



# The Fleet Foot



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Volume 30 Issue 6 Newsletter of the Gulf Winds Track Club

June 2005

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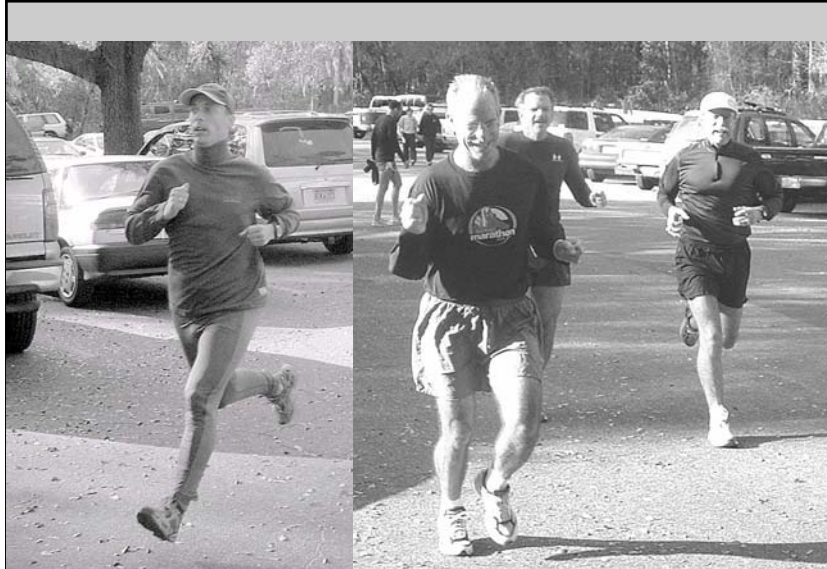
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**Grand Prix Races**  
**June 4 Potluck 4 mile trail run**  
**June 18 Summer Sizzler 5K**

**Don't Forget Summer Track**  
**starts June 2 at 6:45 p.m.!**  
**Maclay School Track.**



**Nicklas Manz  
Reineking 5K**

**Bill Perry, Jerry McDaniel and  
Warren Emo at Reineking 5K**



**Connie Clarke  
Sickle Cell 5K**



**Fran McLean  
Pine Run 20K**



**Dr. Exacto McGuire Sez:**

Fred made a few errors in the last contest, to wit:

Fastest Female: Breeda Wills - 16:20  
at 1999 Reservation 5K  
Fastest local male: Louis Murphy  
1987 Reservation 5K - 14:22

Tallahassee Marathon courses:  
3 early Killearn courses, 2 Tallahassee Nursery courses, a total of 13.

**GULF WINDS TRACK CLUB  
April 13, 2005 Business Meeting  
Hosted by Jane Johnson**

**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, David Yon, Bill Lott, Judy Alexander, Kathy Lindsay, and Gary Droze.

**Tom Perkins** called the meeting to order at 7:30 PM and quorum was established. The March minutes were reviewed. A motion was made, seconded and passed by unanimous vote to accept the minutes as presented.

**GUEST INTRODUCTION:** Judy Alexander introduced Terry Massa to the group. She is interested in directing a race to raise funds for her charity. She has already volunteered at the Tallahassee marathon and will continue to learn all aspects of directing.

**NEW BUSINESS:**  
**Gary Droze** would like the Club to purchase a Fully Automated Timing system which is an ideal system for track meets. Leon County currently has one which is distributed to schools on a first come first serve basis. Due to the compressed track season, often two track meets are held on the same weekend. Gary pays \$600 to rent a similar timing system when it is available. Sometimes he is unable to rent one. The advantage of FAT is that athletes competing in races using it can qualify to advance to the state meets. He feels there are enough technical people in the area to master operation of the FAT. There was also discussion about the possibility of renting out the system. A motion was made and seconded to purchase the FAT for up to \$13,000. The motion passed with 3 dissenting votes.



**Bill Kimmons  
Georgia Grand Prix**

**REPORTS:**

**Race Director – Tom Perkins** reported that the final budget for Springtime is not ready due to outstanding bills unresolved.

**Race Director Coordinator report – Charlie Yates** reported the fall calendar is filling up. Check the race calendar for dates.

**Chenoweth report –David Yon** reported that The Tallahassee Trail blazers will receive \$1500. Also, pending approval by the Chenoweth committee \$500 will be donated to the Kids Triathlon. GWTC was a Silver Sponsor the FSU Track Invitational. It was the biggest meet to date with more high school competitors and spectators.

**Clothing Coordinator report – Margarete Deckert** reported no business this month. She was asked to research 4 or 5 materials for club jackets to purchase.

**Newsletter report – Fred Deckert** reported there was no response from the 400 nonrenewed members from 2003 and 2004 that received membership applications.

**Social Coordinator report – Kathy Lindsay** announced a party at Terry Ryan's house on Saturday May 14. It will be a Pot Luck format with beverages and a shrimp boil donated.

**Training Committee Report –Nadine Dexter** gave the final Springtime report. The first week over 100 people registered; the last training run on Saturday March 26 had about 30 participants. Nadine has received many inquiries regarding her beginning running class. It will resume in the fall. She wants to include a race walking group to reach additional people. Capital Health Plan expressed interest in walking groups around town in places such as Southwood and Premier gym. This will require many volunteers/coordinators.

**Equipment report – Joe Dexter** turned in 3 checks for races. He is still seeking a permanent home for the Gulf Winds trailer.

**Treasurer's report – Bonnie Wright** discussed the Budget and Treasurer's monthly report. She announced she will no longer take online requests for payments.

**Membership report – Tom Perkins** reported for **Brian Corbin** that there are currently 701 members represented by 309 memberships

**Triathlete report – Bonnie Wright** pointed out that the Kid's Triathlon on May 15 will need volunteers.

**Grand Prix Committee report – 5** different races have already requested Grand Prix

status next year including the Palace Saloon, Furry Scurry, and Shamrock Scurry.

**Racing Team Coordinator report – no report; Lecture Series report – 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 May 11, 2005 at Joe and Nadine Dexter's house. These minutes have been reviewed and accepted by the board.

Beth Alexander, Secretary.

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

**June 14 Margarete and Fred Deckert**

**July 13 Tom Perkins & Jeanne O'Kon**

### NOTABLE EVENTS

PR's  
Pete Kerwin 53:29  
Springtime 10K

### PUBLISHED!

Janice Hochstein in Running & Triathlon May/June 2005. Don't miss this article on "Sizzling Seniors"!

Julie Clark article on Tallahassee races (p. 14)  
[www.brandentonrunnersclub.com/m2005marapr96.pdf](http://www.brandentonrunnersclub.com/m2005marapr96.pdf)

Margarete Deckert 800th race at Rails to Trails 5K

**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

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david@radeylaw.com

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Bonnie Wright 386-3500  
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Judy Alexander 383-1361,  
jalexander98@comcast.net  
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ungerTL@juno.com

**Past Presidents**

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Paul Hiers 656-7201,  
phiers@comcast.net

**Articles/Race Results for Democrat**

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gdroze@maclay.org.

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fdeckert1@juno.com

**Social Coordinator**

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

**Lecture Series**

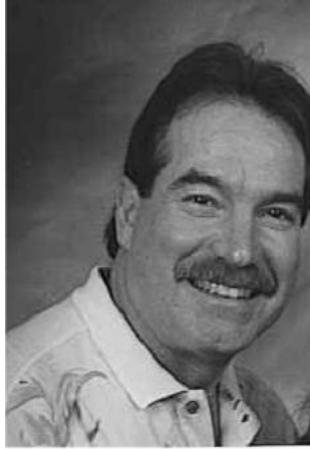
Arthur Remillard  
arthurremillard@yahoo.com

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

## Pulpits Happen

### Tom Perkins

Thank you, Bonnie and Felton Wright! As many of you know, kids are the greatest. Now add kids 15 and under and water, a little bike ride for spice, and top it with a run, and you get a whole lot of Sunday morning fun. This year's 4<sup>th</sup> annual Kids Red Hills Triathlon held on May 15<sup>th</sup> was another success.



One hundred and thirty-two aspiring athletes competed on a beautiful morning at Maclay Gardens State Park. Unlike the adult version of this sport, grins and fun outweighed the competitive nature of this sport. I encourage anyone who did not help this year to come out and volunteer next year. The reward of watching a rider on a Strawberry Shortcake bicycle with matching purse leave the transition area, well, it will put a smile on your face that will stay there all day!

While I'm on the topic of kids and smiling, it's time for the Summer Grand Prix series to start again. The Maclay High School track will again be home to eight evenings of track and field events starting on Thursday, June 2, at 6:45 p.m. Thanks to the efforts of Coach Gary Droze, we again will enjoy a great venue for the Tallahassee Parks and Recreation/Gulf Winds Track Club Summer Track Meets. Parents be warned that excessive exposure of children to these track

meets causes giggling, running around, and having a good time. The side effects to parents include grinning, laughing, watching your children exercise, and having lots of fun. I recommend running with the children, followed by two scoops of ice cream after the meet. These are times that you will look back on and remember.

A change has been made in how the Summer Grand Prix will be administered. Awards will be given on the last evening of the summer track series. In the past, awards were presented in January during the GWTC Grand Prix Awards Ceremony. The Grand Prix Committee has decided that the awards should be presented closer to the actual running of the events. The GWTC Board agreed that this action was in the best interest of the participants. On the last Thursday night, we'll host the Ice Cream social and the Summer Grand Prix Awards Ceremony. Come join us! I guarantee a good time. If you are not satisfied, either Ray Hanlon or Bill Lott will accompany you to the restaurant of your choice. Then you can decide which was better, Track or Treat.



### Discounts for GWTC members



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

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

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

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

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

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

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

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

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

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

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

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

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

**Dr. Wallace Randell - Northampton Animal Health Clinic.** 2910 a-12 Kerry Forest Parkway, Tallahassee, FL 32309 \* 668-8031. 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](mailto: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](mailto:kellys@dfmc.org).

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

**Half-marathon training Group:** Mondays 6:00pm-7:30pm, Winthrop Park (Corner of Mitchell & Betton) August 2nd-October 18th. GWTC membership required. Jerry Ongley @ 562-1905 or e-mail [dubiousrunner@hotmail.com](mailto:dubiousrunner@hotmail.com)

**Beginning Running Class:** Wednesdays 6:30-7:30pm, FSU Track, September 8-November 3rd. Cost \$20 and entry fee for two 5K events, includes temporary GWTC membership and GWTC T-shirt. Information, Nadine Dexter @878-7880 or e-mail [nadine.dexter@med.fsu.edu](mailto:nadine.dexter@med.fsu.edu)

**Water-Running** To learn proper water-running technique, contact Gary Droze, Instructor, to arrange a workout/training session: 942-7333.

### Triathlete Training

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

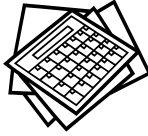
**Swimming:** Master's swim 5:30 AM Monday thru Friday - Myers Park Pool, monthly fee gets you a coach on deck.

Master's swim 11:40 AM Monday thru Friday - Trousdell Pool, daily fee gets you a lifeguard in the stand.

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

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

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



### Race Calendar



Please note: Most of the events below are not organized by or affiliated with Gulf Winds Track Club. **Grand Prix Events are underlined**. Confirmed events are in **bold**. CT=Central Time. Entry forms may be at local stores, races and GWTC meetings. If no state is listed, it is Florida. **Verify information** before traveling; errors, omissions and changes do occur. If not listed, area code is 850. To list races (no charge), send details to fdeckert1@juno.com.  
Call (850) 386-GWTC (4982) for a recording of more recent information on area events and the Gulf Winds Track Club. Sponsor: Dunn Chiropractic, 1213 N Monroe St, Phone 222-1171. Special thanks to Charlie Yates for the race information.

### June

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

\***04 Potluck 4 M/1M Forest Meadows**. 6 p.m. Festivities at 7 P.M. David Yon 668-2236, dyon@radeylaw.com

**18 Sgi Summer Sizzler 5K**. 7:30 p.m. St. George Is. Hobson Fulmer hobson@gtcom.net 850 927-2510. Form p. 20 May issue.

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

### July

**04 Firecracker 5K**. 7:30 a.m. Greensboro Town Hall. Greensboro Kiwanis Club, P.O. Box 97, Greensboro FL 32330. see flyer p. 17  
04 Freedom Springs Triathlon. 7 a.m. CDT. Marianna. Terry Edwards popz@emeraldcast.com

**16 Critter Run 5K**. 6 p.m. CT. Dothan AL. Larry Dykes, 334-792-6021, ronnadykes@aol.com

### August

**13** YMCA Triathlon. Cordele, GA

\***13 GWTC Track mile**. Maclay School. 7:45 a.m. Wright family 386-3500, bwright@electro-net.com.

\***27 Miccosukee Madness 8K/5K/1M**. (trail run) 8:30 a.m. Edensfield parking area. Tom Perkins 894-2019

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

**Grand Prix Events for 2005**

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

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

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)

**QUESTIONS FOR GWTC MEMBERSHIP**

We are looking for some feedback from the members on several issues. Most of you are probably unfamiliar with age-graded performance ratings. We have included an example this month on page 19 using the Palace Saloon 5K, using members only.

Any questions would be welcomed, call Fred at 893-9739 or e-mail fdeckert1@juno.com. Regular results for the Palace were published last month.

A questionnaire on Grand Prix practices will be in a future issue.

***Shadow in my shoes***  
 By William F. Kimmons

Over the hills and against the wind,  
 I've pushed the wall right thru,  
 To go where they said I couldn't go,  
 I've put the shadow in my Shoes.

Yes, out there is a road, I must run  
 It's only understood by a few,  
 Five miles out and my second wind,  
 I've put the shadow in my shoes.

I don't feel troubled - I don't feel the

time,  
 Now I smile the whole day thru,  
 I've outrun the world, left it all  
 behind,  
 And put the Shadow in my  
 Shoes.

And tomorrow it's the same, as  
 will always be,  
 I'll meet the sun and run over  
 morning dew.  
 And I'll thank the Lord for  
 giving me the strength,  
 To put the shadow in my Shoes.

**Back of the Pack**  
***“Run Wars”***  
**By Jack McDermott**

After my fiasco at the American Idol try-outs (*what can I say – the acoustics are better in my shower*), I have decided to produce a movie to exploit the new blockbuster “Star Wars – Revenge of the Sith.” I will call it, “Run Wars --- Revenge of the Sloth.” It will be about a good intentioned boy who learns the Zen of running.

After being trained by Jedi Master Gary Droze, the “carbo-loading” gets out of hand and he turns to the dark side eating donuts, ice cream, and chocolate covered twizzlers. (As Obi-Wan once said, “Once you start down the dark side, forever will it dominate your destiny.”)

I keep having this recurring dream about running a marathon with Star Wars characters. Do you all have that dream? (*Why am I the only person that has that dream?*) Luke Skywalker is too impatient and goes out too fast. C3PO is like charity runners --- slow and he talks too much. Han Solo is a rough-and-ready ultra trail runner who doesn't do well in traditional races. Yoda is like those little kids that crowd at the front of the start line who almost trip me. Anakin Skywalker whines too much. Obi-Wan Kenobi (*the Alec Guinness version*) is like those old 50-state guys that plug along. I feel sorry for Chewbacca. He is a little too hairy to run in the Florida heat. Jabba the Hut --- what can I say? As you can imagine, this character does *not* look good in a Speedo. I think they should put a warning label on Speedos --- May make gut appear larger. And then there is Darth Vader. I think he started like George Palmer --- first with a hip replacement, then an artificial leg, then an artificial arm, then dentures, then a scalp replacement, then a mask. Here is a hint --- if you find yourself with more metal pins in your legs than Darth Vader (*or George Palmer for that matter*) – time to back off and do half-marathons.



So what's on the race agenda? Due to the encouragement from Jo Lena Pace, I have signed-up for the “Twisted Ankle Marathon” in Summerville, Georgia. (*I am not kidding --- that is the real name.*) I would have chosen the “Head Concussion”

Marathon or the “Missing Teeth” Marathon for a name. (*And they wonder why the race hasn't filled up!*) First of all, the participants appear to be more of the ultra crowd than the marathon crowd (*Jo Lena Pace, Gary Griffin, and Jobst Elster*). Another thing that has me concerned is that when telling everyone after the Boston Marathon, Andy Roberts said he grew up in Georgia and had never heard of a town called “Summerville.” I have a bad feeling that this race is the marathon equivalent of a snipe hunt.

Supposedly it is in the corner of the state, so if I get lost, I could end up in Georgia, Alabama or Tennessee. (Now I'll have to bring *three* state maps!) The course instructions also have me a little concerned. Despite the fact it is in late May they are starting the race at 9 AM, they recommend that we bring our own water, and the elevation chart looks like an EKG of man under shock treatment. However, I'll try anything once --- and as usual with these trail adventures, I will be packing my compass, three days rations, a flare gun, and my bee-sting kit.

I continue to have lingering concerns about the water stops (*one every three to five miles?*) --- which is it, three or five miles? That is kind of important. I am also not clear about

*Jack (Continued on page 12)*

**Featured Feet –  
Kathy Lindsay**

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

3 years

**2. Favorite  
place to run?**  
Cadillac Trail with  
my 2 year old  
Sheltie.

**3. Most  
memorable  
running  
experience?**

I have several but my two favorites would be the Tallahassee Marathon (I was glad I actually finished!) and the Across the Bay 12K in San Francisco over Spring Break this year. We stumbled on the race while we were on vacation and it was a wonderful way to see San Francisco from the Golden Gate Bridge.

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

Talk (which is one of my all time favorite pastimes) with my friends during warm ups.

**Favorite non-running hobby?**

Spending time with my husband, Scott and 2 kids, Jenny and Chris.

**6. Occupation?**

Law Firm Administrator/HR Director



**Personal  
hero(ine)?**

My Dad, he has always been very involved in my life and works very hard at keeping all of the family in touch with one another even though we live all over the country.

**Favorite travel  
destination?**

Rocky Mountains. The scenery is so beautiful and is definitely 'Big Sky Country'.

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

Veterinary care - I love talking care of any kind of animal.

**Most recent book you read?**

*History of Tallahassee and the DaVinci Code.*

*Jack (Continued from page 11)*  
the recommendation to "Carry my own water." What? Do I look like a camel? Will I become Hunchback Jack with a Hump of Water on his Back? It sounds like one of those bad nursery rhymes that didn't make it into the Mother Goose collection. But I will do my best to drink fluids and finish with more than my pride. It's like my dad always said about running in the heat, "Hydrate don't Hallucinate." Of course if things don't go well --- I may find a hole and hibernate. Good luck in the approaching summer months, and beware of the sun.

## Featured Feet – Terry Ryan

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

Approximately 45 years - the nuns finally were able to catch me while running down the halls and figured they ought to turn my energies to something useful - -attended Ga. Tech on a track and cross-country scholarship after the nuns turned me over to the Christian Brothers in high school.

### 2. Favorite place to run?

Locally: Lake Overstreet trails.  
Ireland: Any hill or glen in the South on an early morn, after an evening mist has settled, there's a fresh breath of air lightly moving over the multi-shaded green grass, the farm animals are stirring....and.....oh good grief, what did I just step in?

### 3. Most memorable running experience?

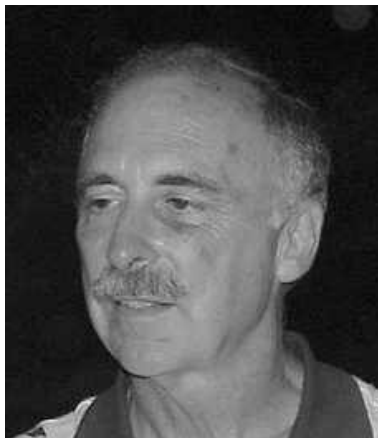
Running my best 880 run of 1:54 after being RIGOROUSLY coached by Jeff Galloway while he was at Georgia Tech for one year - I usually ran both the 880 and two mile relay in meets, so this one last summer meet I ran just the 880.

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

Psyched? Am I supposed to be doing that? NOW you tell me!

### 5. Favorite non-running hobby?

Doting on my 2 1/2 yr old granddaughter if it can be called a hobby, but if not, then my Children of Ireland Group which helps at-risk children in N. Ireland.



### 6. Occupation?

President and founder (1989) of a national mortgage banking company assisting cities', counties', and non-profit organizations affordable housing programs. Also, company is an international mortgage software developer which recently expanded

into Australia.

### 7. Personal hero(ine)?

The children in N.Ireland who have endured so much over the last 35 years, but still manage to keep a smile on their faces and play a joke/prank on you.

### 8. Favorite travel destination?

Loved hiking through the rainforests, outback, and mountains of southeast Australia! Can't wait to go back and do more exploring there and New Zealand, plus climbing Mt. Kilimanjaro someday!

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

Merlin's ability to perfect the kinetic transfer of matter and energy into the third space & time continuum without spatial anomalies affecting the entire universe.

### 10. Most recent book you read?

*Seven Pillars of Wisdom* by T.E. Laurence (Laurence of Arabia) (1916) - good beginning background on the current history of the Middle East.

**“The Soldier’s  
Stories: An Evening  
with Robert  
Morris”**

By Art Remillard

On Thursday, May 5<sup>th</sup> the world-traveling Tallahasseean and retired Army Lieutenant Colonel, Robert Morris, gave GWTC members an absorbing glimpse into his life. Among other things, Robert told us about his encounters with some of America’s military legends. At his first Army/Navy football game, Robert, then a brash teenager, disdaining protocol, requested and received General George C. Marshall’s autograph. Although the penciled signature is now faded, Robert explained the encounter with crystal clarity. As a young lieutenant, Robert also shared office space with a junior officer named “Norm” Schwarzkopf. Traveling was perhaps the foremost theme of the evening. Robert’s pictures from Laos in the 1950s showed the region’s stunning landscape. While Robert spoke, some of the more historically-minded audience members started connecting the dots (Robert/Army/Laos /CIA/1950s). Indeed, Robert told us he was “on loan” to a civilian organization that dropped rice and trained Laotian officers. While a simple Google search can now tell us about the history of America’s involvement in Laos and Thailand, back then things were a little more, well, *secret*. In fact, when in Laos and Thailand, Robert wore no dog tags, no military ring and had no official rank! Something that has never been secret, however, is Robert’s lifetime of fitness challenges. Robert has run races everywhere from Washington D.C. to Oahu. He also recently participated in a thirteen-mile “plebe” night march and hike at West Point




alongside his fellow graduates and the young officer candidates. For Robert, this couldn’t have been too much of a challenge – after all, he did just finish this year’s Tallahassee Marathon.

A soldier, runner, family man, educator, and friend to many – Robert is the kind of person that anyone could admire. I know that I do. Kate and I will be leaving late this summer, so this was the last lecture that I will host. I couldn’t have planned a better one to finish with. Rest assured that the more lectures are forthcoming. I am pleased to announce that my colleague and friend Michael Pasquier will be taking over the position. I would like to thank Robert and all of my former speakers for sharing the fragments of their lives with the club. It has been a joy.

**Addendum from Robert:**

The 101st Airborne Division, Fort Campbell, Kentucky, was my unit from Jan 1958 through July 1960. My duties within the Division were rifle platoon leader, then later assistant adjutant, 2nd Airborne Battle Group, 187th Infantry. My total number of parachute jumps, including jump school, Jump master school, Thailand and within the USA, was 66 jumps. Fortunately, no injuries, but a few rough landings.

Later I served with the 1st Infantry Division, “The Big Red One,” in Vietnam 1967-68. I was Adjutant, 2nd Brigade, then later Division Assistant Chief of Staff, G-5 (Psychological Operations and Civil Affairs.) This was an interesting tour because it included the highly publicized “Tet Offensive” of 1968.



**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.



**GWTC Merchandise**

The shirts and logbook are \$10. Singlets on the right are nylon tricot. Men's is on the far right. The visor and "license" plate are \$5 each.

**Contact: Margarete Deckert 893-9739**

<p><b>M. Felton Wright, CFM, CFP</b>          First Vice President - Investments          Wealth Management Advisor</p>		<p><b>MERRILL LYNCH</b></p> <p>Global Private Client Group          215 South Monroe Street Suite 300          Tallahassee, Florida 32301          850 599 8978 Felton          850 599 8924 Naomi          850 599 8903 Judy          800 937 0663 Toll Free          FAX 850 681 3591          mfelton_wright@ml.com</p>
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## ***Twenty-Third Annual FIRECRACKER 5000***



**WHAT:** Greensboro Kiwanis Club's Twenty-third Annual 5000 Meter Run/Walk.

**WHEN/WHERE:** July 4, 2005. Registration 6:15-7:15 am. Run/Walk 7:30 am. All race participants will meet at Greensboro Town Hall for bus ride to the starting line. Greensboro is west of Quincy. From Tallahassee, take I-10 west and exit at State Road 12.

**REGISTRATION/ENTRY FEE:** Pre-registration is encouraged. Please send \$20 or \$15 no Tee with entry form to Greensboro Kiwanis Club, P.O. Box 97, Greensboro FL 32330. Make checks payable to Greensboro Kiwanis Club. Registration available on race day until 7:15 am.

**T-SHIRTS:** All registered participants will receive a Firecracker 5000 T-shirt.

**BREAKFAST/FRUIT BAR:** All participants in the race will receive a complimentary country breakfast or a trip through the fruit bar. This will be served after the race at the finish line.

**AWARDS:** Top three male and female runners in the overall division will receive trophies. Also, a trophy will be given to the winner of each of eleven male age divisions and six female divisions. **AGE GROUPS:** Male: 12-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64,65-69, 70+ Female: 12-14; 15-19; 20-29; 30-39; 40-49; 50-59.60+

### **Firecracker 5000 Individual Entry Form (Please Print)**

-----  
Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

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

City/State/Zip: \_\_\_\_\_

Phone/Email: \_\_\_\_\_

T-Shirt size: S\_\_\_ M\_\_\_ L\_\_\_ XL\_\_\_ I hereby release the Greensboro Kiwanis Club and any other person involved from any and all damages or injuries incurred or arising out of participation in the Firecracker 5000 meter run/walk. I realize I will be running on a public highway and will use due caution to avoid traffic.

Signed: \_\_\_\_\_  
Guardian (if under 18)



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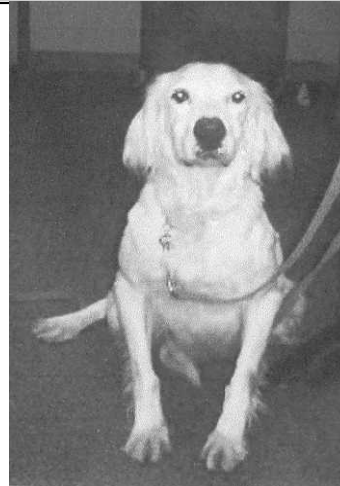
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**31st Annual Palace Saloon 5K - Age graded handicap results  
GWTC members only. OV= overall position, name, sex, age,  
actual time, Adj. = age graded time, %Eff. = Your rating  
against National single age standards. 14 & under not rated.**

<b>OV</b>	<b>Name</b>	<b>Sex</b>	<b>Age</b>	<b>Time</b>	<b>Adj. Time</b>	<b>%Eff.</b>
14	Sarah D-Williams	F	40	18.14	15.46	83.6
5	Art Remillard	M	31	16.35	16.23	78.8
12	Bill Mcguire	M	57	18.13	16.10	85.9
19	David Yon	M	49	18.39	17.35	78.3
13	Jeff Nielsen	M	47	18.14	17.11	79.0
9	Timothy Unger	M	45	17.35	16.35	80.8
15	Eric Smith	M	32	18.20	17.50	72.6
24	Felton Wright	M	47	19.18	18.11	74.6
17	Craig Christoffersen	M	27	18.28	18.10	70.9
31	Scott Mitchell	M	53	20.01	17.45	78.9
35	Mike Sims	M	53	20.13	17.56	78.2
36	Tom Ratliffe	M	57	20.14	17.57	77.3
16	Zach Galloway	M	25	18.28	17.45	71.5
45	Angela Dempsey	F	36	21.05	18.27	70.5
41	Bill Hillison	M	60	20.34	18.14	78.4
23	Mike Labossiere	M	38	19.14	18.28	70.5
43	Bob Fisher	M	49	20.52	19.40	70.0
33	John Kelly	M	47	20.11	19.02	71.3
47	Keith Collins	M	51	21.12	18.31	70.0
49	Ronald Christen	M	59	21.17	18.53	74.9
28	Niklas Manz	M	36	19.56	19.23	67.2
62	Kirsten Baggett	F	38	22.19	19.17	67.4
61	Loranne Ausley	F	41	22.16	19.15	68.9
118	John Rakestraw	M	68	24.29	18.02	71.8
72	Kristen Pasquier	F	24	22.46	19.41	64.6
119	Nancy Widener	F	55	24.35	19.37	69.3
37	Michael Pasquier	M	25	20.19	19.32	65.0
64	Dale Smith	M	51	22.21	19.31	66.4
90	Laura Howard	F	34	23.31	20.56	62.5
78	Terry Tenold	M	56	23.05	20.28	67.1
79	Jimmy Ledford	M	49	23.06	21.47	63.2
50	Keith Rowe	M	43	21.22	20.08	65.5
101	Lisa Unger	F	37	23.52	20.38	62.7
103	Maria Vives	F	31	23.53	21.15	60.7
104	Kathy Lindsay	F	45	23.54	20.17	65.9
151	Bonnie Wright	F	49	25.55	21.59	62.5
107	Kate Macfall	F	33	24.04	21.25	60.9
95	David Darst	M	61	23.35	20.55	69.0
99	Geoffrey Wenturine	M	50	23.42	20.52	62.1
59	Tom Taylor	M	41	22.07	21.14	62.5
163	Anne Priddy	F	56	26.46	21.22	64.3
169	Bob Keller	M	71	27.11	19.19	67.0
138	Beth Alexander	F	41	25.20	21.38	61.3
156	Kera Twomey	F	20	26.14	22.18	56.9
176	Mike Schneider	M	68	27.35	20.19	63.7
136	Melissa Zapata	F	25	25.10	21.38	58.6
124	Dennis Hitchens	M	54	24.48	22.00	61.4
179	Perha Varley	F	60	27.42	22.07	64.6
145	Janine Thomas	F	39	25.44	22.15	59.0

<b>Rails To Trails 5K Run &amp; Duathlon</b>			<b>Run</b>	<b>Bike</b>	<b>Total</b>
<b>Saturday, May 14<sup>th</sup></b>					
<b>Joe and Nadine Dexter, R.D.'s</b>					
1. Bill McGuire	57	18:23	3. George Palmer	60	
2. Andrew Hart	15	18:30	22:09	12:06	34:15
3. Hobson Fulmer	49	19:12	4. Dana Stetson	48	
4. Mike Labossiere	39	19:35	21:15	13:26	34:41
5. Dominic Nichols	14	19:47	5. Myron Herring	46	
6. Jerry McDaniel	51	19:52	21:01	13:46	34:47
7. John de Grummond	37	20:04	6. Mike Sims	52	
8. Craig Willis	53	20:17	20:36	15:40	36:16
9. Reynolds Griner	16	20:56	7. Pete Kerwin	52	
10. Dale Smith	51	21:08	22:52	13:54	36:46
11. Leila Mattimore	17	21:15	8. Mike Boll	41	
12. Andrew Wills	40	21:16	23:24	13:56	37:20
13. Gary Cato	49	21:23	9. Rick Asadourian	45	
14. Christy Pardieck	26	21:34	24:12	14:09	38:21
15. Warren Emo	52	21:39	10. Terry Ryan	56	
16. Stephanie Davis	16	22:30	23:36	16:04	39:40
17. Bill Kimmons	53	23:05	11. David Darst	61	
18. Scott Barton	43	23:10	24:24	15:28	39:52
19. Jerry Chestnut	54	23:18	12. Wallace Randall	51	
20. John Rakestraw	68	23:25	31:09	17:46	48:55
21. Colantoni Giuliano	64	24:17			
22. Geoff Bush	28	24:30	<b>Female Duathlon</b>		
23. Dennis Hitchens	54	54:59	Run	Bike	Total
24. Larry Roberts	66	26:09	1. Julie Clark	43	
25. Bill de Grummond	70	26:30	20:54	13:55	34:49
26. Charles Futch	63	28:26	2. Fran McLean	47	
27. Ruth Jones	53	29:07	24:48	15:38	40:26
28. Bob Keller	71	29:16	3. Toma Wilkerson	35	
29. Sara Cleveland	32	29:49	24:48	16:08	40:56
30. Tom Scott	55	30:13	4. Jacque Myers	48	
31. Karen Smith	56	30:20	25:54	17:02	42:56
32. Ray Hanlon	62	31:53	5. Judy Shapiro	53	
33. Margarete Deckert	72	31:20	43:37	18:51	62:28
34. Nada Stauffer	52	31:28			
35. Art Ward	72	31:36	<b>Female/Male Duathlon</b>		
36. Dawn Brown	56	32:13	Run	Bike	Total
37. Elaine Hamlin	52	33:10	1. Sara VanWart/Andy VanWart		
38. Josephine Newton	78	43:24	24:34	11:57	36:31
39. Charles Yates	80	46:46			28/22
			<b>Male/Male Duathlon</b>		
			Run	Bike	Total
			1. Keith Rowe/Bryan Pierce		
			21:50	11:33	33:23
					43/45
			2. Glenn Lang/Parker Lang		
			26:43	19:08	45:51
					53/12

133	Carlos Zapata	M	59	25.06	22.16	63.5
166	Jacque Myers	F	48	26.59	22.54	59.6
190	Susan Cornwell	F	56	28.02	22.23	61.4
84	Mark Delegal	M	37	23.18	22.23	57.9
87	Scott Heath	M	33	23.25	23.09	56.4
158	Katie Coleman	F	21	26.21	22.32	56.4
202	Ruth Jones	F	53	28.33	22.47	61.4
210	Robert Morris	M	73	28.59	20.35	64.5
215	Ray Hanlon	M	62	29.16	25.58	56.2
108	Reg Perry	M	45	24.06	22.43	58.9
154	David Smith	M	60	26.08	23.11	61.7
213	Mary Stutzman	F	56	29.09	23.16	59.0
109	Joe Crook	M	26	24.14	23.17	54.3
110	Robert Mcneal	M	43	24.15	22.52	57.7
214	Karen Smith	F	56	29.13	23.19	58.9
167	Karen Smith	F	31	27.01	24.02	53.7
115	Bill Holliman	M	45	24.23	22.59	58.2
162	Richard Addison	M	51	26.41	23.18	55.6
270	Fred Deckert	M	75	35.07	24.57	54.6
123	William Gillis	M	40	24.44	23.46	55.5
164	Mark Priddy	M	49	26.48	25.16	54.5
224	Peg Griffin	F	49	29.49	25.18	54.4
259	Margarete Deckert	F	72	33.42	21.33	60.8
261	Mary Lou Manausa	F	66	33.47	23.10	56.4
129	Chris Judd	M	27	24.57	24.32	52.5
184	Rita Tweed	F	28	27.48	24.44	52.1
227	Cynthia Christen	F	52	30.23	23.41	54.6
198	Christine Stabley	F	29	28.21	25.14	50.9
235	Arthur Ward	M	71	31.14	22.11	58.3
201	Monica Jackson	F	30	28.26	25.18	50.9
229	Nadine Dexter	F	46	30.33	25.55	52.0
211	Toma Wilkerson	F	35	29.01	25.23	50.9
217	Lena Juarez	F	35	29.30	25.49	50.1
220	Susan Ledford	F	42	29.40	24.51	52.1
183	Andrew Maurey	M	44	27.47	26.11	50.7
182	Rick Brown	M	41	27.47	26.41	49.7
249	Cathy Mccarty	F	48	33.03	28.02	48.7
266	Martha Haynes	F	51	34.49	27.22	47.3
269	Dianne Douglas	F	52	35.05	27.21	47.3
247	Connie O'brien	F	41	32.53	28.26	46.7
252	Lezlie Sims	F	45	33.07	28.06	47.6
254	Sherri Jackman	F	41	33.12	28.42	46.2
244	Nicholas Bykowsky	M	51	32.30	28.23	45.6
263	Stephanie Gillis	F	35	34.05	29.49	43.3
264	Debra Brown	F	43	34.11	29.01	45.5
265	Amy Brown	F	32	34.41	30.52	41.9
287	Josephine Newton	F	78	41.01	24.17	54.0
281	Erika Anderson	F	15	39.22	32.30	38.6
278	Debby Alexander	F	44	39.09	33.13	40.0
277	Glen Alexander	M	48	37.41	35.32	38.5
296	Jere Moore	M	73	44.29	31.16	42.5
286	Don Douglas	M	58	40.49	36.13	38.7
293	John Alderson	M	78	43.38	28.43	45.7
289	Kirsten Anderson	F	40	42.26	36.41	35.9
297	Charlie Yates	M	80	45.37	30.01	44.9
315	Rosalie Myers	F	93	53.49	31.52	#N/A
80	Wesley Schofield	M	13	23.07	#N/A	#N/A
253	Melissa Jackman	F	13	33.07	#N/A	#N/A

**Red Hills Kids Triathlon**  
**125 yard swim, 2.4M bike, 1M run**  
**May 15, 2005, at Maclay Gardens State Park**  
**4/15/05 Bonnie, Felton Wright - R. D.'s**

**GIRLS**

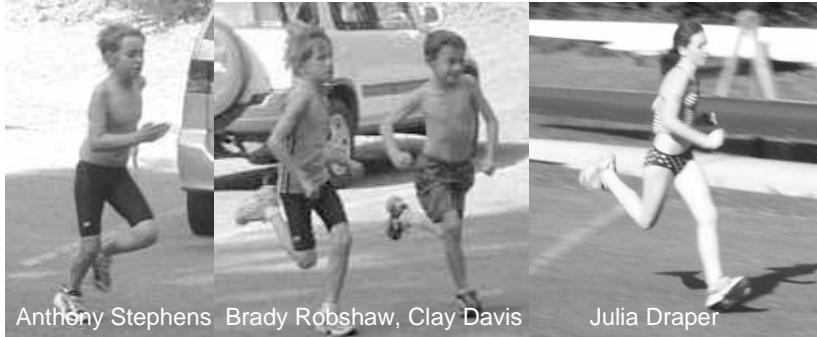
FIRST	LAST	AGE	SCHOOL	TIME
HUNTER MRAIE	PARKER	7	MACLAY	24.21
SYDNEY	SWEENEY	7	HAWKS RISE	27.53
KATE	MURRAY	8	HOLY COMFORTER	27.54
LAUREN	PEAVY	8	KILLEARN	29.55
ALI	LOMBARDI	7	KILLEARN	30.39
SARA	HEULER	8	BUCK LAKE	31.34
BROOKLYN	LEE	8	KILLEARN LAKES	32.05
EMILY	MARTIN	6	MACLAY	32.13
ANGELA	FOUNTAIN	7	TRINITY	32.45
LILLY	HIGGINBOTHAM	8	CCS	33.08
GRACE ELLEN	HANNA	8	MACLAY	34.16
ANNA	PARSONS	6	GILCHRIST	35.32
MIA	RANDELL	8		35.54
MOLLY	SIGRIST	7	KILLEARN	36.22
JENNIFER	KROLL	7	TRINITY	36.55
SARAH	BAUSERMAN	8	HAWKS RISE	36.59
ALEXANDRA	WAGNER	8	CORNERSTONE	37.09
CECELIA	WILLIAMS	9	DESOTO	17.24
LIA	LOMBARDI	9	KILLEARN LAKES	20.43
SHELBY	HALL	9	DESOTO	23.02
ALLISON	BOWDEN	9	TRINITY	23.15
SARAH	ATKINSON	9	KILLEARN	23.59
LYDIA	GARTHWAIT	9		25.46
URSULA	MCPHERSON	9	CLC	26.33
SPENCER	CASON	9	KILLEARN	26.50
JULIET	PERRIER	9	KILLEARN	27.30
ANNA MARIE	FOUNTAIN	9	TRINITY	27.39
LILY	WILLIAMS	10	DESOTO	19.09
KRISTIN	SWEENEY	10	HOME	20.01
ELENA	ANDRSI	10	KILLEARN	22.07
EMILY	KROLL	10	TRINITY	22.22
HALEY	MENDOZA	10	TRINITY	24.32
KAYLA	HURST	10	SHADEVILLE	24.42
HALEY	KOLE	10	MACLAY	26.59
ALLYSE	ROLLE-POLK	10	ROBERTS	27.36
CARSON	SWEENEY	10	HAWKS RISE	31.52
ALEXANDRIA	MERRITT	11	GILCHRIST	21.05
WAVERLY	CHIN	11	HOLY COMFORTER	21.48
ALEXANDRA	PIJUT	11	MACLAY	22.58
ALLISON	BARKAS	11	MACLAY	23.01

LAUREN	LEE	11	KILLEARN	24.27
LAUREN	SANTOS	11	JUNGER	24.30
ANNA MARIE	DISALVO	11	TRINITY	25.08
DANIELA	ECHEVERRI	11	TRINITY	25.58
EMILY	KENNEDY	12	HOLY COMFORTER	19.58
ALEXANDRIA	SCANAMEO	12	MACLAY	21.45
JORDAN	CASON	12	DEERLAKE	22.25
ADRIANA	ECHEVERRI	12	TRINITY	22.26
CELIA	GARTHWAIT	12		22.33
JULIA	DRAPER	12	RAA	23.22
ALYSSA	ATKINSON	12	DEERLAKE	23.26
MORGAN	BURNS	12	SWIFT CREEK	25.31
KATE	KROLL	12	TRINITY	26.51
ASHLEY	FOUNTAIN	12	TRINITY	27.43
ALEXANDRA	MANELLY	12		28.07
JESSE	FIELDS	13	FAIRVIEW	16.59
KARA	TAYLOR	15	NFC	17.15
MEGAN	BARTLETT	14	TRINITY	18.09
KELLI	RODDA	13	DEERLAKE	19.12
ALLISON	COTTLE	13	DEERLAKE	20.32
WHITNEY	ALEXANDER	14	NFC	20.32
SAM	FORTUNAS	14	SWIFTCREEK	20.47
TESS	MILLER	13	DEERLAKE	21.25
SARAH	RANDELL	14	DEERLAKE	21.30
REBECCA	SLUPECKI	13	SWIFTCREEK	22.17
TAYLOR	HIGDON	13	SWIFTCREEK	22.25
DARCY	WATSON	13	NFC	22.34

**BOYS**

FIRST	LAST TIME	AGE	SCHOOL	
CALEB	HIGGINBOTHAM	5	CCS	20.56
EAN	ORNSBY	8	REUDIGER	21.13
CLAY	DAVIS	7	FINLEY E.	22.17
MAC	CRUTCHFIELD	8	WHIGHAM	22.22
SHANE	DAVIS	7	KILLEARN	22.37
NATEY	COOK	8	ROBERTS	23.14
JOHN	PARSONS	8	KILLEARN	24.49
SHANE	HUNT	8		24.55
LOGAN	ROBINSON	7	HAWKS RISE	25.48
LOUIE	ANDRIS	7	KILLEARN	25.50
MATTHEW	SWEENEY	8	FL. CONNECTIONS	26.09
NICK	TSCHIEDER	8	CORNERSTONE	26.15
DAVID	SANTOS	8		26.21
MATTHEW	MARTIN	8		26.30
JAMES	GERGEN	7	GILCHRIST	28.06
CHAD				
	MINTER	7	MACLAY	28.46
JOSHUA	LILES	6		30.38
KOHL	MINTER	6	MACLAY	33.11

DREW	BAUSERMAN	5	HAWKS RISE	40.19
TORRY	WAGNER	6	CORNERSTONE	40.33
CADEN	EWING	9	HOME	18.28
CALEB	SANDON	9	MACLAY	21.3
JOSEPH	LANDERS	9	MACLAY	21.43
CHRISTOPHER	BARKAS	9	MACLAY	24.07
GARRETT	BLANTON	9	GILCHRIST	24.47
LUKE	LILES	9	CHAIRES	25.27
ANTHONY	STEPHENS	9	HAWKS RISE	25.57
BRADY	ROBshaw	9	FL HIGH	26.16
SAMP	PELTIER	9	HARTSFIELD	27.31
PIERCE	MALEU	9	HAWKS RISE	28.5
GRANT	GERGEN	9	GILCHRIST	29.05
D	MILLER	9	BETTON HILLS	30.44
ALEX	DEHNER	10	HAWKS RISE	20.42
COLIN	ABBey	10	GILCHRIST	21.43
NATHANIEL	MCPHERSON	10	GILCHRIST	24.34
WESLEY	STAGER	10	MACLAYCLAY	25.22
MATTHEW	TSCHIEDER	10	CORNERSTONE	33.3
BRIAN	BOWDEN	11	TRINITY	18.53
JAMIE	WRIGHT	11	MACLAY	20.26
SHELBY	NAVE	11	GILCHRIST	20.58
JACOB	SLUPECKI	11	CHAIRES	21.27
PATRICK	GERGEN	11	GILCHRIST	22.12
CHASE	ROWAN	11	MACLAY	22.59
TONY	SIGRIST	11	KILLEARN LAKES	27.29
AUSTIN	MALL	12	MACLAY	18.3
ADAM	PIJUT	12	MACLAY	19.55
MARCO	COGNETTA	12	MACLAY	21.15
SPENCER	SCHROWANG	12	DEERLAKE	21.18
DAVID	BERG	12	MACLAY	23.56
JOEY	VANNOY	12	RAA	24.18
ANDREW	SCHROWANG	12	DEERLAKE	37.03
PATRICK	DIX	14	RAA	16.36
WARREN	LICKSON	15	JOES BIKE SHOP	18.23
RANDY	RILES	13	NFC	19.3
ROBBY	MCPHERSON	15	NFC	19.33
RYAN	SWEENEY	13	HOME	19.38
KURT	SCANAMEO	14	MACLAY	19.57
TYLER	BRAMAN	14	NFC	20.59
PHILIP	WENTURINE	13	NFC	22.26
JACOB	FORTUNAS	13		23
SAM	STOCKSTILL	13	MACLAY	23.26
MIKE	SIGRIST	13	DEERLAKE	24.05



Some of the 132 Red Hill Kids Triathlon competitors

<b>Rose City 10K</b> <b>Dr. James Story R.D.</b> <b>4/23/2005</b>
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JESSIE	CLOSE	46 M	33:44	DORIAN	OSBORNE	65M	45:35
CHRIS	HOLLAND	19M	35:41	SCOTT	JAMES	39M	45:52
BILL	MCCORD	42M	37:07	THURSTON	DAVIS	31M	46:09
SARAH D	WILLIAMS	40 F	37:08	ERIK	STECHMANN	41M	46:21
REID	VANNOY	46M	37:13	CHANDLER	DUNCAN	13M	46:23
DAVID	KNAUF	41M	37:30	PEGGY	SIMPSON	59F	46:26
ZACH	GALLOWAY	25M	37:39	GARY	CATO	49M	46:33
MYLES	GIBSON	38M	37:41	KRISTEN	BAGGETT	38F	46:35
BILL	MCGUIRE	57M	37:43	GREY	BEVIS	43M	46:57
MICHAEL	MARTINEZ	39M	38:00	ANDREW	POPE	31M	46:57
ALAN	THOMAS	46M	38:03	KEVIN	LONGLEY	34M	46:57
DAVID	YON	49M	38:06	PAUL	DUNNING	54M	47:05
TIMLILLY	UNGER	45M	38:22	CHUCK	SPEIGHT	59M	47:07
JACK	MCDERMOTT	36M	38:48	BILL	KIMMONS	52M	47:15
DAVE	BERNACKI	49M	39:05	JANET	COKER	42F	47:22
GREGORY	WADDELL	39M	39:35	TIMOTHY	FRAZIER	37M	47:24
DON	SMITH	25M	39:55	KENNY	HILL	39M	47:27
TOM	RATLIFFE	57M	40:11	CLINT	WATKINS	62M	47:28
JOHN	CARICO	36M	40:13	STEVEN	CLEGG	15M	47:29
PRICHARD	KEELY	23M	40:15	JAY	DUBOSE	37M	47:30
FELTON	WRIGHT	47M	40:17	RICK	PAGE	24M	47:31
SETH	OSTLUND	24M	41:04	FRAN	MCLEAN	47F	47:33
SEELEY	LOVETT	28F	41:14	CHAD	JOHNSON	34M	47:43
MIKE	SIMS	53M	41:20	ROBERT	SALTER	40M	47:45
JULIE	CARICO	39F	41:39	LARRY	KUGLAR	59M	47:46
JOSHUA	THOMAS	16M	41:54	RUSS	HUNT	25M	47:57
SCOTT	MITCHELL	53M	42:06	KRISTEN	PASQUIER	24F	48:17
NIKLAS	MANZ	36M	42:30	JOE	GUNTER	45M	48:17
MICHAEL	PASQUIER	25M	42:33	VICKIE	CUNNIFF	43F	48:20
EDWARD	LUEZYNSKI	47M	42:34	BRIAN	RESCOTT	47M	48:28
LEE	ROBINSON	27M	42:40	WAYNE	PARMER	34M	48:36
SHELTON	ANSLEY	52M	42:53	KEITH	BERRY	48M	48:42
DWAYNE	MADDRON	44M	43:04	EDWIN	RODRIGUEZ	52M	48:49
GARETH	PYLE	26M	43:08	DENNIS	MCCLURE	48M	49:00
FRANK	DAVIS	53M	43:25	DAWN	DORPINGHAUS	42F	49:08
JOHN	MCNALLY	26M	43:48	DAVE	OSBORNE	39M	49:10
CRAIG	BRUNER	49M	43:50	ITHEL	JONES	50M	49:14
BRANDI	CAMPBELL	29F	43:51	CAROLYN	MATHER	56F	49:15
MARK	LAMON	44M	44:08	STEVEN	BRYAN	50M	49:27
TERRY	MCDONALD	38M	44:17	DAVID	THOMPSON	48M	49:36
JAMES	DAMLE	28M	44:28	DONNA	FINNEY	47F	49:38
BEN	TOMBLIN	22M	44:44	REG	PERRY	45M	49:39
CHUCK	DAVIS	44M	45:01	JOHN	RAKESTRAW	68M	49:41
ALFREDO	GONZALEZ	27M	45:13	GEOFFREY	WENTURINE	50M	49:44
RONALD	GRESSEL	65M	45:21	MELANIE	HALL	31F	49:44
DALE	SMITH	51M	45:32	DERRICK	HOWELL	23M	49:45
				ERIC	HAND	29M	49:49
				LARRY	MILLER	59M	49:53
				GARY	HUNTER	37M	49:54
				MIRANDA	SIMMONS	18F	49:55

THOMAS	MAYOCK	22M	49:57	SHELETHA	DREW	39F	54:10
SCOTT	BARTON	43M	49:57	ROBERT	ONEAL	45M	54:11
JERRY	CHESNUTT	54M	49:58	JILL	PAGE	24F	54:23
JOY	SALTER	46F	50:01	DAVID	HUFSTETLER	51M	54:25
NANCY	HERRING	50F	50:01	LARRY	CONNELL	42M	54:28
JOHN	JACOBS	37M	50:02	RITA	TWEED	28F	54:39
LISA	UNGER	37F	50:03	JAMIE	TAYLOR	32M	54:50
MICHAEL	KLUMP		50:12	BILL	deGRUMMOND	70M	54:52
SARA	JACKSON		50:19	SHANNON	PERLA	31F	55:03
DENNIS	LEE	56M	50:27	TOM	POWELL	57M	55:07
TAG	WELCH	43M	50:31	JAMES	STOCKWELL	63M	55:12
BERRY	EARLE	52M	50:34	LORI	TOMBLIN	46F	55:15
NANCY	WIDENER	55F	50:35	KIMBERLY	RAKESTRAW	34F	55:22
ARCH	ROBERTSON	11M	50:42	DEBRA	RESCOTT	46F	55:24
MARY	CHASON	37F	50:55	JOE	CHRISTIAN	66M	55:25
JACK	GOUGH	74M	50:57	CORIE	TILLMAN	29F	55:38
TOBY	ERION	33M	51:01	JAY	MYHRE	49M	55:40
KRISTINE	ISOM	20F	51:03	FRED	POTTER	54M	55:41
KRISTEN	GEE	14F	51:09	BEVERLLY	GEE	43F	55:43
BENJAMIN	HURST	22M	51:11	DAVID	FARNSWORTH	54M	55:53
MICHAEL	GEE	44M	51:11	SUSAN	STEPHENS	46F	55:56
TOM	CORNISH	35M	51:12	SUSAN	MELBROUGH	37F	56:01
CHRIS	STANISE	29M	51:15	SUSAN	FITZGERALD	49F	56:02
JENNIFER	FINLAND	26F	51:21	ANDY	HOUGH	9 M	56:03
JEFFERY	MARTIN	38M	51:21	WILLIAM	SHWAB	62M	56:05
BILL	BRUECKHEIMER	56M	51:30	KATHY	ROSENBLUM	45F	56:13
			51:41	SUZANNE	MORRIS	55F	56:25
ANGELA	SNYDER	36F	51:47	DONNA	BROOKERD	45F	56:31
JAMES	HOUGH	43M	51:50	JOEL	CARTER	41M	56:32
RUSS	COVINGTON	33M	52:05	ANDY	ORSILLO	28M	56:34
STANN	MCLEOD	54M	52:06	LARRY	SMITH	52M	56:36
GLENN	PALMER	34M	52:27	HOLLIS	ASKEW	46M	56:47
RICHARD	VANN	55M	52:37	JIM	JACKSON	62M	56:49
DEBORAH	ANSLEY	48F	52:44	RICHARD	ZIGELER	45M	56:50
RUTH ELLEN	MCCOOK	46F	52:47	BOB	HODGES	55M	56:54
LORI	RAWLINGS	37F	52:47	PRYCE	MITCHELL	14F	57:03
JERRY	TURNER	68M	52:49	MATT	ROBERTS	32M	57:06
SHANNON	JONES	44F	52:51	PALMER	HASLAM	25M	57:14
KENNY	TOMBLIN	53M	52:51	CARSON	PARKER	38F	57:18
DON	BRYAN	44M	53:07	MEGGIN	VAN HOOK	26F	57:20
ANGELICA	BUSBY	33F	53:09	LINDSEY	BAUER	22F	57:20
GORDON	MORGAN	58M	53:11	ASHLEY	GARDNER	32F	57:23
KEN	BROOKER	50M	53:13	JOE	BRINSON	55M	57:27
BRUCE	CAMPBELL	56M	53:17	PERHA	VARLEY	60F	57:34
CHARLES	ROMANUS	56M	53:25	BRETT	O'BRIAN		57:42
RANDY	WILKINS	43M	53:36	KATIE	WALDEN	38F	57:43
JOHN	WHITE	59M	53:44	LES	RAINEY	24M	57:44
FLOYD	WHITE	28M	53:44	WILLIAM	COBB		57:44
BRIAN	WALDREP	35M	53:48	JILL	DENNIS	40F	57:44
MICHAEL	RAYBON	40M	53:59	CHRISTINA	POWELL	24F	57:51
MARK	CLANTON	41M	54:03	GLENN	LANG	53M	57:52

ROBIN	ROBERSON	39F	57:57	ROBIN	BULLARD	41F	64:14
NANCY	HIERS	36F	58:05	STEVE	COYNE	54M	64:20
AMBER	TANNER	37F	58:08	TED	CAMPBELL	54M	64:22
LISA	COX	40F	58:10	JOHN	BURKE	58M	64:33
ANDY	BATES	17M	58:11	HELEN	ARLINE	42F	64:34
ROBERTA	MITCHELL	50F	58:15	ARTHUR	WARD	71M	64:39
MILES	DENNIS	42M	58:22	MICHAEL	STEPHENSON	50M	64:44
ANDY	DAVIS	25M	58:34	ALLISON	BREMER	27F	64:53
JANET	LILES	45F	58:38	DONNA	GRAHAM	45F	64:57
NANCY	PRICKETT	49F	58:58	AMANDA	SIDDELL	25F	65:12
TOM	CRINE	62M	59:00	EDYE	COXWELL	31F	65:27
DOUGLAS	DORPINGHAUS	42M	59:08	RACHEL	COOPER	39F	66:25
BRANDON	CONNER	26M	59:32	CHARLES	CARTER	54M	66:26
JILL	COBB	40F	59:34	TOM	STILWELL	55M	66:29
JACK	COSPER	61M	59:38	MARJORIE	HORNSBY	56F	66:43
FRED	BATES	58M	59:41	MARGARETE	DECKERT	72F	67:13
SUZANNA	WINTON	39F	59:53	FRANK	MORRIS	58M	67:28
			59:56	LECONYA	RHYME	31F	67:34
BRITTANY	SCHOENEN	24F	60:01	DIANE	MURRAY	50F	68:08
GREG	SALESSES	45M	60:01	GLORIA	CRITTENDEN	56F	68:17
MICHAEL	DOUGLAS	36M	60:09	JANE	VANCE	46F	68:46
KAREN	SMITH	56F	60:09	VICKY	BERNAL	53F	68:59
CHRIS	SCHREMSER	42M	60:18	STEVE	MATHER	61M	69:02
NEAL	JOHNSON	39M	60:23	CHRIS	DIMA	F	69:03
STEPHANIE	LANGLEY	32F	60:30	JOANNE	HARDY	44F	69:03
GEORGIA	MCINTYRE	51F	60:48	AVERY	WALDEN	39M	69:44
NANCY	HENRY	F	60:51	JOSHUA	LARSEN	12M	69:50
CHRISTINE	STABLEY	29F	60:58	DAWN	BROWN	56F	69:53
SUSAN	AKRIDGE	44F	61:10	DEBORAH	PIERCE	51F	70:19
MATTIE	BROWN	44F	61:13	CHRIS	ANDERSON	48M	70:44
ROBERT	MORRIS	73M	61:19	WILBUR	ANDERSON	47M	70:54
KATHY	SMITH	48F	61:34	MADIE	LARSEN	35F	71:56
ROBERTA	MCCLOSKEY	41F	61:38	CORLISS	TANNER	60F	72:39
CHASE	POWELL	16M	61:42	FRED	DECKERT	75M	72:40
JULIA	PELT	24F	61:56	VYTO	RAZMINAS		73:48
CHARLIE	MATTOX	59M	62:15	LINDA	NOLAN	59F	75:44
ANN	VANN	56F	62:16	DANNIE	HOBBS	57F	75:55
AMY	ROBERTS	31F	62:17	ROBERT	TANNER	62M	80:07
LEIGH	WHITE	36F	62:31	LYNNE	WESTBY	57F	82:49
AYERS	ANDERSON	44M	62:32	JOSEPH	WOODSON	11M	84:33
ELBERT	HURST	50M	62:42	JERE	MOORE	73M	87:47
TARA	BENTON	27F	62:47	CAYLEE	MOORE	19F	91:34
LAUREL	JOHNSON	37F	63:23	unknown			95:22
MICHELE	WARR	37F	63:27				
SANDRA	COODY	52F	63:29				
JEFF	JONES	46M	63:48				
TIM	HUNT	46M	63:48				
MIKE	THORNAL	46M	63:49				
BOBBY	RODRIQUEZ	23M	63:54				
NADINE	DEXTER	46F	64:01				
DAN	TILLMAN	36M	64:08				

**Tallahassee Area Finishers  
Rose City 5K Walk  
4/16/2005  
Dr. Robert Story, R.D.**

GENE	OPHEIM	58	M	27:46
PAMELA	WHITE	43	F	31:27
DAVID	KNAUF	41	M	31:55
MELANIE	RUCKER	49	F	30:34
MARTITIA	BEACH	55	F	35:04
CHARLES	KELLEY	60	M	36:52
LEONARD	FORBES	53	M	38:42
DOUG	GRAAS	44	M	39:28
TONY	CHAPMAN	54	M	41:34
LINDA	ONGLEY	53	F	42:54
CATHERINE	KNICKERBACKER	54	F	43:45
DEBORAH	FOSTER	53	F	44:20
PATRICIA	BLACK	48	F	45:35
PEGGY	JORDAN	58	F	46:23
LISA	EVANS	46	F	49:39
JEAN	PHILLIPS	45	F	49:40
WILLIAM	PETERS		M	50:07
JACKIE	WILLIAMS	38	F	50:22
DEAN	KINDLEY	57	F	51:03
ROBIN	BARRON	34	F	51:15
KATHY	DUNNIGAN	46	F	51:16
CHARLES	DAVIS	54	M	50:28
JERILYN	COLLINS	62	F	53:41
JAMES	PENNINGTON	53	M	56:17
CONNIE	ELLISON	45	F	57:41
CHRISTOPHER	DAVIS	34	M	58:44
ISABEL	TESTA	68	F	63:10
KEITH	HOWELL	22	M	
BETSY	SASNETT	43	F	
BEVERLY	GIBSON	70	F	
NICODEMO	MACAN	57	M	
MAGI	GENDI	60	F	
TOSHIA	PRESTON	34	F	
DENISE	KNIGHT	34	F	
LORRAINE	PACE	48	F	
CATHERINE	PHILPOTT	25	F	
ANYONNA	LEWIS		F	
LARUNDA	COOKE		F	
KALILLAH	BURTON		F	
YOLANHA	ALLEN		F	
DARRYL	STEWART	39	M	
ROBERT	BEATA		M	
MARY	GRAHAM	40	F	

DONNA	LANGSTON	31	F
ALICE	BARKER	34	F
KERRY	FORDYCE	46	M
WENDY	MEYER	57	
KATHERINE	BRIDGES	60	
WILLIAM	ZIMMERMAN	58	
SUSAN	MORRIS	35	F
KAYE	SAMMONS		F

**Tallahassee finishers  
Rose City Mile**

JESSIE	CLOSE	11	M	7:26
TREVOR	KNAUF	9	M	8:15
PARKER	LANG	12	M	8:43
JORDAN	WATKINS	10	M	8:49
CAROLINE	CAMPBELL	5	F	9:38
NATALIE	KNAUF	7	F	9:40
TAYLOR	HOUSE	4	M	13:15
KASA	CRUMP	9	F	
STACEY	CRUMP	11	F	
KELSEY	REDDICK	8	F	
CECELIA	WILLIAMS	9	F	



**Sarah Docter-Williams  
First Place Female  
10K Run**

**Elder Care 5K at Maclay S.P.  
Sharon Davidson, R.D.**

First Male Shawn Patterson 16:53  
First Female Kirsten Baggett 22:46

25 - 29 Michael Milgate  
Kevin Way

30 - 34 Brian Mills

35 - 39 Mike Labossiere  
Lisa Unger  
Tim Guhl

40 - 44 Chuck Davis  
Loranne Ausley  
Keith Rowe  
Chrisitna Lomia

45 - 49 Carl Huang  
Jacque Myers  
Thurman Cutchings  
Pam Breza

50 - 54 Ithel Jones  
Susan Beeson  
Jerry Chestnut  
Toni Stalker

55 - 59 Mary Stutzman  
Electa Walker

60-64 George Key  
Perha Varley

65 - 69 John Rakestraw  
Larry Roberts

70 - 74 Bob Keller  
Margaret Deckert  
Robert Morris

80+ Charlie Yates

**GWTC's Grand Prix**

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

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

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

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

**Awards Committee:**

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

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

**Paul Ahnberg** (562-6171) [runhike-bird@comcast.net](mailto:runhike-bird@comcast.net),

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



50 State Marathoners; Cathy McCarty, Cynthia & Ron Christen



Jesse Fields and Patrick Dix; Overall winners Red Hill Kids Triathlon

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

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

Other Family Members joining? Please include name, sex and birth date below.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Membership Application \_\_\_\_\_ New \_\_\_\_\_ Renewal \_\_\_\_\_  
Individual or Family Membership \_\_\_\_\_ \$20 or \$25  
Amount of Chenoweth Contribution \_\_\_\_\_  
First Class Option \_\_\_\_\_ \$5  
Total Amount \_\_\_\_\_  
Primary Member Signature \_\_\_\_\_

NONPROFIT ORG  
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.