



The Fleet Foot



\$2.00

Volume 30 Issue 9 Newsletter of the Gulf Winds Track Club

Oct. 2005

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Grand Prix Races

Oct 8 Pine Run 20K (trail run)
Dec 3 10 Mile Challenge



These ladies seem to have lost their heads, or at least scrambled them. Can you repair the damage and put the right heads with the right bodies? If you succeed, a reward of a Fleet Foot 2006 Membership is yours. However it must be given to a non-member.



How to Play?

Take the head from the numbered figure and place it with the body it requires. For instance; Head 6 belongs with body 13, Head 2 with Body 4 etc.

Note: This example is not necessarily correct!

Send answers to: freddeck@juno.com or 893-9739

Volunteer cover story

Michael Pasquier is our new Lectures Coordinator, replacing Art Remillard who has moved back to PA.

But, Mike didn't stop there, he returned to his native New Orleans to help out in the relief efforts after Hurricane Katrina.

He's pictured running a 36:21 at The Miccosukee Madness 8K

American 100 mile Championships

Scott Ludwig 100 21:34:48
Gary Griffin 100 21:45:39
Andy Roberts 5K 18:59 Sickle Cell



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

**Oct. 12 Jane Johnson
Nov. 9 Beth Alexander**

Annual Holiday Party is set for Saturday, December 17 from 7-11 at the American Legion Hall

Dear Running Friends,

Not quite a month has passed since we left Tallahassee and headed north for Pennsylvania. When we arrived in 2000 we knew that we would not be in Tallahassee forever, it was but one stop on our journey. We quickly realized however, that the Tallahassee running community was very unique. It was quite evident that no matter the next stop on the journey it would be quite difficult to find such a special group of runners. When confronted with this reality there is just one thing to do: enjoy every single minute of the time that you are granted. And that friends, is exactly what we did. For five years, you the people of Gulf Winds Track Club both amazed and inspired us not only with your passion for running, but more importantly with your passion for humanity. We brought to Pennsylvania with us both wonderful memories and what we hope is an infectious spirit for the good things that runners can accomplish in this world when they work together.

We look forward to keeping in touch with Gulf Winds Track Club and staying abreast of all that you do. Please know that you are always welcome to join us for a run in the beautiful hills of Western PA.

From the bottom of our hearts we would like to thank you for an incredible five years.

Kate and Art Remillard
katewallace78@hotmail.com
arthurremillard@yahoo.com

Forest Meadows News

A water fountain will be installed by the City of Tallahassee Utility Dept. at Forest Meadows somewhere near the Horseshoe Pit during the month of October. This was made possible by City Commissioner and GWTC member Allan Katz. Many thanks to Allan and the Utilities Department.

GULF WINDS TRACK CLUB August 10, 2005 Business Meeting Hosted by Tom Perkins and Jeanne O'Kon

Board/GWTC Members present: **Tom Perkins, Jeanne O'Kon, David Yon, Beth Alexander, Charlie Yates, Hobson Fulmer, Fran McLean, Joe and Nadine Dexter, Clint Watkins, Bill Lott, Judy Alexander, Bonnie Wright, and Jane Johnson.**

Tom Perkins called the meeting to order at 7:46 PM and quorum was established. The July minutes were reviewed. A motion was made, seconded and passed by unanimous vote to accept the minutes as presented.

NEW BUSINESS:

REPORTS:

Race Director – no report.

Race Director Coordinator – Charlie Yates pointed out that the Pine Run will be 10/8/2005. He will work to correct the website information. Charlie also reported that Forest Perry and Medal of Honor races are both on 10/22.

Clothing Coordinator – Beth Alexander for Margarete Deckert reported no new sales. She also inquired if there was an interest in buying patches with the GWTC logo. A

suggested source is BB Sporting Goods.

Newsletter – Fred Deckert no report.

Training Committee – Nadine Dexter reported that half-marathon training group is going well. Her beginning running group is set to begin September 7. She anticipates a large crowd. New this year is the race walking group which will be led by Terry Massa and Jacque Myers. The goal races for the class are Turkey Trot and FSUCares. She will hold the end of class party at her class.

Equipment – Joe Dexter reported he has a home for the trailer.

Treasurer's – Bonnie Wright discussed the budget for the previous month. It was the slowest month this year.

Membership – Brian Corbin reported that there are currently 810 members represented by 442 memberships.

Chenoweth Fund – David Yon had no requests to make.

Grand Prix Committee – David Yon for Paul Ahnberg reported that Lisa Unger compiled the Grand Prix Summer Track results.

Social Coordinator – Beth Alexander reported for Kathy Lindsay that the Breakfast on the Track is this Saturday, 8/13. She will provide more details on the Holiday Party soon.

Lecture Series – no report.

Triathlete – no report.

Racing Team Coordinator – no report.

OLD BUSINESS: Judy Alexander reported there are no meeting rooms available through the Chamber of Commerce. There is no reason to join at this time.

There was a motion to adjourn made at 8:28 PM, which was seconded and passed by unanimous vote.

The next board meeting will be held on September 14, 2005 hosted by David Yon. These minutes have been reviewed and accepted by the board.

Beth Alexander, Secretary.

Editors column **Fred Deckert**

There's little doubt that Old Timers Disease prompted me to peruse an old copy of the Fleet Foot (Jan. 1989), and now I'm not sure it was a good idea. I was immediately struck by the realization of how few GWTC'ers of that time are still active in race participation.

Of the 6 top open males in the Grand Prix of 88, only **Felton Wright** is still active, **David Yon** hadn't yet hit his stride. The females did better with **Janice Hochstein, Wendy Smith** and **M.J. Yon** occasionally making appearances. **Mae Cleveland** has proved the most durable. Of the age group winners, **Jessie Close, Dot Skofronick** and **Yvonne Gsteiger** make rare appearances, and **Rex Cleveland**, the other half of this Dauntless Duo is still operating on high octane. **Margarete Deckert** also participates in most local races.

What does that prove, other than I'm getting melancholy? Is running really a lifetime sport for most of us? Of the 13 men in my **55-59** age group of that time, only **Jere Moore** is regularly racing with myself and **Jim Skofronick in the endangered ranks**. And, it's not just the geezers that are disappearing! The largest group, **35-39** males (now **50+**), is only represented by **Karl Hempel, Bill Perry**, and the mad ultraman, **Gary Griffin**. Rarely do we see **John Kalin** and **David Waters** participating in a race. This is from a group of 28! Granted, some of them have moved away but most of them are still here.

C'mon, cheer me up!

A Substitute Voice -David Yon

Life moves with amazing speed in today's electronic world and deadlines squeeze life's richer moments into such compressed opportunities that they flash by barely touching us before they become memories. Ok, so that is way too heavy to explain why I am writing this column instead of Tom, but I bet most of you know exactly what I mean. And probably the only way to get through the maze these days is with a little help from our friends.

So maybe that also explains one of the reasons why cross country is so special. It is a throw back. Sure we can post results for cross country a lot faster than we used to be able to do it, but it is still a sport that harkens back to simpler days and team performances. Is there anything more basic or fundamental than lacing up a pair of shoes and running across the dirt and mud with your teammates? High School and College cross country seasons are in full swing now and the Miccosukee Greenway has sizzled with great competition during the past month as both FSU and GWTC hosted great meets.

One of Paul Hiers' best legacies to GWTC was his success in bringing the local high school runners to the Tom Brown Bash. That tradition has grown as Mike Sims and Tom Perkins have built upon it and steadily increased the numbers as the Bash became the Miccosukee Madness. The trend has caught on as Shaw's and Prefontaine 5K, with help from Joe Dexter, Jeff Nielsen and Gary Droze, have become great opportunities for local high school competitors to mix it up with each other and members of GWTC. And FSU has joined the mix in a big way, by making the FSU Invitational at the Greenway, held this year on September 17, one of the premier early season cross country meets for both college and high school runners. Over 1000 runners coming from all over the state and the southeast finished one of the six races held in this prestigious event.

We have all been knocked back on our heels by the tragedy that occurred in the Gulf Coast states from Mobile to New Orleans after Hurricane Katrina. It is hard to make sense out of the enormous destruction and the loss of life and the inept and disorganized response by at all levels. There has, however, been an amazing outpouring of

Voice (Continued on page 11)

The Fleet Foot

Newsletter of the Gulf Winds Track Club

Editor: Fred Deckert, 893-9739,
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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

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GWTC Web Site - www.gulfwinds.org



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.

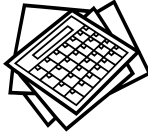
Swimming: Master's swim 5:30 AM Monday thru Friday - Myers Park Pool, monthly fee gets you a coach on deck.

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**. * Indicates a GWTC



event. 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.

October

01 FSU Parent's Weekend 5K Run/Walk. 7:30 a.m. Patti Coryell, 644-6717

08 Pine Run 20K 9 a.m. Int'l Paper Co. Southlands Forest, GA.

15 Walk for Wishes 5K run/walk. 8:30 a.m. Southwood. Jag03j@fsu.edu

15 Run for Rover 5K. 8 a.m. Thomas Coll. Thomasville, GA. Carol Jones
229 228-0613

15 The John Holmes 50k Trail run & 15mi fun run. 7 a.m.

Withlacoochee State Forest, NE of Brooksville. Jim Bodoh (813)-884-1862
CTR@Tampabay.rr.com

22 More Than a Hammer 5K. Tully Gym. fundraising@fsuhabitat.org

22 Forest Festival 5K, Perry. 8:30 a.m. Donna Breer (850/584-8733) or
Kathy Brooks 668-3174 eves, forestfestival@perry.gulfnet.com

29 Alan Sundberg Jr. 5K. 8 a.m. Maclay Garden.

billsundberg@yahoo.com. Form on page 19

29 Boston Mini Marathon. 8 a.m. Boston, GA. Brad Johnson

bradjohnson@banksb.com 229-226-3535.

29 St. John 5K, 1M Nun Run & Little One's Tot Trot. 8 a.m. Valdosta, GA.
Carol Wallace 229 244-2550

November

05 Women's Classic 5K/1M. 8 a.m. Optimist Park. Jane Johnson 894-
1610, jjohnson@faast.org.

12 Christmas Connection 5K/1M. 8 a.m. Albertson's, Thomasville Rd.

12 American Medical Student's 5K-FSU. 9 a.m. Wescott Fountain, FSU.
Mei Ling Shotts 445-6318, fsuamsa_president@yahoo.com.

19 FSU Cares 5K, 2 p.m. Med. School FSU. Nadine Dexter 878-7880.

19 Wendy's 5K Run for Adoption. 8 a.m. Valdosta, GA 229 241-8222.

20 Trek for the Coast 5K/1M fun Run. 8 a.m. South Walton.

***24** Turkey Trot 15K/10K/5K/1M. 8 a.m. Southwood. David Yon 425-6671,
668-2236 or david@radeylaw.com.

December

03 GWTC 10M Challenge & 5M Run. 8:30 a.m. Killlearn Lakes Elementary
School. Judy Alexander 383-1361

10 Tallahassee Ultradistance Classic 50K/50M. 7 a.m. Wakulla Springs
State Park. Fred Deckert 893-9739, fdeckert1@juno.com.

24 Last Gasp Trail Run 5K. Dothan AL

Grand Prix Events for 2005

Oct 8 Pine Run 20K (trail run)
Nov 19 FSU Cares 5K
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:

Nov 24 Turkey Trot 1-mi (Thursday)

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

Voice (Continued from page 6)

support from millions of people all over the world. And here in Tallahassee people have reached out the best they can in their own way with donations of money, goods and time. The need for help will go on for a long time, long after the disturbing pictures and headlines move off the front page. So hopefully, you aren't tired of giving because there is still a great way to participate that follows right along with my cross country theme.

The Maclay Cross Country team has made a pack with their coach Gary Droze that they will do something to make a difference. The result is the *24-Hour "Run for Recovery" Relay*. Gulf Winds Track Club has jumped on board to provide moral and logistical support and hopefully LOTS of financial contributions. The event will start at 6:00 p.m. on October 8 at the Maclay track (ok, the connection to cross country isn't perfect) and conclude the next day at the same time. That leaves plenty of time to run the Pine Run and make it back for the start. What can you do? Well, the best thing is to put together a team and come out and play. The team registration fee is \$150 and all proceeds go directly to the Salvation Army. Teams of any size can run or walk for all or any part of the 24 hours you can make. All Gary asks is that you try to keep the team baton in motion for the entire 24 hours. If you can't raise the \$150 or find a team, feel free to come out and add whatever you can to the "fish bowl" the depository for what we hope will be many bountiful miscellaneous contributions. Run or walk one lap or just cheer someone else on. The gym will be open all night and the lights will be on. It is a great chance to give and a great chance to let the Maclay kids who had the courage to step forward on this project that they did the right thing. For more information call or email Gary Droze at 668-2373 (school), 942-7333 (home) and gdroze@maclay.org.

I hope you will take time to check out the results of the grand prix survey published elsewhere in the newsletter in part and in full on the web page. Special thanks go to Paul Ahnberg and Lisa Unger for their persistence in making this happen. I know we are flooded with polls and surveys these days, but there was genuine interest by the committee and the board of GWTC to know if the current grand prix was what members wanted. The answer was resounding yes. Maybe we should have known that based on the participation, but it is always good to check.

GWTC survives only because of its great volunteer network. Bill McGuire is looking for people willing to run for the board next year. You can reach him at bmcguire31@comcast.net. There is also a never ending list of jobs that need volunteers. There is plenty of room for those who want to be low key and those who want to be leaders!

Back of the Pack
"Tupelo Marathon"
By Jack McDermott

With the airlines going bankrupt, I decided to drive to a marathon --- the Tupelo Marathon in Mississippi. Not much has changed in town since I did this race four years ago. I guess economic development is minimal when the main industries are Elvis wigs, and Tupelo honey.

So why do this race? In the words of Cuba Gooding, Jr. --- "Show me the honey! Show me the honnnneeeeyyyy!!!" Sorry to quote a 10 year old movie, but I'm technologically retarded, and still don't own a DVD player. I did get an MP3 player, but am only able to download ABBA songs. Needless to say, I've been running slower lately.

On the way to Tupelo, I was concerned about my car, which had a blinking engine light and chugs up hills slower than I run them. I was also worried about the availability of gasoline, so I put an extra container in the trunk. I arrived without engine thermal viscosity break-down although my running clothes smelled like motor oil.

Due to the southern heat, the Tupelo Marathon started at 5 am. After a 3:30 wake-up call, and four cans of Coke, I arrived at the starting line at the Tupelo Furniture Outlet. It was really dark out there, which should explain why the new couch and hutch I bought don't match. (*Well, I had to do something while waiting for the race to start.*) I knew the race was going to be tough when I saw the mascot was a skull and crossbones. The gun went off, and we plunged into the darkness. They did have a clock set up at mile 1, but it was too dark to see other mile markers. When the sun came up, I knew I was either on the right course running well, or somewhere in Tennessee.

It was a very hilly race. I was fifth at the turn-around, and well behind the two leaders who finished in 2:46 and 2:49. The runner in fourth wasn't too far ahead



--- and the runner in third --- while far enough ahead of me, looked worried. On the marathon course, I'm like a carnivore in a petting zoo, or Martha Stewart at an estate sale ---- I can smell fear. I moved into fourth by mile 16, and moved into third by mile 21. Barely breaking three hours, I finished third earning \$50 in prize money ---

exactly the cost of my entry fee. And I know -- "Don't quit your day job." Mark Priddy of Tallahassee was also there and finished in 4:56.

Back to the Tallahassee Marathon --- yes --- we have begun planning, but there is stiff competition this year. Gainesville has announced an inaugural marathon on the same day, February 19, calling it the Five Points of Life Marathon. I had an idea to call ours, "The Thousand Points of Light Marathon," (*which would make us 200 times better!*), but I was told that name was taken. Sarasota also has an inaugural marathon on March 5th, and is using a grouper fish as their mascot. I think there should be a rule against using fish as a mascot, unless it is a flounder, or maybe a mackerel: "Holy Mackerel, that guy is running a marathon!" If I were to pick a fish mascot it would be a scrod because it sounds like a non-descript body part: "I would have been able to run faster if my scrod wasn't acting up again." Blame it on the scrod.

Like last year, I will be begging for marathon volunteers. I did ask some FEMA workers to help with the aid stations, but odds are they'll show up four days late, and forget to bring water. Just remember that the Tallahassee Marathon is YOUR marathon -- I just work here. Every year we have good ideas, but not enough interest in implementing them. One idea from

(Continued on page 13) "Back"

**Featured Feet
Josephine
Newton**



1. How long have you been running?

Running? Well I am a fast walker and may jog or run a few paces. I have always been a physically active person but only became a serious walker in 2001. I was training then with George Palmer and the Tallahassee Arthritis Team for the Dublin,Ireland Marathon.

2. Favorite place to run?

I really don't have a favorite place to walk but I do most of my walking in Betton Hills. I love walking in neighborhoods and looking at the variety of houses.

3. Most memorable running experience ?

Needless to say it was the Dublin,Ireland Marathon in 2001. This was a first and big achievement for a 75 year old beginner with lots of guts and a "CAN DO" belief.

4. Do you have any pre race routines?

I usually worry a lot, eat little, warm-up moderately and save most of my energy for the race.

5. Favorite non running hobby?

I love activities that challenge my body and mind like-Ballet, Pilates, Tai Chi, swimming and reading.

6. Occupation?

I'm a retired School Social Work Consultant from the Dept. of Education. Now I work part-time with the Florida Senate when the Legislature is in session.

7. Personal hero(ine)

I am impressed by and honor all those who give or volunteer their services to the community.

8. Ideal travel destination

I'd love to go back to Spain and live there. Loved that country.

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

Sports Medicine would be my choice.

10. Most recent book you've read?

Just finished reading *The Black Presence in the Bible* by Walter A. McCray.

Back (Continued from page 12)

last year came when someone asked if I had ever thought about cheerleaders. My answer: "Why yes, all the time --- oh you mean for the marathon? ---- good idea, but someone has to organize it." If we don't get the volunteers this year, I have made plans to run a new course. It starts and finishes on Mike Long Track --- flat, fast, 105 laps with water stops at miles 0.25, 0.50, 0.75, 1.0, 1.25 etc.

**Featured
Feet
Jere Moore**

1. How long have you been running?

I started seriously, more than a lap around the block, in 1980 after I had a heart problem and the doctor said it would strengthen my heart.

2. Favorite place to run?

I have a new one, Miccosukee Meadows. Before that it was my neighborhood, wherever that was.

3. Most memorable running experience?

Finishing the 1989 Gasparilla because it proved I was still alive. I had had a heart attack after the 1988 Gasparilla and my goal was to finish it the next year. On a different level, a memorable race was a 10K in Ventura, CA, where crashing Pacific Ocean waves were spraying the turnaround.

4. Do you have any pre-race routines?

Making sure Charlie Yates is on hand and finding out what other over-70 runners are there.

5. Favorite non-running hobby?

Watching football games.



6. Occupation?

I am a retired bureaucrat (Governor's Office and Department of Revenue) and newsman (Associated Press and Florida Times-Union).

7. Personal hero(ine)?

Two: Robert E. Lee and George Washington.

8. Ideal travel destination.

It used to be New Orleans. Now it's New Jersey where our great-grandchildren live.

9. What would you study if you went back to school for fun?

Art, don't ask why, I just always admired people who knew a lot about art.

10. Most recent book read?

America's Secret War by George Friedman. It could be subtitled "America's intelligence failures in the Global War on Terror" and should be read by everyone.

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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



Loranne Ausley and "Iron Will"
At Sickle Cell 5K



Andy Roberts chasing his
Sickle Cell 5K PR

But that is not the reason I am telling this story, not exactly. Because something happened on the road back to Yonkers, and it just may be instructive for us all. As runners, we sometimes think of ourselves as invincible, you know, sleek and trim (well most of us)--the "beautiful people." But in recent months, you know otherwise, and I would like to add my experience to the litany.

In early February, 2003 (later known as the "year from hell" as this was but the first of a series of medical conditions), on a Thursday to be exact, I began to notice an uncomfortable sensation (not a pain) in my chest along with shortness of the breath. The chest feeling I could, and did, figure must be related to the gallstone that had just been diagnosed, which came with a similar feeling. But the shortness of breath was new. I know, I know, your thinking "dead-giveaway." But I thought, as some of you might, "boy, am I out of shape." I'm thinking, "I've got to put more miles in my training," which had tapered off in recent years. Anyway, I had an appointment with the gallstone doctor on Monday, and I'd ask him. I did and he said, "no, I think you had better have that checked out, it doesn't sound like a gallstone."

So, I go home and I tell Marti what he said and, of course, she said right away, "you get an appointment to see Karl," our doctor. But I am thinking, well, it can't be my heart. For Pete's sake, I'm a runner. My ratio of good to bad cholesterol had always been good—HDL as high as 82. I had practically given up red meat, and I knew all about fat (even if my discipline may not have been the greatest). Even being near Mae Cleveland and you cannot help but absorb something about nutrition! And my family all die of cancer, not heart disease! Everyone knows its heredity that counts! (My family now *has* a history of heart disease.) So why should I worry?

Well, it turned out, I had a lot of reasons to worry. I actually got smart and followed Marti's good advice, calling for an appointment to see Karl. Describing my symptoms got me in right away, which surprised me—the first of many surprises that day. From an EKG, to a treadmill, to a heart catheter exam at TMH, where the cardiologist showed me the arteries of my heart right there on the TV screen. "See that one, 98-99% blocked." Even in my groggy state, I could see the artery suddenly close up as it approached my heart. "This one has maybe 95% blockage," he said, pointing to another one. "Here's one probably 65-70% blocked, and maybe we have a fourth down there just off the screen." (I didn't, but that hardly mattered.)

I was confused, thinking (I swear to God) "But I'm a runner!" I remember telling David Yon one day about the results of the autopsies from the Korean War—even at that early date, 77 percent of the GIs had at least one major artery 75% blocked. And that was before McDonalds! The young Korean men had virtually no blockage. But we were runners—not the average fat, lazy, undisciplined Americans going to health hell in a hand basket. We believed in a healthy body, and practiced it. And Saturday mornings we could see the results all around us. Or so we think.

So, what went wrong? Why didn't being a runner protect me, and why can't you depend on it to protect you? Well, the reasons came out in bits and pieces over the next few weeks and months. Meanwhile, they kept me in the hospital that day, all connected to tubes and things. Poor Marti arrived at the hospital in time to have the cardiologist tell her the bad news—I needed bypass surgery, and as soon as they could arrange it. As it turned out they were ready to do it Thursday evening, but the head surgeon said, "Of course, we could postpone this until tomorrow morning, when we'd be fresh." I had an immediate fondness for fresh surgeons, and we all agreed to meet the next day at 9:00. So, that was that. Four to five hours with my heart and lungs on a machine, chest cut open with a chain saw—piece of cake. The surgeon in charge had done something like 200 such surgeries the previous year. Cut away the diseased parts of the arteries, remove a couple veins from your leg, sew them in their place, re-direct one artery in your chest, and you are home free. Well, not exactly free, but home. With a heart that pumps more blood than ever before (the leg arteries

are actually larger than the originals, says my cardiologist). I could, and still can, hear my heart beating amazingly loud. It is a wonderful sound.

So back to the question—how did a nice runner like me wind up “a snow storm away” from meeting my maker, as my cardiologist dryly put it? Now, the good news (about being a runner about to be cut on) is that my heart was strong, said the surgeons), no doubt about that, and if you have to have them cut on you, a strong heart is a good thing. (However, “dead man with a strong heart,” was the way my cardiologist reminded me of the central issue.) Also, my lungs were clear; pneumonia is a very real concern for patients my age (65 then). And one of them said with a smile—“And virtually no fat around the heart.” In other words, I had made their job a lot easier, all those ten milers on Mondays with Tim Simpkins and the gang. I asked for a discount, but they said sorry, company policy.

So, what was the bad news. Well, I had always had a high LDL, depending on my HDLs to make up for it, and my HDLs had dropped over the years as my mileage dropped. But not enough to alarm me. And it turned out that genetics did enter in after all, making my cholesterol level less amenable to diet and exercise than it might have been. When advised to start taking a statin, I balked. I hate pills. Why does a runner need to take such medicine? (The irony is that I finally started taking a statin about half a year before the surgery, and it had lowered my cholesterol a hundred points! That stuff works! It just was a little too late for me then.)

As lay people, we may tend to think of heart disease as an open and shut case, but the truth is that scientists are constantly learning of the intricacies and complexities of how the body functions, and malfunctions. That itself should give us, as runners, food for thought. In my case, I think that a key culprit (and I should warn you that this is mainly self diagnosis), was stress. Stress comes in many forms, as you well know. And it can be the result of sitting at a computer for hours at a time, even doing things that you like. Don't just agree—check your blood pressure at various times of the day, and under different working conditions. I love my work, I love to have fun, I ran to relieve stress (among other reasons), but somewhere in my life style, I had failed to find a successful way to deal with stress. (I take regular breaks now, and do some meditation now and then. I also try to talk about problems now, and be honest about my feelings.) Your culprits may not be mine, but the bottom line is to retain a little humility about your health—and listen to your body (and your doctor, and especially your spouse).

So, will I run Yonkers, and (hopefully) get my 15 minutes of fame—the youngest person in the country to have run a marathon fifty years before? (Add triple bypass surgery and surely it's a done deal!) Well, I had an attitude adjustment those days in February 2003, and the 15 minutes of fame does not somehow seem as important as it once did. But I am writing this (August 2005) as part of my comeback motivation, so who knows? I had a “corrective” foot operation a few months ago, and that has kept me off the roads until now. And I will be out of the country through December, and will not be able to train as I should. But come January, we'll see. As I'm sure Christie Koontz will say (inside joke)—“Well, Rodney, if you can run six miles, you can run twenty-six.” We'll see.

Rod Anderson

The Seventh Annual Alan C. Sundberg, Jr. Memorial 5K Run

Saturday, October 29, 2005 at 8:00 a.m., Maclay Gardens

- 5K Run through Maclay Gardens
- Free Skin Cancer Screening
- *Awards Ceremony*
- Support Skin Cancer Awareness – And Help Save Lives!!



Alan C. Sundberg, Jr.
July 1964 – January 1998

The race start time is 8:00 a.m. The entry fee is just \$12.00 and includes a race T-shirt. All proceeds will be donated to the Florida Skin Cancer Foundation. The FSCF was founded in 1996 and is dedicated to educating Floridians about the dangers of prolonged exposure to the sun. For more information about the race or the Foundation, please contact William L. Sundberg at 850/402-3000.

The Seventh Annual Alan C. Sundberg, Jr. Memorial 5K Run
Sponsored by the

Florida Skin Cancer Foundation
Saturday, October 29, 2005 – 8:00 a.m.
At Maclay Gardens



Alan C. Sundberg, Jr. Memorial 5K Run Entry Form & Waiver

Name _____

Age on 10/29/05 _____ Sex: M F

Address _____

City/State/Zip _____

T-shirt Size: Medium Large X-Large

Entry Fee: \$12.00, T-shirt included. Your entry fee will benefit the Florida Skin Cancer Foundation. Make checks payable to the Florida Skin Cancer Foundation, and mail with this form to FSCF, P.O. Box 5867, Tallahassee, FL 32314. For more information, please contact William L. Sundberg at 850/402-3000, or to download a race application visit www.safeinthesun.org

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

Signature (parent or guardian must sign if entrant is under 18) Date _____

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Survey Says

Results from the 2005 Grand Prix Survey are in and indicate ringing support for the Grand Prix program as it is currently administered. 39 survey respondents answered 15 of 16 survey questions distinctly in favor of keeping things the way they are. Questions addressed a variety of areas such as how much Gulf Winds ought to spend on its Grand Prix program, what sorts of awards and how many awards the Grand Prix program ought to offer, and whether or not the Grand Prix program ought to include age-graded races.

Currently, the club spends approximately \$4000.00 per year to host the Annual Awards ceremony

47% said **stay the same**, 29% said **more**, and 24% said **less**

Rental of the American Legion Hall is approximately \$525.00 for a weekend evening

86% said **stay the same**, 14% **less expensive place**

It costs approximately \$475.00 for beer, wine, and soft drinks, plus a bar tender fee.

63% said **stay the same**, 26% said **more**, and 11% said **less**

We currently spend approximately \$424.00 for Annual Awards.

62% said **stay the same**, 30% said **increase**, and 8% said **decrease**.

We currently spend approximately \$1,800.00 on Grand Prix awards.

34% said **stay the same**, 34% said **decrease**, and 32% said **increase**

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, or other/stay the same?**

70% said **other/stay the same**, 24% said **patches/gift certificates**, and 5% said **trophies/plaques**

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

89% said **remain as Age Groups** and 11% said **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?

71% said **no Age Grading** and 29% said **include one race as Age Graded**

Currently, awards are given to 5 deep in each Grand Prix age group.

57% said **stay the same**, 31% said **decrease**, and 11% said **increase**

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

74% said **set number** and 26% said **percentage**

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

57% said **stay the same**, 43% said **fewer**, and 0% said **more**

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

82% said **stay the same**, 18% said **more**, and 0% said **fewer**

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?

75% said **stay the same**, 22% said **more**, and 3% said **fewer**

Should we offer an option to **drop a worst race** or continue **scoring all races**?

75% said **score all races** and 25% said **drop a worst race**

Should there be a Grand Prix team option, **yes** or **no**?

75% said **no** and 25% said **yes**

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

72% said **stay the same**, 22% said **fewer**, and 6% said **more**

Thank-you to all of our survey respondents,

Your Grand Prix Committee – David Yon, Lisa Unger, Jo Lena Pace, Jeanne O’Kon, & Paul Ahnberg

Note: The full text of the survey results is posted on www.gulfwinds.org.



Tim Unger, John Rakestraw, and Bill Kimmons at Shaws 5 mile

17 years ago at the Sickle Cell 5K	Tom Perkins	19:10
Jessie Close	Ray Hanlon	19:30
Tim Simpkins	Mae Cleveland	20:21
Felton Wright		
Bill McGuire		
Karen McHarg		
Rex Cleveland		
Shannon Sullivan		

Beat the Heat and Run for the Hills Duathlon August 14, 2005 4mi/20mi/2mi	
(*Bike split includes both transitions)	
Overall Male Finish Run 1 Bike* Run 2	
Kiko Cintron 33	1:29:43 24:06 52:17 13:20
Prichard Keely 23	1:33:21 24:45 55:24 13:12
John Lowery 36	1:34:44 27:35 51:38 15:31
Overall Female	
Allison Eagan 26	1:48:26 28:24 1:03:56 16:06
Loranne Ausley 41	1:49:24 30:50 1:02:06 16:28
Judie Kean 60	1:59:41 34:18 1:05:27 19:56
13-14 Male	
Stuart Graham 13	1:56:57 32:28 1:07:02 17:27
15-19 Male	
Elliot Hawkes 18	1:41:43 27:31 1:00:25 13:47
Peter Sawyer 18	2:00:11 34:12 1:06:14 19:45
20-24 Male	
Christian Bax 21	2:12:35 37:27 1:16:59 18:09
Nick Crossman 23	2:15:34 38:18 1:12:31 24:45
25-29 Male	
James Doran 29	1:53:53 31:44 1:03:03 19:06
*2 Aaron Franz 29	2:06:36 30:40 1:11:52 24:04
Kevin Miller 29	2:09:03 33:49 1:14:37 20:27
Jason Mott 26	2:12:07 38:32 1:12:43 20:52
25-29 Female	
Jennifer Williamson 27	2:05:44 36:49 1:06:23 22:32
Amy Starkey 29	2:30:01 41:06 1:26:36 22:39
30-34 Male	
David Knoll 30	1:39:55 28:52 54:39 16:24
Blake Little 32	1:50:02 29:46 1:03:39 16:37
Joel Springer 34	1:51:25 30:48 1:02:23 18:14
Joab Noda 32	1:53:20 30:45 1:01:56 20:39
Jobst Elster 33	1:56:57 32:32 1:06:23 18:02
Grady Jordan 34	2:07:59 37:43 1:06:19 23:35
Sean Wyman 33	2:09:03 33:48 1:14:37 20:28
30-34 Female	
Cassie Browning 32	2:50:07 44:19 1:35:05 30:43
35-39 Male	
Brecht Heuchan 35	1:37:25 29:29 51:59 15:57
Kevin Graham 39	1:40:44 28:31 55:17 16:56
Christopher Cox 36	1:55:43 32:33 1:05:40 17:30
David Freni 35	1:56:00 30:56 1:08:15 16:49
Bryan Brown 35	1:59:34 31:55 1:07:30 20:09
Tom Cornish 39	2:00:12 36:02 1:04:20 19:50
Chuck Yarbrough 39	2:02:09 36:59 1:02:19 22:51
Bert Wilkerson 38	2:32:25 39:31 1:26:34 26:20
35-39 Female	
Kathy Middleton 36	2:02:39 31:29 1:13:39 17:31
Joy Key 35	2:26:19 39:26 1:22:01 24:52
40-44 Male	
Chuck Davis 44	1:42:50 27:56 57:49 17:05
Ed Barranco 46	2:07:07 36:19 1:10:35 20:13
Scott Lindsay 44	2:20:09 36:00 1:22:22 21:49
40-44 Female	
Leslie Morton 42	2:26:18 39:26 1:22:02 24:50
Robin Safely 41	2:27:12 38:41 1:26:49 21:42
45-49 Male	
Tim Unger 45	1:43:49 25:25 1:02:10 16:14
John Kelly 47	1:47:27 28:12 1:03:00 16:14
Dana Stetson 48	1:54:08 29:25 1:04:32 20:11
David Smith 48	2:13:19 36:26 1:14:32 22:21
45-49 Female	
Bonnie Wright 49	2:10:42 35:59 1:14:46 19:57
Kathy Lindsay 46	2:14:12 33:22 1:23:56 17:56
Karen Munoz 45	2:20:35 42:58 1:13:17 24:20
Beth Patrick 46	2:23:28 38:08 1:22:07 23:13
Vivian Booth 47	2:36:01 42:40 1:27:27 25:54
50-54 Male	
Scott Hardin 54	1:55:19 34:34 1:02:13 46:32
John Morrill 53	2:28:02 38:05 1:30:25 19:33
50-54 Female	
Debbie Huey 51	2:27:13 38:42 1:26:48 21:43
55-59 Male	
Rob Cunningham 56	1:57:09 34:52 1:04:05 18:12
Terry Ryan 56	2:05:27 34:16 1:11:54 19:17
Ron Morrell 56	2:18:16 40:59 1:14:37 22:40
Rodney Reeves 58	2:50:07 41:18 1:40:29 28:40
55-59 Female	
B.J. Foster 58	2:39:51 45:36 1:24:00 30:15
65-99 Male	
Charles Law 67	2:13:25 38:48 1:10:33 24:09
Clydesdale	
Sean Phelps 42	1:41:25 28:16 57:12 15:57
Joshua Barrow 29	1:48:50 27:30 1:05:22 15:58
Jim Lane 48	2:04:07 36:50 1:06:24 20:53
Robert Palmer 43	2:04:29 36:10 1:06:39 21:40
Demond Mott 32	2:09:09 38:27 1:07:54 23:08
Troy Smith 35	2:17:50 42:00 1:11:33 24:17
Stan Browning 34	2:33:17 40:16 1:26:01 27:00
Athena	
Betsy Thorpe 49	2:30:16 47:15 1:14:04 28:57
Cassandra Dolgin 43	2:38:17 49:25 1:20:48 28:04
Male Relay	
A Gator & A Nole	1:30:25 25:43 50:51 13:53
Female Relay	
Du 2 Win	2:00:26 36:10 1:04:35 19:41
Mixed Relay	
Team Mojo	1:43:27 32:50 53:33 17:04
Ed & Jen Williams	1:49:00 36:19 55:11 17:30
Team Bran	2:07:19 37:08 1:09:59 20:12
* Penalty	

Shaws 5K Run 9/27/05						
			58	Stephan Daniels	24:25	
			59	Phillip Schlenoff	24:25 <u>6</u>	
			60	Kayla Rady	24:26 <u>6</u>	
			61	Justin Rosentaal	24:27 <u>7</u>	
			62	Robby McPherson	24:29	
1	Levon Hoomes	17:17	1	63	Annika Silverman	24:30 <u>7</u>
2	Andrew Mannheimer	17:26	2	64	Sam Moran	24:30 <u>8</u>
3	Joe Franklin	17:29	3	65	Jessica Clayton	24:38 <u>8</u>
4	Tyler Price	17:52	4	66	Colin Forrest II	24:39 <u>9</u>
5	Connor Sweeny	18:24	5	67	Erin Fraser	24:39 <u>4</u>
6	Keone Murphey	18:34	6	68	Christino Lamia	24:41
7	Elvin Hern	18:46	7	69	Kelbe Beck	24:44 <u>9</u>
8	Reid Vannoy	18:52	7	70	Will Hauser	24:50
9	Sean Griffin	19:21	8	71	No Card	24:54
10	Tyler Courcil	19:43	9	72	Naida Rivera	25:01 <u>10</u>
11	John de Grummond	19:51	9	73	Philip Hough	25:01 <u>10</u>
12	Corey	19:56	10	74	Courtney Whitehal	25:04
13	Keran Post	19:58		75	Lindsey Duncan	25:19 <u>5</u>
14	Stephan Arnold	20:00		76	Harrison Ansler	25:20
15	Don Smith	20:02		77	No Card	25:29
16	Kurt Dietrich	20:07	<u>1</u>	78	Carl Huang	25:29
17	Laura Hempel	20:14	<u>1</u>	79	Stephen Buchanan	25:24
18	Roger Michaud	20:15		80	Alden Enlow	25:35
19	Ned Luczynski	20:16		81	Tyler Teagle	25:38
20	Alfie Gonzalez	20:24		82	Wilson	25:39
21	Alicia Fenley	20:38	<u>1</u>	83	Rico	25:44
22	Garyn	20:45		84	Andrew Beck	25:45
23	Katy Swain	20:50	<u>2</u>	85	Chas Galloway	25:48
24	Dustin Horn	20:56		86	John Showalter	25:52
25	Tyler Endicott	21:09		87	Kevin Bradberry	25:55
26	[Name illegible]	21:14		88	Kevin Jones	25:58
27	? Stokes	21:32		89	Allison Clarke	25:58 <u>6</u>
28	David Lluberis	21:43		90	Caroline Showalter	25:59 <u>7</u>
29	David Evanes	21:53		91	Shelby Nave	26:01
30	Austin	22:21		92	Kodi Keefer	26:06
31	Woody Hamer	22:25		93	Emmett Reid	26:15
32	Ryan	22:26		94	Whitney Whitehead	26:22
33	Cody Vincent	22:26		95	Kylar	26:26
34	David Howlers	22:27		96	Nicola Munchetti	26:32
35	James Vanthoau	22:28		97	Caitlin Ridgewell	26:34
36	Patrick Swain	22:31	<u>2</u>	98	Chase Curlander	26:34
37	Gervandous Byrd	22:32		99	Erin Kenney	26:37 <u>8</u>
38	Amily Ness	22:35	<u>3</u>	100	Follo Bernd	26:39
39	Lindsay Sanders	22:35	<u>2</u>	101	Ralley Daugherty	26:40
40	Scott Keely	22:49		102	Scott Anderson	26:40
41	Drew Edwards	22:52		103	Amity Boy	26:41
42	Nikki Sanguilano	22:58	<u>4</u>	104	Jennifer Ratheline	26:42
43	Shelby Salimone	22:59	<u>3</u>	105	Monica	26:42
44	Brian Wainwright	23:03		106	Katie Payne	26:53 <u>9</u>
45	Sith	23:10		107	Darcy Watson	27:11 <u>10</u>
46	Whitney Austin	23:13	<u>5</u>	108	Joanna	27:24
47	Aaron Carrillos	23:30		109	Stephen O' Pry	27:27
48	Robert Abellero	23:31	<u>3</u>	110	Joey Yove	27:34
49	Rocky Benjamin	23:31		111	Garrett Rady	27:43
50	Brad Ginesus	23:33		112	Chris Mcluire	27:50
51	Richard Mann	23:35	<u>4</u>	113	Freya Lattiner	28:02
52	Ben Buchnan	23:35		114	Bridge Wilson	28:05
53	Jordan Garcia	23:37		115	Vicki Wilson	28:06
54	Chris O'Kelley	23:45	<u>5</u>	116	Nicole Price	28:07
55	Jonathan Post	24:00		117	Carol	28:08
56	Bill Kimmons	24:12		118	Vinda Pitts	28:17
57	Taylor Boylan	24:25		119	Rene Michaud	28:25

120	Sherry Salimone	28:36
121	Helena Reid	28:39
122	Ashlee Pitts	28:40
123	Bill De Grummond	28:46
124	Katie Dulak	28:46
125	Sean Rady	28:49
126	Matt Nichols	28:49
127	Danny Linton	28:50
128	Mysty Runnr	28:52
129	Tyler Erickson	29:11
130	Tyler Marsh	29:11
131	Kate Shafer	29:14
132	Pia Neustudter	29:20
133	Tho Mas Watson	29:30
134	Christy Cosson	29:41
135	Casey Leach	29:41
136	Lonnne Salimone	30:00
137	Sarah Logan Beasley	30:05
138	Bradley Heliers	30:05
139	No Card	30:08
140	No Card	30:29
141	Casey Malone	30:36
142	Rosi	30:36
143	Yvonne Michaud	30:37
144	Jackie Mcdaud	30:40
145	Bailey Ann Harper	30:54
146	Drew Sistrunk	30:57
147	Sharrar Henn	30:59
148	Nick Lamia	31:07
149	Tyler Bradford	31:36
150	Chelli Macdonald	31:45
151	Ethen Bonnell	31:51
152	David Bonynil	32:05
153	Keith Wilson	32:16
154	Jill Stupski	32:28
155	Caren Parslow	32:32
156	Kirsten Mcilrath	32:34
157	Kay Hough	32:38
158	Corrie Menard	33:07
159	Kirk Council	33:35
160	Vicki Bradford	33:53
161	Josh Crow	33:55
162	Rebecca Elyea	33:57
163	Randy Dunn	34:01
164	Natasha Schlenoff	34:13
165	Chika Okoro	34:31
166	Jodi Chase	34:57
167	Charlie Chase	35:28
168	No Card	35:48
169	Timothy Mathews Jr	36:14
170	Zack Ernst	36:48
171	Alaina	38:02
172	Samantha Costas	38:30
173	Devon Knight	41:06
174	Jordan Bagget	44:02
175	Mashawn Knight	48:19
176	Melanie Stutson	53:13

HS Boys 1 Middle School Boys 1**HS Girls 1 Middle School Girls 1**

Shaws 8K Run 9/27/05

1	Gary	Droze	M 44	27:40
2	David	Montez	M 24	29:31
3	Tim	Unger	M 46	29:33
4	Jay	Wallace	M 41	29:45
5	Eric	Smith	M 33	31:33
6	Tony	Guillen	M 36	31:36
7	Andy	Roberts	M 38	32:09
8	Mike	Labossiere	M 39	32:15
9	Tom	Ratliffe	M 57	32:19
10	Jeff	Bryan	M 38	32:22
11	Hobson	Fulmer	M 49	32:31
12	Simon	Sablin	M 32	33:18
13	Douglas	Covert	M 41	33:25
14	Sean	Phelps	M 42	33:26
15	Jay	Silvanima	M 45	33:26
16	Jane	Johnson	F 46	33:51
17	Daniel	Fortunas	M 45	34:33
18	Richard	Parsons	M 40	34:43
19	Jim	Carson	M 42	34:47
20	Jerry	Mcdaniel	M 51	34:54
21	Gary	Cato	M 49	35:15
22	Kirsten	Baggett	F 38	36:29
23	Landon	O'connel	M 28	36:49
24	Christy	Pardieck	F 26	37:16
25	Leigh	Ceci	F 41	37:33
26	Laura	Howard	F 34	37:39
27	Joel	Springer	M 34	37:55
28	Warren	Emo	M 52	38:18
29	James	Doran	M 30	38:42
30	Seth	Coffin	M 35	38:43
31	Connie	Clarke	F 43	38:48
32	Rex	Cleveland	M 66	39:16
33	Mark	Delegal	M 37	39:48
34	Susanne	Dorna	F 32	40:09
35	Joseph	Mccann	M 36	40:13
36	Kathy	Lindsay	F 46	40:16
37	Diana	Jones- Ellis	F 48	40:27
38	Ithel	Jones	M 51	40:36
39	Terry	Ryan	M 56	40:45
40	Mike	Boll	M 41	40:46
41	Clint	Watkins	M 62	40:50
42	Christopher	Dudley	M 33	40:55
43	Bill	Perry	M 57	41:02
44	Terry	Tenold	M 56	41:11
45	Jim	Taylor	M 48	41:12
46	Janine	Thomas	F 39	41:34
47	Lisa	Unger	F 37	41:37
48	Jamaa	Bouhattate	F 29	41:38
49	Jimmy	Ledford	M 49	42:03
50	Ace	Haddock	M 35	42:10

51	Alfred	Bea	M 49	42:17
52	Chris	Sumner	M 26	42:29
53	Katie	Allan	F 22	42:36
54	David	Bigoney	M 31	42:40
55	David	Darst	M 62	42:48
56	Scott	St. John	M 39	42:51
57	B01	Zzbandit	U 0	42:51
58	Toma	Wilkerson	F 36	43:04
59	Lana	Sweeney	F 51	43:09
60	Beth	Alexander	F 41	43:12
61	Gordon	Morgan	M 58	43:33
62	Lacey	Douglass	F 47	43:58
63	John	Rakestraw	M 68	44:03
64	Mark	Forbes	M 37	44:06
65	Kate	Macfall	F 34	44:30
66	Amanda	Burgess	F 20	44:36
67	Loranne	Ausley	F 41	44:45
68	Bruce	Lynn	M 58	44:48
69	Mae	Cleveland	F 65	44:57
70	Jessika	Olmedillo	F 34	45:09
71	Jacque	Myers	F 48	45:52
72	Ruth	Jones	F 54	46:20
73	Bob	Keller	M 71	47:24
74	Anne	Priddy	F 56	47:26
75	Richard	Ziegler	M 46	47:42
76	Ginger	Dykes	F 41	48:50
77	Mike	Schneider	M 68	49:24
78	Susan	Cornwell	F 56	49:38
79	B02	Zzbandit	U 0	50:34
80	Lena	Juarez	F 36	50:52
81	Christine	Stabley	F 29	50:55
82	Susan	Ledford	F 42	51:36
83	Cynthia	Christen	F 52	52:16
84	Wallace	Randell	M 52	52:35
85	Karen	Smith	F 56	53:23
86	Margarete	Deckert	F 72	53:46
87	Arthur	Ward	M 71	54:42
88	Dawn	Brown	F 56	55:56
89	Nada	Stauffer	F 52	56:37
90	Vicky	Bernal	F 53	57:00
91	Cathy	Mccarty	F 49	58:12
92	Betsy	Thorpe	F 49	58:50
93	Elaine	Walter	F 36	58:50
94	Mary Alice	Pintz	F 36	59:13
95	Paula	Delvalle	F 25	64:36
96	Judy	Shapiro	F 53	75:12
97	Charlie	Yates	M 80	81:52
98	Jere	Moore	M 73	81:53
99	Rosalie	Myers	F 94	89:11

Miccosukee Madness 5K
8/27/05

1	Alex	Miletich	M 18	15:59
2	Tony	Krock	M 18	16:12
3	Tommy	Noyes	M 20	16:57
4	Andrew	Mannheimer	M 16	17:20
5	Levon	Hoomes	M 16	17:27
6	Sam	Gibbons	M 18	17:53
7	Tyler	Price	M 16	17:57
8	James	Graham	M 16	17:58
9	Joseph	Franklin	M 16	18:10
10	Stephen	Wilson	M 16	18:26
11	Whitney	Stickland	M 14	18:36
12	Michael	Fairhurst	M 20	18:39
13	Jared	Black	M 17	18:46
14	Conor	Sweeney	M 14	18:47
15	Keone	Murphy	M 16	18:47
16	Lydia	Willise	F 19	18:58
17	Elvin	Hern	M 17	19:05
18	Graham	Hawks	M 14	19:11
19	Sean	Griffin	M 15	19:12
20	Andrew	Hart	M 16	19:31
21	Fritz	Stoppelbein	M 19	19:37
22	Reynolds	Griner	M 17	19:41
23	Thomas	Doxee	M 17	19:53
24	Dominic	Nichols	M 15	19:58
25	David	Twitchell	M 14	19:58
26	Zack	Tower	M 14	20:04
27	Tyler	Council	M 16	20:07
28	Kurt	Dietrich	M 14	20:08
29	Max	Fishman	M 17	20:14
30	Robert	Beazley	M 15	20:21
31	Paul	Smith	M 15	20:21
32	Robert	Micherd	M 15	20:22
33	Kathy	Swain	F 15	20:27
34	Alfie	Gonzalez	M 27	20:38
35	Alicia	Femley	F 15	20:39
36	Brian	Williams	M 16	20:47
37	Ned	Luczynski	M 48	20:39
38	Patrick	Dennis	M 14	20:49
39	Travis	Miller	M 35	21:05
40	Richard	Stonebreaker	M 15	21:11
41	Michael	Parker	M 16	21:12
42	Jana	Stolting	F 15	21:21
43	Lelia	Mattimore	F 17	21:23
44	Dustin	Hern	M 18	21:39
45	Jon	Mcvaney	M 14	21:40
46	James	Dexter	M 20	21:43
47	Ashley	Montagnese	F 19	21:46
48	Garyn	Bryan	M 15	21:47
49	Danielle	Bass	F 21	21:49
50	Lindsey	Thomas	F 20	21:49
51	Patrick	Swain	M	21:58

52	Holden	Dickenson	M	16	22:07	107	Bob	Anderson	M	40	25:36
53	Lindsey	Sanders	F	13	22:09	108	Patrick	Griffin	M	14	25:37
54	Patrick	Lutz	M	14	22:19	109	Courtney	Whitehead	F	14	25:38
55	Brookes				22:19	110	Jessica	Clayton	F	14	25:38
56	James	Carter	M	15	22:19	111	Chris	Graham	M	35	25:42
57	John	Kalin	M	54	22:23	112	Kelbe	Beck	F	16	25:47
58	Emily	Ness	F	15	22:33	113	Corrie	Moor	M	39	25:48
59	Forest	Anderson	M	28	22:46	114	Brookes	Eubanks	F	12	25:49
60	Austin	Cox	M		22:49	115	Marisa	Jones	F	26	25:26
61	Vanessa		F		22:50	116	Steve	Stolting	M	46	26:01
62	Drew	Edwards	M	14	22:51	117	Mickey	Messina	F	24	26:02
63	David	Flarks	M	16	22:53	118	Justin	Rosenthal	M	12	26:06
64	Michael		M		23:06	119	Whitney	Whitehead	F	14	26:10
65	Bryan	Wainwright	M	14	23:06	120	Mark	Levine	M	22	26:16
66	Mallory	Alonso	F	14	23:09	121	Ethan	Rosenblum	M		26:22
67	Nikki	Sanguilano	F	15	23:13	122	Eric		M		26:35
68	Courtney	Laster	F	17	23:25	123	Chase	Galloway	M	18	26:36
69	Peter	Coukoulis	M	15	23:29	124	John	Showalter	M	46	26:41
70	Wesley	Schofield	M	13	23:29	125	Amity	Boye	F	29	26:47
71	Laban	Lindley	M	26	23:30	126	Catlin	Ridgewell	F		26:53
72	Claire		F		23:33	127	Ryan	Smith	M		26:54
73	Richard	Mann	M	13	23:35	128	Eve	Myers	F	16	27:00
74	Jeanna	Darelin	F	20	23:40	129	Chris	Lane	M	28	27:00
75	Hunter	Howell	M		23:44	130	Aldon	E	M	14	27:13
76	Brad	Givens	M	16	23:44	131	Nicola	Menchetti	F	16	27:14
77	Blair	Strickland	M	11	23:44	132	Candace	Novak	F	22	27:18
78	Chris		M		23:49	133	Grady	Emlon	M	45	27:21
79	Kyler	Ward	M	15	23:52	134	Kenneth	Turner	M	14	27:22
80	Sean	Houaie	M	17	23:52	135	Chris	McGuire	M	16	27:25
81	Eric	Prutsman	M	43	23:53	136	Darcy	Watson	F	13	27:26
82	Jarin	Whalley	M	14	23:54	137	Mac	O	M	16	27:27
83	Tim	Hoomes	M	47	23:57	138	Neil	Kelly	M		27:28
84	Mike	Jaynes	M	38	23:58	139	Art	Raney	M	37	27:30
85	Steve	Tower	M	45	24:05	140	Heather		F		27:36
86	Bud		M		24:10	141	Juulia		F		27:40
87	Brittany	Raffa	F	19	24:16	142	Karin	Bradberry	F	13	27:45
88	Riley	Doherty	M	13	24:17	143	Tom	W.	M	12	27:51
89	Jon	Ahlquist	M	53	24:23	144	Kodi	Keefer	M	12	27:53
90	Shelby	Salimore	F		24:33	145	Freya	Lantinen	F	17	27:59
91	Casey	Fort	M	15	24:41	146	Jon	Johanson	M	47	28:01
92	Tiffany	Harris	F	22	24:45	147	KATHLEEN	Ogden	F	15	28:02
93	Philip	Schlenoff	M		24:47	148	Austin	Trent	M	12	28:04
94	Erin	Fraser	F	14	24:50	149	Renee		F		28:15
95	Darah	Valville	F	19	24:58	150	Tyler	Marsh	M	11	28:18
96	Anika	Silverman	F	14	25:01	151	Andreia	Fenley	F		28:19
97	Commie		F		25:02	152	Jessica	Miller	F	22	28:20
98	Kaitlyn	Crandell	F	16	25:03	153	Linda	Pitte	F	46	28:42
99	Brook	Pace	F	26	25:05	154	Tyler	Ericson	M	12	28:53
100	Bridget	Pace	F	24	25:05	155	Danielle	Jackman	F	13	28:53
101	Alexander	S.	F	13	25:08	156	Whitney	Young	F	18	29:12
102	Kayla	Rady	F	15	25:23	157	Kirsten	Strickland	F	22	29:23
103	Chris	Oppert	M	27	25:24	158	Ashley	Pitts	F	16	29:26
104	Jordan	Garcia	M		25:26	159	Jack	E	M		29:47
105	Scott	Kelly	M		25:27	160	Kathrynn	Christian	F	25	29:50
106	Ellen	Rosenblum	F	45	25:33	161	Drew	Griggs	M	17	29:56

**Miccosukee Madness 1 mile
8/27/05**

162 Pia Neustadler	F	33	30:26
163 Alice	F		30:38
164 Nicole Price	F	16	30:44
165 Anna Busby	F	15	30:57
166 John Taylor	M	44	30:59
167 Danny Linton	M	14	31:01
168 Morgan B.	F	12	31:02
169 Glen Lang	M	53	31:10
170 Sara Cleveland	F	32	31:16
171 Lonnie Salimone	M	43	31:28
172 Milissa Jackman	F	13	31:39
173 Tyler Bradford	M	11	32:05
174 Laura Davison	F	42	32:05
175 Chris Nichols	M	42	32:10
176 David Bradford	M	38	32:11
177 linda Avant	F	48	32:23
178 Allante Nichols	F	14	33:17
179 Nermiah Johnson	M	13	33:33
180 Rebeca Elyea	F	11	33:35
181 Kirsten Milrath	F	23	33:40
182 Terri Smith	F	35	33:42
183 Bradley Hebert	M	11	33:55
184 Will Moor	M	11	34:29
185 Rangy Davison	M	49	34:34
186 Chika Okoro	F	25	34:39
187 Josh Crow	M		34:42
188 Tommy Maddis	M	11	35:10
189 Vicki Bradford	F	44	35:33
190 Kurt Council	M		36:03
191 Karen Parslow	F	12	36:32
192 Hank Ziegler	M	60	36:43
193 Elizabeth Anderson	F	27	37:07
194 Rich Green	M	54	37:14
195 Joey Vannoy	M	12	37:23
196 Rich Day	M	32	37:44
197 Barabar Crandell	F	51	37:53
198 Courtney Brewer	F	25	38:54
199 David Nalson	M	25	38:55
200 Melody Davis	F	22	40:11
201 Samantha Costus	F		40:27
202 Jessica White	F	14	46:51
203 Jordan Baggett	M	14	47:56
235 Total finishers, 32 were unidentified			
1	Raleigh Clarke	M	15 5:47
2	Brian Bowden	M	11 6:08
3	Kodi Green	M	17 6:10
4	Colin Granger	M	6:16
5	Sydney Netting	F	14 6:18
6	Cecelia Williams	F	9 6:29
7	Drew Smith	M	6:30
8	Scott Anderson	M	12 6:37
9	Ilyas Bouhattete	M	14 6:40
10	Zachary White	M	6:43
11	Sam Fortunas	F	14 6:52
12	Kenneth Turner	M	13 7:01
13	Matt Nichols	M	7:07
14	Evans Belaird		7:08
15	Shauna Johnson	F	7:39
16	Caitlyn Crisco	F	14 7:41
17	Rachael Capps	F	14 7:42
18	Jacob Fortunas	M	13 7:50
19	Grace Richardson	F	7:56
20	Michelle Macdonald	F	14 7:59
21	Allison Bowden	F	9 8:01
22	Mcknzie Chestnut	F	8 8:04
23	Jean Shuman	M	8:14
24	Kelly Lutz		8:26
25	Travis Covert	M	10 8:32
26	Cynda Covert	F	13 8:34
27	justin Lovelady	M	13 8:37
28	Stephen Velez	M	36 8:38
29	Michael McGuire	M	10 8:39
30	Kristen Alquist	F	8:45
31	Ellen Granger	F	48 8:51
32	Parker Lang	M	12 9:42
33	Eryn Russell	F	9 9:48
34	Jordan Watkins	M	11 9:49
35	Brianna Russell	F	11 9:49
36	Cheslyn Donaldson	F	8 9:50
37	Danielle Jackman	F	13 9:50
38	Merlin Russell	M	48 9:51
39	Terrarca Jones	F	28 10:50
40	Irashia Johnson	F	13 10:56
41	Alex Bowman	M	5 12:00
42	Alice Schofield	F	34 12:07
43	Amber Schofield	F	10 12:08
44	Cobi Hopkins	M	6 14:04
45	Cameron Massa	M	16 15:07

Miccosukee Madness 8K				Tom Perkins, Mike Sims R.D.'s							
1	Justin	Davis	M	18	27:36	53	Jim	Robinson	M	51	41:59
2	Brandon	West	M	20	28:06	54	Tim	Brewton	M	50	42:15
3	Gary	Droze	M	44	28:14	55	Mike	Boll	M	41	42:25
4	Erick	Ward	M	20	29:21	56	Scott	Barton	M	43	42:39
5	Brian	Griffith	M	20	29:34	57	Rex	Cleveland	M	66	42:44
6	Gerald	Christian	M	0	29:50	58	Kaye	Jaynes	F	38	42:50
7	Elliot	Hawkes	M	18	29:53	59	Clint	Watkins	M	62	43:02
8	Eric	Smith	M	33	30:27	60	Scott	Heath	M	34	43:03
9	Reid	Vannoy	M	47	30:42	61	Nancy	Widener	F	56	43:09
10	Sarah	D- Williams	F	41	31:02	62	Ithel	Jones	M	51	43:15
11	Omar	Osbourne	M	22	31:34	63	Trey	Beard	M	30	43:20
12	Carlos	Nordhielm	M	42	31:39	64	Jamaa	Bouhattate	F	29	43:28
13	Bill	Mccord	M	42	31:54	65	David	Broadway	M	52	43:31
14	David	Yon	M	49	32:08	66	Heather	Doran	F	31	43:36
15	Tony	Guillen	M	36	32:58	67	Diana	Jones- Ellis	F	48	43:42
16	Mike	LaBossiere	M	39	33:14	68	Andrew	Colee	M	59	43:44
17	Tom	Ratliffe	M	57	33:14	69	Terry	Tenold	M	56	43:50
18	Andy	Roberts	M	38	33:33	70	Keri	White	F	20	43:51
19	Jay	Silvanima	M	45	33:37	71	Connie	Clarke	F	43	43:53
20	Hobson	Fulmer	M	49	33:42	72	William	Blocker	M	37	44:31
21	Haley	Garner	F	12	34:00	73	Robert	McNeal	M	44	44:34
22	Dana	Stetson	M	48	34:05	74	Katie	Allan	F	22	45:10
23	Jerry	McDaniel	M	51	34:16	75	Bonnie	Wright	F	49	45:10
24	Jeff	Bryan	M	38	34:22	76	Beth	Alexander	F	41	45:12
25	Simon	Sablin	M	32	34:53	77	Janine	Thomas	F	39	45:23
26	Douglas	Covert	M	41	35:06	78	Gordon	Morgan	M	58	45:39
27	Craig	Willis	M	54	36:03	79	Carlos	Zapata	M	60	45:46
28	Rick	Page	M	24	36:20	80	Kristen	Pasquier	F	24	45:48
29	Michael	Pasquier	M	25	36:21	81	Mark	Delegal	M	37	45:48
30	Sean	Phelps	M	42	36:26	82	Penny	Isom	F	42	46:02
31	Joe	Donoghue	M	58	36:55	83	Bandit	Bandit	F	0	46:20
32	Felton	Wright	M	48	37:01	84	Sarah	Earnhardt	F	26	46:25
33	David	Knoll	M	30	37:20	85	Jill	Page	F	25	46:57
34	Jeff	Doherty	M	47	37:37	86	Sara	Fulghum	F	42	47:02
35	Chris	Sumner	M	26	37:43	87	David	Darst	M	62	47:06
36	Warren	Emo	M	52	37:59	88	Michelle	Dixon	F	22	47:38
37	Grady	Smith	M	28	38:08	89	Amanda	Burgess	F	20	47:48
38	Chad	Heckman	M	32	38:29	90	Burt	Von Hoff	M	53	47:48
39	Kirsten	Baggett	F	38	39:05	91	Jerry	Chestnutt	M	55	47:48
40	John	Gilroy	M	48	39:15	92	Melissa	Zapata	F	26	48:43
41	Christy	Pardieck	F	26	39:29	93	Mae	Cleveland	F	65	48:47
42	Pete	Kerwin	M	52	40:05	94	Perha	Varley	F	61	49:10
43	Loranne	Ausley	F	41	40:37	95	Ruth	Jones	F	54	49:10
44	Justin T	Patak	M	26	40:42	96	Jacque	Myers	F	48	49:56
45	Sissi	Carroll	F	46	40:58	97	Richard	Ziegler	M	46	50:00
46	Guy	Anglin	M	62	41:05	98	Layne	Russell	M	43	50:28
47	Laura	Howard	F	34	41:05	99	Mike	Schneider	M	68	50:30
48	Seth	Coffin	M	35	41:09	100	Rita	Tweed	F	28	50:35
49	Hernan	Garrido	M	31	41:15	101	Mark	Priddy	M	50	50:49
50	Reg	Perry	M	46	41:31	102	Jan	Blue	F	51	50:51
51	Kathy	Lindsay	F	46	41:47	103	Maria	Vives	F	32	50:58
52	Leigh	Ceci	F	41	41:48	104	Mehmet	Turkel	M	56	51:08
						105	Anne	Priddy	F	56	51:24
						106	Christie	Koontz	F	56	51:47
						107	Bob	Keller	M	71	52:18
						108	Christine	Stabley	F	29	52:25

109	Susan	Cornwell	F	56	54:59	2	Tony Krock	16:12
110	Cynthia	Christen	F	52	56:10	3	Tommy Noyes	16:57
111	Arthur	Ward	M	71	57:40	4	Andrew Mannheimer	17:20
112	Nadine	Dexter	F	46	58:21	5	Levon Hoomes	17:27
113	Margarete	Deckert	F	72	59:44	6	Sam Gibbons	17:53
114	Chris	Savery	F	46	59:49	7	Tyler Price	17:57
115	Nada	Stauffer	F	52	61:27	8	James Graham	17:58
116	Josephine	Newton	F	79	64:24	9	Joseph Franklin	18:10
117	Cathy	Mccarty	F	49	65:36	10	Stephen Wilson	18:26
118	Jere	Moore	M	73	78:27			
119	Judy	Shapiro	F	53	89:27			
120	Rosalie	Myers	F	94	100:00			

5K Top 10 Female Finishers:

1	Lydia Willise	18:58
2	Katy Swain	20:27
3	Alicia Fenley	20:39
4	Janna Stolting	21:21
5	Leila Mattimore	21:23
6	Ashley Montagnese	21:46
7	Danielle Bass	21:49.15
8	Lindsay Thomas	21:49.58
9	Lindsey Sanders	22:09
10	Emily Ness	22:33

5K Men's Team Scores

1	Lions Track Club	96
2	Cougar Track Club	130
3	More Otters	140
4	Trojan Track Club	184
5	Eagle Track Club	228
6	Bulldogs Track Club	244
7	Wolves Track Club	367
8	War Eagle Track Club	473
9	Rams Running Club	624

5K Women's Team Scores

1	More Otters	221
2	Lions Track Club	343
3	Trojan Track Club	492
4	Baby More Otters	627
5	Eagle Track Club	637
6	Rams Running Club	745

8K Top 10 Male Finishers:

1	Justin Davis	27:36
2	Brandon West	28:06
3	Gary Droze	28:14
4	Erick Ward	29:21
5	Brian Griffith	29:34
6	Gerald Christian	29:50
7	Elliot Hawkes	29:53
8	Eric Smith	30:27
9	Reid Vannoy	30:42
10	Omar Osbourne	31:34

8K Top 10 Female Finishers:

1	Sarah Docter-Williams	31:02
2	Haley Garner	34:00
3	Kirsten Baggett	39:05
4	Christy Pardieck	39:29
5	Loranne Ausley	40:37
6	Sissi Carroll	40:58
7	Laura Howard	41:05
8	Kathy Lindsay	41:47
9	Leigh Ceci	41:48
10	Kaye Jaynes	42:50

5K Top 10 Male Finishers:

1	Alex Miletich	15:59
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1 Mile Top 10 Male Finishers:

1	Raleigh Clarke	5:47
2	Brian Bowden	6:09
3	Kodi Green	6:10
4	Colin Granger	6:16
5	Drew Smith	6:30
6	Scott Anderson	6:37
7	Ilyas Bouhattate	6:40
8	Zachary White	6:43
9	Evans Beliard	-C28
10	Kenny Turner	7:01

1 Mile Top 10 Female Finishers:

1	Sydney Netting	6:18
2	Cecilia Williams	6:29
3	Sam Fortunas	6:52
4	Shauna Johnson	7:39
5	Caitlyn Chrisco	7:41
6	Rachel Capps	7:42
7	Grace Richardson	7:56
8	Michelle McDonald	7:59
9	Allison Bowden	8:01
10	Mackenzie Chestnut	8:04

1 Mile Men's Team Scores

1	Rams Running Club	46
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1 Mile Women's Team Scores

1	Rams Running Club	145
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**Gail Reinertsen and Tasee
1st Senior Female
At the Westport Island 10K, ME**

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.

GWTC Standing through Shaws 5 Mile 9/3/05

Overall Male

Art	Remillard	31	180
Eric	Smith	32	121
Tim	Unger	45	114
Reid	Vannoy	46	113
Gary	Droze	43	97
David	Yon	49	87
Tony	Guillen	36	69
Michael	Martinez	39	62
Bill	Mccord	42	61
Justin	Dickieson	19	60
Jeff	Nielsen	47	51
Craig	Christoffersen	26	38
Hobson	Fulmer	49	31
Matthew F	Minno	45	30
Karl	Hempel	53	26
Jack	Mcdermott	35	25
Bill	Mcguire	57	24
Bill	Hillison	60	24
Andy	Roberts	37	23
Jerry	Mcdaniel	51	22
Jeff	Bryan	37	20
Carlos	Nordhielm	42	20
Zach	Galloway	25	18
Mike	Labossiere	38	18
Tom	Ratliffe	57	17
Manuel	Gutierrez	31	11
Felton	Wright	47	11
Niklas	Manz	36	11
Scott	Mitchell	53	9
Jay	Silvanima	44	8
Gary	Griffin	55	7
Simon S	Sablin	31	6
Douglas	Covert	40	5
Ronald	Christen	59	5
Scott	Ruplinger	23	3
Gary	Cato	48	3

1-9 Male

Wayne K	Kiger	5	22
Cameron	Nave	8	20
Robert G	Anderson	9	20
Chris	Lindsay	8	15
Luke	Ceci	5	15
Alexander	Bowman	4	12

10-14 Male

Wesley	Schofield	12	92
Jacob	Fortunas	12	61
Jamie	Wright	11	46
Joey	Vannoy	11	40
Travis	Covert	10	22
Whitney	Strickland Iii	13	20
Nicholas	Minno	10	15

Tyler	Unger	13	15
Blair	Strickland	11	15
Jordan	Watkins	10	14
Shelby	Nave	11	12
Davis	Clarke	10	8

15-19 Male

Justin	Dickieson	19	40
Jared	Black	16	35
Levon	Hoomes	15	20
Casey	Perkins	19	20

20-24 Male

Michael	Pasquier	24	115
Scott	Ruplinger	23	80
Rick	Page	24	67
John	Hollimon	23	12

25-29 Male

Chris	Sumner	25	132
Craig	Christoffersen	26	105
Joe	Crook	25	71
Zach	Galloway	25	60
Mike	Mcgehee	27	32
David	Knoll	29	20
Grady	Smith	28	12
Chris	Judd	26	10
Jason	Anderson	27	8

30-34 Male

Eric	Smith	32	135
Art	Remillard	31	120
Scott	Heath	33	94
Simon S	Sablin	31	77
Jobst	Elster	32	45
Manuel	Gutierrez	31	15

35-39 Male

Tony	Guillen	36	132
Mike	Labossiere	38	104
Michael	Martinez	39	95
Andy	Roberts	37	85
Jeff	Bryan	37	85
Mark	Delegal	37	58
Niklas	Manz	36	36
Jack	Mcdermott	35	35
Brian	Corbin	37	15
Dean	Paini	35	10
Ron	Gilbert	39	8
Chad	Henry	35	4

40-44 Male

Jay	Silvanima	44	114
Bill	Mccord	42	82
Gary	Droze	43	80

Bill	Degrummond	70	75
Jere	Moore	72	48
James	Skofronick	73	10

75 + Male

Charlie R	Yates	79	84
Fred E	Deckert	75	80
John	Alderson	78	30

Overall Female

Sarah	Docter- Williams	40	210
Kirsten	Baggett	38	132
Angela	Dempsey	36	102
Jane	Johnson	45	65
Christy	Pardieck	26	62
Connie	Clarke	43	62
Leigh	Ceci	40	61
Laura	Howard	34	58
Loranne	Ausley	41	55
Seeley	Lovett	28	54
Lisa	Whitworth	34	44
Kristen	Pasquier	24	42
Kate	Remillard	26	40
Kathy	Lindsay	45	39
Fran	McClean	47	39
Lisa	Unger	37	38
Julie	Clark	43	31
Kara	Newell	20	30
Jennifer	Shafer	36	30
Karla	Savery	19	28
Kristine	Isom	20	22
Sissi	Carroll	46	18
Kaye	Jaynes	37	18
Maria	Vives	31	17
Jo Lena	Pace	32	16
Birgit	Cromartie	34	15
Krista	Killius	41	13
Nancy	Widener	55	13
Katie	Yaun	25	11
Kelsey	Kilinski	18	11
Jamaa	Bouhattate	29	7
Victoria	Droze	29	7
Diana	Jones- Ellis	48	7
Cynthia	Christen	51	7
Ginny	Black	27	5
Janine	Thomas	38	5
Jill	Page	24	5
Kate	Macfall	33	3

1-9 Female

Cecelia	Williams	8	60
Cheslyn	Donaldson	8	40
Caroline	Dempsey	5	33
Emily	Dempsey	8	32
Mackenzie	Chesnutt	7	15
Breanna	Bruner	9	12
Grace	Mitchell	9	12

10-14 Female

Samantha	Fortunas	14	67
Danielle	Jackman	13	53
Melissa	Jackman	13	50
Lily	Williams	10	45
Georgia	Mitchell	12	40
Kara	Taylor	14	40
Allison	Clarke	13	34
Cynda	Covert	13	12
Claire	Ellis	12	10
Waverly	Chin	10	8
Annemarie	Chin	10	4

15-19 Female

Karla	Savery	19	40
Erika	Anderson	15	20
Kelsey	Kilinski	18	20

20-24 Female

Kristen	Pasquier	24	135
Jill	Page	24	65
Kristine	Isom	20	45
Katie	Coleman	21	44
Kara	Newell	20	32
Alexis	Newell	22	15
Dana	Perpall	20	12
Kera	Twomey	20	10

25-29 Female

Christine	Stabley	29	84
Christy	Pardieck	26	72
Jamaa	Bouhattate	29	61
Seeley	Lovett	28	55
Melissa	Zapata	25	49
Kate	Remillard	26	40
Ginny	Black	27	38
Rita	Tweed	28	35
Katie	Yaun	25	28
Victoria	Droze	29	25
Heather	Lammers	26	10

30-34 Female

Laura	Howard	34	130
Maria	Vives	31	119
Jo Lena	Pace	32	90
Lisa	Whitworth	34	60
Kate	Macfall	33	42
Birgit	Cromartie	34	42
Marisol	Roberts	34	36
Robyn	Green	32	22
Monica	Jackson	30	14
Nancy	Sumners	32	12
Amy	Stenberg	31	10
Henrieta	Dulaiova	31	10
Erica	Anderson	30	6
Amy	Brown	32	6
Sheryl	Brainard	33	4

35-39 Female

Kirsten	Baggett	38	155
Angela	Dempsey	36	120
Lisa	Unger	37	101
Janine	Thomas	38	74
Kaye	Jaynes	37	49
Jennifer	Britt	39	36
Lena	Juarez	35	26
Jennifer	Shafer	36	20
Toma	Wilkerson	35	18
Michelle	Stuckey	35	16
Sharon	Smith	39	14
Pamela	Kennedy	35	12
Lisa	Echeverri	39	12
Frances	Gilbert	37	10
Bridget	Potter- Edmond	36	8
Willow	Shanti	35	8
Anne	Guillen	36	6
Ann	Bowman	36	4
Stephanie	Gillis	35	4
Sondra	Lee	36	2

40-44 Female

Sarah	Docter- Williams	40	140
Connie	Clarke	43	93
Leigh	Ceci	40	87
Loranne	Ausley	41	86
Beth	Alexander	40	66
Sherri	Jackman	41	49
Julie	Clark	43	40
Penny	Isom	42	32
Susan	Ledford	41	16
Krista	Killius	41	15
Judy	Alexander	43	12
Debby	Alexander	44	12
Edie	Mccarty	43	12
Robin	Safley	41	10
Carroll	Hageseth	40	8
Jodi	Chase	44	6
Connie	O'brien	41	4
Sara	Fulghum	41	4
Sandra	Canada	42	4
Lezlie	Sims	44	2

45-49 Female

Kathy	Lindsay	45	127
Jacque	Myers	48	90
Jane	Johnson	45	72
Diana	Jones- Ellis	48	65
Cathy	Mccarty	48	56
Bonnie	Wright	49	56
Fran	Mclean	47	50
Sissi	Carroll	46	40
Nadine	Dexter	46	34
Susan	Fitzgerald	48	30
Chris	Savery	46	24
Yvonne	Gsteiger	46	12

Betsy	Thorpe	48	12
Barbara	Mcneal	49	8
Peg	Griffin	49	8
Terry	Massa	47	4

50-54 Female

Cynthia	Christen	51	154
Ruth	Jones	53	135
Judy	Shapiro	53	82
Nada	Stauffer	51	54
Jan	Blue	50	35
Dianne P	Douglas	51	27
Joy	Opheim	50	20
Martha	Haynes	51	18
Elaine	Hamlin	52	18
Vicky	Bernal	53	14
Linda	Ongley	53	12
Cindy	Holmes	51	12
Bev	Kerwin	50	12
Mackie	Hempel	52	8

55-59 Female

Nancy	Widener	55	160
Susan	Cornwell	55	122
Anne	Priddy	55	109
Mary	Stutzman	56	64
Karen	Smith	56	52
Dawn	Brown	56	36
Electa N	Walker	55	20
Emily	Ruddell	58	18
Barbara	Yonclas	57	15
Christie	Koontz	55	14

60-64 Female

Perha	Varley	60	140
Nickie	Wilkinson	60	20

65-69 Female

Mae	Cleveland	65	100
Mary Lou	Manausa	66	35
Dot	Skofronick	67	20
Jean Ann	Bowling	67	12

70-74 Female

Margarete L	Deckert	71	180
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75 + Female

Rosalie	Myers	93	100
Josephine K	Newton	78	80

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 _____

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.