



The Fleet Foot



\$2.00

Volume 30 Issue 1

Newsletter of the Gulf Winds Track Club

Jan. 2005

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Grand Prix Races

Feb

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

Full Turkey Trot results on the website

NOTE: Last Issue, Renew Now !



Mike LaBossiere



Wallace Randell



Jeff Nielsen



Gail Reinertsen

Pick the
Dog and
Owner

Hint,
Dogs
are on
the
Right!



Dog #1



Dog #2



Dog #3



Dog #4

Contest corner

The Dec. contest was won by
Judy Shapiro and Bill McGuire

Olympic Trivia Contest Dec. Answers

1. Paavo Nurmi
2. Babe Didrickson Zaharias
3. Jesse Owens
4. Peter Schnell
5. Billy Mills
6. Naftali Temu
7. Laase Viren
8. Fanny Blankers-Koen
9. Joan Benoit Samuelson
10. Zola Budd/Mary Decker-Slaney
11. Abbe Bekila
12. Bob Hayes
13. Emil Zatopek
14. Evelyn Ashford
15. Harold Abrahams

New Contest!

Match the dogs and their owners on the facing page. The winner receives a year's membership to GWTC, which he/she must give to someone who is not a present member of GWTC.

Call 893-9739 with your answers, or e-mail freddeck@juno.com.

Board Meeting Schedule 7:30 p.m

January 12 Fran McLean

February 9 Charlie Yates

GULF WINDS TRACK CLUB November 10, 2004 Business Meeting Hosted by Jerry and Linda Ongley

Board/GWTC Members present: Lisa Unger, Fred & Margarete Deckert, Charlie Yates, Jerry Ongley, Tom Perkins, Bonnie Wright, Hobson Fulmer, Jeff Bryan, Judy Alexander, Jo Lena Pace, Nadine Dexter, David Yon, Linda Ongley and Dave Rogers

Tom Perkins called the meeting to order at 7:30 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: none

NEW BUSINESS:

Dave Rogers - Opened discussion about a scholarship endowment fund to be created in honor of retired FSU Head Coach Dick Roberts, who coached the FSU XC team from 1978 thru 1989. The fund is being administered by the FSU Boosters and is to provide scholarships for FSU runners with academic as well as athletic talent. Donations are being accepted in the amounts of one time \$1000.00 donations or \$200.00 a year for five years. It was suggested that Dave request the administration fee be waived for any donation that GWTC makes. A motion was made to donate \$1000.00 to the endowment fund, which was seconded and passed by unanimous vote. Dave also suggested that the club's annual budget be published in the Fleet Foot at least one time per year.

REPORTS:

Clothing Coordinator report – Margarete Deckert reported that there have been no new sales, but she will provide more shirts to the Beginning Runners Group.

Newsletter report – Fred Deckert reported that there were 2 winners from his 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.

Race Director(s) report(s) – Judy Alexander presented the proposed 10

Mile Challenge budget. There will not be a relay this year, but there will be a 5M race. A motion was made to accept the budget as presented, which was seconded and passed by unanimous vote.

Race Director Coordinator report –

Charlie Yates reported that the Shamrock Scurry 5k will be on 3/5 even though there are already 2 other races scheduled for that day. Charlie also discussed the dates of several other races.

Training Committee Report – Jerry

Ongley reported that there was great participation from the half Marathon Training group at the Boston Mini Marathon—about 28 group members completed the half.

Nadine Dexter reported that there are about 103 registered for the Beginning Runners group and an average of 45 – 60 people attend each week.

Equipment report – Nadine Dexter

reported for Joe Dexter that there were several checks received for equipment rentals, which were turned over to Bonnie. Also, Nadine presented several receipts for expenses incurred by Joe for equipment replacement such as the clock and stand, the chronomix and a table, as well as repairs to the trailer, thermal paper and a new megaphone. A motion was made to reimburse Joe in full, which was seconded and passed by unanimous vote. **This motion was made because the expenses exceeded the annually budgeted amount for equipment, mostly due to purchasing a new clock.

Membership report – Judy Alexander

reported for Brian Corbin that there are currently 839 members represented by 502 memberships.

Grand Prix Committee report – Lisa

Unger reported for Paul Ahnberg that the Grand Prix committee voted to make no change to the 2005 Grand Prix race schedule as was presented at the previous board meeting, with the exception of the race date of the FSUCares race being changed. Last month a motion had been made to accept the schedule as presented, which had been tabled, but was re-established at this meeting. There was additional discussion about the schedule, and a new motion was made to amend the previous motion by including the Furry Scurry on the 2005 Grand Prix schedule. There was no second to the new motion,

therefore it dropped and reverted to the original motion, which was seconded and passed by unanimous vote.

Therefore there will be no change to the slate of 2005 Grand Prix races as presented to the board at the October meeting.

Treasurer's report – Bonnie Wright

discussed the Budget and Treasurer's reports, which included recent disbursements and receipts.

Chenoweth report – David Yon

reported that the Music Fest and Turkey Trot packet pick up event will be held on 11/21 at the American Legion Hall. There are also other locations for picking up packets prior to race day, and David expressed plans to close registration at about 7:30 AM on race day. David also reported 2 requests for Chenoweth funds. A motion was made to fund Bob Brahman with \$700 for a XC meet, which was seconded and passed by unanimous vote. A request was received from an athlete in Chattahoochee who was invited to the Elite International XC/T&F competition in Hawaii. Envision Credit Union is involved in his fund raising efforts. A motion was made to approve his request, which was seconded and passed by unanimous vote.

Racing Team Coordinator report –

Lisa Unger reported for Tim Unger that there had been no new team racing events, but turned in receipts for expenses that Tim had incurred throughout the racing season.

Social Coordinator report – Tom

Perkins reminded everybody that the Holiday Party will be held on 12/18* at the American Legion Hall. * The date was reported as 12/11, but corrected to 12/18.

Lecture Series report –

no report;

Triathlete report –

no report;

The meeting adjourned at approximately 9:02 PM.

The next board meeting will be held on December 8, 2004, at the home of Judy Alexander and Brian Corbin. 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
tomperkins51@yahoo.com

Vice President

David Yon 668-2236
david@radeylaw.com

Secretary

Beth Alexander 668-0101
Alexander_ke@msn.com.

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

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Clint Watkins 386-4867
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Hobson Fulmer 850 927-2510
starnesfulmer@gtcom.net
Fran McLean 877-9016
franm@stslaw.com

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brirun@comcast.net

Equipment

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jdexter@mailier.fsu.edu

Race Director Coordinator

Charles Yates 385-2768
yatesc1@earthlink.net

Racing Teams Coordinator

Tim Unger 562-2901,
ungerTL@juno.com

Past Presidents

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

Articles/Race Results for Democrat

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

Clothing Coordinator

Margarete Deckert 893-9739
fdeckert1@juno.com

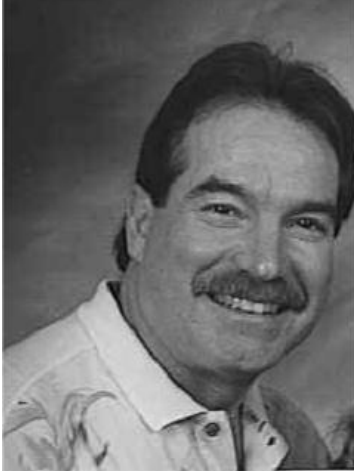
Social Coordinator

Jimmy Kalfas 321-2629 cell
triguy316@yahoo.com

Lecture Series

Arthur Remillard
arthurremillard@yahoo.com

GWTC Web Site - www.gulfwinds.org



Pulpits Happen Tom Perkins

Where did the year go? It seems that time really does fly, but at certain times, it's as painful as waiting at the dentist for a root canal.

A lot has happened over this last year. We said "goodbye" to our dear friend, Joyce Lowery...may the sun be on your shoulders and a cool breeze guide your path on the trails. We have also been blessed with the miracle of birth and have a few tired but happy first-time parents in the club. Congratulations!! Life as you knew it does not exist anymore.

I am dedicated to the youth of this club and will work tirelessly for them. We have so much to offer these new runners as a club. Their social interactions with adults as runners allows them to see us as equals rather than as authority figures. They learn to communicate with adults at a different level than that of their non-running peers. We, in turn, relate our love of running and fitness, and communicate that

running is a lifetime sport. Whether it's a four-year old doing the forty yard dash or a fourteen-year old setting a two-minute PR at a cross country meet, they remind us why we are still at it after all these years. It's the wide-eyed excitement and exuberance of just doing it.

I'm looking forward to the new year. I think we can do a lot more to leave the mark of GWTC in the youth running community. I have a few ideas for the new year, but I would really like to hear from you. What can Gulf Winds Track Club do for the youth in our community? Think about it and get in touch!

2005 Officers and Board Members

President	Tom Perkins
Vice President	David Yon
Secretary	Beth Alexander
Treasurer	Bonnie Wright

Board of Directors

**Nadine Dexter
Judy Alexander
Fran McLean
Hobson Fulmer
Clint Watkins**

Thanks to all those who were willing to serve on the board. All members may attend any board meeting.

AWARDS BANQUET!

**Jan. 22, 7:30 p.m. at the
American Legion Hall, Lake Ella**



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

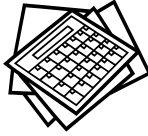
Cycling: go to <http://www.cccyclists.org/roadsched.php3> for capital city cyclist training rides.

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



Race Calendar

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



meetings. If no state is listed, it is Florida. **Verify information** before traveling; errors, omissions and changes do occur. If not listed, area code is 850. To list races (no charge), send details to fdeckert1@juno.com.

Call (850) 386-GWTC (4982) for a recording of more recent information on area events and the Gulf Winds Track Club. Sponsor: Dunn Chiropractic, 1213 N Monroe St, Phone 222-1171. Special thanks to Charlie Yates for the race information.

January

02 Apalachicola River Bridge 10K/1M Run. 2:30 p.m. EST. Apalachicola. Hobson Fulmer 850 927-2510. starnesfulmer@gtcom.net

08 Kiwanis River Run 5K/10K/1M. 9 a.m. Earle May Boat Basin, Bainbridge, GA. Ben Fuller 229 243-7798.

15 Bowlegs 5K. 9 a.m. FSU/FAMU Eng. Building, Innovation Park. Larry Guinipero 878-5569, Bill Hillison 893-4557

22 GWTC 30K. 8:30 a.m. Natural Bridge Monument. Jerry & Jackie McDaniel 297-3798. Form p. 21.

February

05 Flash 12K. 8 a.m. St. Marks Trailhead. Joe Dexter 878-7880, 245-3798. Form p. 22

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

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 (Cancelled!) Blue Angel Marathon/5K.

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.

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

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

Grand Prix Events for 2005

Feb 5 Flash 12K
Feb 12 Cookie Run 5K
Feb 20 Tallahassee Marathon/Half Marathon (Sunday; both races count)

Apr 2	Springtime 10K
Apr 9	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/5K (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

Feb 12	Cookie Run 1-mi (5K can also count but if both races are run then only the 1-mi counts)
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)

Early announcement of the third annual "most fun" event: **The GWTC Celebrity Dinner**. No date chosen yet, but we're looking at late February or early March. More details to come.

Notable Performances:

2004 Florida Senior Games State Championships, **Bill Tharpe** won the 55-59 age group 100M dash (12.83) and the 200M (26.70)

Welcome to our new members

Peter Martin Fennema 8 lbs. 12 oz. born 12/15/04 to **Robin and Bud Fennema**.

PR's

Lena Juarez 2:30:55
Edith McCarty 2:30:33
Orlando Utilities Half Marathon

Dear GWTC,

I want to thank each of you for your concerns during my recent "Health" related ordeal. All of your Visits, Prayers, cards and phone calls were very much welcomed and appreciated.

Ray Haulon

Report on the Running Class, by Nadine Dexter

Editors Note: This is a continuation of the Dec. report, inadvertently omitted.

I tried to make the class interesting by inviting guest speakers on subjects that I hoped the students would find interesting. The speakers who graciously agreed to come to the class were; **Coach Bob Braman, Dr. Karl Hempel, Jane Johnson, Lorraine Ausley, Mae Cleveland, Judy Alexander and Loretta Handegard**. I also had a former student unexpectedly drop by and share with the group her life changing experience that started with her taking our class. She lost over 100 lbs, quit a job she did not like and went back to school to get a graduate degree. She was very motivating and we were all so proud of her accomplishments. There are many stories by these wonderful students and I love hearing each and every one of them. I believe that we left our students with a good plan for training and a lot of GWTC friends that they could call for assistance.

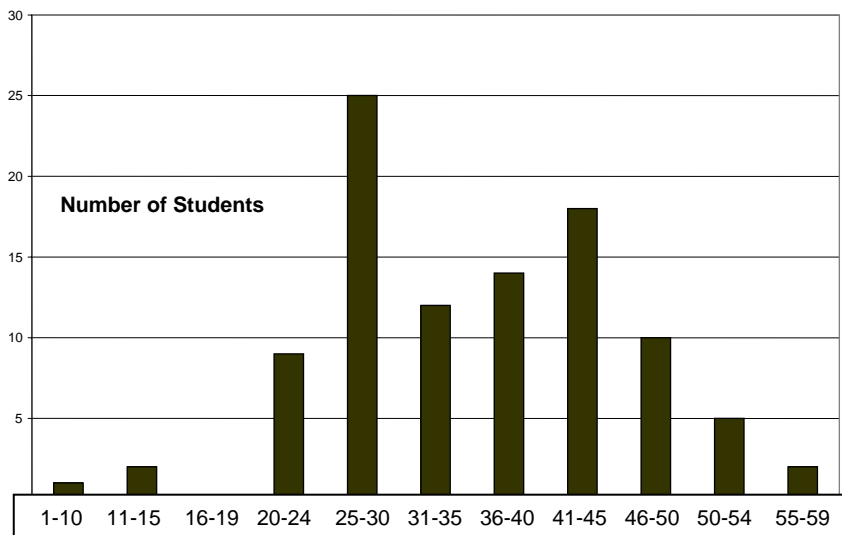
There is a need for more training classes like this one but this will require more help and ideas. I have received phone calls, and e-mails from interested people who would like to join such classes. I am amazed by the response in our community and I am grateful to GWTC for allowing me to have the opportunity to work with these students and with such exceptional folks as **Julie Clark, Jeannie O’Kon, Jerry Ongley, Tom Perkins, Judy Alexander, Beth Alexander** and others too many to name.

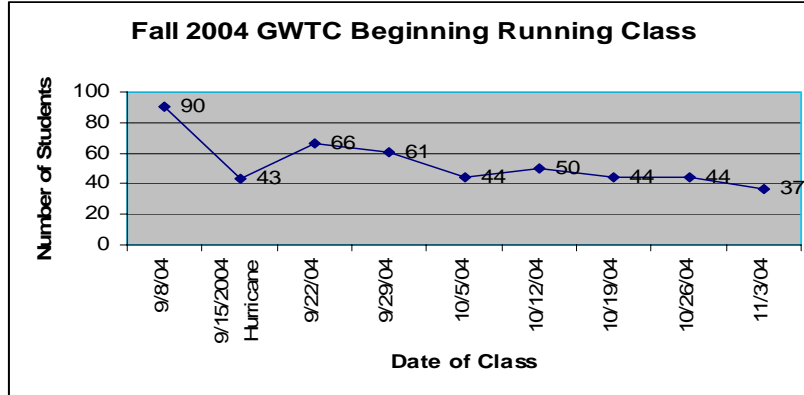
I would like to leave you with several charts that I think tells all about our beginning students and those folks who hear our call to improve physical fitness and their sense of well being.

I’ll see you at the races,

Nadine Dexter

Running Students by Age - Beginning Running Fall 2004





November 22, 2004

David Yon
Vice President
Gulf Winds Track Club
P.O. Box 3447
Tallahassee, Florida 32315

Dear David:

On behalf of my family and the Florida Skin Cancer Foundation, I wanted to write you, as a representative for Gulf Winds Track Club, this letter to thank your organization for the kind contribution. It means a lot to me that Gulf Winds helps with this event.

As you know, the screening at the run almost always finds people with skin cancer who were unaware of their serious problem. This year was extraordinary in that we had 140 people screened and found 15 people with some type of skin cancer. Out of those 15, 4-6 people had probable melanomas. They all now have a real chance for survival.

Thanks again for the free ad in The Fleet Foot and please share this letter with *everyone* in the Club at your next meeting.

Sincerely,

William L. Sundberg



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: _____

**“Run Faster!”
By
Art Remillard**

On a crisp October morning a few years back, I arrived at the line at a rather competitive five-mile race. I came that day thinking that I could set a PR since the course was flat and the competition was dense. Three miles had passed when a side-stitch impaired my breathing and, consequently, nearly brought me to a standstill. I had gone out too fast, neglected my abdominal exercises, and eaten too much salt the night before – or at least that’s what I told myself at the time.

Many, many people passed me and my dreams of a PR faded away. As I angrily trudged along, I heard my well-intentioned brother yell from the crowd, “Run Faster, Art!” “Well,” I sarcastically pondered, “why didn’t I didn’t think of that.” For certain, his comment struck me as odd then. I would have loved to “run faster” and my mind was willing to do so, but my body was simply not able.

In retrospect, I think I may have misunderstood my brother’s words. Cheers from well wishers may not always make literal sense, but they do convey a sense of encouragement, which is always important for runners. In early December, my wife and I went to Huntsville for her first marathon. For spectators such as myself, many points along the course were easily accessible by automobile. At each stop, I joined the batches of running groupies who all voiced their encouragement to passing friends and loved ones. I like being original, so I toyed with the idea of firing a twelve-gauge shotgun into the air. However, I figured that would certainly get me arrested and possibly even divorced. So I just cheered. I wish I could tell you my cheers weren’t mundane, but they were. “You Look Great,” “Everybody Else is Dying,” “Stay Strong,” “You’re Awesome,” etcetera, etcetera. I had to say something and this was the best I could do. My exhausted wife finished and soon



after said that my encouragement gave her that little extra *something* during the race. Perhaps this means that I am better than a packet of GU – my self-esteem and fifth grade math teacher need to know these things.

“No man is an island,” John Donne wrote in his Meditations. Despite his lack of gender-neutral language, Mr. Donne’s words probably ring true with many runners. Running is a solitary activity for sure, but it’s also communal. I wake up nearly every morning and run alone before the sun rises because I love these pensive moments. I also take pleasure in running with friends. It can be a time to talk

about life away from the distractions of the day-to-day world. For as much as I enjoy training with friends, I still think that races have an extra sense of community. We’ve probably all been surprised by a race performance where mile splits that would usually cripple us during a normal daily run, seem relatively effortless at the time. I’m not sure exactly why this happens. After all, the only difference between a workout and race is the people. But, oh, what a difference people make – at road races, the whole is definitely greater than the sum of its parts. We all bring our own energy to a race. When we come together, this energy multiplies and lingers in the air for everyone to partake. The encouragement from onlookers and participants contributes even more to this energy.

Without a doubt, there are few isolated islands on this broad continent that we occupy. Our efforts as individuals are products of our relationships with others. So “Run Faster,” “Stay Focused,” “Keep the Pace,” and “Run on that Person’s Heels!” The cheers at races might lack a literal coherence, but they still have an essential function for our community of runners. I’ll try to keep this in mind the next time my brother comes to a race.

Back of the Pack
"Tallahassee
UltraClassic"

By Jack McDermott

For my 50th "Marathon" race, I decided to tackle my first 50-miler at the Tallahassee Ultradistance Classic. The Deckerts had been trying to convince me to try for years, and my excuses kept getting worse. (*In my defense, I think terrorists could strike Wakulla Springs.*)

One advantage of running an ultra is that you get more "miles for your money" --- 50 cents a mile is a pretty good deal. A 5K would cost a buck and a half. So what does one think about during 50 miles? With the amount of time I ran, I should have completed Einstein's Unification formula, or discovered a cure for cancer. Unfortunately, after each lap, I kept getting dumber. By the end I was drooling, talking funny, and speaking in disjointed incomplete sentences --- it was worse than the *Spice Girls* movie.

It's All Greek to Me

I did attempt to make it an intellectual endeavor. The 50-mile race was 24 laps, which coincidentally is the same number of letters in the ancient Greek alphabet. I figured I would concentrate on a different Greek letter each lap as my meditational mantra. At Lap 1, I was the "Alpha" male checking out the competition. By Lap 3, I had my "Gamma" face on. Thoroughly defeated by Lap 9, I didn't give an "iota" about winning. By Lap 11, I was becoming the sacrificial "Lamda" of marathoners turned ultra runners. By Lap 13, I "Nu" I was in trouble. At Lap 16, my goal of breaking 6 hours was "Pi" in the sky, but I did feel a huge "Psi" of relief at Lap 23 as the end was near.

Suggestions for Improvements

We need nicknames for the runners. Two suggestions are "Loopers" or "Lap-Dogs." Another idea is to perform a "Laparotomy" and remove a few laps. Or even put orange, apple and pear slices at aid tables so we can call them "Fruit Loops." Or put more potholes in the pavement, and call them "Loop Holes." I was getting "Loopy" and exhausted my supply of Loop metaphors by mile 30.



Another idea is to run the race backwards. Or better yet, like the roller-skating rinks, have someone blow a whistle in the middle of the race, and everyone switches directions.

Some people have asked me the difference between a marathon and an ultra. In the marathon --- you hit "the wall." In an ultra, --- you hit "the truck." Unfortunately, the truck is moving in the opposite direction. I hit "the truck" at mile 38 --- and the undercarriage dragged my body mercilessly for a few laps with my blood sugar

fluctuating worse than a diabetic with a box of Girl Scout cookies. I kept asking bystanders: "What day is it?" or "Does anyone have ginger snaps?"

Other News

I heard through the grapevine that a member of our club had an alcoholic beverage after the race -- for medicinal reasons of course, and almost got arrested by the park police. (*She's been a troublemaker for years. It's about time the law caught up with her!*) This has inspired me to bring a beer keg next year. We could make the finish line at the Wakulla County Jail. It would be the stinkiest jail in the panhandle, and probably act as a deterrent to crime --- nobody would ever commit a felony if they knew they would be incarcerated with sweaty ultra runners.

I had the misfortune of running the same year as someone from the Balco Racing Team. Each time he lapped me I asked for a urine sample. When he lapped me the fourth time, I changed my mind and asked for a blood transfusion --- whatever you got, I want some! I think I was wearing him down psychologically. Another 25 miles and I would have owned him! A big thank you to Cynara Miller and Keith Rowe for running a few laps with me. At one point, I became so spacey I was having trouble telling them apart, which caused some embarrassing confusion. (*"Gee Cynara, when did you stop shaving your legs?"*) The worse part of the race was driving home. Each time I popped the clutch I almost pulled a hamstring --- For my next car, I'm definitely buying an automatic. **Happy New Year** to everyone!

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.



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**Featured Feet –
Janice Hochstein**

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

About 32 yrs. now, in fact my first date with Mike was a running date at the old dirt and cinder track at FSU. Back then it was hard to find races, so we had to travel to Ft. Walton, Jacksonville, Thomasville, Pensacola, Dothan etc. Over the years I have seen great strides in women's running. A few races offered age group awards for men and only first, second and third place overall awards for women. I remember winning male trophies at some races. My, how times have changed.

Favorite place to run?

As an international flight attendant in my 20's and 30's I had opportunities to run in several exotic cities around the world and some of the highlights were Copacabana Beach in Rio de Janeiro, Olympic stadium in Munich, along the Tiber River in Rome, the country roads of England, Ireland, and Argentina, city parks in Tokyo and Central Park in New York. It is hard to pick a favorite because they were all unique and wonderful experiences.

Most memorable running experience?

That must be my overall female



win at the Bicentennial Fourth of July Peachtree Road Race 1976.

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

A good cup of coffee and

visualization.

Favorite non-running hobby.
Movies.

Occupation?

Government Analyst for the Florida Department of Law Enforcement.

Personal hero(ine)?

Paula Newby-Frasier

Ideal travel destination?

Italy, where Mike and I went on our belated honeymoon. A destination not wasted on Mike, a history major and avid tourist.

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

Either creative writing or voice.

Most recent book you read?

Sick Puppy by Carl Hiaasen

**Featured Feet –
Mike Hochstein**



*Lance
Armstrong*

**Ideal travel
destination?**

*Rome, Italy or
Rio de Janeiro*

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

Geology

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

*I was a sprinter
and shot putter
in high school
and a high
school head
track coach, but
started running
distance (for
which I was
genetically
challenged) in
1972 when*

*Janice and I met Jeff Galloway, so
that adds up to about 47 yrs.*

2. Favorite place to run?

Any beach.

**Most memorable running experi-
ence?**

*Setting a personal best at the
Gasparilla Distance Classic 15 km
(56:25) while placing third in my age
group for the Clydesdale
(heavyweight) division.*

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

Staying relaxed.

Favorite non-running hobby.

Watching sports.

Occupation?

*Semi-retired bar and restaurant
owner/manager.*

Personal hero(ine)?

Most recent book you read?

Sick Puppy by Carl Hiaasen

You might be a Runner if:

***You think coming in last to the
cheers of your friends is a
greater thrill than not coming
in at all.***

***You hear the words “cottage
cheese” and think of a dairy
product, not the back of your
legs.***

***You think \$84 is a good deal
for shoes you run in every day
when you paid \$90 for killer
high heels you wore once to a
wedding, and the marriage is
shaky.***

***You think beer and bananas at
8:30 a.m. is a normal breakfast
after suffering through a
steamy 5K.***



28TH ANNUAL NATURAL BRIDGE MONUMENT 30K ROAD RACE

DATE: Saturday, January 22, 2005
TIME: Race starts at 8:30 am, EDT.
 Pre-race registration starts at 7:15 am.

COURSE: Flat out and back course.

ENTRY FEE: \$15.00 includes shirt OR \$8.00 no shirt option

POST-RACE REFRESHMENTS: Chili, gatorade and water

AWARDS: Overall/Master/three-deep in five-year age groups.

DIRECTIONS: From Tallahassee, take Monroe Street South. Monroe Street becomes Woodville Highway. Turn left onto Natural Bridge Road just past Woodville Elementary School and continue to the Natural Bridge Park.

ADDITIONAL INFORMATION: Jerry/Jackie McDaniel: mcDanieljackie@hotmail.com or call 850/297-0009, or visit the Gulf Winds website at <http://www.gulfwinds.org>.



Battle of Natural Bridge Monument

Mail entry form with payment to:
 Natural Bridge 30K c/o Jerry/Jackie McDaniel, 1013 Lothian Drive, Tallahassee, FL 32312

NAME:	NATURAL BRIDGE 30K ENTRY FORM	
AGE ON 1/22/05:	DATE OF BIRTH:	MALE <input type="checkbox"/> FEMALE <input type="checkbox"/>
PHONE #:	EMAIL:	SHIRT SIZE: S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/>
ADDRESS:		
CITY:	STATE:	ZIP CODE:
<small>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 the 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.</small>		
Signature (parent if under 18):		Date:

17th ANNUAL TAC CERTIFIED

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CITY: _____ ST: _____ ZIP: _____

AGE ON RACE DAY: _____ SEX: M F CLUB MEMBER? Y N

SHIRT SIZE: S M L XL NO T-SHIRT

I know that running in Gulf Winds Track Club (GWTC) activities is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in GWTC activities including, but not limited to, falls, contact with other participants, the effects of weather (excessive heat) and/or humidity), traffic, and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I for myself and anyone entitled to act on my behalf, waive and release the Race Director, GWTC, City of Tallahassee, Leon County, Chaires Capitola Homeowners Association, Chaires Pre-School, or any sponsoring agent, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the parts of the persons/agents named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature of entrant required (parent or legal guardian if under 18

_____ Date: _____

**Tallahassee Ultradistance Classic, Wakulla Springs S.P. 12/11/04
RD's, Fred and Margarete Deckert**

50K Event

Bill Hillison	3:50:10	60	Tallahassee
Greg Waddell	3:52:44	38	Bainbridge, GA
Kelly Murzynsky	4:03:10	39F	Peachtree City, GA
Bud Fennema	4:23:08	49	Tallahassee
Pat Judd	4:31:11	54	Pensacola
Fred Johnson	4:32:41	42	U.S. Army
Scott Ludwig	4:32:45	50	Peachtree City, GA
Donald Stephens	4:48:58	54	Prince Edward Is. CAN
Ithel Jones	5:11:34	50	Tallahassee
Judy Alexander	5:19:27	43F	Tallahassee
Angela Ivory	6:03:37	36F	Nashville, TN
K..G Nordstrom	5:33:53	66	Sweden
Charles Meyers	5:45:06**	39	Huntsville, AL
Brenton Floyd	5:55:12**	19	Harrison, TN
Warren Mulherin	7:13:51	63	Tallahassee
Norm Frank	7:57:42	73	Rochester, NY
Gordon Hawkins	8:17:26	55	Madeira Beach
John Price	8:29:02	78	Ft. Myers
Mary Beth Berry	8:29:02	34F	Jacksonville
Don McNelly	10:29:04*	84	Rochester, NY

** 50M, opted for 50K

50 Mile Event

Chad Ricklefs	5:24:45	37	Boulder, CO
Jack McDermott	6:35:37	35	Tallahassee
Dana Stetson	8:10:28	48	Tallahassee
Jon Anderson	8:14:39	58	Gainesville
Ann Burke	8:41:40	42F	St. Petersburg
Gary Griffin	8:59:52	55	Tallahassee
Jim Emig	9:37:51	58	Roswell, GA
Nick Mazza	9:55:15	56	Tallahassee
Charles Thompsen	10:05:03	53	Tallahassee
Mary Newcomer	13:57:04*	60F	Ft. Walton Beach

*Unofficial result

It was a most unusual day! But, all Tallahassee Ultra's are unusual in one way or another. This time a fireball from Boulder Colorado held the spotlight with his 5:24:45 win in the 50 mile event. Jack McDermott ran a more than respectable first 50 miler in 6:35:37, but he was a bit too young to take the Master's from Dana Stetson's 8:10:28 effort. Jack's pacing was amazing for a first effort at the distance. Ann Burke took the female win with 8:41:40.

Bill Hillison made the 50K win look easy, as usual, even at age 60! His 3:50:10 was his 8th win in the event. Bill's running buddy and protégé, Bud Fennema took the Master's in 4:23:08. Kelly Murzynsky repeated her 2001 victory with an impressive 4:03:10. Judy Alexander, our local favorite won the female Master's in 5:19:27. The day was cool and perfect for fast times.

Thanks to the great, as usual, volunteer crew: Bill Lott, Peg Griffin, Ray Hanlon, Myrna and Paul Hoover, Fran McLean, Ken Vinson, Gordon Cherr, Charley Yates Jay Silvanima, Keith Collins, Pete Kerwin, Jere Moore, Susan and Jimmy Ledford, Michelle and Keith Rowe, and especially Dr. John Dunn, our masseur extraordinary. And thanks to the "others" who stepped in to give the regulars an occasional break; Jo Lena and Jeff Bryan, MJ Yon and more. Special thanks to Wakulla Springs State Park, who gave us the usual great support and furnished the facilities that make this event work so well.

We also must recognize and thank our most loyal regular participants. Gordy Hawkins competed for the 20th time, Pat Judd, Don McNelly, Nick Mazza and others are close behind. Nick has run 14 straight, 12 in the 50 mile event.

**10 Mile Challenge at Killlearn
Lakes - 12/4/04
Judy Alexander, R.D.**

1	Gary Droze	M 43	55:28.79	59	Mark Delegal	M 37	1:21:04.97
2	Jessie Close	M 46	56:34.78	60	Loranne Ausley	F 41	1:21:57.90
3	Chris Holland	M 18	57:29.57	61	Jim Ervin	M 47	1:22:02.54
4	Reid Vannoy	M 46	1:01:31.16	62	Dennis McClure	M 48	1:22:06.14
5	Sarah D-Williams	F 40	1:01:40.80	63	Jennifer Anderson	F 22	1:22:24.56
6	David Yon	M 49	1:02:03.90	64	Cynara Miller	F 43	1:22:51.71
7	Tim Unger	M 45	1:03:05.83	65	Jack Mcdermott	M 35	1:22:52.54
8	Burr Imcold	M 31	1:03:07.41	66	Tim Johnson	M 34	1:22:55.36
9	Eric Smith	M 32	1:04:33.10	67	Ithel Jones	M 50	1:23:09.39
10	James Wilgenbusch	M 36	1:05:03.79	68	Larry Stevenson	M 47	1:23:39.17
11	Tony Guillen	M 35	1:05:32.86	69	Mike Boll	M 40	1:24:16.45
12	Jeff Nielsen	M 47	1:05:50.70	70	Anne Geroux	F 36	1:24:21.90
13	Phil Leboutillier	M 38	1:06:53.70	71	Gary Fournier	M 53	1:24:53.37
14	Simon-serge Sablin	M 31	1:06:55.83	72	Amy Stenberg	F 31	1:25:00.32
15	Jason Carter	M 33	1:07:02.32	73	Judie Kean	F 59	1:25:26.42
16	Andy Roberts	M 37	1:08:55.02	74	Jimmy Ledford	M 48	1:25:32.13
17	Geoff Likens	M 39	1:09:03.46	75	Victoria Droze	F 29	1:25:34.46
18	Jane Johnson	F 45	1:09:07.15	76	Lisa Unger	F 37	1:25:47.20
19	Felton Wright	M 47	1:09:22.45	77	Barbara Mcneal	F 49	1:25:52.52
20	Jim Carson	M 41	1:09:43.87	78	Lynda Pfundstein	F 39	1:25:57.31
21	Jeff Bowman	M 43	1:10:44.52	79	Harry Detwiler	M 45	1:25:58.14
22	Scott Ruplinger	M 23	1:10:44.99	80	George Kolp	M 59	1:26:05.99
23	Bill Hillison	M 60	1:11:05.61	81	Roger Register	M 47	1:26:11.27
24	Scott Mitchell	M 53	1:11:38.12	82	Rhonda Gaudino	F 43	1:26:15.00
25	Bob Fisher	M 48	1:12:09.76	83	Steven Baczewski	M 47	1:26:33.74
26	Paul Ahnberg	M 46	1:12:35.82	84	Harry Graham	M 0	1:27:00.11
27	Andrew Maurey	M 44	1:13:27.22	85	Katie Yaun	F 25	1:27:01.95
28	Dave Borschel	M 40	1:13:36.11	86	Geoffrey Wenturine	M 50	1:27:03.53
29	Mike Labossiere	M 38	1:13:59.79	87	Penny Isom	F 41	1:27:05.10
30	Kevin Fetzer	M 21	1:14:01.60	88	Reg Perry	M 45	1:27:10.26
31	Dan Oronje	M 39	1:14:10.95	89	Fred Hirsch	M 58	1:27:12.52
32	Brian Burch	M 30	1:14:29.09	90	David Darst	M 61	1:27:18.67
33	Jim Heberle	M 47	1:14:32.37	91	Kristen Pasquier	F 24	1:28:10.79
34	Jeff Piersol	M 0	1:14:43.14	92	Richard Addison	M 50	1:29:35.23
35	Mary Gorham-Rowan	F 38	1:15:13.03	93	Amy Peterson	F 26	1:29:52.11
36	Harry Chiles	M 51	1:15:22.99	94	Mae Cleveland	F 65	1:30:15.98
37	Lisa Whitworth	F 34	1:15:24.21	95	Mark Hillis	M 62	1:30:36.07
38	Jerry Ongley	M 57	1:15:24.89	96	Robert Mcneal	M 43	1:32:23.23
39	George S Palmer	M 60	1:15:53.99	97	Pat Frye	F 52	1:32:29.80
40	Alex Steverson	M 44	1:16:47.70	98	Kathy Lindsay	F 45	1:32:31.88
41	Bud Fennema	M 49	1:16:48.16	99	Jo Lena Pace	F 32	1:32:40.29
42	James Doran	M 29	1:17:51.94	100	Katie Coleman	F 20	1:32:47.29
43	Debbie Lamarche	F 45	1:17:56.55	101	Heather Lammers	F 26	1:32:51.22
44	Leigh Ceci	F 40	1:18:05.10	102	Joe Uilo M	34	1:33:20.42
45	Chris Sumner	M 25	1:18:13.83	103	Karen Sutterfield	F 38	1:33:51.95
46	Lou Vargas	M 55	1:18:15.50	104	Robert Palmer	M 42	1:34:31.44
47	Kathryn Voight	F 43	1:18:30.26	105	Jobst Elster	M 32	1:34:51.05
48	Bryan Young	M 30	1:18:32.67	106	Birgit Cromartie	F 34	1:34:51.60
49	Randy Holcombe	M 54	1:18:53.50	107	Paul Hiers	M 46	1:35:33.15
50	Ace Haddock	M 35	1:19:09.49	108	Brian Poggie	M 30	1:35:59.79
51	Kirsten Baggett	F 38	1:19:34.58	109	Tom Powell	M 57	1:36:23.23
52	John Iarnssi	M 31	1:19:37.46	110	Fred Bates	M 57	1:36:27.63
53	Fred Wise	M 56	1:19:38.09	111	Susan Ledford	F 41	1:37:57.22
54	Michael Pasquier	M 24	1:19:47.51	112	Amy Mcgibany	F 33	1:38:23.91
55	Connie Clarke	F 43	1:20:30.13	113	Kelly Garland	F 33	1:38:58.72
56	Rex Cleveland	M 65	1:20:35.64	114	Kevin Wilson	M 28	1:38:59.16
57	John Showalter	M 45	1:20:45.59	115	Ginger Parsons	F 37	1:39:12.65
58	Gary Griffin	M 55	1:20:59.35	116	John Morrill	M 53	1:39:45.14
				117	Beth Patrick	F 46	1:39:46.40
				118	David Brown	M 50	1:39:47.60
				119	Paul Taylor	M 24	1:39:59.48
				120	Richard Ruddell	M 24	1:40:00.04

121	Danielle Jackman	F	13	1:40:29.52
122	Primus Mtenga	M	51	1:42:39.04
123	Ginger Dykes	F	40	1:42:43.01
124	Jennifer Britt	F	38	1:42:55.56
125	Ginny Black	F	27	1:43:18.97
126	Karli Ritter	F	22	1:44:08.99
127	Terry Karesh	M	52	1:44:58.19
128	Arthur Ward	M	71	1:45:35.19
129	Joe Rubin	M	49	1:45:45.16
130	Ashley Hiatt	F	21	1:45:48.13
131	Marisol Roberts	F	34	1:45:55.45
132	Juliette McDonald	F	51	1:47:11.50
133	Cass Vickers	M	56	1:47:50.19
134	Jodi Warmach	F	35	1:49:48.59
135	Frankie Lynn Higginbotham	F	37	1:51:01.99
136	Nadine Dexter	F	45	1:52:09.00
137	Sherri Jackman	F	41	1:53:20.84
138	Melissa Jackman	F	13	1:53:59.24
139	Anandhalakshmi Ekambaram	F	30	1:54:54.35
140	Dawn Brown	F	56	1:54:54.90
141	B. J. Foster	F	57	1:55:09.87
142	Judy Shapiro	F	53	2:27:29.00

**1st Annual American Medical
Students Association 5K
10/9/04**

1.	Shawn Patterson	22	M1	16:13
2.	Dustin Hicks	19		17:06
3.	Scott Ruplinger	22		18:27
4.	Fritz Stoppelbein	18		18:34
5.	Kelly Stevens	22	F	20:13
6.	Mike LaBossiere	38		20:17
7.	Cliff Cook	48	MM1	21:02
8.	Krista Killius	41	MF1	21:15
9.	John Chu	23		21:32
10.	Rita Borelli	18	F	21:55
11.	Julia Vola	18	F	22:07
12.	Dale Smith	51		22:11
13.	Brent Ginn	25		22:54
14.	Joergi Schlatterer	31		22:55
15.	Seth Coffin	34		23:02
16.	Randy Taylor	32		23:18
17.	Camilo Gutierrez	29		23:37
18.	Mike Farmer	27		24:35
19.	Mickey Messina	23	F	25:13
20.	Jay Steere	23		25:30
21.	Kevin Coleman	35		26:21
22.	Greg Jones	43		26:43
23.	Crissie Tharp	35	F	27:10
24.	Shannon Sullivan	50		27:14
25.	Matt Lake	33		27:25
26.	T.J. Cutchins	44		27:27
27.	Matt Kastrell	19		27:52
28.	Rick Haines	31		28:28
29.	Nick Farber	18		28:28
30.	Adam Bowers	23		28:38
31.	Karen Smith	56	F	29:15
32.	Aida Shree	19	F	29:21
33.	Olivia Garcia	19	F	29:22
34.	Erica Bossar	20	F	30:41
35.	Holly Litt	21	F	31:03
36.	Anna Engelman	24	F	31:21
37.	David McL			31:22
38.	Andrea Shaw	26	F	31:55
39-42.	Unknown			
43.	Ann Fernandez	20	F	37:18
44.	Tiffany Tans	19	F	37:18
45.	Teresa Massa	47	F	40:28
46.	Sabrena Watson	35	F	44:57
47.	Stephanie Ellis	25	F	44:57

**Killearn Lakes 5 Mile 12/4/04
Judy Alexander, R. D.**

1	Chris Nickinson	M	20	26:44.24
2	Bill Mcguire	M	57	31:14.50
3	Rolf Zwaan	M	42	32:25.56
4	Dale L. Smith	M	51	36:23.58
5	Jeff Givens	M	18	37:21.34
6	Kara Taylor	F	14	38:31.31
7	Jacque Myers	F	48	42:35.86
8	Randy Riles	M	12	42:49.67
9	Anna Stine	F	18	42:55.29
10	Lacey Douglass	F	46	44:39.11
11	Patricia Hearne	F	18	45:22.50
12	Perha Varley	F	60	45:54.39
13	Bonnie Wright	F	49	46:06.40
14	Bill Holliman	M	44	46:08.37
15	Bob Cox	M	52	46:21.28
16	Katie Carson	F	28	47:17.40
17	Kristen Snyder	F	31	47:35.61
18	Karen Smith	F	56	49:45.97
19	Margarete Deckert	F	71	54:40.13
20	Dean Paini	M	38	55:34.27
21	Michelle Stuckey	F	35	55:34.63
22	Pete Kerwin	M	52	59:46.65
23	David Bigoney	M	31	59:47.27
24	Craig Christoffersen	M	34	1:08:16.60
25	Sarah Iamssi	F	28	1:13:55.21
26	Matt Schrader	M	29	1:14:54.91

Run for Change (2.4 Mile Race)**Myers Park 10/24/04**

1. James Dexter	19	15:43	35 Kevin Coleman	M 35	26.31
2. Jacob Jordan	19	18:38	36 Randy Wilkins	M 43	26.34
3. Brant Foster	43	18:55	37 Pat Connolly	M 28	26.36
4. Unknown		20:16	38 Dennis Hitcher	M 53	26.48
5. Carroll Hageseth	40	21:21	39 Scott Lindeman	M 29	26.52
6. Jeanne Dure	22	21:44	40 Bridget Edmond	F 35	27.00
7. Mike Boll	40	22:20	41 Jason Nonnell	M 19	27.24
8. Tom Perkins	53	22:21	42 Greg Jones	M 43	27.57
9. Cecilia Galup	27	23:30	43 Karen Brown	F 27	28.19
10. Unknown		24:45	44 Jacque Myers	F 48	28.22
11. Unknown		25:17	45 Melissa Jackman	F 12	28.44
12. Paul Maass	18	25:20	46 Sherri Jackman	F 41	28.45
13. Ruth Nickens	44	26:15	47 Toma Wilkerson	F 35	29.11
14. Chris McGuire	49	26:15	48 Charles Futch	M 62	29.18
15. Unknown		27:55	49 Lauri Louwsma	F 44	30.06
16. Maggi Bergevin	24	27:58	51 Karen Smith	F 46	30.30
17. Ken Vinson	69	29:09	52 Kimberly Pennington	F 20	30.36
18. Melissa Hammar	20	33:37	53 Pam Novak	F 45	30.37
19. Unknown		35:59	54 Primus Mtenga	M 51	30.52
20. Samuel Gabovitz	7mo.	35:59	55 Arthur Ward	M 71	31.23
21. Blake McKnight	12	36:00	56 Margarete Deckert	F 71	32.32
			58 Erin Sjostrom	F 38	32.50
			59 Edie McCarty	F 42	32.52
			60 Gary Haines	M 47	33.05
			62 Dawn Brown	F 55	33.18
			63 Maggi Bergevin	F 24	33.30
			64 Chris Savery	F 46	33.52
			65 Amanda Carson	F 27	33.56
			66 Deo Eustace	M 40	36.32
			67 Trevor Graddy	M 8	37.40
			68 Sondra Lee	F 36	37.45
			69 Sheryl Brainard	F 33	37.46
			71 Michael Blair	M 54	38.33
			72 Betsy Thorpe	F 48	38.46
			74 Deana Ponso	F 56	40.31
			76 Judy Shapiro	F 52	43.10
			77 Mary VanGuilder	F 52	43.23
			78 Jerry VanGuilder	M 49	43.24
			79 Sabrener Watson	F 35	44.22
			80 Charles Yates	M 79	45.44
			81 Enid Mazzone	F 57	46.02
			82 Kevin Kozlowski	M 50	46.03
			83 Josephine Newton	F 78	46.05
			84 Jeanette Putma	F 64	47.22
			85 Aussevali Raheem	F 63	47.49
			86 Angela Asmus	F 32	48.30
			87 Debbie Asmus	F 52	48.31
			88 Terry Massa	F 47	49.31
			89 Sue Massa	F 46	49.34
			90 Mary Wright	F 51	50.18
			91 Pamela Schmidt	F 57	50.19
			98 Michsella Graddy	F 10	58.36
			99 Monica Munyon	F 7	58.37
			100 Monica Munyon	F 7	60.06
			101 Jolke Graddy	M 7	60.08
			102 Kathy Moreno	F 43	61.01
			103 Joy Waller	F 10	61.28
			104 Maggie Munyon	F 10	61.38
			105 Dominique Moreno	F 10	61.51
			109 Teresa Munyon	F 32	63.15

Albertson's Christmas Connection**5K 10/23/04**

1 Gary Droze	M 43	16.54	66 Deo Eustace	M 40	36.32
2 Bill McGuire	M 57	18.37	67 Trevor Graddy	M 8	37.40
3 Tony Guillen	M 35	19.08	68 Sondra Lee	F 36	37.45
4 Mike LaBossiere	M 38	20.04	69 Sheryl Brainard	F 33	37.46
5 Stephanie Liles	F 32	20.12	71 Michael Blair	M 54	38.33
6 Alex Waller	M 47	21.14	72 Betsy Thorpe	F 48	38.46
7 Keith Rowe	M 43	21.25	74 Deana Ponso	F 56	40.31
8 Alison Eagen	F 25	21.33	76 Judy Shapiro	F 52	43.10
9 Dan Oronje	M 39	21.45	77 Mary VanGuilder	F 52	43.23
10 Kent England	M 44	21.46	78 Jerry VanGuilder	M 49	43.24
11 Bob Fisher	M 48	21.53	79 Sabrener Watson	F 35	44.22
12 Steve Toner	M 44	22.05	80 Charles Yates	M 79	45.44
13 Frank Flynn	M 45	22:05	81 Enid Mazzone	F 57	46.02
14 Julie Clark	F 42	22:13	82 Kevin Kozlowski	M 50	46.03
15 Niklas Manz	M 36	22:25	83 Josephine Newton	F 78	46.05
16 Jordan Mason	M 19	22:38	84 Jeanette Putma	F 64	47.22
17 Nick Nichols	M 61	22:43	85 Aussevali Raheem	F 63	47.49
18 Seth Coffin	M 34	22:47	86 Angela Asmus	F 32	48.30
19 Luis N. Serns	M 39	22:49	87 Debbie Asmus	F 52	48.31
20 Tiffany Jastrzembski	F 27	23:01	88 Terry Massa	F 47	49.31
21 Zachary Toner	M 13	23:04	89 Sue Massa	F 46	49.34
22 John Jenkins	M 45	23:13	90 Mary Wright	F 51	50.18
23 Mike Novak	M 42	23:29	91 Pamela Schmidt	F 57	50.19
24 Brent Ginn	M 25	23:43	98 Michsella Graddy	F 10	58.36
25 Jimmy Ledford	M 48	23:47	99 Monica Munyon	F 7	58.37
26 John Showalter	M 45	23:51	100 Monica Munyon	F 7	60.06
27 Dan Burke	M 38	24.13	101 Jolke Graddy	M 7	60.08
28 Bruce Lynn	M 57	24.48	102 Kathy Moreno	F 43	61.01
29 Michael Boll	M 40	24.49	103 Joy Waller	F 10	61.28
30 John Waldron	M 51	24.50	104 Maggie Munyon	F 10	61.38
31 Trey Dyal	M 31	25.15	105 Dominique Moreno	F 10	61.51
32 Gene Crawford	M 38	25.23	109 Teresa Munyon	F 32	63.15
33 David Darst	M 61	25.35			
34 Richard Addison	M 50	26.08			

Missing places did not return cards

**Turkey Trot 1 mile Children's age
Groups 11-25 David Yon, RD**

Piper Stockman F 41 23:11.26

1-9 Females

Cecelia Williams F 8 6:50.00
Allison Bowden F 8 7:42.50
Melanie Dick F 9 8:01.36

1-9 Males

Robert Anderson M 9 7:28.51
Nick Dietrich M 7 7:43.27
Trevor Touchton M 9 8:22.60

10-14 Females

Lily Williams F 10 6:50.05
Melissa Jackman F 13 7:55.13
Samantha Fortunas F 14 8:03.86

10-14 Males

Brian Bowden M 10 6:22.11
Harry Douglas M 11 7:08.32
Anthony Baity M 12 7:43.58

15-18 Males

Ryan Obernier M 18 5:02.80
Michael Mckibben M 16 6:11.71
Ryan Kline M 17 7:05.33

5K Top ten

Caleb Carmichael M 19 16:33.85
John Kirksey M 36 17:12.37
Ryan Obernier M 18 17:52.63
Jaime Hovda M 27 18:11.32
Michael Joanos M 21 18:14.31
Jared Black M 16 18:15.99
Ryan Melin M 23 18:16.69
Will Fairhurst M 16 18:20.41
Manuel Gutierrez M 31 18:26.82
Michael Rodriguez M 19 18:28.53
Karol Withrow F 39 19:22.67
Seeley Lovett F 28 20:27.82
Allison Eagen F 25 20:44.80
Fran Mclean F 47 20:46.94
Angela Dempsey F 36 20:49.50
Meaghan Scott F 18 21:02.28
Heather Bailey F 17 21:08.02
Marcia Harrison F 43 21:14.33
Julie Clark F 43 21:15.86
Kirsten Baggett F 38 21:54.53

1st Master

Karl Hempel M 53 18:32.84

Turkey Trot 10 K Top Ten

Charlie Johnson M 25 0:36:37.60
Reid Vannoy M 46 0:37:11.30
Bill Mcguire M 57 0:37:51.79
Eric Smith M 32 0:38:11.74
Larry Mengelkoch M 52 0:38:12.25
Dale Parfitt M 55 0:38:43.66
Tony Guillen M 35 0:38:50.38
Matthew Minno M 45 0:39:51.38
Felton Wright M 47 0:40:07.78
Jason Carter M 33 0:40:16.71

Sarah Docter- Williams F 40 0:37:07.76
Ami Pla F 19 0:46:09.46
Mindy Londot F 33 0:47:00.25
Kim Likens F 36 0:47:04.02
Mary Masterson F 18 0:48:31.92
Amy Coburn F 22 0:48:50.13
Katrina Hall F 19 0:49:26.66
Kristen Spears F 17 0:49:56.00
Maria Gonzalez F 43 0:49:56.96
Jennifer Anderson F 22 0:50:22.82

1st Master

Tom Ratliffe M 57 0:40:25.82
Holly Snowden F 45 0:52:09.28

Turkey Trot 15K Top Ten

Matthew Dobson M 35 0:50:42.00
Jessie Close M 46 0:52:45.11
Chris Holland M 18 0:54:52.24
Jay Wallace M 40 0:56:53.57
Tim Unger M 45 0:57:30.66
Justin Dickison M 19 0:58:34.80
Zach Galloway M 25 0:58:50.57
Jeff Nielsen M 47 0:59:34.41
Jack McDermott M 35 0:59:36.17
Michael Martinez M 38 1:00:09.25
Jane Johnson F 45 1:02:52.33
Lisa Giblin F 18 1:02:53.64
Kara Newell F 20 1:07:27.06
Lisa Whitworth F 34 1:10:06.90
Debbie Lamarche F 45 1:11:30.70
Cynara Miller F 43 1:11:47.91
Maggie Davis F 25 1:11:56.70
Gloria Ramirez F 25 1:12:02.53
L. A. Hanlon F 26 1:12:38.11
Leigh Ceci F 40 1:13:31.52

1st Master

Mark Kasper M 43 1:01:07.27
Judy Chin F 44 1:14:09.49

Final Grand Prix Results for 2004

Overall Male

Gary Droze	42	200
Jack Mcdermott	34	164
Tim Unger	44	148
Andrew Wills	39	140
David Yon	48	130
Bill Mcguire	56	129
Reid Vannoy	45	99
Zach Galloway	24	91
Jeff Nielsen	46	89
Chris Holland	17	78
Felton Wright	46	70
Jay Silvanima	43	55
Brian Corbin	36	54
Bill Hillison	59	52
Art Remillard	30	47
Matthew Minno	44	44
Karl Hempel	52	44
Larry Mengelkoch	51	37
Justin Dickieson	18	35
Paul Morphy	43	33
Jessie Close	45	30
Jared Black	15	30
Eric Smith	31	28
Hobson Fulmer	48	27
Douglas Covert	39	27
Tom Ratliffe	56	27
Mike Sims	51	26
Tony Guillen	35	22
James Dexter	19	20
Mike Johnson	41	20
Fred Johnson	41	20
Andy Roberts	36	19
Jason Carter	32	16
Jeff Bowman	42	13
Brent Jones	28	13
Greg Waddell	37	13
Joe Donoghue	56	13
Donny Douglas	20	11
Ronnie Godwin	39	11
Scott Ruplinger	22	10
Bill Bowers	50	9
Mike Labossiere	37	9
Cris Williams	43	9
Terry Presnell	54	9
Gary Cato	47	8
Myron Herring	44	7
Jerry Mcdaniel	50	5
Bud Fennema	48	5
Simon-serge Sablin	30	5
Bill Perry	55	3

Jerry Ongley	56	3
Jay Herring	46	3

1-9 Male

Jordan Watkins	9	85
Davis Clarke	9	35
Conner Hopkins	9	33
Michael Mcguire	9	28
Luke Strickland	7	20
Vincent Dewar	7	15
David Breza	9	15
Cameron Nave	7	14
Jackson Dick	7	12
Joseph Dewar	5	12
Chris Lindsay	7	12
Christopher Ellis	7	10
Luke Ceci	4	4
Alexander Bowman	3	2

10-14 Male

Phillip Wenturine	12	104
Jamie Wright	10	88
Aaron Powell	12	52
Christopher Mcguire	14	48
Shelby Nave	10	44
Whitney Strickland lii	12	40
Paul Mengelkoch	10	28
Joey Vannoy	10	27
Calvin Vannoy	13	20
Drew Edwards	12	15
Will Stanford	11	15
Blair Strickland	10	12
Nathan Kenney	12	12
Jake Fortunas	11	12
Devon Lynn	11	4

15-19 Male

James Dexter	19	110
Chris Holland	17	100
Aaron Isom	16	45
Casey Perkins	18	39
Justin Dickieson	18	35
Jared Black	15	20
Chris Kulakowski	15	15

20-24 Male

Chris Sumner	24	144
Joe Crook	24	126
Zach Galloway	24	120
Chris Dexter	22	55
Phillip Claiborne	23	32
Scott Ruplinger	22	30
Richard Ruddell	23	20
Michael Pasquier	23	20
Donny Douglas	20	20

Gallagher	Dempsey	20	15	Rick	Parker	39	4
Ben	Tomblin	21	15	40-44 Male			
Andrew	Hanlon	24	12	Jay	Silvanima	43	140
25-29 Male				Gary	Droze	42	140
Andres	Bernal	25	60	Tim	Unger	44	135
Brent	Jones	28	40	Myron	Herring	44	126
Mauricio	Zapata	29	20	Matthew	Minno	44	97
Chris	Judd	25	15	Jeff	Kuperberg	43	62
David	Knoll	28	15	Keith	Rowe	42	56
30-34 Male				Jeff	Bowman	42	56
Jack	Mcdermott	34	190	Tom	Taylor	40	51
Travis	Miller	34	87	Fred	Johnson	41	50
Simon-serge	Sablin	30	85	Paul	Morphy	43	38
Chris	Marino	31	64	Mike	Johnson	41	31
Jason	Carter	32	62	Robert	Palmer	42	26
Art	Remillard	30	60	Chuck	Davis	42	26
Eric	Smith	31	40	Sean	Phelps	40	23
Tom	Proctor	32	38	Jim	Carson	41	22
Chett	Hopkins	30	35	Frank	Rudd	40	22
Garth	Grumme	34	20	Brant	Foster	42	22
Todd	Mcgowen	32	20	Harry	Detwiler	44	20
Jake	Myddlelton	32	20	Richard	Ziegler	44	20
Vic	Brannen	30	12	Cris	Williams	43	20
Hugh	Hartsfield	33	10	David	Voorting	43	10
Tim W	Guhl	34	10	Bob	Asztalos	44	10
Wray	Pace	31	8	Bobby	Dick	41	8
35-39 Male				James	Killius	42	8
Andrew	Wills	39	110	Brent	Johnson	44	6
Andy	Roberts	36	108	Keith	Powell	41	4
Brian	Corbin	36	104	Robert	Mcneal	42	2
Mike	Labossiere	37	86	Bill	Holliman	43	2
Douglas	Covert	39	80	Herbert	Wills	43	2
Tony	Guillen	35	80	45-49 Male			
Niclas	Manz	35	76	David	Yon	48	189
Mike	Boll	39	51	Felton	Wright	46	163
Jeff	Bryan	36	49	Gary	Cato	47	130
Geoff	Likens	38	41	Jeff	Nielsen	46	115
Mark	Delegal	36	28	Hobson	Fulmer	48	101
Mike	Weyant	38	27	Reid	Vannoy	45	100
Sam	Higdon	37	24	Bud	Fennema	48	93
Ronnie	Godwin	39	20	lthel	Jones	49	62
Dan	Oronje	38	18	Bob	Fisher	47	54
Rick	Callaway	38	16	Jimmy	Ledford	47	48
Greg	Waddell	37	15	David	Cox	46	24
Mike	Jaynes	36	15	Jay	Herring	46	22
Todd	Mckay	36	12	Jessie	Close	45	20
Hayden	Dempsey	36	10	Geoffrey	Wenturine	49	18
Hamp	Stoutamire	37	10	John	Kelly	46	14
Billy	Oram	37	10	Randy	Hanna	45	14
Wyatt	Bostick	36	10	Richard	Addison	49	10
Phil	Anderson	39	8	William	Dewar	48	10
Bert	Wilkerson	36	6	Floyd	Coleman	47	8
				Scott	Savery	46	8

Gary	Cater	49	8	Hayden	Dempsey	36	10
Jorge	Piekarewicz	47	6	Hamp	Stoutamire	37	10
David A	Thompson	47	6	Billy	Oram	37	10
Tom	Mchaffie	46	6	Wyatt	Bostick	36	10
Ed	Claiborne	49	6	Phil	Anderson	39	8
Elbert	Hurst	49	4	Bert	Wilkerson	36	6
Timothy	Hoomes	45	4	Rick	Parker	39	4
Jeffrey	Jones	47	4	40-44 Male			
Dennis	Mcclure	47	2	Jay	Silvanima	43	140
Keith L	Berry	47	2	Gary	Droze	42	140
25-29 Male				Tim	Unger	44	135
Andres	Bernal	25	60	Myron	Herring	44	126
Brent	Jones	28	40	Matthew	Minno	44	97
Mauricio	Zapata	29	20	Jeff	Kuperberg	43	62
Chris	Judd	25	15	Keith	Rowe	42	56
David	Knoll	28	15	Jeff	Bowman	42	56
30-34 Male				Tom	Taylor	40	51
Jack	Mcdermott	34	190	Fred	Johnson	41	50
Travis	Miller	34	87	Paul	Morphy	43	38
Simon-serge	Sablin	30	85	Mike	Johnson	41	31
Chris	Marino	31	64	Robert	Palmer	42	26
Jason	Carter	32	62	Chuck	Davis	42	26
Art	Remillard	30	60	Sean	Phelps	40	23
Eric	Smith	31	40	Jim	Carson	41	22
Tom	Proctor	32	38	Frank	Rudd	40	22
Chett	Hopkins	30	35	Brant	Foster	42	22
Garth	Grumme	34	20	Harry	Detwiler	44	20
Todd	Mcgowen	32	20	Richard	Ziegler	44	20
Jake	Myddleton	32	20	Cris	Williams	43	20
Vic	Brannen	30	12	David	Voorting	43	10
Hugh	Hartsfield	33	10	Bob	Asztalos	44	10
Tim W	Guhl	34	10	Bobby	Dick	41	8
Wray	Pace	31	8	James	Killius	42	8
35-39 Male				Brent	Johnson	44	6
Andrew	Wills	39	110	Keith	Powell	41	4
Andy	Roberts	36	108	Robert	Mcneal	42	2
Brian	Corbin	36	104	Bill	Holliman	43	2
Mike	Labossiere	37	86	Herbert	Wills	43	2
Douglas	Covert	39	80	45-49 Male			
Tony	Guillen	35	80	David	Yon	48	189
Niclas	Manz	35	76	Felton	Wright	46	163
Mike	Boll	39	51	Gary	Cato	47	130
Jeff	Bryan	36	49	Jeff	Nielsen	46	115
Geoff	Likens	38	41	Hobson	Fulmer	48	101
Mark	Delegal	36	28	Reid	Vannoy	45	100
Mike	Weyant	38	27	Bud	Fennema	48	93
Sam	Higdon	37	24	Ithel	Jones	49	62
Ronnie	Godwin	39	20	Bob	Fisher	47	54
Dan	Oronje	38	18	Jimmy	Ledford	47	48
Rick	Callaway	38	16	David	Cox	46	24
Greg	Waddell	37	15	Jay	Herring	46	22
Mike	Jaynes	36	15	Jessie	Close	45	20
Todd	Mckay	36	12	Geoffrey	Wenturine	49	18

John	Kelly	46	14	Joe E	Dexter	57	93
Randy	Hanna	45	14	Joe	Donoghue	56	91
Richard	Addison	49	10	Gordon	Morgan	57	66
William	Dewar	48	10	Jerry	Ongley	56	65
Floyd	Coleman	47	8	Carlos	Zapata	58	64
Scott	Savery	46	8	Bruce	Lynn	56	32
Gary	Cater	49	8	David E	Smith	59	28
Jorge	Piekarewicz	47	6	George S	Palmer	59	26
David A	Thompson	47	6	Bill	Perry	55	25
Tom	Mchaffie	46	6	Rick	Ashton	57	22
Ed	Claiborne	49	6	Nick	Mazza	55	12
Elbert	Hurst	49	4	Ronald	Morrell	55	12
Timothy	Hoomes	45	4	Rob	Cunningham	55	12
Jeffrey	Jones	47	4	Gene	Opheim	57	10
Dennis	Mcclure	47	2	Dan	Oberlin	55	10
Keith L	Berry	47	2	Fred	Hirsch	57	10
50-54 Male				John	Mcelligott	55	8
Mike	Sims	51	204	Terry	Tuten	55	6
Jerry	Mcdaniel	50	117	Lee	Stone	59	6
Dale L	Smith	50	111	Bill	Brueckheimer	55	6
Karl	Hempel	52	95	Fred	Bates	56	4
Terry	Tenold	54	65	Dennis	Kehoe	56	4
Charles	Thomsen	53	61	Don	Douglas	57	2
Keith	Collins	50	58	60-64 Male			
David	Farnsworth	53	44	Nick	Yonclas	60	225
Warren	Emo	50	42	Rex	Cleveland	64	170
Larry	Mengelkoch	51	40	Jim	Zimmerman	60	159
Craig	Willis	52	38	Clint	Watkins	61	148
Ray	Scott	50	36	David	Darst	60	121
Gary	Griffin	54	35	Ray	Hanlon	60	52
Phillip	Tomberlin Jr	52	32	Charles R	Futch	62	30
Bill	Bowers	50	32	James	Varley	64	30
Scott	Mitchell	52	27	Michael	Degennaro	61	30
Lars	Leader	51	18	Mark	Hillis	61	12
Chuck	Booker	53	15	Bruce	Prevatt	62	6
Terry	Presnell	54	15	James	Story	63	6
Wallace	Randell	50	12	Ronald	Mullis	61	4
Richard	Buss	52	10	65-69 Male			
Tom	Perkins	52	8	Mike	Schneider	66	224
Bill	Davis	52	8	Bob	Keller	69	171
Marc	Dickieson	50	8	Bill	deGrummond	69	169
Dennis	Register	53	6	John	Rakestraw	67	80
Pete	Kerwin	51	6	Joe	Whitesell	67	12
John	Kalin	52	6	Ken	Vinson	68	10
J. B.	Black	51	6	Gene	Sellers	69	10
Randy	Holcombe	53	6	Rod	Anderson	65	8
Ken	Tomblin	52	4	70-74 Male			
Jerry	Chesnutt	53	2	Arthur	Ward	70	245
55-59 Male				Robert	Morris	72	105
Bill	Mcguire	56	220	Jere	Moore	71	98
Bill	Hillison	59	157	Fred	Deckert	74	62
Ronald	Christen	58	114	John	Waters	71	15
Tom	Ratliffe	56	102				

James Skofronick	72	12	Yvonne Gsteiger	45	5
75 + Male			Kathryn Voigt	43	5
John Alderson	77	140	Susan Ledford	40	5
Charlie R Yates	78	140	Dawn Brown	55	5
			Karla Savery	18	5
Overall Female			Jackie Mcdaniel	49	5
Seeley Lovett	27	244	Joyce Lowery	54	5
Julie Clark	42	161	Sue Kelly	52	3
Jane Johnson	44	133	Carroll Hageseth	39	3
Cynara Miller	42	133	Meredith Fraser	18	3
Kirsten Baggett	37	132	Lisa Echeverri	38	3
Sarah Docter- Williams	39	120	Susan Cornwell	54	3
Fran Mclean	46	117	Kristen Snyder	30	3
Kate Remillard	25	117	1-9 Female		
Kara Newell	19	107	Cecelia Williams	7	70
Angela Dempsey	35	87	Lily Williams	9	70
Connie Clarke	42	78	Breanna Bruner	8	30
Sissi Carroll	45	64	Waverly Chin	9	20
Meaghan Scott	17	63	Annemarie Chin	9	15
Lisa Whitworth	33	50	Sue Dick	4	12
Maria Vives	30	43	Laura Mengelkoch	5	12
Stephanie Liles	31	42	Emily Dempsey	7	10
Judy Alexander	42	40	Grace Mitchell	8	8
Kim Likens	35	37	Grace Ellen Hanna	7	4
Leigh Ceci	39	29	Nicole Kulakowski	9	2
Penny Isom	41	25	10-14 Female		
Lisa Unger	36	22	Kara Taylor	13	155
Caroline Noble	38	22	Danielle Jackman	12	133
Debbie Lamarche	44	22	Melissa Jackman	12	99
Catherine Nixon	23	22	Whitney Alexander	13	69
Adriana Piekarewicz	15	20	Allison Clarke	12	20
Judy Chin	44	18	Samantha Corbin	10	16
Kelly Tucker	43	17	Georgia Mitchell	11	15
Lynda Pfundstein	38	17	Samantha Fortunas	13	15
Mae Cleveland	64	15	Claire Ellis	11	12
Loranne Ausley	40	13	Jordan Dick	10	10
Linda Daniel	46	13	Cassie Silvanima	11	10
Carrie Weyant	42	11	Erin Kenney	10	8
L. A. Hanlon	25	11	Erika Anderson	14	8
Lynn Powell	39	11	Diamond Brown	10	8
Ann Guillen	35	11	Jenny Johnson	10	6
Nancy Widener	54	10	Nikki Anderson	12	6
Pam Breza	43	9	15-19 Female		
Kate Macfall	32	9	Kara Newell	19	100
Nadine Dexter	45	9	Meaghan Scott	17	85
Kaye Jaynes	36	9	Katy Ziegler	18	40
Barbara Yonclas	56	8	Kelsey Kilinski	17	32
Kelly Savery	15	7	Kristine Isom	19	30
Cynthia Christen	50	7	Adriana Piekarewicz	15	20
Toma Wilkerson	34	7	Keri White	18	15
Amy Stenberg	30	7	Kelly Savery	15	15
Kristine Isom	19	5	Karla Savery	18	12

Meredith Fraser	18	12	Augusta Bostick	35	28
Lauren Breza	15	10	Hillary Brigham	39	27
Lauren Huckaba	16	8	Caroline Noble	38	27
20-24 Female			Christy Carson	35	20
Melissa Zapata	24	142	Lynn Powell	39	20
Erin Brannen	24	80	Sharon Smith	38	20
Catherine Nixon	23	55	Carroll Hageseth	39	15
Aimee Molineaux	21	35	Kaye Jaynes	36	14
Kristen Pasquier	23	25	Bridget Edmond	35	14
Chrissy Pannier	24	20	Lynda Pfundstein	38	12
Jennifer S Hoelsing	23	20	Jennifer Britt	38	10
Alexis Newell	21	12	Ann Bowman	35	10
Corinne Rubin	24	12	Lisa Echeverri	38	10
Myriam Morales	21	8	Kirsten Anderson	39	8
25-29 Female			Sharon Pearson	38	8
Seeley Lovett	27	195	Christy Ingram	35	6
Christine Stabley	28	143	Leslie Delao	35	4
Kate Remillard	25	100	40-44 Female		
Jamaa Bouhattate	28	35	Julie Clark	42	202
Jennifer Kilinski	25	32	Cynara Miller	42	170
L. A. Hanlon	25	20	Jane Johnson	44	112
Victoria Droze	28	15	Connie Clarke	42	112
Ginny Black	26	15	Penny Isom	41	92
Heather Lammers	25	10	Judy Alexander	42	85
Rita Tweed	27	6	Susan Ledford	40	52
30-34 Female			Pam Breza	43	46
Maria Vives	30	205	Sherri Jackman	40	33
Amy Stenberg	30	93	Loranne Ausley	40	31
Stephanie Liles	31	87	Lynn Schuster	44	28
Michelle Stuckey	34	78	Debbie Lamarche	44	25
Jo Lena Pace	31	73	Judy Chin	44	22
Lisa Whitworth	33	60	Kathy Lindsay	44	18
Marisol Roberts	33	48	Edie Mccarty	42	16
Willow Shanti	34	34	Carrie Weyant	42	15
Birgit Cromartie	33	26	Kelly Tucker	43	15
Kate Macfall	32	23	Krista Killius	40	10
Toma Wilkerson	34	20	Laurel Blackburn	41	10
Lena Juarez	34	17	Leslie Morton	41	8
Kristen Snyder	30	15	Barbara Mckibben	41	8
Erin Shepherd	32	12	Kathryn Voigt	43	8
Lori Lynn	32	12	Laurdes Mengelkoch	41	6
Nancy Sumners	31	8	Regina Morris	42	6
Amy Brown	31	4	Linda Vannoy	44	4
35-39 Female			Sandra Canada	41	2
Kirsten Baggett	37	214	45-49 Female		
Lisa Unger	36	170	Fran Mclean	46	195
Angela Dempsey	35	90	Sissi Carroll	45	142
Sarah Docter- Williams	39	80	Nadine Dexter	45	101
Beth Alexander	39	54	Mary Jean	Yon	48
Kim Likens	35	50	101		
Sondra Lee	35	42	Jacque Myers	47	74
Ann Guillen	35	42			
Leigh Ceci	39	40			

Susan Fitzgerald	47	71
Bonnie Wright	48	49
Betsy Thorpe	47	44
Barbara Mcneal	48	40
Chris Savery	45	24
Jackie Mcdaniel	49	23
Yvonne Gsteiger	45	20
Linda Daniel	46	20
Jan Blue	49	18
Cathy Mccarty	47	16
Diana Jones- Ellis	47	15
Mary Geringer	48	14
Lori Tomblin	45	14
Maureen Oberlin	48	12
Berneice Cox	49	12
Penny Herman	48	10
Joy Opheim	49	8
Betty Dewar	45	8
Cynthia Muir	49	4
Kathy Dunnigan	45	2
50-54 Female		
Susan Cornwell	54	192
Nancy Widener	54	180
Ruth Jones	52	132
Cynthia Christen	50	81
Judy Shapiro	52	72
Joyce Lowery	54	65
Linda Ongley	52	61
Nada Stauffer	50	53
Martha Haynes	50	48
Mackie Hempel	51	16
Laurie Grubbs	52	15
Sue Kelly	52	15
Julian Hurt	50	12
Vicky Bernal	52	12
Susan Kaempfer	51	10
Kristine Dougherty	50	10
Dianne P Douglas	50	10
Patricia Handschy	51	8
Anne Priddy	54	8
Sue Skinner	53	8
Ann Mullis	53	6
55-59 Female		
Perha Varley	59	181
Dawn Brown	55	148
Barbara Yonclas	56	145
Mary Stutzman	55	137
Karen Smith	55	96
Gloria Crittenden	55	30
Judie Kean	58	20
Beverly Degennaro	58	20
Emily Ruddell	57	15
Karen Girard	56	10

Julie A Guhl	57	8
B. J. Foster	56	6
60-64 Female		
Mae Cleveland	64	220
Kay Holland	61	27
Pheona Kaiser	61	27
Gail Reinertsen	61	20
65-69 Female		
Jean Ann Bowling	66	60
70-74 Female		
Margarete Deckert	70	260
75-79 Female		
Josephine K Newton	77	40

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

bird@comcast.net,

Jo Lena Pace

(jolenapace@nettally.com)and

Lisa Unger (562-2901

ungertl@juno.com) If you think there is an

error in the scoring or if you have ques-

tions or suggestions, the Committee

would appreciate hearing from you.



Now, here on our left, you see....

Keith and Michelle Rowe



Who said runners don't smile?

Sissi Carroll, Cynara Miller, Ithel Lones



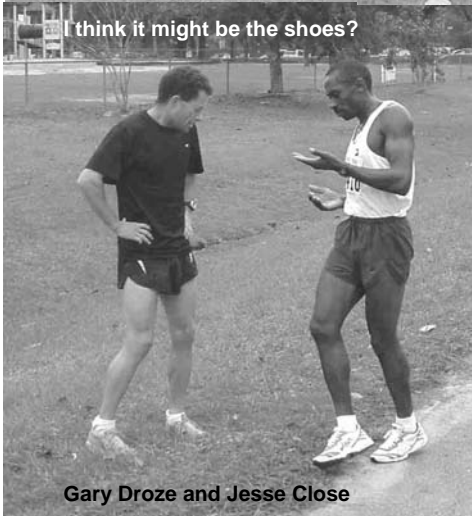
Take that, kid!!

Scott Ruplinger, Jeff Bowman



I don't know what you're selling but...

Ray Hanlon, Seeley Lovett, Staci Keller, Jerry Maurey



I think it might be the shoes?

Gary Droze and Jesse Close



Lord, why have you forsaken me?

David Yon

Upper right - Thomas College 10K, all the rest are from the 10 mile Challenge at Killlearn Lakes

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.