



The Fleet Foot



\$2.00

Volume 30 Issue 2 Newsletter of the Gulf Winds Track Club Feb. 2005

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Grand Prix Races

Feb

- 5 Flash 12K
- 12 Cookie Run 5K, Kid's mile
- 20 Tallahassee Marathon/Half Marathon

April

- 2 Springtime 10K/1M
- 9 Palace Saloon 5K



**Hobson Fulmer, Bill Hillison, Jere Moore,
Peg Griffin, Dot Skofronick, Jaque Myers.
Match these with their baby photos below.**



Contest corner

The Jan. dog vs. owner contest:
 Dog 1 Gail Reinertsen
 Dog 2 Mike LaBossiere
 Dog 3 Wallace Randell
 Dog 4 Jeff Neilsen

The January Contest was won by Fran McLean

This Month, match the adult vs. baby pictures shown on the opposite page.

Call 893-9739 or e-mail fdeckert1@juno.com with your answer.

Winner receives a gift year's membership in GWTC. It must be given to a non-member.

Board Meeting Schedule
7:30 p.m

February 9	Charlie Yates
March 9	Bonnie Wright

GWTC
“CELEBRITY”
DINNER

Saturday, March 12, 2005
Torrey's Restaurant in
Market Square at 6:30 PM

Go to page 10 for details!

GULF WINDS TRACK CLUB
December 8, 2004 Business Meeting
Hosted by Judy Alexander and Brian Corbin

Board/GWTC Members present: Lisa Unger, Beth Alexander, Fred & Margarete Deckert, Charlie Yates, Tom Perkins, Bonnie Wright, Hobson Fulmer, Jeff Bryan, Judy Alexander, Nadine Dexter, Fran McLean, Jane Johnson, Jack McDermott, Toma Wilkerson, Jerry & Jackie McDaniel, James Dexter and Bill McGuire.

Tom Perkins called the meeting to order at 7:42 PM and quorum was established. The November minutes were reviewed. A motion was made, seconded and passed by unanimous vote to accept the minutes as presented.

Guest Presentations:
Bill McGuire announced the new Officers and Board of Directors for 2005. The Officers are: **Tom Perkins** (President), **David Yon** (Vice President), **Bonnie Wright** (Treasurer) and **Beth Alexander** (Secretary). The Directors are: **Judy Alexander, Nadine Dexter, Fran McLean, Hobson Fulmer** and **Clint Watkins**.

NEW BUSINESS:
Bonnie Wright discussed the Chenoweth account balance being transferred to Envision Credit Union. There are a limited number of accounts that can be held at Envision so some accounts were combined. All Raymond James accounts will be closed by the end of the year.

Judy Alexander discussed on behalf of David Yon the need to renew the club's RRCA membership and insurance. The insurance rate is slightly higher than in the past but is still a requirement for the club. A motion was made to renew the RRCA membership and insurance policy, which was seconded and passed by unanimous vote.

Nadine Dexter opened discussion about forming a committee to investigate possibilities for a club house. It was decided to allow Nadine to form a study group to do some investigating. Some options discussed were renting a room at Premiere or Forestmeadows. It was suggested that Nadine attempt to recruit

professionals in accounting, tax law and real estate to assist her study group.

Tom Perkins opened discussion about the Social Coordinator position that is still open for 2005. There was no resolution.

REPORTS:

Race Director Coordinator report –

Charlie Yates reported that there was a lot of race calendar activity. The Bowlegs race will have a new date in January instead of February and the Shamrock Scurry has also adopted a new date.

Race Director(s) report(s) – Jerry and

Jackie McDaniel presented the proposed 30k budget. A motion was made to accept the budget as presented, which was seconded and passed by unanimous vote. Jerry and Jackie also discussed the proposed venue for the 30k as the Natural Bridge location, but they are still checking for alternatives.

Jack McDermott and Toma Wilkerson

presented the proposed Marathon/Half Marathon budget. When soliciting sponsors, Toma and Jack had been asked if a charity would receive any proceeds from the Marathon. Toma and Jack asked for permission to split any proceeds between GWTC and the Chenoweth Fund. The presented budget was amended to include a 50/50 split of proceeds. A motion was made to accept the budget with amendment, which was seconded and passed by vote with 1 opposed.

Judy Alexander presented the final 10 Mile Challenge budget. Judy requested that the amount of money made by the race which exceeded the proposed budgeted amount be donated to 2 additional charitable groups. This request was denied by the board, however, a motion was made to split the overage (\$500) 50/50 between GWTC and the original charitable recipient, PHI, which was seconded and passed by vote with one opposed.

Treasurer's report – Bonnie Wright

discussed the Budget and Treasurer's reports, which included recent disbursements and receipts. Discussion was opened regarding the purchase race bibs, which is currently included in the Equipment budget. Either the Equipment budget can be increased, or the purchase of race bibs can be made a separate budget entry. There was no resolution. A motion was made to allocate part of the unused

2004 Summer Track Series budgeted amount to offset the cost of 2004

Summer Track Series awards, which currently is a part of the 2004 Annual Awards budget, which was seconded and passed by vote with 2 opposed.

Clothing Coordinator report –

Margarete Deckert reported that there has been one new sale, and she has provided 50 more shirts to the Beginning Runners Group.

Newsletter report – Fred Deckert

reported that once again, he had 2 winners from his Fleet Foot contest last month. A motion was made to permit Fred to give both winners memberships to give to anyone not currently a member, which was seconded and passed by unanimous vote.

Training Committee Report –Nadine

Dexter reported that there were about 103 participants in the Beginning Runners. Nadine provided a very professional accounting of the Beginning Runners group, which included graphs of weekly attendance and narrative about the groups' successes.

Equipment report – Nadine Dexter

reported for Joe Dexter that there were no rental fees received this month and all of the equipment is fine.

Chenoweth report – Tom Perkins for

David Yon reported that there have been no new requests and all is fine.

Membership report – Brian Corbin

reported that there are currently 859 members represented by 518 memberships. Some of the Beginner Runner group participants have renewed their memberships.

Grand Prix Committee report no

report; **Racing Team Coordinator report –** no report; **Social Coordinator report –** no report; **Lecture Series report –** no report; **Triathlete report –** no report;

There was a motion to adjourn made at 9:15 PM, which was seconded and passed by unanimous vote.

The next board meeting will be held on January 12, 2005. The location is yet to be determined.

These minutes have been reviewed and accepted by the board.

Lisa Unger, Secretary.

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
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ungerTL@juno.com

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Paul Hiers 656-7201,
phiers@comcast.net

Articles/Race Results for Democrat

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gdroze@maclay.org.

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fdeckert1@juno.com

Social Coordinator

Kathy Lindsay 219-3788

Lecture Series

Arthur Remillard
arthurremillard@yahoo.com

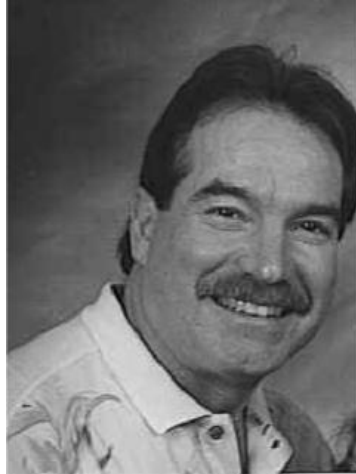
GWTC Web Site - www.gulfwinds.org

Pulpits Happen

The GWTC Awards Ceremony was held Saturday night, January 22, 2005 at the American Legion Hall at Lake Ella. I would like to congratulate all the Grand Prix award winners on their efforts and hard work. Speedwork, long miles, and lots of sweat paid dividends. The Grand Prix Committee did an excellent job of bestowing the GWTC annual awards on truly deserving members and organizations.

For those of you who did not attend because you personally did not receive an award, please try to attend next year. Each year, the presenters give very eloquent and heartfelt oratories. I'm always amazed at what I discover about the award recipients. The things I learn about the very people I thought I knew is amazing. George Palmer, for instance, not only played tight end at Notre Dame but he also played rugby. If I had to select someone to give me an award, it would be Gary Griffin. Talk about making a sow's ear into a purse...Gary made George into a saint! In all, it was a very entertaining night.

The Summer Grand Prix Awards were given as well that evening. Deserving summer track runners collected the rewards for their efforts. I expected that many more awards would be given, but was informed that many runners did not compete in the minimum three events to become



eligible. Since the kids can't drive themselves to the event, I assume this falls on the parents. The Summer Track series is a great activity for all ages. Come on out and join us! I was also informed that next summer, the Summer Grand Prix Awards ceremony will be

held on the day of the last event. I applaud this move. This way, our winners don't have to wait six months for their awards.

As I write this, summer track seems far away, because our local temperatures are dipping down below 20 degrees in the evenings. I'll see you on the trails, and if needed, bundle up and keep warm!

NOTE: GWTC 2004 AWARDS AND AGE GROUP WINNERS ARE LISTED ON PAGES 25-27

Running Accomplishments

Disney Marathon

Andy Roberts	3:12
Paul Ahnberg	3:35
Vicky Droze	
Diane Stewart	



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 or 850-514-2132 (Tallahassee).

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

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

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

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

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

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

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

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

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

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

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

Note to Businesses

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

Training Groups/Weekly Events

Intervals: Tuesdays, 6pm EST / 6:30pm EDT FSU Track. Planned, supervised workout for runners intent on improving in distance races. Contact John at 212-5680 (days); 656-7064 (eves) or Gary Droze 668-2373 (work) 942-7333 (home) email gdroze@maclay.org. See the Tuesday Night Speedwork album <http://members3.clubphoto.com/john272201/221734/guest.phtml> .



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

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

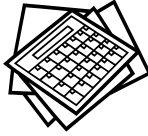
Cycling: go to <http://www.cccyclists.org/roadsched.php3> for capital city cyclist training rides.

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
[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.

February

05 Flash 12K. 8 a.m. J. Lewis Hall Park, St. Marks Trail. Joe Dexter 878-7880, 245-3798. Form Jan. issue p. 22

12 Run for the Cookies 5K/1M. 8:45 a.m. Tallahassee Community College. Jeanne O'Kon or Tom Perkins 894-2019. Form p. 20

20 Tallahassee Marathon/Half Marathon. 8 a.m. Mike Long Track, Tallahassee. Toma Wilkerson, Jack McDermott. marathonjack@comcast.net 766-3889, tomanjon@comcast.net.

26 Navy JROTC/John Reineking Memorial 5K. 8:30 a.m. Maclay Park arthurremillard@yahoo.com, w644-9038, h576-3331)

26 Race Judicata 5K. 8:30 a.m. FSU Law School. Blaise Huhta bnh03c@garnet.acns.fsu.edu

27 St. Marks Econoduathlon 2M/13M/2M. Run/bike/run. 9 a.m. J.Lewis Hall park. www.hihig.com/econoduathalon

March

05 Red Pepper 5K. 8 a.m. St. George Island. Nick Yonclas 850 670-1661 days, 927-2130 evenings.

05 2nd Annual Shamrock Scurry. 8:15 a.m. Celebration Baptist, E. Shamrock. terry@thetrakker.com. Form p. 14.

19 Furry Scurry 5K/1M. 8:30 a.m. Easterwood Dr. Kate McFall 508-1001

19 Run for a Good Paws 5K/1K. 9 a.m. Bainbridge, GA.

<http://home.earthlink.net/~cabsports/> link to event.

26 Red Hills Triathlon. 7 a.m. Maclay Gardens S.P. Kathy McDaris 422-3130 or mcdaris@comcast.net.

April

02 Springtime 10K/1M. 9 a.m. DOT parking lot. Jeanne O'Kon, Tom Perkins

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

16 31st Annual Palace Saloon 5K. 8 a.m. Messer Field. Reid Vannoy 894-5659

16 Rose City 5K Walk. 8:30 a.m. Thomasville. ymca@rose.net (229) 226-9878.

18 Boston AA Marathon. Hopkinton, MA

Featured Feet

Betty Booker

1. How long have you been running?

Forever. It could possibly predate the era of Mike Hochstein's manning of the Palace Saloon outdoor keg on Wednesday "quarter beer nights". Or was it nickel? Since ~1980.

2. Favorite place to run?

Out my front door onto Old Centerville Rd.

3. Most memorable running experience?

The time I was treed by a raccoon, I kid you not. Running Plains Country Days 5 miler & meeting Jimmy Carter was also memorable, for totally different reasons.

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

Races.....what races.....I haven't raced in years!

5. Favorite non-running hobby?

Keeping chickens & gardening.

6. Occupation?

Part-time RN managing a Coumadin Clinic for the TMH Residency Program. Full time



Waste Manager for Booker Farms Inc (i.e.: chickens, house-cats, & old dogs).

7. Personal hero(ine)?

Chuck. He can fix anything and he has a big ol' heart. Jimmy Carter. What an amazing diplomat..... something we could use more of these days.

8. Favorite travel destination?

One does not travel when one has chickens. A hundred years ago we did a Vermont Bicycle Tour which was wonderful. Discovering any new place can be a lot of fun with the right person.

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

Art, Animal Behavior, Veterinary Medicine

10. Most recent book you read?

I'm currently reading "The Complete Chicken" by Pam Percy

Why did the Chicken Cross the Road?

Dr. Seuss - Did the chicken cross the road? Did he cross it with a toad? Yes! The chicken crossed the road, but why it crossed, I've not been told!

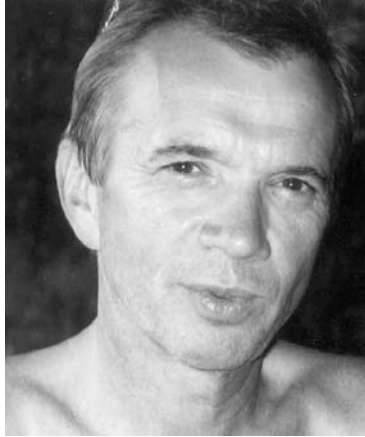
Grandpa - In my day, we didn't ask why the chicken crossed the road. Someone told us that the chicken crossed the road, and that was good enough for us.

Featured Feet

Chuck Booker

1. How long have you been running?

Started running in 1975 but with no consistency. Then in 1982 Betty started working with Karl Hempel and he introduced us to GWTC and all the local races. The rest is history.



International, specializing in Industrial & Commercial HVAC.

7. Personal hero(ine)?

My Dad & Betty's Dad. They have touched more lives in their respective fields than anyone will ever know.

2. Favorite place to run?

I love running anywhere off the pavement with my running buddies. My favorite is still Old Centerville Rd.

8. Favorite travel destination?

Charleston, South Carolina & the Outer Banks of North Carolina. Beautiful places and great seafood.

3. Most memorable running experience?

All my running experiences are memorable anymore. I'm just happy to still be able to run.

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

I would like to be factory trained by Porsche or Ford and manage one of their racing programs.

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

Well, I haven't run many races lately, but when I do I normally just do a mile or two warm- up then key on someone that I know runs faster and try to stay with them.

10. Most recent book you read?

I read a lot of service literature, car magazines, and an antique tractor publication, etc. I'm trying to read "Plan of Attack"

5. Favorite non-running hobby?

Working on cars, working around our mini-farm and watching the chickens peck and scratch.



6. Occupation?

Service Technician for York



GWTC Springtime 10K Training Group

This Group will prepare you to complete the Springtime Tallahassee 10K on April 2nd, 2005

Mondays at 5:45pm Feb 7th – Mar 21st

Meeting Location is at Myers Park

Wear Running shoes and reflective clothing. Be prepared to jog 3 miles at your own pace on the first day.

No fees. A waiver form is required and may be filled out on the first day. All walkers please start at 5:30pm. We will be training on sidewalks and on the road on the actual Springtime course. **All participants are responsible for their own safety.** Each week course maps will be distributed and volunteers will be out there running with the group. All participants who follow the program will be able to successfully complete the Springtime 10K run. Participants are responsible for their own Springtime 10K entry fees and are also encouraged to join Gulf Winds Track Club. For more information contact Julie Clark preferably by e-mail at juliecla@msn.com or call 575-9266. Everyone is welcome. (note: an adult should accompany children under 14).

**2nd Annual Shamrock Scurry!!!
5K Benefit Run & 1 Mile Fun Run**

DATE: Saturday, March 5, 2005 **TIME:** 1 Mile Fun Run: 8:15am - 5K: 8 :45am
LOCATION: Celebration Baptist Church, 3300 E. Shamrock, Tallahassee, Florida
(Killearn Subdivision)

SPONSOR: The Children of Ireland Group, Inc. - a 501 (c)(3) non-profit organization

AWARDS: ****BEAUTIFUL WATERFORD CRYSTAL TROPHIES*** Awarded to top overall 1st & 2nd male and female runners!! -Other Awards presented to 1st & 2nd male & female runners in different age groups. -Award given to best dressed Irish male & female child character

FOR FURTHER INFO: Contact Terry Ryan at: terry@thetrakker.com or call (850) 668-4273 ON LINE REGISTRATION FORM: www.thechildrenofireland.us

ALL PROCEEDS GO TO THE CHILDREN OF IRELAND GROUP TO PROVIDE RECREATION AND EDUCATION EQUIPMENT TO COMMUNITY CENTERS WORKING WITH AT-RISK CHILDREN AND YOUNG ADULTS IN IRELAND.

Please Circle Applicable entry fee :

PRIOR TO FEBRUARY 28		AFTER FEBRUARY 28	
UNDER 18	18 & OVER	UNDER 18	18 & OVER
WITH T- \$10	WITH T- \$15	WITH T- \$15	WITH T- \$20
W/O T-SHIRT \$5	W/O T- \$10	W/O T- \$10	W/O T-\$15
Shirt Size	Circle size:	S M	L XL
To join Childeren	Of Ireland Group	Add 10.00	Total :

(PLEASE PRINT LEGIBLY)

Name: _____
Date of Birth: _____ Gender: Male _____ Female _____
Telephone: _____ E-mail _____
Address: _____ City: _____
State: _____ Zip: _____

Sign "Release & Waiver" statement below and mail with check or money order payable to: **The Children Of Ireland Group, Inc. P.O Box 13241, Tallahassee, FL 32317 or drop off form at: PLAY IT AGAIN SPORTS – 1383 Capital Cir, NE (where race packets can be picked up by 5pm, Friday March 4th) An IRS 501(c)(3) Non-Profit Organization**

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 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 decisions of the race officials relative to my ability to safely complete this run. I agree to not 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 The Children Of Ireland Group, Inc., race officials, volunteers and all sponsors including their agents, employees, assigns, or anyone acting on their behalf from any and all claims or liability for death, personal injury or negligence or carelessness on the part of the persons named in this waiver. This Release and Waiver extends to all claims of every kind and nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants full permission to The Children Of Ireland Group and/or agents authorized by the organization to use any photographs, videotapes, motion picture or any other record of this for any legitimate pupose.

Signature (parent if under 18) _____ Date: _____

Team Racing - Tim Unger**2005 GWTC Team Racing needs runners!**

The GWTC Racing Team needs runners of all abilities to join the traveling teams for the first events of 2005. The first team competition will be the 15k National Championship Gate River Run held in Jacksonville on March 12, 2005. River Run is the home of the world's largest 15k team competition. In 2004, The GWTC Men's Master's Team reclaimed the National Championship. GWTC men have now won the Master's team National Championship 3 of the last 4 years. To highlight our clubs excellent versatility, the Open Men's team and the Women's Master's team also brought back team awards in 2004. Registration is going on now. GWTC had over 25 members competing in this race last year and everyone had a great time. Runner's World calls Gate River Run "One of the top 100 races" and claims, "Gate River Run is a race you don't want to miss." GWTC will enter 5 member teams in four divisions for this event. Men's, Women's, Masters Men, and Masters Women are the available classifications. The fastest three

runners are the scoring individuals. Individuals will need to have run a certified 10k/15k event within the last year in order to be considered for one of the top 1000 seeds for the start of this huge event. GWTC teams will be determined the week before the race based on the pre-registrations. GWTC will award team racing singlets to all qualified team members who have not previously been awarded a team singlet for a team race.

Also in March, on the 19th, is the Azalea Trail 10k team competition in Mobile, Alabama. GWTC has claimed team awards at Azalea Trail for the past five years in a row. We do not have a team entry ready for this event at this time. If you would like to volunteer as a team captain, or to represent GWTC at this team event please contact Tim Unger ASAP!

Runners interested in participating on GWTC teams should contact Tim Unger at 850-562-2901, or ungertl@juno.com, for more details. River Run Race details are available @ www.1stplacesports.com/. Azalea Trail event details are on the Port City Pacers web-site @ www.pcpacers.org/.

Run for a Good Paws 5k & Kids 1k

Bainbridge, Georgia, March 19, 2005

Benefiting the Bainbridge-Decatur County Humane Society



Registration and race information available at

www.active.com or call 229.246.4085

or visit: <http://www.bainbridgehumanesociety.com/>

Back of the Pack
Jack McDermott

“Local Marathons”

One of our goals for the Tallahassee Marathon is to increase participation. Most people think we can do this by promoting the positive elements of our fair city. However, I have taken a different approach and used misinformation to disparage other marathons. If everyone else's marathon is bad --- then they will have to come run ours. Right? How can anyone run the Disney World Marathon? Don't you know they use child labor in Singapore to make their race medals? The Ocala Marathon has been linked to horse-race fixing? The Cherry Blossom Marathon gets kickbacks from organized crime? Come run Tallahassee --- we're boring, but we're honest.

OK ... maybe we need a little work on our advertising. But as the nursery rhyme goes, Goldilocks tried the Atlanta Marathon and said, “This is too hilly.” She tried the Jacksonville Marathon and said, “This is too flat.” Then she tried the Tallahassee Marathon and said, “This is just right.” And then she fell asleep until the hibernating bears came home and mauled her. So don't fall asleep out on the racecourse!

Well, it has been a “bear” planning for such a big race, and I've grown to appreciate the efforts of race directors. Yet I have not neglected my own running schedule. Despite my depression about the whole Brad Pitt/Jennifer Aniston break-up (*why? why!*), I emotionally pulled myself together to run the Museum of Aviation Foundation Marathon in Warner Robins, Georgia. Since I'm too old to set a PR, I now focus on ARs (*Age Records*), CRs (*Course Records*), or SRs (*Shoe Records*). Yes, I can still get lots of SRs provided I rotate my shoes once a month.

This race is on the Robins Air Force Base, and one of the security measures was that they keep your driver's license during the race. After the race, I almost forgot. I can imagine being pulled over by a cop. Jack: “Well, officer, I *did* have my driver's license but they took it when I ran this marathon on an Air Force base for



security purposes ---” Police Officer: “A likely story, Mr. McDermott. Please step out of the vehicle.”

The race was cold and windy, and had two loops. The good news was that all the roads were closed and we saw no cars on the course. (*I think the reason was that the military impounded everyone's licenses.*) As I neared the finish, I had trouble finding the finish line. I reached mile 26, and asked --- “Where is the finish?” A

volunteer said, “It's by the airplane,” which was a little too general because we're on a flippin air force base! I took the bait: “Which plane?” and then he was far too specific: “It's the Mach 3 SR-71,” part of me wanted to respond, “But of course – I recognize it from the tapered fuselage near the rear-air discharge flap.” (*I mean, what do I look like Captain James Doolittle of the Tokyo Raid?*) I was hoping for something more generic like, “The big blue one.” Before I knew it, I followed the winding road, and stumbled into the finish. I was very pleased with my time. A new SR! Of course now I'm going to have to buy new shoes.

I finished 2nd overall, only 13 minutes behind the leader – which at his pace – meant about 2 miles. I never saw him. I was a little embarrassed by the gigantic trophy that I received, although perhaps it will help with my dating opportunities. (*Jack: “Hey, want to go back to my place and look at my trophies?”*) Actually I've never had a lot of luck with that pick-up line --- yet. Just remember ladies, it's not the size of the trophy that matters.

I hope by the time you read this -- - the groundhog saw his shadow, and we get good cool winter weather for the Tallahassee Marathon & Half-Marathon. In an attempt to help curb global warming and give you better marathon weather, I stopped using all aerosol spray cans. No more deodorant, Lysol, or bathroom cleaners. My house is environmentally correct, but it doesn't smell too good that's for sure. I hope you appreciate my sacrifice. See you at the race.

Please... I would like a **warm bed** while I am waiting for my forever home. The floor here at the shelter is cold and a Kuranda bed would provide a warm, elevated bed to lie on during cold nights.



You may **Donate a Bed** through

www.Kuranda.com at a special wholesale price and it will be shipped directly to us. Or call Carol at 1-800-494-7122.

Sponsored by Kate MacFall, Realtor ®

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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
Vice President
Financial Consultant
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OPEN EVENINGS

UNTIL 8 p.m.

The Girl Scout Council of the Apalachee Bend presents the
RUN FOR THE COOKIES 5K and One Mile Run/Walk.

Walkers are welcome!

5K Run/One Mile Run (age 14 and under) are G. W. Grand Prix events.

Proceeds benefit the Girl Scouts of the Apalachee Bend by providing travel opportunities and scholarships.

Date and Time: Saturday, February 12, 2005 8:45 a.m. (One Mile), 9:00 (5K run)

Location: Tallahassee Community College, behind the Lifetime Sports Complex.

Entry Fees: 5K early registration: \$12. (through Feb. 7th). (Tank top and cookies.)
Late registration: \$15. (after Feb. 7th and race day).

One mile registration: \$10. (same fee on race day). (Tank top only.)

Registration: Make check payable to: **GSCAB** (Girl Scout Council of the Apalachee Bend). Mail entry to: **Run for the Cookies 5K, 250 Pinewood Drive, Tallahassee, Florida 32303-4838** Please do not mail registration after February 7th.)

Awards: 5K Race: *Girl Scout cookies will be awards in the 5K age groups.*

One-Mile: Overall M/F; **First Girl Scout; First Boy Scout;** Top 3 male and female in age groups. **Special Girl Scout Award** to the troop with the most entrants.

Name: _____

Age on 2-12-2005 _____ Circle one: M F

Address: _____

(City, Zip code) _____

Phone number: _____

Which race? (Circle one): 5K One-mile

Tank top size: (Please circle) Adult M L XL Child Large (Sizes guaranteed for pre-registered only)

Waiver: In consideration of your acceptance of my entry as a participant in the 2005 *Run for the Cookies*, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release all claims for damages, death, personal injury, or loss of property against RRCA, Gulf Winds Track Club, the Girl Scout Council of the Apalachee Bend, and all volunteers and others promoting or assisting in any way the *Run for the Cookies*, which may result from my participation on Feb. 12, 2005, or while traveling to and from this event. My participation is voluntary and done at my own risk. I understand that running a road race is a potentially hazardous activity and that I should **not** enter unless I am medically able and properly trained. I attest that I am physically fit and trained for the competition of this event. I fully understand I am forever giving up in advance any right to sue or make claims against the parties. I am releasing if I suffer injuries and damages, and am voluntarily assuming the risk of such injuries and damages. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from my participation. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. I have read and understand everything written above and I voluntarily sign this agreement.

(Parent or Legal Guardian must sign if under 18.)

Signature: _____ Date: _____

5K Runners: Please circle your cookie preference:

Cookie choice guaranteed for pre-registered only.

Thin Mints Tagalongs Do-Si-Dos Samoas Trefoils All Abouts-Double Dutch (shortbread (chocolate Lemon Coolers with fudge) with chips)

For more information, contact Tom or Jeanne at 894-2019 or okonj@tcc.fl.edu

www.tallahassee-furryscurry.com



FURRY 5K+ Trail Run & 1 mile Fun Walk

A fundraising event benefiting T.R.E.A.T.S Inc., the non-profit organization that supports your local Animal Shelter



Date: March 19th, 2005



Time: 8:30 AM, Registration starts at 7:30 AM



Place: Tallahassee Leon Community Animal Service Center
1125 Easterwood Drive, next to Tom Brown Park



Awards: Overall M/F, Masters, Standard Age Groups
Walkers Especially Welcome!



Fee: \$12.00 if received before March 17th
\$15.00 race day
\$8.00 No t-shirt option
Please make checks payable to TREATS
Donations Graciously Accepted
(Also accepting pet food, toys, and old linens)



contact: Kate MacFall (850-508-1001)



Entertainment: Silent Auction, DJ, Food, & Fun



We are requesting that our participants leave their pets at home, as this is our opportunity to highlight our shelter dogs who are in need of homes.



Please detach and mail to: Furry Scurry, Peg Griffin, 856 North Forest Drive, Tallahassee, FL 32303, peggriffin@nettally.com

Name: _____ Address: _____ Email: _____

City: _____ State: _____ Zip: _____ Phone: _____

T-Shirt size: S M L XL Age: _____ Sex: M F Race: 1 mile Fun Walk 5K

Amount enclosed: \$12.00 \$15.00 \$8.00 **Donation Amount** _____
 I can't make it but I would like to donate _____

I hereby release the Gulf Winds Track Club, TREATS, Tallahassee-Leon Community Animal Service Center, and any other persons involved, from any and all damages or injuries incurred out of participation in the 2004 Furry Scurry 5K Run and 1 mile Fun Walk, and further state that I have trained for and am physically competent to run 5K or walk 1 mile.



Signature of entrant, or parent or legal guardian if under 18 years old



**YOU MIGHT BE A CROSS
COUNTRY RUNNER IF**

...your shoes have more miles on them than your car does.
 ...you need a magnifying glass to see your name in the paper.
 ...you have chafing in strange places.
 ...your underwear covers more than your uniform shorts.
 ...your mom tells you to run to the store because it takes too long to drive.
 ...you find yourself running between classes just because.
 ...your coach won't give you a ride home.
 ...the first day of practice you run 5 miles but your coach says you only ran 2.
 ...you can spit while running.
 ...your temper is shorter than the distance that you ran.
 ...you combine phrases like "10 mile run" and "Easy Run" in the same breath.
 ...you can eat your weight in spaghetti.
 ...your highest heels are your training shoes.
 ...the paint from the bathroom walls peels when you leave

The Joy of Jogging

1. The only reason I took up jogging was to hear heavy breathing again.
 2. I joined a health club last year, spending \$400 in the process. I haven't lost a pound. Apparently you have to show up.
 3. I have to exercise early in the morning, before my brain figures out what I'm doing.
 4. I have flabby thighs but fortunately my stomach covers them.
 5. Actually, I don't exercise at all. If we were meant to touch our toes, we would have them farther up on our body.

**GWTC 30K at Natural Bridge
1/22/05
Jackie and Jerry McDaniel RD's**

1	Art	Remillard	M 31	1:56:18
2	Lee	Willis	M 31	2:00:29
3	David	Yon	M 49	2:05:57
4	Hobson	Fulmer	M 49	2:11:58
5	Tony	Guillen	M 36	2:12:36
6	Jay	Silvanima	M 45	2:12:57
7	Bill	Hillison	M 60	2:13:14
8	Jane	Johnson	F 45	2:13:50
9	Craig	Chrisoffersen	M 27	2:14:22
10	Dana	Stetson	M 48	2:15:51
11	Andrew	Maurey	M 44	2:18:50
12	Jim	Heberle	M 47	2:22:40
13	Mike	Sims	M 52	2:23:40
14	George	Palmer	M 60	2:27:07
15	Niklas	Manz	M 36	2:27:43
16	Matthew	Minno	M 45	2:27:43
17	Scott	Mitchell	M 53	2:28:16
18	Keith	Collins	M 51	2:29:23
19	Gary	Cato	M 48	2:32:45
20	Dave	Gilbertson	M 55	2:34:43
21	Warren	Emo	M 51	2:35:49
22	Kirsten	Baggett	F 38	2:41:09
23	Nick	Yonclas	M 61	2:41:09
24	Jeff	Bryan	M 37	2:41:10
25	Mary Gorham-	Rowan	F 38	2:54:38
26	Barbara	Mcneal	F 49	2:57:01
27	Jobst	Elster	M 33	2:57:19
28	Charles	Santiago	M 51	2:57:54
29	Jeff	Piersol	M 48	2:58:49
30	Kathy	Lindsay	F 45	2:59:38
31	Birgit	Cromartie	F 34	2:59:38
32	Alfred	Bea	M 49	3:01:42
33	Jimmy	Ledford	M 49	3:02:28
34	Fred	Hirsch	M 58	3:04:18
35	Lisa	Unger	F 37	3:05:10
36	David	Darst	M 61	3:10:49
37	Thompson	Brock	M 31	3:14:39
38	Arthur	Ward	M 71	3:47:05

Bowlegs 5K 1/15/2005**Larry Guinipero/Bill Hillison RD's**

1	Art	Remillard	M 31	17:42	53	Jackie	Mcdaniel	F 50	27:10
2	Sarah	D-Williams	F 40	18:10	54	Paul	Ward	M 34	27:12
3	Bill	Mccord	M 42	18:26	55	Thomas	Smith	M 30	27:21
4	Tony	Guillen	M 36	18:29	56	David	Ensley	M 35	27:24
5	Bill	Mcguire	M 57	18:33	57	Bev	Demello	F 46	28:42
6	David	Yon	M 49	18:37	58	Bill	Holliman	M 44	28:54
7	Jared	Black	M 16	19:30	59	Amanda	Burgess	F 19	29:14
8	Lisa	Johnson	F 23	19:33	60	Richard	Ziegler	M 45	29:47
9	Kelly	Stevens	F 22	19:39	61	Marie	Kaempfer	F 24	29:58
10	Simon-serge	Sablin	M 31	19:50	62	Susan	Kaempfer	F 52	30:27
11	Jerry	Mcdaniel	M 51	19:53	63	Electa	Walker	F 55	30:46
12	Josh	Barrow	M 28	20:06	64	Ray	Hanlon	M 61	31:06
13	Mike	Labossiere	M 38	20:11	65	Robert	Morris	M 73	31:20
14	Craig	Willis	M 53	20:17	66	Andrew	Burgess	M 20	31:32
15	James	Dexter	M 20	20:35	67	James	Skofronick	M 73	31:37
16	Tom	Ratliffe	M 57	20:45	68	Dot	Skofronick	F 67	31:47
17	Bob	Fisher	M 48	20:53	69	Nadine	Dexter	F 46	32:15
18	Daniel	Barrow	M 24	20:58	70	Margarete	Deckert	F 71	32:59
19	Eric	Johnson	M 22	21:05	71	Steven	Key	M 7	35:25
20	Dan	Oronje	M 39	21:14	72	Charlie	Yates	M 79	47:27
21	Bob	Asztalos	M 45	21:32					
22	Chad	Heckman	M 31	21:40					
23	Seth	Coffin	M 34	21:52					
24	Keith	Collins	M 51	22:08					
25	Joshua	Cournoyer	M 22	22:29					
26	Kurt	Wisensbaugh	M 22	22:29					
27	Larry	Marks	M 19	22:36					
28	Kirsten	Baggett	F 38	22:38					
29	Ace	Haddock	M 35	22:42					
30	David	Orgill	M 21	23:32					
31	Alfred	Bea	M 49	23:35					
32	Reg	Perry	M 45	23:42					
33	Loranne	Ausley	F 41	23:47					
34	David	Darst	M 61	24:13					
35	Mike	Boll	M 40	24:26					
36	Jimmy	Ledford	M 49	24:29					
37	Fred	Hirsch	M 58	24:34					
38	Jerry	Chestnutt	M 54	24:58					
39	Woody	Dudley	M 68	24:58					
40	Scott	Kennon	M 33	25:10					
41	Jim	Zboja	M 33	25:16					
42	Joe	Crook	M 25	25:25					
43	Ryan	Hachenberger	M 22	25:28					
44	Stephen	Tallman	M 21	25:39					
45	Joe	Dexter	M 58	25:41					
46	Bruce	Lynn	M 57	25:42					
47	Jessica	Clayton	F 13	25:44					
48	Diana	Jones-Ellis	F 48	25:48					
49	Jason	Cornell	M 19	26:14					
50	Bill	deGrummond	M 70	26:28					
51	Jacque	Myers	F 48	26:42					
52	Thurmon	Cutchins	M 45	26:45					

Race day turned out to be cool and windy. Upon finishing, however, participants agreed that it was a good day for a race. We thank all the runners and walkers who came to support the Faculty and Friends of FSU scholarship fund. We truly appreciate the help of the volunteers who unselfishly gave their time. Larry and Bill

Bainbridge Kiwanis 5K/10K Runs 1/8/2005**5K**

1.	<i>Debbie Wittmer</i>	
2.	Nathan Norton	21:45*
3.	Trung Nguyen	22:49*
4.	Ronnie Oliver	23:07*
5.	Chase Harris	
6.	Ben Chapal	
7.	<i>Robbi Howard</i>	26:20*
8.	Drew Hall	
9.	<i>Cindy Kolubss</i>	27:04*
10.	Bridget Edmond	
11.	<i>Lealane Sanders</i>	27:21*
12.	Joe Dexter	
13.	Shane Kolbuss	29:01*
14.	David Steen	29:16*
15.	<i>Pam Stephens</i>	
16.	Aubrie Provence	
17.	Robert Morris	32:37*

18. *Callie Rackley*
 19. Jerry Maxwell
 20. Paul Fryer
 21. (missing)
 22. Lee Harris 35:36*
 23. John McBroom
 24. Homer Harrell
 25. *PeeWee Lambert* 53:26*
 26. Dan Provence
 27. Charles Yates
 28. Jere Moore
 29. *Lynda Todaro*
 30. *Anne Gingras* 29:35*

10K

1. JP Chesser 39:46*
 2. Tony Guillen 40:17*
 3. Russ Henley 40:37*
 4. Felton Wright
 5. Matt Greene
 6. John Matthews
 7. Bob Fisher
 8. Dale Nash 43:58*
 9. James Dexter 45:15*
 10. Travis Miller
 11. Gary Cato
 12. *Shana Martin* 46:32*
 13. *Kelley Shemansky* 46:57*
 14. Christian Margeson
 15. Richard Parsons
 16. Craig Burnside
 17. Robert Preston
 18. Allen Smith
 19. Cliff Chamblee
 20. Kyle Harris 56:54*
 21. Gary Parsons
 22. Bryan Spooner
 23. Bill de Grummond 57:25*
 24. *Julie Harris*
 25. *Kelley Harrell*
 26. *Kendall Stavely* 60:57*
 27. Dale Goodman
 28. *Renee Garvey*
 29. George Woodall
 30. *Billie Medders* 63:05
 31. Ashton Miller
 32. *Nadine Dexter* 67:14
 33. *Sariah Fisher*

***Age group and Overall winners**

- Note: 5K order is in question,
- results printed as given.

**Apalachicola 10K Bridge Run
1/2/2005 Hobson Fulmer R.D.**

1 Jonathan Clements M 42 37:45
 2 Bill Mcguire M 57 38:38
 3 David Yon M 49 38:41
 4 Terry Presnell M 55 40:38
 5 Hobson Fulmer M 49 41:13
 6 Mike Sims M 52 41:55
 7 Karl Hempel M 53 44:11
 8 Niklas Manz M 36 44:42
 9 Teresa Lafleur F 41 45:02
 10 Bob Fisher M 48 45:54
 11 Michael Pasquier M 24 46:28
 12 Cory Golden M 17 46:36
 13 Fran Mclean F 47 46:50
 14 William Zahler M 62 47:23
 15 Sarah Golden F 26 48:20
 16 Jason Whittaker M 27 48:20
 17 Ace Haddock M 35 48:40
 18 Charles Santiago M 51 48:52
 19 William Carter M 40 48:56
 20 Kathryn Voight F 44 49:10
 21 Nick Yonclas M 61 49:13
 22 John Shelby M 50 51:32
 23 Andrew Carlson M 47 51:38
 24 Leslie Morton F 42 52:06
 25 Tom Callaghan M 61 53:05
 26 Gretden Mayes F 51 53:23
 27 Kristen Pasquier F 24 54:21
 28 Barbara Yonclas F 57 56:48
 29 Jessica Stewart F 25 57:57
 30 Alverto Gonzalas M 21 58:03
 31 Lee Becker M 13 58:12
 32 Rick Page M 24 58:15
 33 Mike Boll M 40 58:27
 34 Jill Page F 24 58:35
 35 John Culbertson M 58 58:37
 36 Bridget Edmond F 36 59:58
 37 Jacque Myers F 48 60:26
 38 Woody Thompson M 49 62:16
 39 Joshua Yaung M 23 63:27
 40 Chris Becker M 49 63:41
 41 Shaun Donahoe M 61 64:16
 42 Emma Thompson F 18 64:58
 43 Amanda Rountre F 26 65:20
 44 Elizabeth Holder F 26 65:20
 45 Lena Juarez F 35 67:31
 46 Betsy Thorpe F 48 72:14
 47 Elaine Hamlin F 52 72:48
 48 Mary Carter F 32 75:29
 49 Andrew Dasher M 27 76:57
 50 Judy Shapiro F 53 90:07

2004 GWTC Grand Prix Award Winners

Males		40-44		Females	
		Jay	Silvanima		
		Myron	Herring	Open	
Open		Matthew	Minno	Seeley	Lovett
Gary	Droze	Jeff	Kuperberg	Julie	Clark
Jack	Mcdermott	Keith	Rowe	Jane	Johnson
Tim	Unger			Cynara	Miller
Andrew	Wills	45-49		Kirsten	Baggett
David	Yon	Felton	Wright		
		Gary	Cato	9 & under	
9 & under		Jeff	Nielsen	Cecelia	Williams
Jordan	Watkins	Hobson	Fulmer	Lily	Williams
Davis	Clarke	Reid	Vannoy	Breanna	Bruner
Conner	Hopkins				
		50-54		10-14	
10-14		Mike	Sims	Kara	Taylor
Phillip	Wenturine	Jerry	Mcdaniel	Danielle	Jackman
Jamie	Wright	Dale L	Smith	Melissa	Jackman
Aaron	Powell	Karl	Hempel	Whitney	Alexander
Christopher	Mcguire	Terry	Tenold		
Shelby	Nave			15-19	
		55-59		Kara	Newell
15-19		Bill	Mcguire	Meaghan	Scott
James	Dexter	Bill	Hillison		
Chris	Holland	Ronald	Christen	20-24	
Aaron	Isom	Tom	Ratliffe	Melissa	Zapata
Casey	Perkins	Joe	Dexter	Erin	Brannen
				Catherine	Nixon
20-24		60-64		25-29	
Chris	Sumner	Nick	Yonclas	Christine	Stabley
Joe	Crook	Rex	Cleveland	Kate	Remillard
Zach	Galloway	Jim	Zimmerman	Jamaa	Bouhattate
Chris	Dexter	Clint	Watkins		
		David	Darst	30-34	
25-29		65-69		Maria	Vives
Andres	Bernal	Mike	Schneider	Amy	Stenberg
		Bob	Keller	Stephanie	Liles
20-34		Bill	deGrummond	Michelle	Stuckey
Travis	Miller	John	Rakestraw	Jo Lena	Pace
Simon-serge	Sablin				
Chris	Marino	70-74		35-39	
Jason	Carter	Arthur	Ward	Lisa	Unger
Art	Remillard	Robert	Morris	Angela	Dempsey
		Jere	Moore	Sarah	Docter- Williams
35-39		Fred	Deckert	Beth	Alexander
Andy	Roberts			Kim	Likens
Brian	Corbin	75-79			
Mike	Labossiere	John	Alderson	40-44	
Douglas	Covert	Charlie R	Yates	Connie	Clarke
Tony	Guillen			Penny	Isom

Judy Alexander
Susan Ledford

45-49

Fran Mclean
Sissi Carroll
Nadine Dexter
Mary Jean Yon
Jacque Myers

50-54

Susan Cornwell
Nancy Widener
Ruth Jones
Cynthia Christen
Judy Shapiro

55-59

Perha Varley
Dawn Brown
Barbara Yonclas
Mary Stutzman
Karen Smith

60-64

Mae Cleveland

65-69

Jean Ann Bowling

70-74

Margarete Deckert

Summer Track Series**Male Overall
Doug Covert**

14 & under
Luke Cecci
Shelby Nave
Jordan Watkins
Jamie Wrigth
Davis Clarke
Michael McGuire

Joey Vannoy
Andrew McWilliams

Age Groups

Barrett Haga
Andy Roberts
Jay Silvanima
Hobson Fulmer
Dave Rodgers
Bill McGuire
Robert Morris

Summer Track Series**Female Overall
Kirsten Baggett**

14 & under
Hunter Parker
Lily Williams
Waverly Chin
Cecelia Williams
Kelsey McWilliams

Samantha Fortunas
Melissa Jackman

Age Groups

Stephanie Liles
Beth Alexander
Jeanne O'Kon
Margarete Deckert

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) runhikebird@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.



Seeley Lovett
Runners of the Year

Hobson Fulmer

George Palmer
Triathlete of 2004



Stacia Keller
Volunteer of the Year



Gary and Peg Griffin
Race Directors of the Year



Nadine Dexter
Cleveland Caldwell Award



Felton Wright
Hall of Fame

Community Award - Capital Health Plan, Inc.

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.