



The Fleet Foot



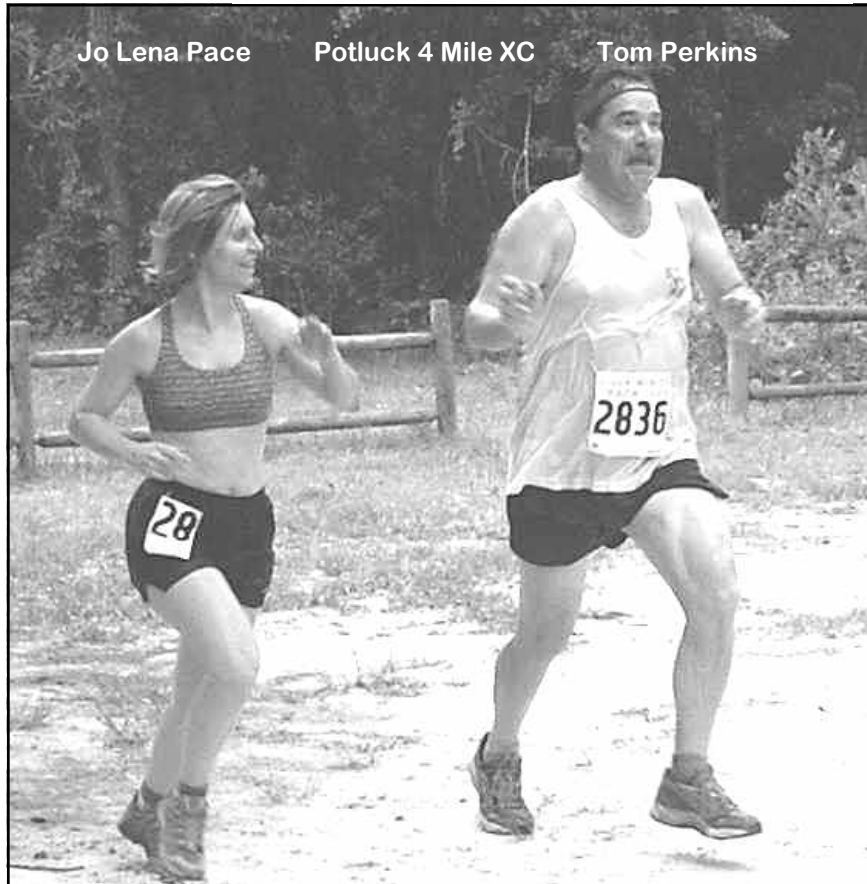
\$2.00

Volume 30 Issue 7 Newsletter of the Gulf Winds Track Club Jul/Aug

Jo Lena Pace

Potluck 4 Mile XC

Tom Perkins



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Grand Prix Races

Aug 13	Breakfast on the Track 1-mi
Aug 27	Miccosukee Madness 8K (trail run)



Justin Dickieson



Kirsten Baggett



Eric Smith



Sissi Carroll

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Sarah Docter-Williams wins Overall at the Monitcello Melon Run! June 18

Darksiders 8 hour run at Peachtree City - Scott Ludwig RD 6/4/05

Dana Stetson, 48.25 miles. 2nd overall

Gary Griffin, 43.75 miles, 4th overall

George Palmer, 35 miles

Jeff Bryan, 30 miles



Reid Vannoy

GULF WINDS TRACK CLUB

May 11, 2005 Business Meeting Hosted by Joe and Nadine Dexter

Board/GWTC Members present: Beth Alexander, Fred & Margarete Deckert, Charlie Yates, Tom Perkins, Bonnie Wright, Hobson Fulmer, Fran McLean, Jane Johnson, Joe and Nadine Dexter, Clint Watkins, Bill Lott, Brian Corbin, Judy Alexander, and Lisa Unger.

Tom Perkins called the meeting to order at 7:40 PM and quorum was established. The April minutes were reviewed. A motion was made, seconded and passed by unanimous vote to accept the minutes as presented.

GUEST INTRODUCTION:

NEW BUSINESS:

REPORTS:

Race Director Coordinator report –

Charlie Yates reported that the Marzuq Shrine 5K recognizes the importance of race advertising and scheduling. Held on Mother's Day weekend, the race had few runners. He reported on additional races added to the calendar in August and the fall.

Treasurer's report – Bonnie Wright

reported that Springtime, Palace and the Marathon club races earned money. Reconciling for Springtime budget is ongoing.

Grand Prix Committee report – Lisa Unger reported that Judy received an inquiry regarding the Grand Prix status of the 5 mile portion of the 10 mile Challenge race in December.

Discussion occurred whether it should be added to the Grand Prix schedule. Other races run simultaneously are Grand Prix such as Turkey Trot, but should the committee change race status in the middle of the year? Lisa agreed to revisit the subject with the Grand Prix Committee. The Committee decided to take a survey of members to determine thoughts on money spent on awards for Grand Prix winners. The 50 States party may be one venue to distribute questionnaires.

Racing Team Coordinator report – Lisa Unger reported for Tim Unger the racing team placed second at the Fiesta 10K. Tim and Lisa were the only GWTC members to run; additional running team members were gathered from Pensacola. The Gate to Gate race on Memorial Day Weekend needs runners.

Chenoweth Fund report –Fran McLean for David Yon reported that locally competing schools in the FSU Track Invitational received \$800. If the school fielded either a male or female team, then \$400 was donated to the school. Susan Cornwell requested funds to purchase shorts and socks, etc for low income children on the Bellvue middle school track team. A motion was made, seconded and passed unanimously to donate \$500 to the school for this purpose.

Training Committee Report –Nadine Dexter reports she continues to receive 1-2 emails daily about the beginning running class. She will begin to organize for the fall class. She will implement a new walking only class this fall. Nadine would like to put the GWTC website address on new t-shirts we order.

Equipment report – Joe Dexter turned in several checks for races. Judy Alexander agreed to house the large clock and stand at her house. Joe wants to sell the large trailer and purchase a smaller one that will fit in his new garage.

Clothing Coordinator report – Margarete Deckert ordered new shirts. She priced the jackets at \$30 each; Fred will put an announcement in the newsletter. Additional discussion involved ordering t-shirts commemorating the Club's 30th year.

Newsletter report – Fred Deckert reported on the lower cost for mailing the newsletter with our nonprofit status. He thanked Paul Ahnberg for doing the leg work to set it up.

Membership report –Brian Corbin reported that there are currently 731members represented by 325 memberships.

Social Coordinator report – Beth Alexander reported for Kathy Lindsay

that plans are on track for the 50 States party at Terry Ryan's house on Saturday May 14 and the breakfast after the children's triathlon on Sunday May 15. A suggestion was made to reserve space for the Christmas party.

Lecture Series report –Beth Alexander reported for Art Remillard that he asked Michael Pasquier to head this department when Art moves. Art took Michael through the motions with the most recent lectures series. A suggestion was made to have Michael attend a meeting soon.

Triathlete report – Bonnie Wright pointed out that the Kid's Triathlon on May 15 will need volunteers. A record number of athletes have preregistered.

Race Director – no report.

There was a motion to adjourn made at 8:57 PM, which was seconded and passed by unanimous vote. The next board meeting will be held on July 13, 2005 at Tom Perkins' house.

These minutes have been reviewed and accepted by the board.

Beth Alexander, Secretary

NOTE: Michael Pasquier has taken over Art Remillard's duties as lecture coordinator.

Board Meeting Schedule 7:30 p.m	
July 13	Tom Perkins & Jeanne O'Kon
Aug. 10	Judy Alexander & Brian Corbin

The Fleet Foot

Newsletter of the Gulf Winds Track Club

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

Columnists: Jack McDermott, Jane Johnson, Lisa Unger

Advertising Copy

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

Advertising Payments –NEW RATES!

Full Page-\$58, Half Page – \$32, 1/4 Page-\$18, Run twice, no changes – \$52, 28, 15 each. Letter-size centerfold race flyer-\$125. Yearly rates: 450, 250, 135. Payment in advance/checks payable to GWTC-Fleet Foot and sent to: Fred Deckert, 6323 Count Fleet Trail, Tallahassee, FL 32309

Submissions/Contributions

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

Deadline: 3rd Saturday of each month.**Change of Address**

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

Gulf Winds Track Club

P. O. Box 3447, Tallahassee, FL 32315

Area code for all phones is 850

President

Tom Perkins 894-2019
tomperkins51@yahoo.com

Vice President

David Yon 668-2236
david@radeylaw.com

Secretary

Beth Alexander 668-0101
Alexander_ke@msn.com.

Treasurer

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

Directors at Large

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

Membership

Brian Corbin 383-1361,
brirun@comcast.net

Equipment

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

Race Director Coordinator

Charles Yates 385-2768
yatesc1@earthlink.net

Racing Teams Coordinator

Tim Unger 562-2901,
ungerTL@juno.com

Past Presidents

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

Articles/Race Results for Democrat

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

Clothing Coordinator

Margarete Deckert 893-9739
fdeckert1@juno.com

Social Coordinator

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

Lecture Series

Michael Pasquier 559-2313
mtp02c@garnet.acns.fsu.edu

GWTC Web Site - www.gulfwinds.org

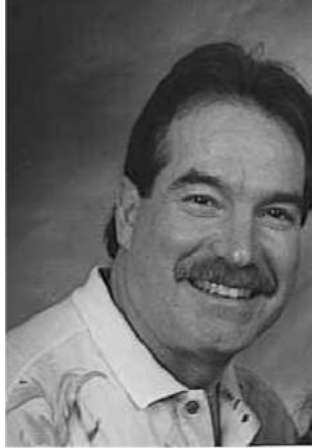
Pulpits Happen

Tom Perkins

Unless you have been hiding in a cave or sequestered in an ice cold Michael Jackson jury room, it's hot! Mornings or evenings, it doesn't matter. So, what can we do, if anything? Cross-training can really help at this time of year. No, Jeff Bryant, I said "cross-training," not "cross-dressing." However, male hashers running in dresses have been seen in this town, but that is another story for a different article. Swimming and cycling are some of the cross-training activities I had in mind. Regulating one's body temperature while swimming or cycling seems to be easier than when running during these long hot days of summer. If you are determined to run, however, I have a few suggestions.

Pick and chose the time of day carefully so that the heat index is below 110. Early morning or very late in the afternoon are prime times for running. And as they say in real estate, "location, location, location." Forego the streets and hit the trails. The shaded paths near Forest Meadows, the St. Marks Trail, Tom Brown Park, or the Apalachicola National Forest are just some of the great trail runs awaiting you. It's a lot cooler in the shade than it is on the streets. If you must run on the road, wear a hat or visor and use sun-screen liberally.

Hydration is not a city from a Star Wars movie. If you don't start drinking until after you run, you may be in trouble. During warm weather, start drinking



water when you get out of bed in the morning. Hydrate early and often during the day so that your body is not deficient while running. Sweating is the body's way of regulating its temperature. If you stop sweating during a run, stop running and get some fluids immediately.

Gatorade, Endurox R4, and Powerade are just some of the alternate forms of hydration fluids that are also helpful. They contain electrolytes that are depleted from your system during excessive sweating. These will help with a quicker recovery of electrolytes lost due to excessive sweating in these hot and humid days.

So let's review: time of day, shade, headgear, and hydrate. Keep safe and I'll see you on the trails.

LOOKING FORWARD?

Mile runners lose 2% of their running speed every year from age 25-75 and 7% for each year 75-85 (*paper submitted to the Journal of Sports medicine.*)

By this hopeful scenario, you ought to be close to a standstill by age 80! Charlie Yates, you're doing great!

This as been my excuse all along, Science comes to the rescue?
Editor



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. See ad pg. 19.

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.

Dr. Wallace Randell - Northampton Animal Health Clinic. 2910 a-12 Kerry Forest Parkway, Tallahassee, FL 32309 * 668-8031. See ad pg. 15. 10% discount on professional services.

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

Note to Businesses

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

Training Groups/Weekly Events



Intervals: Tuesdays, 6pm / 6:30pm 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.

Sunday at 7:30 a.m. Almost every weekend groups run from Forest Meadows around Lake Overstreet or the Phipps Property.

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.

July

04 Firecracker 5K. 7:30 a.m. Greensboro Town Hall. Greensboro Kiwanis Club, P.O. Box 97, Greensboro FL 32330.
04 Freedom Springs Triathlon. 7 a.m. CDT. Marianna. Terry Edwards popz@emeraldcast.com
07 Summer Track Meet. 6:45 p.m. Maclay School. 8 Thursdays through July 21. David Hormuth 891-3866. **NOTE: This series is a separate GWTC Grand Prix from the year round events otherwise underlined.**
16 Critter Run 5K. 6 p.m. CT. Dothan AL. Westgate Park. Larry Dykes, 334-792-6021, ronnydykes@aol.com

August

05 Midsummer Nite 3K. 7 p.m. Downtown Tallahassee. Shannon Sullivan 576-3338 or 212-5129.
13 YMCA Triathlon. Cordele, GA
***13 GWTC Track mile.** Maclay School. 7:45 a.m. Wright family 386-3500, bwright@electro-net.com. Flyer page 16
***27 Miccosukee Madness 8K/5K/1M.** (trail run) 8:30 a.m. Edenfield parking area. Tom Perkins 894-2019, Mike Sims 922-3042, Home 514-3424, cell 524-2228

September

03 Shaw's 5M/5K. 7:30 a.m. Shaw's Athletics 893-5597 or Joe Dexter 878-7880.
10 Sickie Cell 5K/1M. 8 a.m. Gaither Park.
***24 Prefontaine 5K.** 9 a.m. Silver Lake Rec. Area. Jeff Neilson. 422-3130
24 CDWF Cancer Run 9 a.m. Wakulla Springs SP. www.cdwf.org

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

Grand Prix Events for 2005

- Aug 13 Breakfast on the Track 1-mi
- Aug 27 Miccosukee Madness 8K (trail run)
- Sep 3 Shaw's 5-mi
- Oct 15 Pine Run 20K (trail run)
- Nov 19 FSU Cares 5K (Sunday) ??????
- Nov 24 Turkey Trot 5K/10K/15K (Thursday; all races count)
- Dec 3 Ten Mile Challenge

CHILDREN'S SCHEDULE includes all 5K Grand Prix's plus below:

- Aug 13 Breakfast on the Track 1-mi
- Nov 24 Turkey Trot 1-mi (Thursday)

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**GWTC TEAM RACING REPORT
May 2005 Tim Unger**

The GWTC racing team started the month of May by capturing a second place team finish in Pensacola at the Fiesta 10 k. The GWTC combined team time was 3:06:10. GWTC was also the only 5 person team ever to win an award at this event. Previous award winners used the familiar scoring format of two males and two females. This year, GWTC used times from Tim Unger (36:19), Mike Lilly (37:38), Tatsuko Lilly (56:13), and Lisa Unger (56:00), plus our fifth competitor, Lilly Unger in the stroller, to capture the runners up team award. The Fiesta event had to drastically change the traditional course due to damage from Hurricane Ivan. Instead of the point to point race with a 5k bail-out option at the half way point, this year's event was staged on a 5k course that was repeated to make the 10k distance. There were many folks who declined the second climb up Palafax Street to complete the 10k. The longer event had almost 200 fewer finishers than normal as many took an early exit to the beer line by crossing the 5k finish line. The 5k finishers actually doubled previous results with over 700 finishing the 5k, and over 1200 total runners and walkers finishing one of the events. The post race party was once again exceptional with a live band and plenty of food. This is the only known event to offer wine as well as beer and soft drinks.

The second team event in late May had GWTC defending a hard earned 2004 team championship at the Gate to Gate 4.4 mile run held on Memorial Day at Eglin Air Force Base. GWTC had an eight year string of team awards on the line and we sent a very strong group to represent us. This was an event I was almost too worn out to run because of all the unusual security scrutiny due to the U.S. war on terrorism. We arrived a day early so we could take care of the obligations with the North West Florida Track Club to host a post race party on Eglin's famous Post L Point beach. Our Base host, Jim Frazier, had arranged a camping area for us, and purchased our party supplies at the base Commissary, which was an event all by itself. We had dodged rain clouds most of the day, but the evening came up growling with thunder and lightning. My sons Justin and Tyler were

along looking forward to a night of camping at the Post L Point Beach front campground situated less than a mile from the race finish line. Meanwhile, Lisa and Lilly were glad they chose to stay at the Frazier residence as our nice camping evening turned into a lesson in beach front survival camping that we will not soon forget. We were able to huddle in the center of the 12 by 16 tent successfully enough for the first couple of squall lines of rain that fell and have a little camping fun, but around midnight the storms turned ugly and sent lightning bolts crashing all around us. We emerged from our hiding hole after 1 A.M. to find most of the other campers bailing out due to the six to eight inches of standing water in their tents. We were lucky that we had found some high ground and we were in good shape. Mother Nature was not done with us yet though and we could see the next round of thunder storms brewing in the Gulf. We had already survived a direct hit and figured we could make it though the last few hours of the night. We crawled back into our sleeping/converted trash bags to try to sleep a little when the end of our camping evening arrived in the form of thirty to fifty knot winds blowing across the bay and slamming our tent into a pile of fiberglass poles and twisted sheets of nylon. OUCH! We were done camping with 5 hours to go before race time. We bagged the camp, left our wet party equipment on the beach and headed back to Frazier's around 2 A.M. I was still feeling pretty abused and ornery when the 5:30 A.M. wake up call came. At least I did not have enough sleep time to get stiff! The well organized running event was going to start much later than normal due to the security, weather, and transportation problems that came up. Despite the fact that the race promoters had canceled off base advertising this year a larger than expected crowd of 1500 had shown up to do battle on the base. Justin Dickieson was happy everything was running late as he had arrived

Team(Continued on page 12)

Featured Feet**Leigh Ceci**

1. How long have you been running?
20 years

2. Favorite place to run?
Anywhere with my twin sister

3. Most memorable running experience?
Either running the San Francisco Marathon with my husband, Lenny, or running the Boston Marathon.

4. What do you do to get psyched before a race?
Extra hugs, kisses, and high fives from my kids.

5. Favorite non-running hobby.
Tennis

**6. Occupation?**

Tax Law Specialist with the Department of Revenue

7. Personal hero(ine)?
Jesus Christ

8. Ideal travel destination?
Italy

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

10. Most recent book you read?
The Purpose Driven Life by Rick Warren.

Team (Continued from page 11)

almost an hour later than expected. Justin got off the last bus to arrive at the start line. The event had started without him under overcast skies at about 8:00. Justin's 4th place age group award was earned the hardest way possible; he had to pass the entire race to arrive in the 30th overall finishing position in 26:57. Justin missed the military celebration that preceded the race and set a somber Memorial Day mood. The national anthem was sung, then a slow, deliberate and solemn color guard presentation was performed to honor Memorial Day. Finally, a military chaplain gave us a prayer before turning the race over to the officials for the race start. A wind pushed us gently along on this quiet point to point

course. A bagpipe band was playing a beautiful melody in a familiar spot at the war memorial built on the base at about the 1.5 mile mark to honor fallen soldiers. The FSU/GWTC connection was evident immediately as the FSU assistant coach, Joey Zins (Springtime 10k winner), and FSU graduate, Vicky Gill, charged into the lead and never looked back. Zins posted a great 21:54 (4:59 per mile average) to win the event and Vicky turned up fifth overall in 23:56 (5:27) to win the women's side. Sarah D. Williams came in second overall in the women's division running a tremendous 25:50 (5:50). Mike Lilly and I hung together for most of the race to finish eighth and ninth overall in 25:05 (5:42) and 25:11 (5:44). This event sadly marked the Lilly's last Florida event due

Team (Continued on page 13)

Featured Feet

Robert McNeal



1. How long have you been running?

Since 1986. My first race was Prefontaine 1987. I knew it only had to get easier after that.

2. Favorite place to run?

Forest Meadows, Betton Hills and the Pine Run

3. Most memorable running experience?

I have many but probably during the time that my sister and I were pretty close in our race times. We had a few great battles to the end.

What do you do to get psyched before a race?

Drive to the race. I don't do much hard core racing anymore. I'm just thrilled to death my knees are allowing me to still run.

5. Favorite non-running hobby.

Team (Continued from page 12)

to their Air Force re-assignment out of the U.S. GWTC will miss the Lilly family here as well as at the team events where we have become accustomed to meeting. I was extremely honored to have won my second Masters title in this 20th annual Memorial Day event. When the team scorers all finish in the top 11 there is really nothing else to say except, "See ya'll next year when we try to three-peat our over-all team victory". The beautiful eagle trophy we earned for this team victory has the names of all the participants listed from this year's event

Was strong into Sky-diving from 1981 to 2000. I enjoy weight-lifting, swimming and fishing.

6. Occupation?

Financial Crimes Investigator, FDLE

7. Personal hero(ine)?

My sister Barbara McNeal. She'll turn 50 in September and will be doing her 100

triathlon (Ironman distance)at the Florida Ironman in November. She is just awesome, a great friend.

8. Ideal travel destination?

Virgin Islands. I would also love to do the Appalachian Trail.

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

Quantum Physics. Oh ok, maybe photography or personal training.

10. Most recent book you read?

Where it Hurts and Why by our very own Kim Ortloff.

attached. The other GWTC team finishers, some of whom also earned some well deserved personal awards were:

Bill McGuire - Grand Master	26:18-(5:59) -1 st
David Yon - group	26:35-(6:03) -2 nd age
Jerry Ongley - group	27:58-(6:22) -2 nd age
Gary Cato -	31:51-(7:15)
Lisa Unger -	36:45-(8:21)
Bob Keller - group	41:05- (9:21) -3 rd age

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M. Felton Wright, CFM, CFP
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Investments
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Naomi G. Weaver
Senior Associate
Judy Mott
Senior Associate



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



NOTICE!

Some members have Requested GWTC jackets. We are in the process of checking vendors. The most likely type of jacket would resemble the one on the left with a GWTC logo in place of the "award logo" shown.

We need a show of interest in order to purchase. The club will require a deposit prior to any orders being placed.

Call Margarete at 893-9739 for more information.

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Timberlane Road
893-5597



BREAKFAST ON THE TRACK



August 13, 2005

At the Maclay School Track. 3737 N. Meridian Road

7:45 A.M. 1 Mile Grand Prix track race	REGISTRATION AND FEES:
8:45 A.M. Mullet Mile	Early = \$12. Postmarked by Aug. 9, 2005
9:15 A.M. Awards at the Maclay Pool	Late = \$15. Race day and > Aug. 9, 2005

Name: _____

Age on 8/13/05: _____ **Gender: circle one: F M**

Estimated 1 mile time: _____

WAIVER: In consideration of your acceptance of my entry as a participant in the 2004 Breakfast on the Track, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property against Gulf Winds Track Club, its officers and directors, members or representatives and all volunteers and others promoting or assisting in anyway the promotion or organization of The Breakfast on the Track races, which may arise from my participation in the these races on August 14, 2004, or while traveling to or from the event, even if caused in part by the negligence or negligent actions or other fault of the parties or persons I am hereby releasing by the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of the liability without fault. 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 sufficiently 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 even though I do not know to what extent those injuries and damages might be 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 or occurring in 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.

SIGNATURE _____ Date _____
Signature of parent /legal guardian if under 18 years.

**Mail checks payable to GWTC and mail to 2007 Middlewood Dr., Tallahassee
Fl. 32312-2452.**
**Race Directors: Felton, Bonnie and Jamie Wright at 850-386-3500,
bwright@electro-net.com**



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Charlie

How'd you like this to be your greeting everyday when you get home from work? This is "Charlie," also nicknamed "the love machine" for his very affectionate behavior. Charlie, a three-year old black lab mix, is currently undergoing treatment for heartworms in foster care and will be ready for adoption in August. His is already neutered, loves to play with other dogs, but is a little unsure of his feelings on cats. He's great on the leash, can "sit" on command, and will make a great companion!



Please call Wade for information at 850-284-4324.

Sponsored by Kate MacFall, Realtor ®

850 508 1001

Kent Strauss Management and Realty Inc.

**Summer Track Series, Maclay Track
Week 1-100M, Week 2-200M, Week 3- 400M**

Athletes				WK1	WK2	WK3	Total
Female Overall							
		Age					
Lily	Williams	F	10	8	8	10	26
Cecelia	Williams	F	9	3	6	6	15
Kirsten	Baggett	F	38	2	4	8	14
Bianca	Anderson	F	15	6	5		11
Annemarie	Chin	F	11	10			10
Fran	McLean	F	47		10		10
Ann	Bowman	F	35		2	5	7
Waverly	Chin	F	11	4	3		7
Danielle	Jackman	F	13	5			5
Jacque	Myers	F	48			4	4
Beth	Alexander	F	41			3	3
Caroline	Willis	F	6			2	2
Laura	Howard	F	34		1		1
Jenny	Johnson	F	12	1			1
Lourdes	Mengelkoch	F	42			0.5	0.5
Marisol	Roberts	F	34			0.5	0.5
MALE Overall							
Doug	Covert	M	41	8	8	10	26
Bill	Tharpe	M	55	10	10	1.5	21.5
Gary	Cato	M	49	3	5	5	13
Hobson	Fulmer	M	48	5		8	13
AJ	Brickler	M	49		6	6	12
Bill	McGuire	M	58	2	2	3	7
David	Yon	M	49		3	4	7
Dave	Rogers	M	50	6			6
Justin	Dickieson	M	19	4			4
Simon Serge	Sablin	M	32		4		4
Craig	Willis	M	53			1.5	1.5
Chris	McGuire	M	15	1			1
Andy	Roberts	M	38		1		1
Age Groups							
6 & Under							
Caroline	Willis	F	6	10	10	10	30
Maddy	Sutherland	F	5	5	5	8	18
Elizabeth	Delagal	F	5	6	8		14
Caroline	Delagal	F	2	8	4		12
Caroline	Campbell	F	5			6	6
Gibson	Howard	F	6		6		6
Alex	Bowman	M	4	10	8	3	21
Jimmy	Baggett	M	6	8	6	5	19
Joshua	Liles	M	6		10	8	18
Jamison	Ingram	M	6			10	10
Wayne	Kiger	M	5		5	4	9

Avery	Whaley	M	5			6	6
7-10							
Lily	Williams	F	10	10	10	10	30
Cecelia	Williams	F	9	8	8	8	24
Hunter Marie	Parker	F	7		6		6
Katie	Whitworth	F	7	6			6
Mary Katherine	Delagal	F	7		5		5
Michael	McGuire	M	10	8	6	8	22
RG	Anderson	M	9	10	10		20
Clint	Whaley	M	8		4	10	14
Luke	Liles	M	9		5	6	11
Reese	Black	M	7		8		8
Chris	Lindsey	M	8	6			6
Cameron	Nave	M	8		3		3
11-14							
Waverly	Chin	F	11	6	10		16
Annemarie	Chin	F	11	10			10
Danielle	Jackman	F	13	8			8
Jenny	Johnson	F	12	5			5
Melissa	Jackman	F	13	4			4
Jamie	Wright	M	11	8	6		14
Shelby	Nave	M	11		10		10
Wesley	Schofield	M	13	10			10
Jordan	Watkins	M	11			10	10
Joey	Vannoy	M	12		8		8
15-19							
Bianca	Anderson	F	15	10	10		20
Chris	McGuire	M	15	8	10	10	28
Justin	Dickieson	M	19	10			10
20-24							
25-29							
Jamaa	Bouhattate	F	29		10		10
30-34							
Laura	Howard	F	34		10		10
Marisol	Roberts	F	34			10	44
Simon Serge	Sablin	M	32		10		10
35-39							
Kirsten	Baggett	F	38	10	10	10	30
Ann	Bowman	F	35	8	8	8	24
Andy	Roberts	M	38		10	10	20
40-44							
Beth	Alexander	F	41			10	10
Lourdes	Mengelkoch	F	42			8	8

Doug	Covert	M	41	10	10	10	30
Mike	Boll	M	41			8	8
45-49							
Kathy	Lindsay	F	46	10			10
Fran	McLean	F	47		10		10
Jacque	Myers	F	48			10	10
Susan	Stephens	F	46	8			8
Gary	Cato	M	49	8	8	6	22
Hobson	Fulmer	M	48	10		10	20
AJ	Brickler	M	49		10	8	18
David	Yon	M	49		6	5	11
Jay	Silvanima	M	45		5		5
50-54							
Jeanne	O'Kon	F	53	10	10	10	30
Craig	Willis	M	53	8	10	10	28
Dave	Rogers	M	50	10			10
Keith	Collins	M	51	6			6
55-59							
Bill	Tharpe	M	55	10	10	8	28
Bill	McGuire	M	58	8	8	10	26
Jerry	Ongley	M	58	6			6
60-64							
Charles	Futch	M	63	10	10	10	30
70-74							
Margaret	Deckert	F	72	10	10	10	30



Children's 100 Meter. 6/17/05 at Summer Track Series - Maclay Track

SURVEY

In an effort to provide the highest quality Grand Prix series possible, the Awards Committee seeks the input of the club at large. Below, the main aspects of the Grand Prix are briefly described, along with some new options. Please review the material then circle the bolded words or phrases that most closely express your opinion. Please feel free to also write any comments or ideas that you feel would help improve the Grand Prix.

Currently, the club spends approximately \$4000.00 per year to host the Annual Awards ceremony. That includes rental of the hall, purchase of the Annual Award plaques, the Grand Prix prizes, beverages, door prizes and other miscellaneous. The historical expenditures have been:

2000	\$4177.43	2001	\$4403.29	2002	\$4206.62
2003	\$3860.75	2004	\$3463.07 (no Summer Track included)		

Should the club invest **more**, **less**, or **stay the same** each year?

Rental of the American Legion Hall is approximately \$525.00 for a weekend evening and \$400.00 for a weekday evening. Should the venue be changed to a **more expensive place**, **less expensive place**, or **stay the same**?

It costs approximately \$475.00 for beer, wine and soft drinks, plus a bar tender fee to host 150 – 200 people. Should we provide **more**, **less** or **stay the same** for entertainment, food and beverages?

We currently spend approximately \$424.00 for Annual Awards 8 plaques. Should we **increase the amount**, **decrease the amount** or **stay the same** in the amount spent on Annual Award plaques?

We currently spend approximately \$1800.00 on Grand prix awards for top 5 overall, 5 deep in each age group and the Kids' Grand Prix. Should we **increase**, **decrease** or **stay the same** in the amount spent on Grand Prix awards?

Currently the Grand Prix awards are consumable items such as clothing, bags and towels. Should the awards be changed to:

Trophies/plaques

Patches/Gift certificates

Other:- _____

Currently, the club scores the Grand Prix in the traditional age group manner with overall and age group points in each gender category. Some of our traditional age groups have very many runners and some age groups have only very few runners. There are other scoring methods to explore. Age Grading has been suggested and would eliminate age groups. Instead, each person's time would be weighted by age and gender and points would be assigned according to each runner's placement after weighting.

Should the scoring **remain as Age Groups** or **change to Age**

Graded?

Should the Grand Prix schedule **include one race scored as Age Graded** while the rest remain Age Grouped, or should there be **no Age Grading** at all?

Currently, awards are given to 5 deep in each Grand Prix age group. Not all age groups have 5 runners and not all runners in an age group make the 3 race minimum. Should there be an **increase, decrease** or **stay the same** in how deep awards are given in an age group?

Should there be a **percentage** of runners in each age group awarded or a **set number** of runners in each age group awarded?

There are currently 14 Grand Prix events for 2005 with 6 Kids' Grand Prix events. Should there be **more, fewer** or **stay the same** Grand Prix races?

Should there be **more, fewer** or **stay the same** Kids' races?

Except for the Marathon, all of the Grand Prix races are Saturday events. Should there be **more, fewer** or **stay the same** events on Sundays or at alternative times?

Currently, every Grand Prix event that a club member runs is scored. Should we offer an option to **drop a worst race** or continue **scoring all races**?

Should there be a Grand Prix team option? **Yes No**

Should there be **more, fewer** or **stay the same** out of town races?

What do you like the best about the Grand Prix? _____

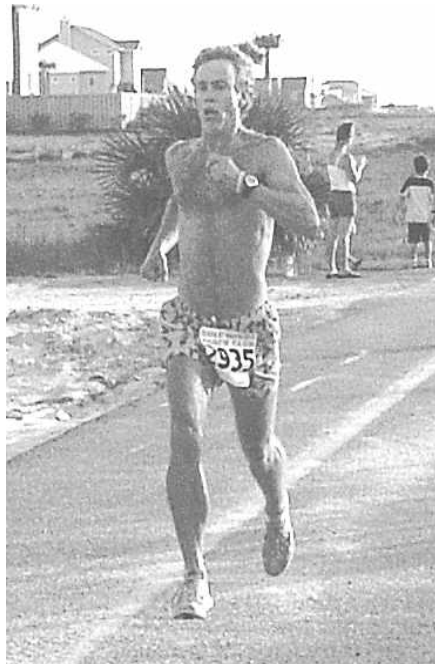
What would you change about the Grand Prix? _____

**Monticello Melon Run 5K
Kiwanis Club 6/18/05**

1	D-Williams	Sarah	F	41	18:07	52	Safley	Robin	F	41	26:09
2	McDermott	Jack	M	36	18:31	53	Barker	Phil	M	49	26:15
3	Corbin	Brian	M	37	18:46	54	Ansley	Deborah	F	49	26:16
4	Wilder	Blake	M	34	19:28	55	Plaines	Bobby	M	48	26:40
5	Herring	Jay	M	47	20:28	56	Kenyon	Rhonda	F	46	26:42
6	Forsgtn	Andrew	M	19	20:48	57	O'Brien	Brett	M	49	26:45
7	Ansley	Shelton	M	53	20:50	58	Cooksey	Al	M	57	26:48
9	Rissman	Starbuk	M	29	21:09	59	Stephens	Susan	F	46	26:51
10	Parsons	Richard	M	40	20:12	60	Scarberry	Wade	M	16	27:16
11	Nennstiel	Daniel	M	34	21:39	61	Sorensen	Sarah	F	12	27:51
12	Chambers	Charles	M	26	22:16	62	Bradley	Jesse	M	28	27:58
13	Palmer	James	M	35	22:17	63	Champany	Melissa	F	40	28:01
14	Sumner	Chris	M	26	22:19	64	Brooker	Donna	F	45	28:06
15	Bevis	Grea	M	43	22:38	65	Claypool	Phil	M	55	28:07
16	Hayes	John	M	24	22:40	66	Hagan	Juanice	F	55	28:08
17	Mitchell	Brad	M	21	22:52	67	Talib	Salim	M	55	28:13
18	Kimmons	William	M	53	22:55	68	Hughes	Ray	M	29	28:14
19	Claiborne	Edward	M	50	23:01	69	Myers	Jacque	F	48	28:16
20	Sorensen	Olivia	F	14	23:10	70	Copelin	Dan	M	32	28:10
21	Anderson	Joe	M	13	23:15	71	Gilbet	Paul	M	17	28:18
22	Waddail	Colby	M	18	23:21	72	Vann	Ann	F	56	28:21
23	Sorensen	Tristan	F	15	23:35	73	Williams	Lily	F	10	28:26
24	Anglin	Guy	M	62	23:36	75	Morton	Lislie	F	42	28:41
25	Holton	Jason	M	18	23:38	76	Stutzman	Mary	F	56	28:47
26	Rakestraw	John	M	68	23:41	77	Hayes	George	M	21	29:10
27	Hanna	Shelby	F	29	23:49	78	Wainwright	Doug	M	52	29:47
28	Huang	Carl	M	47	23:53	79	McCune	Angela	F	14	29:48
29	Billings	Ralph	M	61	23:54	83	Taylor	John	M	43	30:21
30	Palmer	Nancy	F	49	23:57	84	Gray	Tom	M	44	30:32
31	Perry	Reg	M	46	23:58	86	Olmedillo	Jessica	F	34	30:40
32	Widener	Nancy	F	55	24:12	87	Gray	Kathleen	F	12	30:43
33	Tully	Jim	M	58	24:20	88	Barfield	Betsy	F	45	30:56
34	Dick	Bobby	M	43	24:22	89	Cooksey	Keith	M	30	30:57
35	Champany	Rex	M	40	24:25	90	Blue	Jan	F	50	31:25
36	Durante	Andrew	M	23	24:29	91	Anderson	Chris	M	48	31:55
37	Vann	Richard	M	55	24:35	92	Ward	Arthur	M	71	32:17
38	Chestnutt	Jerry	M	54	24:35	93	Dick	Jackson	M	8	32:40
39	Gunnels	Casey	M	17	24:43	94	Burke	John	M	58	32:45
40	Tuten	Chris	M	17	24:54	95	Dick	Sue	F	42	32:59
41	Guhl	Tim	M	36	25:05	97	Brown	Dawn	F	56	33:19
43	Kirby	Jeremy	M	36	25:10	98	Bernal	Vicky	F	53	33:31
44	Claiborne	Daniel	M	19	25:17	99	Stauffer	Nada	F	52	33:34
45	Huckabee	Maryanne	F	33	25:34	100	Key	Steven	M	7	33:48
46	Clayton	Jessica	F	14	25:39	101	Key	Joy	F	35	33:52
47	Raysin	Shannon	F	21	25:42	102	Roberts	Colby	M	17	33:53
48	Palmer	Rod	M	57	25:46	103	Boatwright	Dale	M	54	34:09
49	Shirley	Scott	M	45	25:53	104	Poston	Matt	M	17	34:16
50	Hitchens	Dennis	M	54	25:56	105	Nennstiel	Debbie	F	36	34:23
51	Canada	Sandra	F	42	25:58	106	Guhl	Julie	F	58	34:25
						107	Jackson	Margaret	F	32	34:32
						108	Carney	Michael	M	59	34:51
						109	Land	Joe	M	60	34:51
						110	Green	Shelley	F	33	35:06

111	Shirley	Austin	M	11	35:17
112	Green	Chris	M	39	35:33
113	Steele	Zak	M	11	35:35
114	Bradford	Tyler	M	11	35:50
115	Bradford	Vicki	F	43	35:59
116	Bradford	David	M	38	36:44
117	Massa	Terry	F	47	37:15
120	Wright	Carolyn	F	62	38:28
121	Steele	Joyce	F	37	38:35
122	Creech	Lislie	F	64	39:25
123	Boatwright	Margaret	F	55	40:26
125	Arrington	Shane	M	17	40:50
126	Lavoie	Cindy	F	39	41:35
127	McManus	Krista	F	44	41:37
129	Kinsey	Michael	M	15	41:58
130	Wiggins	Kaila	F	12	42:46
131	Love	Helen	F	55	42:58
132	Moore	Jere	M	73	47:26
133	Yates	Charles	M	80	49:26
134	Smith-Hawkins	Elaine	F	60	49:29
NT	Myers	Rosalie	F	94	NT

**St. George Sizzler 5K 6/19/05
Hobson Fulmer R.D.**



**Hobson Fulmer - Race Director
St. George Island 5K Sizzler**

1	Alexz	Miletich	M	18	16.02
2	Tripp	Southerland	M	20	16.43
3	Justin	Dickieson	M	20	17.43
4	Tim	Unger	M	45	17.52
5	Scott	Poindexter	M	21	18.09
6	Michael	Martinez	M	39	18.15
7	David	Yon	M	49	18.24
8	Steve	Barraco	M	50	18.28
9	Karl	Hempel	M	53	18.34
10	Felton	Wright	M	48	18.39
11	Tony	Guillen	M	36	19.01
12	Andy	Roberts	M	38	19.16
13	Hobson	Fulmer	M	49	19.21
14	Jerry	Mcdaniel	M	51	19.33
15	Seth	Ostlund	M	24	19.37
16	Fritz	Stoppelbein	M	19	19.47
17	Craig	Christoffersen	M	27	19.50
18	Daniel	Fortunas	M	44	19.52
19	Jay	Silvanima	M	45	19.54
20	Craig	Willis	M	53	20.00
21	Douglas	Covert	M	41	20.16
22	Jeremy	Conger	M	22	20.20
23	Simon	Sablin	M	32	20.23
24	Scott	Mitchell	M	53	20.32
25	Andrew	Forseyam	M	14	20.49
26	Angela	Dempsey	F	36	20.53
27	Bill	Hillison	M	60	20.58
28	Jeff	Bryan	M	37	21.00
29	William	Carter	M	40	21.03
30	Julie	Clark	F	43	21.23
31	Rick	Page	M	24	21.34
32	Andrew	Pope	M	31	21.36
33	Myron	Herring	M	46	21.43
34	Keith	Rowe	M	43	21.49
35	Julia	Vola	F	19	21.55
36	Chris	Sumner	M	26	22.00
37	Billy Joe	Smiley	M	36	22.05
38	Fran	Mclean	F	47	22.12
39	Sally	Neill	F	19	22.30
40	Kirsten	Baggett	F	38	22.37
41	Jamie	Tillotsson	F	19	22.46
42	Karla	Savery	F	19	22.47
43	Clint	Watkins	M	62	23.04
44	Frank	Smith,	M	45	23.10
45	Tom	Taylor	M	41	23.13
46	Dan	Trueblood	M	23	23.18
47	Wesley	Schofield	M	13	23.20
48	Terry	Tenold	M	56	23.27
49	Katie	Yaun	F	25	23.40
50	Nick	Yonclas	M	61	23.41
51	Laura	Howard	F	34	23.44



Alex Miletich



Angela Dempsey



Michael Smith

St. George Island Sizzler

Ian Smith

**Potluck 4M X-C at Forest Meadows
6/4/05 David Yon R.D.**

1	Caleb	Carmichael	M 0	23.22	58	Rex	Cleveland	M 66	34.35
2	Justin	Dickieson	M 19	24.00	59	Kathy	Lindsay	F 46	34.36
3	Eric	Smith	M 33	24.10	60	Kim	Johnson	F 0	34.37
4	Tim	Unger	M 45	24.26	61	Ithel	Jones	M 50	34.39
5	Reid	Vannoy	M 47	24.45	62	Joe	Dexter	M 59	34.44
6	Kean	Murphy	M 0	25.28	63	Nancy	Widener	F 55	34.46
7	David	Yon	M 49	25.37	64	Dick	Dowdy	M 52	34.57
8	Craig	Christoffersen	M 27	25.59	65	Kaye	Jaynes	F 38	35.25
9	Steve	Barraco	M 50	26.05	66	Joe	Crook	M 26	35.29
10	Bill	Mcguire	M 58	26.18	67	Dean	Paini	M 36	35.35
11	Hobson	Fulmer	M 49	26.25	68	Maria	Vives	F 31	36.08
12	Jay	Silvanima	M 45	26.39	69	Jamaa	Bouhattate	F 29	36.24
13	Tom	Ratliffe	M 57	26.40	70	David	Darst	M 61	36.28
14	Andy	Roberts	M 38	26.54	71	Scott	Heath	M 34	36.54
15	Jerry	Mcdaniel	M 51	27.07	72	Carlos	Zapata	M 59	36.55
16	Kara	Newell	F 21	27.21	73	Jo Lena	Pace	F 33	37.04
17	Simon	Sablin	M 32	27.40	74	Tom	Perkins	M 53	37.04
18	Craig	Willis	M 53	27.42	75	Geoffrey	Wenturine	M 51	37.20
19	Bill	Hillison	M 60	27.44	76	Dennis	Register	M 55	37.44
20	Andrew	Forsyth	M 19	27.56	77	Scott	Savery	M 47	37.54
21	Daniel	Fortunas	M 44	28.05	78	Jim	Lane	M 48	38.16
22	Scott	Mitchell	M 53	28.41	79	Bill	Hunter	M 54	38.58
23	Michael	Pasquier	M 25	28.45	80	Bob	Keller	M 71	39.26
24	Fellix	Gampar	M 0	29.06	81	Sherri	Jackman	F 42	39.58
25	Chuck	Booker	M 55	29.09	82	Stuart	Wolcott	M 51	40.05
26	Ronald	Christen	M 59	29.16	83	Mae	Cleveland	F 65	40.05
27	Chris	Sumner	M 25	29.40	84	Susan	Cornwell	F 56	40.14
28	Joe	Donoghue	M 58	29.42	85	Ruth	Jones	F 53	40.42
29	Stephanie	Liles	F 33	30.03	86	Mary	Stutzman	F 56	41.12
30	Mike	Weyant	M 39	30.04	87	Christine	Stabley	F 29	41.31
31	Lisa	Whitworth	F 34	30.07	88	Jennifer	Morris	F 34	42.10
32	Jerry	Ongley	M 58	30.08	89	Karen	Smith	F 56	42.37
33	Dave	Rause	M 0	30.11	90	Janine	Thomas	F 39	42.45
34	Christy	Pardieck	F 26	30.27	91	Joey	Vannoy	M 12	43.37
35	Michael	Martinez	M 39	30.42	92	Nadine	Dexter	F 46	44.32
36	Kana	Savery	F 19	30.48	93	Cynthia	Christen	F 52	45.01
37	Julia	Vola	F 0	30.59	94	Arthur	Ward	M 71	45.33
38	Myron	Herring	M 46	30.59	95	Mike	Schneider	M 68	45.33
39	Warren	Emo	M 52	31.02	96	Wallace	Randell	M 52	46.16
40	Mike	Sims	M 53	31.05	97	Mark	Winegardner	M 43	46.54
41	Brant	Foster	M 44	31.21	98	Robert	Morris	M 73	47.21
42	Dale	Smith	M 52	31.26	99	Ray	Hanlon	M 62	47.28
43	Delayno	Wright	M 0	31.50	100	Dawn	Brown	F 56	47.40
44	Kirsten	Baggett	F 38	31.59	101	Linda	Ongley	F 54	48.03
45	Seth	Coffin	M 35	32.02	102	Margarete	Deckert	F 72	49.02
46	Clint	Watkins	M 62	32.19	103	Cathy	Mccarty	F 49	49.17
47	Julie	Clark	F 43	32.22	104	Chris	Savery	F 46	49.36
48	Terry	Tenold	M 56	33.07	105	Nada	Stauffer	F 52	49.41
49	Connie	Clarke	F 43	33.08	106	Robyn	Gedeon	F 37	50.30
50	Laura	Howard	F 34	33.12	107	Jennifer	Winegardner	F 36	56.43
51	Nick	Yonclas	M 61	33.14	108	Judy	Shapiro	F 53	60.16
52	Sissi	Carroll	F 46	33.34	109	Michelle	Stuckey	F 36	60.47
53	Mark	Delegal	M 37	34.06	110	Charlie	Yates	M 80	117.03
54	Lisa	Unger	F 37	34.11					
55	Ed	Baggett	M 40	34.12					
56	Kristen	Pasquier	F 24	34.28					
57	Melissa	Zapata	F 26	34.32					

Time Estimation Winners:

- 1 Julia Vola -1
- 2 Craig Willis -1
- 3 Stephanie Liles 3

Mile Results on page 31

2005 Grand Prix Results Through Pot Luck 4 M X-C

Overall Male

Art	Remillard	31	150
Reid	Vannoy	46	79
Tim	Unger	45	74
Eric	Smith	32	64
Jeff	Nielsen	47	51
David	Yon	49	46
Michael	Martinez	39	45
Craig	Christoffersen	26	38
Gary	Droze	43	37
Bill	Mccord	42	37
Justin	Dickieson	19	30
Matthew F	Minno	45	30
Tony	Guillen	36	27
Jack	Mcdermott	35	25
Bill	Mcguire	57	24
Bill	Hillison	60	24
Hobson	Fulmer	49	21
Zach	Galloway	25	18
Jeff	Bryan	37	13
Jerry	Mcdaniel	51	12
Niklas	Manz	36	11
Manuel	Gutierrez	31	11
Scott	Mitchell	53	9
Jay	Silvanima	44	8
Gary	Griffin	55	7
Carlos	Nordhielm	42	5
Ronald	Christen	59	5
Scott	Ruplinger	23	3
Tom	Ratliffe	57	3
Gary	Cato	48	3
1-9 Male			
Cameron	Nave	8	20
Luke	Ceci	5	15
Wayne K	Kiger	5	12
10-14 Male			
Wesley	Schofield	12	60
Joey	Vannoy	11	40
Jacob	Fortunas	12	38
Jamie	Wright	11	20
Nicholas	Minno	10	15
Jordan	Watkins	10	12
Shelby	Nave	11	12
Davis	Clarke	10	4
15-19 Male			
Jared	Black	16	35
Levon	Hoomes	15	20
Justin	Dickieson	19	20
20-24 Male			
Michael	Pasquier	24	100
Scott	Ruplinger	23	80

Rick	Page	24	27
John	Hollimon	23	12

25-29 Male

Craig	Christoffersen	26	85
Chris	Sumner	25	62
Zach	Galloway	25	60
Joe	Crook	25	59
Mike	Mcgehee	27	32
Chris	Judd	26	10
Jason	Anderson	27	8

30-34 Male

Art	Remillard	31	100
Eric	Smith	32	80
Scott	Heath	33	60
Jobst	Elster	32	30
Manuel	Gutierrez	31	15
Simon S	Sablin	31	15

35-39 Male

Michael	Martinez	39	75
Mike	Labossiere	38	62
Tony	Guillen	36	57
Jeff	Bryan	37	55
Andy	Roberts	37	46
Mark	Delegal	37	42
Niklas	Manz	36	36
Jack	Mcdermott	35	35
Brian	Corbin	37	15
Dean	Paini	35	10
Chad	Henry	35	4

40-44 Male

Jay	Silvanima	44	67
Bill	Mccord	42	50
Keith	Rowe	43	47
Gary	Droze	43	40
Tom	Taylor	41	28
Sean	Phelps	41	27
Daniel	Fortunas	44	27
Brant	Foster	43	26
Carlos	Nordhielm	42	20
Frank	Rudd	41	14
Jim	Carson	42	12
Chuck	Davis	43	12
Mike	Boll	40	10
Walt	Loomis	41	10
Grea	Bevis	43	10
Steve	Tower	44	8
David	Voorting	44	6
Robert	Mcneal	43	6
Bill	Hollimon	44	4
William	Gillis	40	2

45-49 Male

Reid	Vannoy	46	80
------	--------	----	----

Tim	Unger	45	80	Cass	Vickers	56	6
David	Yon	49	66	Ronald	Morrell	56	4
Jeff	Nielsen	47	64	Joe E	Dexter	58	4
Hobson	Fulmer	49	44	60-64 Male			
Matthew F	Minno	45	42	Bill	Hillison	60	120
Felton	Wright	47	30	David	Darst	61	70
Gary	Cato	48	25	Clint	Watkins	62	66
Myron	Herring	45	16	Nick	Yonclas	61	47
Richard	Ziegler	45	14	George S	Palmer	60	30
Floyd	Coleman	48	12	David E	Smith	60	28
Jimmy	Ledford	48	10	Ray	Hanlon	61	22
Bob	Fisher	48	8	Michael	Degennaro	62	14
John	Kelly	47	8	Charles R	Futch	63	12
Mark	Priddy	49	8	Shaun	Donahoe	61	4
Scott	Savery	47	6	65-69 Male			
Jim	Lane	48	4	Mike	Schneider	67	102
Bob	Asztalos	45	4	Rex	Cleveland	65	40
Reg	Perry	45	2	John	Rakestraw	68	35
50-54 Male				Jim	Varley	65	15
Jerry	Mcdaniel	51	95	Rod	Anderson	66	10
Mike	Sims	52	80	70-74 Male			
Scott	Mitchell	53	79	Bob	Keller	70	105
Craig	Willis	53	57	Robert	Morris	73	78
Warren A	Emo	51	40	Bill	Degrummond	70	75
Dale L	Smith	51	28	Arthur B	Ward	71	74
Ithel	Jones	50	23	Jere	Moore	72	24
Keith	Collins	51	22	James	Skofronick	73	10
Chuck	Booker	54	16	75 + Male			
Karl	Hempel	53	15	Fred E	Deckert	75	80
Geoffrey	Wenturine	50	14	Charlie R	Yates	79	44
Wallace	Randell	51	12	John	Alderson	78	30
Jerry	Chesnutt	54	8	Overall Female			
Bill	Bowers	51	6	Sarah	Docter- Williams	40	150
Ed	Claiborne	50	6	Kirsten	Baggett	38	62
Randy	Holcombe	54	4	Angela	Dempsey	36	55
Dennis	Hitchens	54	2	Seeley	Lovett	28	54
Richard L	Addison	50	2	Lisa	Whitworth	34	44
55-59 Male				Kristen	Pasquier	24	42
Ronald	Christen	59	87	Connie	Clarke	43	40
Bill	Mcguire	57	60	Leigh	Ceci	40	39
Terry	Tenold	55	50	Jane	Johnson	45	35
Jerry	Ongley	57	43	Lisa	Unger	37	32
Tom	Ratliffe	57	42	Loranne	Ausley	41	31
Gordon	Morgan	58	36	Jennifer	Shafer	36	30
Bruce	Lynn	57	24	Kara	Newell	20	30
Rob	Cunningham	56	21	Christy	Pardieck	26	28
Gary	Griffin	55	20	Laura	Howard	34	25
Carlos	Zapata	59	18	Fran	Mclean	47	22
Nick	Mazza	56	12	Kristine	Isom	20	22
Tom	Powell	57	12	Kate	Remillard	26	20
Joe	Donoghue	57	10	Kathy	Lindsay	45	18
Bill	Perry	56	10	Maria	Vives	31	17
Rick	Ashton	58	10	Birgit	Cromartie	34	15
Fred	Bates	57	8				
Don	Douglas	58	8				
Terry	Ryan	56	8				

Kana	Savery	19	15	Kate	Macfall	33	27
Krista	Killius	41	13	Marisol	Roberts	34	24
Julie	Clark	43	11	Robyn	Green	32	22
Kelsey	Kilinski	18	11	Monica	Jackson	30	14
Jo Lena	Pace	32	9	Nancy	Sumners	32	12
Victoria	Droze	29	7	Amy	Stenberg	31	10
Cynthia	Christen	51	7	Henrieta	Dulaiova	31	10
Ginny	Black	27	5	Erica	Anderson	30	6
Nancy	Widener	55	5	Amy	Brown	32	6
Sissi	Carroll	46	5	Sheryl	Brainard	33	4
Kate	Macfall	33	3				
1-9 Female				35-39 Female			
Cecelia	Williams	8	40	Kirsten	Baggett	38	85
Cheslyn	Donaldson	8	30	Angela	Dempsey	36	80
Breanna	Bruner	9	12	Lisa	Unger	37	67
Emily	Dempsey	8	12	Janine	Thomas	38	39
Caroline	Dempsey	5	10	Jennifer	Britt	39	36
10-14 Female				Kaye	Jaynes	37	22
Melissa	Jackman	13	42	Jennifer	Shafer	36	20
Samantha	Fortunas	14	40	Lena	Juarez	35	18
Danielle	Jackman	13	35	Michelle	Stuckey	35	16
Lily	Williams	10	30	Sharon	Smith	39	14
Allison	Clarke	13	24	Pamela	Kennedy	35	12
Kara	Taylor	14	20	Lisa	Echeverri	39	12
Claire	Ellis	12	10	Bridget	Potter- Edmond	36	8
15-19 Female				Willow	Shanti	35	8
Kelsey	Kilinski	18	20	Toma	Wilkerson	35	8
Erika	Anderson	15	20	Stephanie	Gillis	35	4
Kana	Savery	19	20	Sondra	Lee	36	2
20-24 Female				40-44 Female			
Kristen	Pasquier	24	115	Sarah	Docter- Williams	40	100
Kristine	Isom	20	45	Leigh	Ceci	40	55
Katie	Coleman	21	44	Connie	Clarke	43	53
Jill	Page	24	30	Loranne	Ausley	41	49
Kara	Newell	20	20	Beth	Alexander	40	36
Dana	Perpall	20	12	Sherri	Jackman	41	28
Kera	Twomey	20	10	Julie	Clark	43	20
25-29 Female				Penny	Isom	42	18
Seeley	Lovett	28	55	Krista	Killius	41	15
Christine	Stabley	29	52	Judy	Alexander	43	12
Ginny	Black	27	38	Eddie	Mccarty	43	12
Melissa	Zapata	25	37	Robin	Safley	41	10
Christy	Pardieck	26	32	Susan	Ledford	41	8
Victoria	Droze	29	25	Carroll	Hageseth	40	8
Kate	Remillard	26	20	Jodi	Chase	44	6
Jamaa	Bouhattate	29	16	Connie	O'brien	41	4
Rita	Tweed	28	15	Sandra	Canada	42	4
Heather	Lammers	26	10	Lezlie	Sims	44	2
Katie	Yaun	25	8	45-49 Female			
30-34 Female				Kathy	Lindsay	45	77
Maria	Vives	31	89	Jacque	Myers	48	47
Laura	Howard	34	70	Diana	Jones- Ellis	48	41
Lisa	Whitworth	34	60	Jane	Johnson	45	40
Jo Lena	Pace	32	55	Bonnie	Wright	49	31
Birgit	Cromartie	34	42	Fran	Mclean	47	30
				Cathy	Mccarty	48	30

Susan	Fitzgerald	48	30
Sissi	Carroll	46	20
Nadine	Dexter	46	18
Yvonne	Gsteiger	46	12
Chris	Savery	46	8
Barbara	Mcneal	49	8
Peg	Griffin	49	8
50-54 Female			
Cynthia	Christen	51	97
Ruth	Jones	53	75
Judy	Shapiro	53	48
Nada	Stauffer	51	32
Dianne P	Douglas	51	27
Joy	Opheim	50	20
Martha	Haynes	51	18
Bev	Kerwin	50	12
Linda	Ongley	53	12
Elaine	Hamlin	52	8
Vicky	Bernal	53	4
55-59 Female			
Nancy	Widener	55	120
Susan	Cornwell	55	67
Anne	Priddy	55	54
Mary	Stutzman	56	52
Karen	Smith	56	40
Electa N	Walker	55	20
Emily	Ruddell	58	18
Dawn	Brown	56	16
Barbara	Yonclas	57	15
Christie	Koontz	55	2
60-64 Female			
Perha	Varley	60	80
Nickie	Wilkinson	60	20
65-69 Female			
Mae	Cleveland	65	40
Mary Lou	Manausa	66	35
Dot	Skofronick	67	20
Jean Ann	Bowling	67	12
70-74 Female			
Margarete	Deckert	71	100
75 + Female			
Josephine	Newton	78	40
Rosalie	Myers	93	30

Potluck Mile Run

1	Sam	Fortunas	14	F	7:38
2	Danielle	Jackman	13	f	7:54
3	Melissa	Jackman	13	F	9:12
4	Grady	Schaeffe	7	M	9:43
5	Nate	Schaeffe	5	M	9:44
6	Mary Katherine	Delegal	7	F	11:14

GWTC's Grand Prix

Each year the Grand Prix Committee designates certain races as Grand Prix events. Any **current** GWTC members competing in a Grand Prix race are eligible to earn points. But to be **eligible for final awards they must enter and compete in, and turn in accurate, legible finish cards for at least three Grand Prix races**. Correct birthdates must be known to the Committee. The Grand Prix standings and races are published in the newsletter. Points are awarded as follows: **Open points:** In order of finish to the first 10 as follows: 30, 20, 17, 15, 13, 11, 9, 7, 5, 3.

Age-group points: Awarded to the top 8 as follows: 20, 15, 12, 10, 8, 6, 4, 2.

Children's Grand Prix: Runners age 14 & under at start of year earn points only in events of 5k or less in distance, in age groups of 9 & under, 10-14.

Finish places of non-GWTC runners are not counted. **Note:** Your age at the beginning of the calendar year is your Grand Prix age all year.

Awards Committee:

David Yon (668-2236, david@radeylaw.com),

Jeanne O'Kon (894-2019) okon@raven.unr2.net,

Paul Ahnberg (562-6171) runhike-bird@comcast.net,

Jo Lena Pace

(jolenapace@nettally.com)and

Lisa Unger (562-2901 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.

Back of the Pack
"Bad Fortune Cookies"
 By Jack McDermott
 July 2005

I am not going to dedicate this article to the infamous "Twisted Ankle Marathon" in Georgia --- I've already given it more attention than it deserves. It was what we call a "no" race. No finishing medals, no water stops, no fun, and no WAY am I ever doing that one again!

During my sojourn into the mountainous regions of Georgia, I did encounter a frequent dilemma as I arrived too late for the pasta dinner. So what is a person to do? Being the professional that I am, I went to the grocery store and bought a sandwich, pretzels, and a box of Hostess Twinkies. (*Warning: Do not try this at home.*) One suggestion was to try the Chinese restaurant in town, but I demurred. One would think Chinese food is a good option for a marathon pre-race meal as noodles and rice are a good source of carbohydrates. However, I had to pass for one simple reason: Bad Fortune Cookies.

There is nothing more demoralizing before a big race than to get a "Prophecy of Doom" wrapped in a deformed concoction of flour, sugar, and milk. But for those of you brave enough to try, here is my feeble attempt to interpret your fortune cookies and what they might mean. I picked these fortunes from a list of fortunes on a website from the Fortune Cookie Institute in Monterey, California.

Beware not to judge other people's actions --- This means you are going to see something that is *really* disgusting by a fellow runner. It reminds me of the Philadelphia Marathon that I ran with Sue Kelly. We saw a woman lose bowel control and keep running. She didn't even break stride! Sue asked if I had ever seen anything like it. Not only had I never seen anything like it, I hadn't even heard of anything like it. (*Or smelled anything like it, for that matter.*)

Romance comes to you in an unusual way --- Even if you happened to meet that special someone at Mile 18, they will not be impressed. If a woman were still interested in romance after seeing me late in race, I would ask her to bear my children. I



can just imagine myself saying, "I'm not usually this cranky --- but my blood sugar is low. I am also normally more attractive. By the way, can I have your phone number?" Not going to happen.

He who worries cannot walk with dignity --- This means you will bonk, you will walk, and it is up to you whether this becomes a walk of dignity or a walk of shame.

New experiences and new friends will enrich your life --- Never run with ultra runners who have nicknames. If you make new friends before the race with titles like "Crazy Karl," "Dirty Darren," or "Avalanche Al," you know that you are going to be in trouble. You may make a whole slew of new friends like Aaron the ambulance driver, Kevin the EMT specialist, and Susan the volunteer who performed CPR on you.

A single kind word will keep you warm for years --- I used several single words in the Twisted Ankle Marathon, which could make me eligible for a warm place with lots of pitchforks. Those words include ****, ****, and my favorite ****. Some of the words that can be printed included, "Help!" "Medic!" and "Mercy!"

Lighten your load by doing less work --- Less body weight means less work in a marathon, right? This is a polite way of saying that you are getting fat. Maybe you have been eating too much Chinese Food, huh?

You will inherit a large sum of money --- The only way I could inherit money is if I had a long-lost uncle who put me in his will, AND I somehow convinced him to run the Twisted Ankle Marathon in Georgia. One false step and he could fall into a ravine and nobody would ever find him. So if you have a rich relative --- get him a race entry form.

With apologies to poet Robert Frost, whoever recommended the "Road Less Traveled" was not a marathon runner.



**Kara and Alexis Newell with Mom Jane Johnson
At St. George Island Sizzler 5K**



**Hot competition for the 100 Meter at the Summer
Track Series, Maclay track**



Dr. Karl Hempel enjoys his Sizzler Award!



Cecelia Williams leads at the Summer Track Series



Diaper Dash at the Summer Track Series at Maclay School Track



Future Flyers!



Caroline Campbell enjoys a smiling-ly big lead at the Summer Track



Where did that guy come from anyhow?
**Behind the unknown leader, l-r Gary Cato, Andy Roberts
Charles Futch, David Yon, Craig Willis and Jay Silvanima.**

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 _____

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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.