:32
30	Corey P.	Gray	M	27	0:25:55	88	Rhett	Odoski	M	33	0:31:34
31	Lyndsey	Hornbuckle	F	26	0:25:59	89	Jeanne	Duce	F	23	0:31:41
32	Grea	Bevis	M	43	0:26:03	90	Todd	Mckay	M	38	0:31:42
33	Dale	Smith	M	51	0:26:04	91	Robert	Palmer	M	43	0:31:44
34	Iain	Dixon	M	38	0:26:07	92	Brynn	Shader	F	21	0:31:59
35	Marci	Gray	F	30	0:26:16	93	Bob	Keller	M	71	0:32:04
36	Fran	Mclean	F	47	0:26:16	94	Tami	Frankland	F	33	0:32:15
37	Lawrence	Stevenson	M	48	0:26:26	95	Brad	Smith	M	50	0:32:16
38	Kaitlyn	Crandall	F	15	0:26:28	96	Colleen	Manney	F	26	0:32:19
39	Michael	Mckibben	M	16	0:26:29	97	Clay	Shelfer	M	30	0:32:19
40	Connie	Clarke	F	43	0:26:31	98	Ruth	Jones	F	53	0:32:23
41	Loranne	Ausley	F	41	0:26:38	99	Marty	Hebrank	M	41	0:32:26
42	Dan	Chertow	M	31	0:26:46	100	Ely	Rosario	F	26	0:32:28
43	Chris	Graham	M	35	0:26:56	101	Perha	Varley	F	60	0:32:30
44	Trey	Thrasher	M	0	0:27:10	102	Jessica	Tonry	F	31	0:32:40
45	David	Darst	M	61	0:27:11	103	Robby	Turner	M	46	0:32:41
46	Stephen T.	Buchanan	M	44	0:27:11	104	Charles	Futch	M	63	0:32:47
47	Shirley	Rojas	F	20	0:27:12	105	Christine	Stabley	F	29	0:32:53
48	Melissa	Hooke	F	26	0:27:13	106	Tyler	Gardner	M	10	0:32:59
49	Laura	Howard	F	34	0:27:16	107	Ashley	Gardner	F	32	0:33:06
50	Robert	Mcneal	M	43	0:27:44	108	Katherine	Gordon	F	0	0:33:28
51	Joerg	Schlatterer	M	32	0:27:56	109	Katinlia	Dijlukia	F	41	0:33:30
52	Lynda	Pfundstein	F	39	0:27:57	110	Kendra	Prevyschert	F	24	0:33:31
53	Darin	Angelier	M	27	0:28:00	111	Phillip, Jr	Tomberlin	M	53	0:33:39
54	Nancy	Bruner	F	20	0:28:02	112	Kelly	McBeth	F	21	0:33:42
55	Ben	Buchanan	M	15	0:28:05	113	David	Thurmond	M	22	0:33:44
56	Kristin	Bryan	F	34	0:28:11	114	Vince	Toplosky	M	38	0:33:45
57	Tim	Guhl	M	36	0:28:12	115	Barbara	Mckibben	F	43	0:33:51
58	Cody	Nevels	M	13	0:28:18	116	Sarah	Meneses	F	27	0:33:54
						117	Rita	Tweed	F	28	0:33:58
						118	Danielle	Hare	F	0	0:34:14
						119	Colleen	Carnathan	F	26	0:34:15
						120	Betty Jo	Nelson	F	42	0:34:20



45	Geoffrey Wenturine	50	M	24:38	100	Allison Murray	11	F	31:55
46	Phillip Wenturine	13	M	24:41	101	Edie McCarty	43	F	32:22
47	J. J. Everett Jr.	49	M	24:48	102	Amy Murray	11	F	32:31
48	Bruce Lynn	57	M	24:58	103	Edye Coxwell	31	F	32:51
49	Jerry Chesnutt	54	M	25:06	104	Jamie Wright	11	M	33:14
50	Chris McGuire	15	M	25:22	105	Betsy Thorpe	49	F	33:15
51	Penny Isom	42	F	25:37	106	Nickie Wilkinson	60	F	33:32
52	Ryan Gregory	17	M	25:45	107	Jim Wilkinson	60	M	33:32
53	Andy Hough	9	M	25:46	108	Joe Boyd	55	M	34:21
54	Brian Hedge	22	M	25:48	109	Vicky Bernel	53	F	34:22
55	Jamaa Bouhattate	29	F	25:48	110	Barbara Crandall	51	F	37:58
56	Randy Wilkins	43	M	25:52	111	Jean A Bowling	68	F	40:55
57	Molly Ducey	36	F	25:53	112	Cindy Lavoie	39	F	40:57
58	Kate Stich	38	F	25:54	113	Kerri Murray	44	F	44:40
59	James Hough	43	M	25:55	114	Josephine Newton	78	F	45:47
60	Beth Alexander	40	M	26:08	115	Alysia Murphy	11	F	49:59
61	Brigid Potter	36	F	26:10	116	Ami Murphy	31	F	49:59
62	Rick Gregory	42	M	26:14	117	Dean Kindley	57	F	52:58
63	Bill deGrummond	70	M	26:15	118	John Alderson	78	M	57:09
64	Robert Palmer	43	M	26:27					
65	Amanda Burgess	19	F	26:39					
66	Sandra Canada	42	F	27:02					
67	Paulo R.	41	M	27:15					
68	Ian Waldron	19	M	27:16					
69	James Stockwell	63	M	27:23					
70	John Waldron	51	M	27:31					
71	Katie Armstrong	70	F	27:45					
72	Bob Keller	71	M	27:47					
73	Bev DeMello	46	F	27:49					
74	Karen Brown	28	F	27:58					
75	Steve Brangaccio	36	M	28:13					
76	Ray Hanlon	62	M	28:14					
77	Nicole Botero	21	F	28:20					
78	Brad Abbey	21	M	28:20					
79	Ashley Gardner	32	F	28:22					
80	Brad Smith	50	M	28:43					
81	Rita Tweed	28	F	28:49					
82	Todd McKay	38	M	28:53					
83	James Cunniff	49	M	28:56					
84	Laura Davisson	23	F	28:58					
85	Toma Wilkesson	35	F	29:01					
86	Kaye Jaynes	37	F	29:02					
87	Margaret Gowen	41	F	29:14					
88	Marie Kaempfer	24	F	29:20					
89	Sarah Meneses	27	F	29:31					
90	Cameron Reber	15	M	29:34					
91	Tammy Agee	41	F	29:42					
92	Calyn Reber	19	F	29:43					
93	Megan Blyth	24	F	29:47					
94	John Blyth	51	M	29:47					
95	Rhonda Kelly	30	F	30:07					
96	Susan Kaempfer	48	F	30:11					
97	Cheryl Pfeil	25	F	31:05					
98	James Story	65	M	31:26					
99	Margarete Deckert	72	F	31:51					

### Finishers at Seaside Half Marathon 3/6/05

	Sarah	D-Williams	Tallahassee	*1:21:05
	Hobson	Fulmer	St. George Is.	1:29:12
	Kim	Likens	Tallahassee	1:35:40
	Michael	Pasquier	Tallahassee	1:37:08
	George	Palmer	Tallahassee	1:38:23
	Kirsten	Baggett	Tallahassee	1:42:04
	Jamie	Mceachern	Tallahassee	1:45:49
	Nick	Yonclas	St. George Is.	1:46:57
	Elizabeth	Simmons	Tallahassee	1:48:33
	Rick	Page	Tallahassee	1:51:28
	Lewis	Buford	Tallahassee	1:55:11
	Georgia	Buford	Tallahassee	1:57:54
	Barbara	Yonclas	St. George Is.	1:58:07
	Travis	Blanton	Tallahassee	1:58:21
	Stacy	Whittington	Tallahassee	2:02:11
	Rachel	Gross	Tallahassee	2:04:23
	Jeremy	Floyd	Tallahassee	2:04:24
	Lindsey	Sorensen	Tallahassee	2:04:33
	Anne	Priddy	Tallahassee	2:06:35
	Mark	Priddy	Tallahassee	2:06:44
	Jill	Page	Tallahassee	2:08:40
	Kristen	Pasquier	Tallahassee	2:08:40
	Amy	Cermak	Tallahassee	2:10:06
	Rachel	Mitchell	Tallahassee	2:10:25
	Kathy	Fox	Tallahassee	2:12:21
	Karen	Arms	Tallahassee	2:12:21
	Ginger	Parsons	Tallahassee	2:14:01
	Richard	Parsons	Tallahassee	2:14:06
	Mary	Stutzman	Tallahassee	2:14:14
	William	Mcdaniel	Tallahassee	2:15:06
	Joseph	Lewis	Tallahassee	2:28:53
	Cindy	Holmes	Tallahassee	2:40:49

<i>Debby Alexander Tallahassee</i>	3:02:04	35. Maureen Oberlin	49	25:54
<i>Melvina Macdonald Tallahassee</i>	3:03:19	36. Lauren Huckaba	17	25:55
<i>Maggi Bergevin Tallahassee</i>	3:04:57	37. Derek Brown	18	26:02

## \* Course Record

**Shamrock Scurry Mile Results**

## Boys results:

1st: Jamie Wright -	11 - 8:19
2nd: Nathan Carnley -	10 - 8:20

## Girls results:

1st: Rachael Haas -	11 - 10:03
2nd: Natalie Knauf -	7 - 10:07

<b>Red Pepper 5K 3/5/05</b> <b>S.G. Island, Nick Yonclas RD</b>
--

1. Charlie Johnson	25	17:23	55. Kayla Lee	22 F	28:13
2. David Yon	49	18:18	56. Carson Durrance	33	28:16
3. Allen Smith	37	18:35	57. Jodi Warmach	35 F	28:18
4. Hobson Fulmer	49	18:56	58. Alan Pierce	49	28:39
5. Scott Mitchell	53	20:21	59. Meghan Kennedy	24 F	28:40
6. Annette Ryerson	40 F	20:42	60. John Speiser	67	28:50
7. Seth Ostlund	24	20:52	61. Unknown		28:53
8. Andrew Brooks	15	21:05	62. Pamela Keyes	24 F	29:14
9. Chad Henry	35	21:11	63. Unknown		29:28
10. Alan Steinron	47	21:16	64. Christen Chason	17 F	29:34
11. Frank Flynn	46	21:32	65. Unknown		29:36
12. Zach Silvey	21	21:41	66. Garrett Ryerson	10	29:37
13. Dan Fortunus	44	22:15	67. Linda Gunther	58 F	29:52
14. Alex Ciota	29	22:28	68. Christy Kirvin	35 F	30:03
15. Josh O'Connor	27	22:53	69. Don Scott	65	30:15
16. Charlene Burke	44 F	23:02	70. Terry Donohoe	53	30:24
17. Ace Haddock	35	23:16	71. Angela Davis	40 F	30:33
18. Brian Deffenbaugh	52	23:39	72. Lisa Saunders	40 F	30:34
19. William Buchanan	60	24:14	73. Donna Cook	29 F	30:37
20. Sam Stockstill	12	24:38	74. Joe Whitesell	68	30:40
21. Lance Cain	44	24:44	75. Darylm McLaughlin	52	30:43
22. Jason Roundtree	28	24:47	76. Bonnie Rogers	42 F	30:47
23. Beth Keim	39	25:01	77. Mike Rogers	42	30:48
24. Jim St John	55	25:02	78. Kevin Burke	43	30:49
25. Dag Solkberg	62	25:04	79. Shannon Hughes	42	31:06
26. John Stacklyn	53	25:10	80. David Aroljoal	40	31:07
27. Jerry McDaniel	51	25:11	81. Melinda Dukes	33 F	31:08
28. Dennis	15	25:16	82. Eric Milles	32	31:09
29. Andrew Roberts	20	25:26	83. Jane Webb	63 F	31:36
30. Skip Frank	55	25:28	84. J.D. Bauserman	36	31:50
31. Gordon Shuler	43	25:36	85. Molly McKinstry	39 F	31:50
32. Richard Addison	51	25:39	86. Juliet Stacklyn	51 F	32:23
33. Larry Miller	59	25:44	87. Janet McKinley	61 F	32:48
34. Gene Opheim	58	25:46	88. Mariel Henske	63 F	33:01
			89. Richard Henske	69	33:02

90. Elaine Hamlin	52	F	33:15	20	Dana	Perpall	F	21	24:08
91. Tressa Keim	7	F	33:35	21	Lisa	Unger	F	37	24:32
92. Lauri Boyden	35	F	33:39	22	Joerg	Schlatterer	M	31	24:35
93. Sue Skinner	54	F	34:06	23	Kevin	Wettenbarger	M	23	25:19
94. Unknown			34:25	24	Bill	Hunter	M	54	25:22
95. Rachel Calandra	33	F	34:38	25	Paulo	Saver	M	41	25:23
96. William Ward	15		35:10	26	Emily	McCroan	F	16	25:29
97. Walker Bassett	42		36:28	27	Carlos	Zapata	M	59	25:52
98. Barbara Lee	48	F	37:01	28	Bill	de Grummond	M	70	26:09
99. Mark Weber	43		37:52	29	Gene	Openheim	M	58	26:28
100. Rita Weber	67	F	37:59	30	Brett	O'Brein	M	49	26:33
101. Marie Coleman	61	F	38:14	31	Randy	Williams	M	43	27:19
102. Dawn Shiver	40	F	38:17	32	Amanda	Bush	F	19	27:21
103. Rosemary Segreti	44	F	39:18	33	Sarah	Van Wart	F	27	27:46
104. Barbara Sanders	50	F	41:13	34	James	Royo	M	20	28:08
105. Joanna Mauer	52	F	41:39	35	Geoffrey	Bush	M	27	28:13
106. Louise Britner	44	F	42:00	36	Bob	Keller	M	71	28:22
107. Junie Dahlen	64	F	41:10	37	Charles	Futch	M	63	28:42
108. Unknown			42:11	38	Melanie	Watson	F	42	28:53
109. Mary Noel	71	F	42:58	39	Silvester	Dawson	M	43	29:53
110. Ron Koebernik	72		43:56	40	Erin	Freeman	F	19	29:50
111. Norbert Weber	69		45:23	41	Rita	Tweed	F	28	29:53
112. Mayra Harper	47	F	45:34	42	Todd	Makay	M	37	30:14
113. M. Ramont	58		45:35	43	Melinda	Dukes	F	33	30:18
114. Elaine Schmidt	42	F	47:22	44	Eric	Millis	M	32	30:18
115. Lannie Vance	33		47:23	45	Kerry	Devine	F	21	30:30
116. Delia Cooke	55	F	49:46	46	Sondra	Lee	F	36	31:30
117. Philip Brackman	77		54:10	47	Maria	Harper	F	14	31:35
118. Unknown			56:32	48	Katie	D'Souza	F	17	31:35
119. Jeanette Gouer	49	F	56:36	49	Penny	Detcher	F	45	32:12
120. Kendra Koehler	52	F	56:37	50	Ray	Hanlon	M	62	32:12
				51	Connie	O'Brein	F	41	33:29
				52	Margarete	Deckert	F	72	33:40
				53	Joellen	McCroan	F	50	34:07
				54	Julie	Levinson	F	31	34:24
				55	Kasey	Chapin	F	35	35:16
				56	Peter	Tate	M	29	37:19
				57	Kristin	Pasquier	F	24	37:19
				58	Unknown				44:08
				59	Larry	Massa	M	51	47:04
				60	Sue	Massa	F	47	47:08
				61	Unknown				47:12
				62	Charlie	Yates	M	80	50:35
				63	Jere	Moore	M	72	50:35
				64	Rachel	Gallup	F	17	52:42
				65	Deogratuas	Eustace	M	40	53:57
				66	Uwillingiyimana		M	46	53:57
				67	Terry	Massa	F	47	54:10
				68	Tasmen	Bissu	F	20	55:22
				69	Cameron	Massa	M	15	56:57
				70	Steve	Massa	M	49	57:30
				71	Cathy	Bishop	F	56	58:54
				72	Tom	Bishop	M	64	58:55
				73	Diane	Satterfield	F	55	1:01:40
				74	Yvonne	Gulley	F	52	1:01:45
				75	August	Oshell	M		1:04:26
1	Gary	Droze	M	43	17:18				
2	Tony	Guillen	M	36	18:55				
3	David	Knauf	M	40	19:10				
4	John	Phillips	M	39	19:47				
5	Felton	Wright	M	47	19:57				
6	Mike	LaBossiere	M	38	20:13				
7	Niklas	Manz	M	36	20:45				
8	Michael	Chapman	M	44	20:53				
9	Michael	Pasquier	M	25	20:54				
10	David	Yon	M	49	21:06				
11	Seth	Coffin	M	35	22:03				
12	Elena	Villa	F	15	22:23				
13	Frank	Flynn	M	46	22:32				
14	Bill	Perry	M	56	22:49				
15	Warren	Emo	M	51	22:50				
16	Jerry	McDaniel	M	51	22:50				
17	Grea	Bevis	M	43	23:10				
18	Ithel	Jones	M	50	23:44				
19	Megan	Bridges	F	21	23:46				

Navy JROTC/John Reinking  
Memorial 5K at Maclay Park  
Art Remillard R.D.

## 2005 Grand Prix Results, including Flash 12K and Cookie Run 5K/1M

**Overall Male**

Art	Remillard	31	90
Reid	Vannoy	46	49
Jeff	Nielsen	47	31
Matthew F	Minno	45	30
Tony	Guillen	36	27
David	Yon	49	27
Bill	Mccord	42	26
Bill	Hillison	60	24
Eric	Smith	32	24
Tim	Unger	45	20
Jack	Mcdermott	35	20
Craig	Christoffersen	26	20
Gary	Droze	43	17
Michael	Martinez	39	15
Hobson	Fulmer	49	14
Jeff	Bryan	37	13
Jerry	Mcdaniel	51	12
Manuel	Gutierrez	31	11
Niklas	Manz	36	11
Scott	Mitchell	53	9
Zach	Galloway	25	9
Gary	Griffin	55	7
Ronald	Christen	59	5
Gary	Cato	48	3
Jay	Silvanima	44	3
Scott	Ruplinger	23	3

**10-14 Male**

Jake	Fortunas	12	20
Joey	Vannoy	11	20
Jamie	Wright	11	15
Jordan	Watkins	10	12

**15-19 Male**

Jared	Black	16	35
Levon	Hoomes	15	20

**20-24 Male**

Scott	Ruplinger	23	60
Michael	Pasquier	24	45

**25-29 Male**

Chris	Sumner	25	47
Craig	Christoffersen	26	35
Joe	Crook	25	25
Zach	Galloway	25	20
Mike	Mcgehee	27	20
Jason	Anderson	27	8

**30-34 Male**

Art	Remillard	31	60
Eric	Smith	32	30
Jobst	Elster	32	20
Manuel	Gutierrez	31	15
Scott	Heath	33	12

**35-39 Male**

Tony	Guillen	36	55
Mike	Labossiere	38	37
Jeff	Bryan	37	37
Mark	Delegal	37	22
Michael	Martinez	39	20
Jack	Mcdermott	35	20
Niklas	Manz	36	18
Brian	Corbin	37	15
Andy	Roberts	37	14

**40-44 Male**

Jay	Silvanima	44	35
Bill	Mccord	42	35
Keith	Rowe	43	30
Sean	Phelps	41	27
Gary	Droze	43	20
Tom	Taylor	41	16
Jim	Carson	42	12
Chuck	Davis	43	12
Grea	Bevis	43	10
Steve	Tower	44	8
Frank	Rudd	41	8
David	Voorting	44	6
Dan	Fortunas	44	4
Mike	Boll	40	2

**45-49 Male**

Reid	Vannoy	46	50
Matthew F	Minno	45	38
Jeff	Nielsen	47	37
David	Yon	49	32
Hobson	Fulmer	49	28
Gary	Cato	48	25
Tim	Unger	45	20
Richard	Ziegler	45	14
Floyd	Coleman	48	12
Felton	Wright	47	12
Mark	Priddy	49	8
Myron	Herring	45	6
Jimmy	Ledford	48	6
Bob	Asztalos	45	4
Bob	Fisher	48	2

**50-54 Male**

Jerry	Mcdaniel	51	55
Mike	Sims	52	50
Scott	Mitchell	53	44
Warren A	Erm	51	28
Ithel	Jones	50	21
Dale L	Smith	51	16
Craig	Willis	53	12
Wallace	Randell	51	12
Keith	Collins	51	10

Geoffrey	Wenturine	50	10	Lisa	Unger	37	20
Ed	Claiborne	50	6	Jane	Johnson	45	20
Bill	Bowers	51	6	Birgit	Cromartie	34	15
Randy	Holcombe	54	4	Fran	McClean	47	15
Richard L.	Addison	50	2	Lisa	Whitworth	34	15
David	Farnsworth	54	2	Loranne	Ausley	41	14
<b>55-59 Male</b>				Kathy	Lindsay	45	13
Ronald	Christen	59	55	Kelsey	Kilinski	18	11
Terry	Tenold	55	30	Maria	Vives	31	10
Gordon	Morgan	58	26	Jo Lena	Pace	32	9
Bruce	Lynn	57	24	Laura	Howard	34	7
Gary	Griffin	55	20	Victoria	Droze	29	7
Jerry	Ongley	57	20	Cynthia	Christen	51	7
Rob	Cunningham	56	15	Ginny	Black	27	5
Nick	Mazza	56	12	Nancy	Widener	55	5
Tom	Powell	57	12	<b>1-9 Female</b>			
Carlos	Zapata	59	10	Cecelia	Williams	8	20
Rick	Ashton	58	10	Cheslyn	Donaldson	8	15
Terry	Ryan	56	8	Breanna	Bruner	9	12
Fred	Bates	57	8	<b>10-14 Female</b>			
Cass	Vickers	56	6	Kara	Taylor	14	20
Don	Douglas	58	4	Danielle	Jackman	13	20
Ronald	Morrell	56	4	Lily	Williams	10	15
<b>60-64 Male</b>				Allison	Clarke	13	12
Bill	Hillison	60	60	Melissa	Jackman	13	10
Clint	Watkins	62	39	<b>15-19 Female</b>			
David	Darst	61	35	Kelsey	Kilinski	18	20
George S.	Palmer	60	30	<b>20-24 Female</b>			
Nick	Yonclas	61	20	Kristen	Pasquier	24	60
Michael	Degennaro	62	12	Kristine	Isom	20	45
David E.	Smith	60	8	Katie	Coleman	21	24
Charles R.	Futch	63	6	<b>25-29 Female</b>			
Ray	Hanlon	61	4	Seeley	Lovett	28	40
<b>65-69 Male</b>				Ginny	Black	27	32
Mike	Schneider	67	60	Christine	Stabley	29	30
James	Varley	65	15	Victoria	Droze	29	15
<b>70-74 Male</b>				Heather	Lammers	26	10
Bill	Degrummond	70	55	<b>30-34 Female</b>			
Bob	Keller	70	50	Maria	Vives	31	50
Robert	Morris	73	42	Birgit	Cromartie	34	42
Arthur B.	Ward	71	34	Jo Lena	Pace	32	37
Jere	Moore	72	8	Marisol	Roberts	34	24
<b>75 + Male</b>				Laura	Howard	34	20
Fred E.	Deckert	75	40	Lisa	Whitworth	34	20
<b>Overall Female</b>				Kate	Macfall	33	15
Sarah	D- Williams	40	90	Robyn	Green	32	12
Leigh	Ceci	40	39	Nancy	Sumners	32	12
Seeley	Lovett	28	37	Henrieta	Dulaiova	31	10
Connie	Clarke	43	31	Erica	Anderson	30	6
Kirsten	Baggett	38	31	<b>35-39 Female</b>			
Jennifer	Shafer	36	30	Angela	Dempsey	36	40
Angela	Dempsey	36	30	Kirsten	Baggett	38	35
Kristen	Pasquier	24	29	Jennifer	Britt	39	32
Kristine	Isom	20	22	Lisa	Unger	37	30
				Jennifer	Shafer	36	20

Sharon	Smith	39	16
Janine	Thomas	38	15
Lisa	Echeverri	39	12
Lena	Juarez	35	10
Kaye	Jaynes	37	10
Willow	Shanti	35	10
Sondra	Lee	36	4
<b>40-44 Female</b>			
Sarah	D- Williams	40	60
Leigh	Ceci	40	45
Connie	Clarke	43	32
Loranne	Ausley	41	22
Beth	Alexander	40	20
Penny	Isom	42	18
Sherr	Jackman	41	16
Judy	Alexander	43	12
Edie	Mccarty	43	6
Jodi	Chase	44	6
Sandra	Canada	42	2
<b>45-49 Female</b>			
Jacque	Myers	48	37
Kathy	Lindsay	45	32
Susan	Fitzgerald	48	28
Jane	Johnson	45	20
Diana	Jones- Ellis	48	20
Cathy	Mccarty	48	16
Bonnie	Wright	49	15
Fran	Mclean	47	15
<b>50-54 Female</b>			
Cynthia	Christen	51	55
Judy	Shapiro	53	40
Ruth	Jones	53	20
Dianne P	Douglas	51	15
Bev	Kerwin	50	12
Nada	Stauffer	51	12
<b>55-59 Female</b>			
Nancy	Widener	55	60
Susan	Cornwell	55	32
Mary	Stutzman	56	30
Anne	Priddy	55	27
Karen	Smith	56	16
Electa	Walker	55	16
Dawn	Brown	56	8
Emily	Ruddell	58	8
<b>60-64 Female</b>			
Perha	Varley	60	60
<b>65-69 Female</b>			
Dot	Skofronick	67	20
Mary Lou	Manausa	66	15
Jean Ann	Bowling	67	12
<b>70-74 Female</b>			
Margarete	Deckert	71	40
<b>75 + Female</b>			
Josephine	Newton	78	20
Rosalie	Myers	93	15

**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](mailto:runhike-bird@comcast.net),

**Jo Lena Pace** (jolenapace@nettally.com) and **Lisa Unger** (562-2901 ungerl@juno.com)

If you think there is an error in the scoring or if you have questions or suggestions, the Committee would appreciate hearing from you.

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

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