



The Fleet Foot



\$2.00

Volume 30 Issue 8 Newsletter of the Gulf Winds Track Club

Sept. 2005



Art Remillard

Kate Remillard

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Grand Prix Races	
Aug 27	Miccosukee Madness 8K trail
Sept 03	Shaw's 5M/5K.
Oct 8	Pine Run 20K (trail run)



Kids having fun at Maclay's Summer track series.



Bottom photo: Unknown, Terry Ryan, Art Ward and John Rakestraw at Dothan's Critter Run



Grandfather Marathon (400+ entries)

8th -- Jack McDermott --- 3:01:39
 24th --- Fred Johnson --- 3:19:45
 71st --- Paul Ahnberg --- 3:43:41
 281st --- Peggy Shashy --- 4:50:06

Rome Italy 10K

Michael Boll 50:38
 Jacque Myers 1:24

Firecracker 5K, Bryson City, N.C.

Jay Silvanima 19:13 1st Master

Atlanta Hot 2 Trot 8 hour run

Gary Griffin 46 miles 2nd OV
 Jeff Bryan 40 miles 7:15

Crater Lake Marathon

Jack McDermott 3:16:47

Board Meeting Schedule 7:30 p.m

Sept. 14 David Yon
 Oct. 12 Jane Johnson

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

GULF WINDS TRACK CLUB June 8, 2005 Business Meeting Hosted by Fred & Margarete Deckert

Board/GWTC Members present: Tom Perkins, David Yon, Beth Alexander, Fred & Margarete Deckert, Charlie Yates, Hobson Fulmer, Fran McLean, Jane Johnson, Joe and Nadine Dexter, Bill Lott, Judy Alexander, Tim Unger, and Michael and Kristen Pasquier.

Tom Perkins called the meeting to order at 7:45 PM and quorum was established. The May minutes were reviewed. A motion was made, seconded and passed by unanimous vote to accept the minutes as presented.

GUEST INTRODUCTION: Tom

introduced **Michael and Kristen Pasquier** to the Board. Michael will take over **Art Remillard's** position as head of the guest lecture series.

NEW BUSINESS: Fred Deckert discussed offering family memberships at a lower rate for the remainder of the year as an incentive to increase membership. A motion was made, seconded and passed unanimously to drop the rate of a family membership to \$10. He will advertise at the Summer Track Series. **Fred** also

introduced limiting the number of events scored for the Grand Prix. An example he presented was to score on the runner's top 5 events. Discussion centered on the fact that few people do run all races; however, the purpose of the Grand Prix is to reward the runner that runs short and long distances. It was concluded that the Grand Prix committee would consider Fred's suggestion after the results of their survey were compiled.

Tom Perkins discussed purchasing laptops for several purposes: 1) the new timing system needs very specific specifications to operate including XP and two backup batteries. 2) **JoLena Pace** requires one for scoring race results and software. 3) **Beth Alexander** needs one for secretarial duties. A motion was made and seconded to give Tom the authority to purchase up to 2 laptops neither to exceed \$2400.

REPORTS:

Chenoweth Fund report –David Yon

reported that the Lincoln 4 x 100M relay team has three of the fastest times in the nation. Their request of \$1200 for their next event, the Nike Outdoor Meet in Greensboro, N.C., was approved by The Chenoweth Fund Committee. A motion was made, seconded and passed unanimously by the Board to fund the relay team. Also, the CCCC is requesting money this year. The committee would like to contribute \$1000. A motion in agreement was made, seconded and passed unanimously by the Board. David mentioned the local prep runners that received awards at the Potluck Bash. The female winner is **Kayla Parker** and the male winner is **Justin Terry**.

Social Coordinator report – Beth**Alexander reported for Kathy Lindsay**

that about 150 attended the Potluck Bash and enjoyed the 25 lbs of shrimp and beverages provided. The upcoming events include the Ice Cream Social on July 28th for the Summer Track Series and Breakfast on the Track is coming up on August 13th.

Treasurer's report – no report.**Race Director Coordinator report – Charlie**

Yates announced that on August 14th the duathlon race will occur. In addition, **Gary Droze** is considering adding a 5K race to Shaw's 5 Miler as part of the cross country fall calendar. The Pine Run is October 15; this date is the third Saturday of the month rather than the usual second Saturday of October. October 8th is the AMA's 5K. Monday, October 31, the ACC will have a competition at the Miccosukee Greenway.

Clothing Coordinator report – Margarete

Deckert received the new order of shirts with the club logo. She has orders for 3 jackets thus far.

Newsletter report – Fred Deckert reported that the new nonprofit mailing status is working fine. He reminded all Fleet Foot contributors that June 18th is the submission deadline.

Training Committee Report –Nadine

Dexter reported she has a meeting with **Robin Safley** on Friday morning to share information about her beginning running group. Robin is the organizer for the new groups at Capital Health. April is "Walk to the Moon" month which will result in a big emphasis for walking. Nadine received final approval to use the track at 6:30 p.m. on Wednesday s in the fall for her class. She has lined up guest speakers already.

Equipment report – Joe Dexter reported the

new race director of the Monticello Melon run wants the 5K on the Grand Prix schedule.

Membership report –Brian Corbin

reported that there are currently 749 members represented by 340 memberships.

Grand Prix Committee report –

David Yon reported that the 5 mile portion of the 10 Mile Challenge will not be added to the Grand Prix schedule.

Racing Team Coordinator report –

Tim Unger reported that the Team received yet another award in the Gate to Gate race in the Open Team division. Quite a few runners stepped up and entered to support the Team.

Lecture Series report –no report.**Triathlete report – no report.****Race Director – no report.**

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

These minutes have been reviewed and accepted by the board. Beth Alexander, Secretary.

GULF WINDS TRACK CLUB**July 13, 2005 Business Meeting****Hosted by Brian Corbin and Judy Alexander**

Board/GWTC Members present: Tom Perkins, David Yon, Beth Alexander, Fred & Margarete Deckert, Charlie Yates, Hobson Fulmer, Fran McLean, Joe and Nadine Dexter, Bill Lott, Judy Alexander, Tim Unger, Bonnie Wright, and Paul Ahnberg.

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

NEW BUSINESS: David Yon brought up joining the USATF for an annual fee of \$75.00. **Bill Tharpe** competes in the 200 M at a national level. In order for him to represent GWTC at the meet, the club is required to be member. A motion was made, seconded and passed unanimously by

the Board to join. **Brian Corbin** shared the information he received from the Tallahassee Chamber of Commerce. There are some perks associated with joining, but no motion was made at the time. **Judy Alexander** will investigate further.

REPORTS:

Treasurer's report – Bonnie Wright discussed the budget for the past two months. She noted the major purchases. A motion was made to move \$5000 from the building fund to the Chenoweth fund. This motion was seconded but on further discussion it was tabled until November when the Board will have a better idea of the final budget near the end of the year. A second motion, seconded and passed unanimously, was made to move \$1000 from the general fund to the Chenoweth fund.

Race Director Coordinator report – Charlie Yates turned in a check from the Track and Field Association. He turned in a master list of dates of races to be uploaded onto the website.

Race Director – Tom Perkins noted that although he is not the race director of Springtime, City Councilman **Alan Katz** has budgeted \$4500 for police traffic control. Voting will not occur until September. While it would be great for the city to pay the police, there is concern that this may have to be built into Springtime budget. **David Yon** announced that CHP has agreed to sponsor the Turkey Trot. In commemoration of the 30th anniversary of the race, David would like a sponsor to award each racer with a memento. Once again the Music Fest will be held at the American Legion Hall as a part of the Turkey Trot. Early race registration will be available during the Music Fest.

Clothing Coordinator report – Margarete Deckert sold two shirts. At the time there is not enough interest in the Club jackets. Fred did find a vendor in town that sells similar jackets for a reasonable price which may be an option to if no more requests are submitted.

Newsletter report – Fred Deckert
No report.

Training Committee Report – Nadine Dexter reported she and Judy met with **Robin Safley** of Capital Health Plan to share information about the beginning running group. Many meetings have

been held to discuss the walking groups around town, but nothing definite is planned at this time. Nadine will go ahead with her class. It was discussed that Gulf Winds may actually train the trainers for the small groups.

Equipment report – Joe Dexter turned in various checks for equipment usage.

Hobsom Fulmer noted that the club should charge for timing and scoring services we offer. Discussion noted that currently Grand Prix races are not charged but non-Grand Prix races could be. Tom suggested that JoLena attend the next meeting to add her input.

Chenoweth Fund report – David Yon requested two awards of money. The first is to **Melissa Morrison** for \$500 for travel to a meet. And the second for \$1000 to Godby athletes to attend a running camp coached by **Chris Sumner**. A motion was made, seconded and passed by unanimous vote to award these scholarships.

Membership report – Brian Corbin reported that there are currently 798 members represented by 436 memberships.

Racing Team Coordinator report – Tim Unger reported that the Team will compete in the Summer Beach Run in Jacksonville on August 27 at 7 p.m. Teams are open to volunteers.

Triathlete report – no report.

Grand Prix Committee report – Paul Ahnberg reported that surveys are to be completed by the end of the month, but very few have been turned in. January 21, 2006 looks like a good open date for the Grand Prix Awards Banquet.

Social Coordinator report – Beth Alexander reported for Kathy Lindsay that the American Legion Hall is reserved for the Christmas party December 17 from 7 to 11 p.m. An upcoming event includes the Ice Cream Social on July 28 for the Summer Track Series.

Lecture Series report – no report.
There was a motion to adjourn made at 8:59 PM, which was seconded and passed by unanimous vote.

The next board meeting will be held on August 10, 2005 hosted by **Tom Perkins and Jeanne O'Kon's** at Gill's Tavern. These minutes have been reviewed and accepted by the board.
Beth Alexander, Secretary.

The Fleet Foot

Newsletter of the Gulf Winds Track Club

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

Columnists: Jack McDermott, Jane Johnson, Lisa Unger

Advertising Copy

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

Advertising Payments –NEW RATES!

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

Submissions/Contributions

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

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

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

Gulf Winds Track Club

P. O. Box 3447, Tallahassee, FL 32315

Area code for all phones is 850

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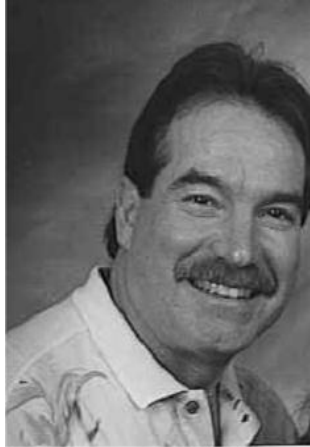
GWTC Web Site - www.gulfwinds.org

**Pulpits Happen
Tom Perkins**

“IDWIC” (pronounced id-wick)

While listening to NPR recently, I heard the story of IDWIC. A young American soldier died in Iraq from a roadside bomb. Like others, he was doing his duty. Unlike others, he did more. He liked the children he came in contact with while doing his patrols. He often gave them books and helped them with their reading. IDWIC was his philosophy: **I DO WHAT I CAN.** Needless to say, I was very touched by his altruistic approach to life at such a young age.

I would hope that we could honor this young soldier by applying his philosophy to GWTC. Not everyone wants to direct a run, but why not help out at one? Do what you can. Help set up the event, work at registration, or help break down the equipment



afterwards. If you're injured or aren't running a particular race, or even if you plan to run, step up and lend a hand.

Pusillanimous pussyfooters!!
Myopic twits!!
Deleterious debutantes!!
Pandering Petunias!!
If you have ever uttered these phrases, and have wondered why

we do things the way we do, here is your chance to become involved. Elections for all GWTC Board positions will be held later this year. President _____ (put your name here) sounds good. I like the way you said that! If you are interested or considering running for office, the opportunity is fast approaching. Come join us at the next Board meeting (see our web site for details). The next great club event may be your brainchild.

Thomas R. Perkins - Realtor®
 Office: (850) 385-1166 - Fax: (850) 422-3204
 Cell: (850) 264-4595
 Email: tomperkins51@yahoo.com
 Web site: <http://www.wiserealty-tallahassee.com>

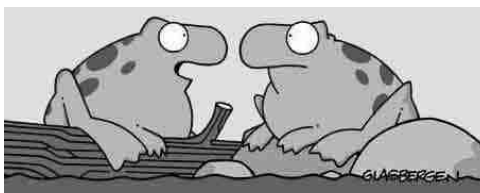



REALTY COMPANY OF TALLAHASSEE, INC.
 2508 NORTH MONROE ST. TALLAHASSEE, FL 32303
 Web Site: www.wiserealty-tallahassee.com

GWTC Beginning Running Class – Fall 2005

Gulf Winds Track Club will be sponsoring a beginning running class this fall. The class will meet every Wednesday at the FSU track for 8 weeks starting September 7, 2005 and ending October 26, 2005.

Class will start at 6:30 and end at 7:30 PM. Nadine Dexter and Jeanne O'Kon will be co-directing this course. If you have any questions about this class, feel free to ask either of them. You can e-mail Nadine at nadine.dexter@med.fsu.edu or call 878-7880 or Jeanne at okon@unr2.net, 894-2019. Cost for the class for non-GWTC members is \$20.00. Cost of class will include a t-shirt to those who complete 6 of 8 classes, log book, and reduced membership into GWTC for last 3 months of the year. Cost to GWTC members is \$10.00.



“Looks aren't everything. It's what's inside you that really matters. A biology teacher told me that.”

Class participants will be divided into 4 groups based on athletic ability. The beginning group (Nadine Dexter and Jeanne O'Kon are co-group leaders) is for those students with no running experience at all. The intermediate group (Beth Alexander is the group leader) is for those who can run up to a mile comfortably and the advanced group (Joe Dexter is the group leader) is for more experienced runners who want to improve their 5k performance and can run at least 2 miles comfortably. There will be a race walking group (Terry Massa and Jacque Myers are co-group leaders) for those who want to join but need more time to prepare themselves for the running groups. Each group's leaders will work with individual athletes on their goals and objectives.

Each session will start with a warm-up, and light stretching. A guest speaker will talk about exercise and special topics for about 10 to 15 minutes before class. After class students will be encouraged to do a cool down and light stretching.

What to bring to running class: water bottle, sports drink (optional), towel, sports watch (optional) with stop watch option for keeping track of running time, sunscreen and/or visor.

What to wear: comfortable running attire. Synthetic fabrics are recommended over cotton. Fast drying cool materials such as coolmax are recommended.

Running shoes. If you do not have running shoes, I recommend going to a specialty store and getting some advice. We recommend Shaw From at *Shaw's Athletics* at Market Square. Wear your old shoes to the store and tell them that you are in this running class.



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.

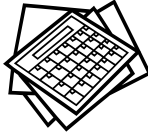
Swimming: Master's swim 5:30 AM Monday thru Friday - Myers Park Pool, monthly fee gets you a coach on deck.

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.

September

03 Shaw's 5M/5K. 7:30 a.m. Shaw's Athletics 893-5597 or Joe Dexter 878-7880.

03 Panama City 26th Midnight Chase. Marina Civic Center. Tim Wanamaker 850-234-9194.

10 Just Wish for It 5K run/walk. 8 a.m. Southwood. Jenna Gangestad jennag@chiomega.com

10 Sickle Cell 5K/1M. 8:30 a.m. Gaither Park. 224-2597,222-2355

11 Trek for the Coast. 1/2Mar./5K/1M fun run. 7 a.m. Beaches of S. Walton. www.trekcoast.com

17 Sandhills 10M/5K 8 a.m. CT. Comm. Center, Sunny Hills. Ray Benz 850 747-3018, joeruns@yahoo.com. Reg. at active.com

***24 Prefontaine 5K**. 9 a.m. Silver Lake Rec. Area. Jeff Nielsen. 422-3130

24 CDWF Cancer Run 8 a.m. Maclay Park. Paige Lay 766-4684 and www.cdwf.org

24 Pirate Festival 5K/1M Run/walk. 8 a.m. Panama City, FSU campus. www.draggintailrun.com

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 Medal of Honor 5K. 10 a.m. FSU. Anthony DeSantis ant91783@hotmail.com.

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

29 Boston Mini Marathon. 8 a.m. Boston, GA. Brad Johnson bradjohnson@banksco.com 229-226-3535.

29 St. John 5K, 1M Nun Run & L'ttle 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.

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

Grand Prix Events for 2005

Sep 3 Shaw's 5-mi

Oct 8 Pine Run 20K (trail run)

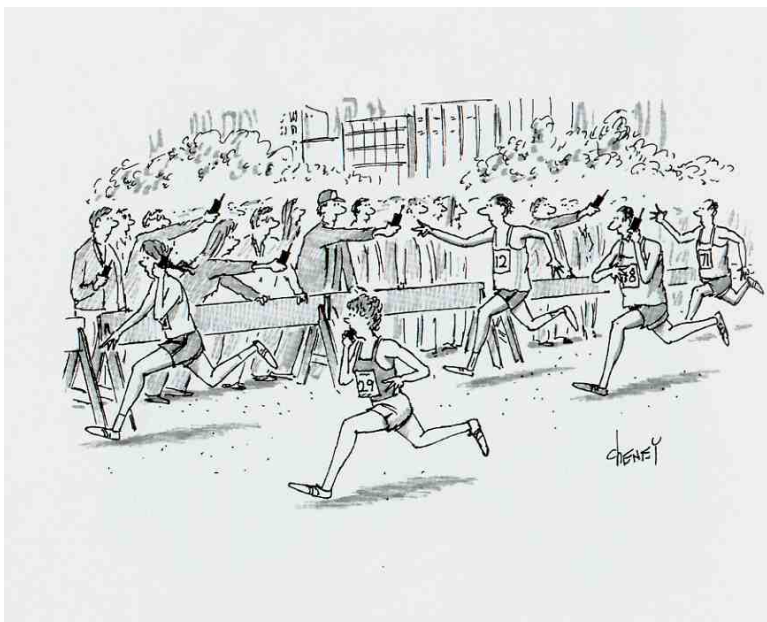
Nov 19 FSU Cares 5K

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)



DON'T CHEAT! CONFESSIONS AND LESSONS OF A FORMER BANDIT**Hobson Fulmer**

I consider myself an ethical runner and try to play by the rules, and as a race director I always frowned upon bandit runners. However, for the first time I yielded to temptation and paid the price for my transgression. Here is my story and I hope others will learn my lesson and not offend the running gods.

I had a friend offer me his number and his Atlanta apartment for the Peachtree 10k just a few days before the race. Being gracious I accepted. I figured the number was paid for and out of 50,000 runners no one would be hurt. His number was in the back of the pack and he did not get a timing chip so the results wouldn't count one way or the other. I would be anonymous, spend the weekend in Atlanta and get a T shirt. No harm done, right?

Race morning I ran from the apartment to the starting area for my warm up, meeting David Y. there. I tried to follow him into the seeded runner's starting area, but was redirected by race officials. I had to decide at that point to either: run in my assigned group (which would not reach the starting line for over ½ hour after the official start) or jump in at the 1/3 mile mark where there was no fence. Since I was already illegal I chose option #2. I joined literally hundreds of people doing the same thing I was doing at that area.

I jumped into the race after the crowd thinned out enough for me not to disrupt any individuals. I ran hard, tried to keep track of my mile splits and end the race passing people, but it just wasn't the same. I did not feel like I was really racing, no inspiration at all. As I walked through the finish area, a race official sarcastically said, "Time group 8 already, good job"

Afterwards I met David Y and Sarah DW (I will not use their full names to protect the innocent) for a cool down outside of Piedmont park in the local neighborhood. As we were finishing the run about a block away we approached an intersection. I waited for a break in the heavy traffic and sprinted across to the other side, but did not quite make it.

The last thing I remember was David yelling "look out" and the next thing I remember is picking myself up off the ground. I had been hit by a bicyclist, was knocked into the air and came down on my left arm breaking it just below the elbow. The bike guy came up to me first and asked if I was OK, I was dazed and said "yes" so he left before Sarah and David got to me. I thought I had been hit by a car. I went to the medical tent and had the skin wounds treated, they took my name and recorded my number. Now the name and number won't match so if they do any cross referencing, my buddy who gave me the number may be busted too, barred for m the race for life.

My wrist, my knee my elbow and shoulder all hurt equally at that point. I did not think I had any serious injury other than scrapes and bruises, everything worked. I took a couple of days off and resumed running, even racing the 2 mile on the track 3 days later. But the running gods were still offended and deemed I had not suffered enough and had mocked them by running again so soon.

I live at the beach and Hurricane Dennis prompted me to board up my house. All the hardware store had was heavy ¾ inch plywood but with some help I managed. After the storm passed I was eager to take the boards down. Getting them down would be easier than putting them up, right? So I tackled the task by myself. Trying to handle a heavy board with a broken arm resulted in me dropping a board on my left big toe, breaking it. "Let's see him run now!" laughed the running gods.

I did my penance and now am very respectful and quite sorry for what I did in Atlanta. I issue this formal apology to whomever. I promise to never ever run as a bandit again.

**Back of the Pack
“Go West Young Man”
By Jack McDermott**

It amazes me what passes for “athletic competition” these days. First there was the Battle-bots where geeks construct machines that attack each other. I swear if I put wheels on my electric can-opener, I could have made it into the quarter finals. ESPN2 has been showing hot-dog eating contests (*yuck*), and OLN is showing a barbecue cook-off. And now that I mention it, since when is poker a sport? Any contest that features hot dogs, beer, or cigars should not be considered a sport. These contestants make professional bowlers look like Greek Gods, and make me pine for Tonya Harding and Celebrity Boxing.

Thank goodness that Running will always be a legitimate “sport.” My most recent foray into this sport was at the Crater Lake Marathon in Oregon. Worse than any map or guide, I traveled with my parents. Needless to say, I must have inherited the “disorientation” gene that has been passed down from many generations of McDermotts. I think my relatives were trying to find Greenland, but ended up in America instead.

On our way to Crater Lake, we passed through such historic places as Brownsville, Oregon (*Home of the two-headed cow, which is now stuffed on display at the local gas station*) and Jefferson, Oregon (*The self-proclaimed “Frog-Jumping Capital of the World.”*) Crater Lake Marathon is the only marathon that takes place in a national park. The U.S. Park Service charges exorbitantly for the privilege, which didn’t leave money for race medals or other race amenities. I knew it was odd when my race packet included a sponsor that sold Alpaca Wool. The advertisement called Alpaca wool the “fiber of the future.” Apparently alpaca sweaters shed rain, sleet and snow. (*If they shed pounds, I may have bought one.*)



The nearest hotels were in Klamath Falls, about an hour south. Not only that, we had to arrive over an hour early to catch the bus to go into the park. The start line stood at 7,600 feet of altitude and the runners almost froze in place as there were no structures to act as wind blocks.

As soon as they dropped us off, everyone strategically re-boarded the buses to stay warm. The temperature was in the 40s with 20-30 mile an hour winds, but it did warm up after we got underway.

The start featured an immediate incline reaching a maximum of 7,900 feet giving us an amazing view of Wizard Island. I could have used a little magic, as my flatlander lungs were straining like a chain-smoker. The race then plummeted another thousand feet, and featured a three-mile hill before the ½ marathon finish. We then had a long down-hill stretch which made me wish I was running the Boston Marathon (*in more ways than one --- the only spectators on the course were vultures*). I thought the race was about over as we neared the finish line at mile 22 --- but then it took a four-mile off-road detour up another very difficult climb. I was glad to finish in 3:16 -- which was my slowest racing time since the 3:20 at the “Boston Massacre” furnace two years ago.

The winner of the race ran a 2:49 and won by 26 minutes. He attributed his success to genetics as his dad had run a sub-3 hour marathon, and his mom had qualified for Boston in her 40s. Meanwhile my parents barely had the VO2 max to walk from the parking lot to the finish line. I demand a blood test!! I am going back to my original theory that

(Continued on page 37) “Back”

Featured Feet Kara Newell

1. How long have you been running?

I started running in sixth grade (1995) because a couple of my girlfriends went out for cross country.

2. Favorite place to run?

I have a hard time picking favorite anything, but I love running in the forests of North Carolina, or in a neighborhood because I love looking at houses. Locally, the Lake Overstreet loop is so familiar and nice.

3. Most memorable running experience ?

The 2001 state track meet because it had been a very tough year for me personally, but the meet turned out to be the perfect ending to the emotional roller coaster that the year had been.

Editor's note: During that meet, Kara competed for Maclay on the 4X800 relay, then won the 1600 in 5:06 and the 3200 in a time of 11:00. Both times were the fastest that year by any FL high school female.

4. Do you have any pre race routines?

I tend to yawn and pray a lot before a race. Other than that, my pre-race routine changes a lot. Sometimes I will listen to my two favorite "pump-up" songs, which are "In the air tonight" by Phil Collins and "Great Expectations" by Steven Curtis Chapman.



5. Favorite non running hobby?

Just watchin' the game and havin' a bud with my daddy pops! (inside family joke.)

6. Occupation?

Broke college student :)

7. Personal hero(ine)

As cliché as it may seem...my

parents! Really, they could be anyone's heroes. In short, they are such Godly, selfless role models, and they love me as unconditionally as humanly possible. I hope to one day be the same inspiration to my children as they are to me!

8. Ideal travel destination

Greece has always looked so beautiful to me. Any place that is so sublime that you can not help but acknowledge the presence and grace of God is awesome to me.

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

It's hard to answer this seeing as I am still in the position of not wanting to go to school if you paid me! However, I would say that if I had the creative ability (which I do not), I would love to do something like fashion or interior design.

10. Most recent book you've read?

The Purpose-Driven Life by Rick Warren

Featured Feet Shannon Sullivan

1. *How long have you been running?*

My serious training started as I was entering my 10th grade year in high school. My family moved from Minnesota to Largo Florida in the summer of 1969 and I had the good fortune to move to a school with one of the top distance programs in the country. They went on to win the Florida State HS Championship 10 times. I have trained hard ever since.

2. *Favorite place to run?*

Well that without a doubt would be the Apalachicola National Forest in an area near the Tallahassee International Airport. I do virtually all of my running on the 100's of miles of trails in this area. After 25 years I still go down trails I have never been on previously.

3. *Most memorable running experience ?*

That would have to be breaking and still holding the World Record Master's record in the Kingston Mile(also known as the BEER MILE) Drink a full can of beer at the start of each lap and run as fast as you can without hurling. It is much harder than you can imagine. I certainly found something that I was the best at.

4. *Do you have any pre race routines?*

I believe that the shorter the race the longer the warm-up needs to be. That said , I am terrible about warming up as much as I know I should. My



best races have come after an extended warm-up and coming to the line with my heart rate well elevated.

5. *Favorite non running hobby?*

That would probably be drinking wine! Besides that, it would be

riding my bike as part of Triathlon training and of course fishing which I dearly love.

6. *Occupation?*

Ahhh...retail and directing events.

7. *Personal hero(ine)*

I tend to have a lot of people that I respect or admire for their work ethic or accomplishments, but I don't really have heroes. As far as I am concerned at the end of the day sitting around drinking a beer all people are equal in all ways. period.

8. *Ideal travel destination*

I think that would have to be San Francisco ... Love that City.. great food and just a very cool city.

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

Probably Podiatry.

10. *Most recent book read?*

I got a copy of Lance Armstrong's third book and read it straight through in two days. The best of the three. Plus, I read just about every book on training there is available.

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**Tallahassee to Beach
to Beacon
(and back again)
Michael C. LaBossiere**

In accord with ancient tradition, I recently made the trip back to Maine in order to compete in the Beach to Beacon 10K. For those not familiar with the race, it is one of Maine's premier running events. For those who do not associate my chilly home state with premier running events, consider the following results from this year's race. The male winner, Gilbert Okari of Kenya, ran the rather tough course in 27:37.8. Lest you think that Maine men are lacking in speed, eighteen year old Eric Giddings of South Portland ran a 30:34:0. The fastest woman was Lornah Kiplagat of Holland with a time of 31:34.2. The fastest Maine woman was Emily LeVan of Wiscasset with a time of 35:52.2.

Based on a cursory examination of the results, the fastest Tallahassee runner was me-I came in 336 out of 4,306. I ran a minute faster than last year, having learned that it is best not to revisit my hometown 13 and 16 mile running loops a few days before a 10K. This probably shows that with age comes wisdom. This year I left off the 16 mile loop. This shows that the wisdom acquired from age is somewhat limited.

I suspect most people have stopped reading by now, so that leaves me free to safely engage in my usual feeble attempts at humor that will certainly bring the phrase "he's no Dave Barry" to the minds of many.

The first part of running a race in Maine is, not surprisingly, getting to Maine. Aside from the apparently federally mandated layover in Atlanta, the trip from Tallahassee to Maine was not unpleasant. The planes did not crash-not even once. These days, that is often the best that you can hope for.

The second part of running a race in Maine is getting to the actual race course.



Since my mother subscribes to the theory that it is best to be no less than two hours early to any event, she, my sister and stepmother and I arrived at the vast and 99% empty parking field in the wee hours of the morning. I made my way to the starting area and settled down for a nap. Unlike Florida, Maine lacks those friendly and outgoing fire ants, so you just have to look out for moose mounds when trying to find a nice spot of ground. Eventually the time to make those final preparations (that is,

taking those last few trips to the woods) began. One spectator, obviously new to the whole racing thing, was appalled that runners were just heading behind the nearest bush, twig or unwary spectator to finish that last bit of pre-race lightening. Being a very helpful person by nature, I explained to the spectator that everything was just fine because the situation was governed by the legal principle of *cannis runus urinatus*. Put loosely, I informed her, before a race runners have the same legal status as wild dogs when it comes to watering rights. In legal jargon, I added, that means that runners can ipso in the factos and quid on the pro quos with impunity. At that point she realized that I, like all runners, was clearly deranged and backed slowly away from me. That was fine-I had only been chatting with her to keep her in place so a fellow runner could file a legal proceeding using her as cover from the rest of the crowd. After the last bush had been watered, the starting gun was fired and thousands of us were off.

The course was somewhat challenging, but the support from the local community was phenomenal. We were cheered the whole way and the last mile was jam packed with spectators

(Continued on page 37) "Beach"

Once an Olympian, or There and Back Again Rod Anderson

Well, in a manner of speaking. Like the time I nearly ran a four minute mile--a quarter mile at intervals maybe 15 years ago. Pulled along by David and Felton, I ran a 69 second quarter. And what is a four minute mile but four 60 second quarters--close enough for government work. Only the Olympian stuff happened long ago, in another land, and another life. Their faces still stare out at me from that yellowed sports pages of the *Herald Statesman*, the Yonkers, New York daily. When racing "flats" were really that--flat. Track shoes with the spikes removed. The paper says that fifty-five runners started the race, although my race number is 89 (big, bold numbers on heavy paper as utilitarian as their shoes). I don't know why. It is the Yonkers "Chippewa" Marathon, and the date is the 30th of September, 1956. The Yonkers marathon that year was both the National Championship, and the second of two races to determine the makeup of the U.S. marathon team at the first ever "down under" Olympics, to be held in Melbourne, Australia in just a few weeks time. The four member team (three starters and one alternate) would be chosen by their average finish at Boston and Yonkers. For a handful of runners, a lot was on the line today.

One grainy photograph shows the lead pack at ten miles--names now only remembered by aficionados of American marathon history--Dean Thackwray, who would finish second that day, and Nick Costes (later long-time track coach at Troy State) and last year's winner, who would finish third. Both would win a place on the U.S. Olympic team, and make the trip to Melbourne. And running easily as you can see in the faded photograph, a step behind Thackwray, was the man who would win that day, and set a new American record at 2:24:52 on that tough, hilly course, shattering the old course record by nearly seven minutes--"Young" Johnny Kelley. "Young" he was called to distinguish him from the "Older" Johnny Kelley, of Boston Marathon fame. There is a photo of him after the race that has since been eaten away by age, a laurel wreath on his head, being supported by his trainer and long-time official of the Boston Marathon, Jock Simple.

Kelley would go on to win seven more consecutive Yonker's marathons, his best time "on that terrible course," as he called it, 2:20:16 in 1960. Johnny Kelley did not fare well in Australia, finishing 21st in a time of 2:43:40. Returning again in the Rome Olympics in 1960, he improved his Olympic time to 2:24:58 but finished only two places higher. By the mid-60s "Kel" was overshadowed by a new generation of U.S. marathoners, and by the 1970s was running in the "masters" category. Kelley's American record set the following year (1957) at Yonkers at 2:22 minutes would endure for years. His times are routinely surpassed now, of course, but, understanding the technical advance in nearly every aspect of training and remembering that classic, beautiful, mile-eating stride, it is hard not to think of Johnny Kelley (who, unlike today's top runners, had a full time job) as one of the past century's great American runners.

Oh, yes, and then there was me--a scrawny, acned teenager, running his first marathon. I was, in fact, at a callow eighteen years, the youngest starter. AAU rules of the day stated no person under eighteen could compete, nor, of course, by custom, could any females. My impression at the time was the marathons must be an old man's sport. I was not there on my own--I had been urged to run by northern Maine's legendary cross-country skier and distance runner, Sam Oulette.

I had first met Sam in the fall of 1956. He had organized a 30 K race in Ashland, Maine, a small lumber town with a reputation of tough high school cross-country runners. I had run cross-country at Houlton High School, and was hanging out waiting for college to begin, so I decided to give it a try. I was happy to finish sixth out of ten runners on a tough, hilly course. And was somewhat flattered when Sam asked if I would be interested in running with he and his sons (there were four!) in a couple of out-of-state marathons. Not really knowing the difference between a 30 K

and a marathon, and being somewhat interested in Sam's sixteen year-old daughter, I said "sure." So less than a month later, we packed our gear in the Oulette's old Studebaker and headed south.

So, that is why on that bright fall day I lined up with fifty-four other runners at what was one of the few regularly-held marathons in the country (Culver City in California, and of course Boston were the others). The race began at noon, as was the strange custom of that era, so on the morning of the race I and the Oulettes had breakfast at a local restaurant. I remember to this day that as I was happily consuming a gigantic array of pancakes, syrup and butter, washed down with a huge glass of milk, that Don Fay, a veteran marathoner, came up to our table and gently suggested that perhaps my breakfast was not the best pre-race meal I could have chosen. Massive heartburn most of the way proved him right.

In my mind that day, as we waited for the gun to go off, I dreamed of sprinting across the finish line, edging out a startled but gracious Johnny Kelley. Although I had not run Boston, race officials would huddle and then announce to the cheering crowd that the rules would have to be bent to allow this rising young star to run for his country in the Olympics. No kid raised on Frank Merriwell, Jack Armstrong and the Hardy Boys could have felt otherwise.

But it was not to be--"Boys do not beat men at 26 miles," Bill Libby wrote the following day in the *Herald Statesman*. The "Ashland Athletic Club" (the Ouelettes and me) did not have a great day. Eddie, Sam's oldest son and our best runner dropped out at 20 miles, a victim of the heat and those terrible hills. The rest of us finished in some fashion or other. I remember barely jogging along, alone, except for an "old" man up ahead of me (probably 40 years old). Taking heart, I silently "shushed" two girls watching on the side of the road, and then blasted past him as fast as I could muster, "to demoralize him" I remember thinking unkindly. I finished 41st of 42 runners in a time (recorded on the back of my number) of "apx. 5 ½ hr." Later that evening, at the traditional banquet for the runners, the "old" man I had passed sat opposite me. Probably 40 years ago, with a few gray hairs, he complemented me on the race and offered me a glass of beer from one of the many pitchers scattered about the table. "No," I said, and it still echoes strangely in my ears, I would rather drink milk.

I ran one more marathon, held at Port Chester, Connecticut, I think, just several weeks later and that more or less put an end to my early racing career. I remember trying to run after that, taping newspapers around my ankles to deaden the pain (running marathons on "flats" will do that to you), but no use. Anyway, I went on to college in Boston (where I learned to drink beer). Years went by—school, the army, more school, work, a family, smoking my pipe, a cool habit I picked up in Boston, out of shape, growing fat (well, on my frame 5 pound extra is fat). Then in 1976, I ran my first race, the Prefontaine Five K. Finished close to last (old habit) but hooked on running. Smoked my last pipe at the Gulf Winds Awards Banquet in 1979, if I remember right, and have been running (or race walking) more or less ever since.

And so what is the point, besides reliving "Glory Days?" Well, you see, it is like this. The Yonkers Marathon is still held each year, now, of course, one of many. What if I were to go back there in 2006, 50 years after my first marathon? Would it not be cool to run the race with my old number (89). And might I not be the youngest person in the country to have run a marathon 50 years before--my "15 minutes of fame." A marathon runner had to be eighteen to run, and in 1956 I had just turned eighteen. Obviously, I would not be the oldest marathoner in the country by several decades (after all, I will only be a callow 67). But, having run one 50 years before, just maybe I might be at that one moment in history, the youngest. Every Palace Saloon race, I drink beer with Bill Davis and dream, again, of past glory.

To be continued next month

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
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- Awards Ceremony
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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

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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.

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5	ERIC	SMITH	33 M	5.01	64	NANCY	WIDENER	56 F	6.58
6	WHITNEY	STRICKLAND	14 M	5.02	65	CAROLINE	SHOWALTER	13 F	6.59
7	REID	VANNOY	47 M	5.03	66	JESSICA	CLAYTON	14 F	7.04
8	SEAN	GRIFFIN	15 M	5.05	67	SARAH	L-BEASLEY	14 F	7.05
9	SARAH	D-WILLIAMS	41 F	5.07	68	DAVID	DARST	62 M	7.08
10	David	YON	49 M	5.09	69	KATHY	LINDSAY	46 F	7.09
11	KARL	HEMPEL	53 M	5.12	70	JOHN	SHOWALTER	46 M	7.10
12	BILL	MCCORD	42 M	5.14	71	JAMES	HOUGH	43 M	7.13
13	TONY	GUILLEN	36 M	5.16	72	GORDON	MORGAN	58 m	7.16
14	CONOR	SWEENEY	14 M	5.19	73	ALLI	CLARKE	13 F	7.16
15	KATE	REMILLARD	27 F	5.22	74	PHILLIP	HOUGH	11 M	7.17
16	JERRY	MCDANIEL	51 M	5.22	75	ANDY	HOUGH	10 M	7.21
17	KEVAN	POST	17 M	5.23	76	JOLENA	PACE	33 F	7.21
18	DOUGLAS	COVERT	41 M	5.25	77	LISA	UNGER	37 F	7.23
19	SIMON	SERGE-SABLIN	32 M	5.26	78	BETH	ALEXANDER	41 F	7.23
20	HOBSON	FULMER	49 M	5.28	79	RICHARD	ZIEGLER	46 M	7.24
21	LOGAN	WOLCOTT	20 M	5.29	80	JANINE	THOMAS	39 F	7.25
22	TYLER	COUNCIL	16 M	5.29	81	ANNE	GUILLEN	36 F	7.25
23	David	Knauf	41 M	5.34	82	MAE	CLEVELAND	65 F	7.28
24	KATY	SWAIN	15 F	5.35	83	KEVIN	BRADBERRY	13 M	7.34
25	TOM	RATLIFFE	57 M	5.37	84	Jacque	MYERS	48 F	7.36
26	JAY	SILVANIMA	45 M	5.39	85	TRAVIS	COVERT	10 M	7.36
27	MIKE	LABOSSIERE	39 M	5.42	86	TYLER	ERICKSON	12 M	7.37
28	RICHARD	PARSONS	40 M	5.47	87	TYLER	MARSH	11 M	7.42
29	RICK	ELLIS	47 M	5.47	88	WAVERLY	CHIN	11 F	7.45
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35	LINDSEY	SANDERS	13 F	6.06	94	DARCY	WATSON	13 F	7.58
36	PATRICK	SWAIN	12 M	6.07	95	THOMAS	WATSON	12 M	7.58
37	KRISTEN	BAGGETT	38 F	6.08	96	CHRISTINE	STABLEY	29 F	7.59
38	BRIAN	POST	16 M	6.16	97	Jamie	Wright	12 M	8.00
39	BLAIR	STRICKLAND	11 M	6.17	98	MARIA	VIVES	32 F	8.01
40	GEORGIA	MITCHELL	13 F	6.18	99	BRADLEY	HEBERT	11 M	8.03
41	DANIEL	FORTUNAS	45 M	6.24	100	ROBERT	ANDERSON	10 M	8.03
42	ILYAS	BOUHATTATE	14 M	6.26	101	SEAN	ALLEN	11 M	8.05
43	ITHEL	JONES	51 M	6.27	102	DANIELLE	JACKMAN	13 F	8.06
44	LILY	WILLIAMS	11 F	6.28	103	MACKENZIE	CHESNUTT	8 F	8.06
45	CECELIA	WILLIAMS	9 F	6.29	104	PERHA	VARLEY	61 F	8.10
46	DAVID	VOORTING	44 M	6.29	105	ROBERT	MORRIS	73 M	8.12
47	BRAD	GIVENS	16 M	6.30	106	JOSHUA	CROW	11 M	8.13
48	CHRIS	SUMNERS	26 M	6.30	107	JESSICA	OLMEDILLO	34 F	8.16
49	WESLEY	SCHOFIELD	13 M	6.35	108	DANNY	LINTON	14 M	8.16
50	KAYE	JAYNES	38 F	6.38	109	SHERRI	JACKMAN	42 F	8.17
51	CONNIE	CLARKE	43 F	6.38	110	ANNEMARIE	CHIN	11 F	8.18
52	TERRY	RYAN	56 M	6.39	111	RITA	TWEED	28 F	8.22
53	CLINT	WATKINS	62 M	6.40	112	Trevor	Knauf	9 M	8.22
54	LORANNE	AUSLEY	41 F	6.41	113	RUTH	JONES	54 F	8.25
55	CASEY	PERKINS	20 M	6.46	114	TOMMY	MATTIS	12 M	8.26
56	SAMANTHA	FORTUNAS	14 F	6.47	115	CYNDA	COVERT	13 F	8.35
57	SCOTT	HEATH	34 M	6.48	116	DAVIS	CLARKE	11 M	8.36
58	JERRY	CHESNUTT	55 M	6.48	117	JORDAN	WATKINS	11 M	8.37
59	MIKE	BOLL	41 M	6.49	118	REBECCA	ELYEA	10 F	8.39
					119	MICHAEL	MCGUIRE	10 M	8.41
					120	SUSAN	CORNWELL	56 F	8.42
					121	SARAH	OLIVER	14 F	8.56
					122	DEVON	KNIGHT	10 M	8.58
					123	SCOTT	LINDSAY	44 M	8.58

124	GRACIE	MITCHELL	10 F	8.58
125	MELISSA	JACKMAN	13 F	9.05
126	JD	WHITE	11 M	9.10
127	KIRK	COUNCIL	12 M	9.11
128	CHRIS	SAVERY	46 F	9.13
129	ARTHUR	WARD	71 M	9.32
130	NADINE	DEXTER	46 F	9.32
131	CATHY	MCCARTY	49 F	9.43
132	BILAL	BOUHATTATE	17 M	9.43
133	MARGARETE	DECKERT	72 F	9.46
134	AUSTIN	SULLIVAN	8 M	9.52
135	CYNTHIA	CHRISTEN	52 F	9.54
136	DIANA	GRAWITCH	30 F	10.02
137	CHESLYN	DONALDSON	8 F	10.07
138	BETSY	THORPE	49 F	10.16
139	JORDAN	SULLIVAN	7 M	10.41
140	CAROLINE	DEMPSEY	5 F	10.57
141	TERRY	MASSA	47 F	11.20
142	MASHAWN	KNIGHT	9 M	11.40
143	MIKE	SCHNEIDER	68 M	11.42
144	MARIA	PARSONS	9 F	11.44
145	JENNY	JOHNSON	12 F	11.47
146	CHRIS	LINDSAY	8 M	11.49
147	SAMANTHA	COSTAS	15 F	12.04
148	RAY	HANLON	62 M	12.05
149	ALEX	BOWMAN	5 M	12.37
150	ANN	BOWMAN	36 F	12.38
151	JUDY	SHAPIRO	53 F	13.21
152	JOSEPHINE	NEWTON	79 F	13.49
153	COBI	HOPKINS	6 M	14.00
154	CAMERON	MASSA	14 M	14.44
155	CHARLIE	YATES	80 M	14.58
156	ROSALIE	MYERS	94 F	15.13
157	WAYNE	KIGER	6 M	19.12

Bid a Fond Adieu Breakfast on the Track 2005 David Yon

Their time in Tallahassee was much too short, but **Art and Kate Remillard** began their Tallahassee running experience peering through the trees from the Lake Overstreet woods wondering what was going on at the Maclay track. It was of course the Wright introduction to GWTC and Tallahassee as they were witnessing one of the club's best events, **Breakfast on the Track**. So as they prepared to leave our great city for opportunities in Pennsylvania what better way to say good bye than with a fast four laps around the track. And what fond adieu it was, as Art won the

men's race with a time of 4:46.26 and Kate took second with a time of 5:22.01.

Art was in a battle with Maclay High School's **Andrew Mannhiemer** for the first 800 meters before pulling away. Andrew was tuning up for the upcoming cross country season and took second with a time of 4:54.06. **Tyler Price** grabbed third and the only other spot under 5:00 with a time of 4:56.58. The top master was **Jay Wallace** who blasted down the final stretch to take the masters title in 5:00.96. **Ryan Deak's** record run of 4:21.16 in 2001 remains the standard for the open men, while **Doug Gorton's 4:45** remains the best masters' time.

Sarah Docter-Williams won her sixth straight Breakfast on the track in a time of 5:07.13 to set a new masters' record for the mile. Sarah also owns the open record of 5:02.28 set in 2003. **Kate Remillard** was second overall as mentioned above. **Katy Swain**, Maclay, took third in a time of 5:35.88. **Connie Clarke** ran 6:38.89 to take the masters' title for the race.

The race had an excellent turnout with over 150 runners competing in 10 heats. A mile on the track is a unique experience for the average road runner. **Bonnie, Felton and Jamie** make this event some thing that is really fun for all the participants though, who range from age 5 to 94. In addition, to the mile there is the Hamstring 100 and a 4 x 400 relay where teams pass a pancake as a baton. The course is well marked and traffic is never a problem!

**Midsummer Madness 3K
Shannon Sullivan R.D.**

1. David Montez	24	M	10:29.72	49. Lisa Echeverri	39	F	14:51.31
2. Bill McCord	42	M	10:39.69	50. Tim Brewton	50	M	14:53.98
3. Jack McDermott	36	M	10:43.52	51. Jeff Townsend		M	14:55.63
4. Carl Nordhelm	42	M	10:53.54	52. Alan Michaels	46	M	15:15.83
5. Don Smith	25	M	10:53.83	53. Seeley Lovett	28	F	15:22.51
6. Tony Guillen	36	M	10:54.82	54. Lisa Johnson	23	F	15:22.79
7. Kara Newell	21	F	10:57.46	55. Eric Johnson	23	M	15:23.11
8. Zach Galloway	25	M	11:04.62	56. Lynn Powell	40	F	15:23.52
9. Brad Cater	19	M	11:05.17	57. Brooke Thompson	24	F	15:24.66
10. Simon Sablin	32	M	11:25.72	58. Kimberly Rakestraw	34	F	15:27.00
11. David Chrzan	19	M	11:38.57	59. Joe Marino	33	M	15:31.39
12. Jay Silvanima	44	M	11:43.78	60. A. J. Brickler	49	M	15:35.32
13. Craig Willis	54	M	11:44.03	61. David Charbonneau	25	M	15:37.80
14. John Kells	47	M	11:44.41	62. Rick Farris	23	M	15:39.26
15. Tad David	36	M	11:57.77	63. Melissa Murray	26	F	15:41.78
16. Geoff Likens	40	M	12:04.32	64. Franklin Hurst	33	M	15:44.14
17. Gary Cato	49	M	12:05.98	65. Gene Opheim	58	M	15:53.09
18. Jeffrey Bowman	43	M	12:11.03	66. u n k n o w n			15:54.56
19. Tim Dillon	23	M	12:13.39	67. Jamie Wright	12	M	15:56.82
20. Jeff Doherty	47	M	12:34.33	68. Lucy Clay Lovett	26	F	15:57.10
21. Laban C Lindley	26	M	12:37.22	69. Bonnie Wright	49	F	15:59.62
22. Kim Likens	22	F	12:45.29	70. Scot Savery	47	M	16:10.60
23. Andrew Durante	23	M	13:17.15	71. Michael Riley	49	M	16:21.88
24. Liz Baker	32	F	13:19.61	72. Doug Smith	33	M	16:36.97
25. u n k n o w n			13:19.87	73. Bob Hoelzle	55	M	16:41.66
26. David Voorting	44	M	13:35.24	74. Richard Ziegler	46	M	16:42.16
27. Daniel Claiborne	19	M	13:40.67	75. Wiley Meggs	31	M	16:47.56
28. Seth Coffin	35	M	13:43.33	76. Bill Dillon	38	M	16:50.00
29. Ed Claiborne	51	M	13:44.87	77. Rose Rodriguez	50	F	16:55.68
30. Kreiy Lashawery	17	M	13:46.78	78. Beth Vanstone	30	F	16:58.10
31. Fran McLean	47	F	13:47.82	79. Kelli Dillon	35	F	16:58.33
32. Pete Kerwin	52	M	14:04.02	80. Jan Blue	51	F	17:11.69
33. Guy Anglin	62	M	14:07.41	81. Susan Cornwell	56	F	17:23.92
34. Ben Buchanan	15	M	14:07.94	82. Patrick Desloge	10	M	17:35.32
35. Chas Galloway	18	M	14:09.23	83. Kathy Avane	48	F	17:42.75
36. Terry Ryan	56	M	14:10.12	84. Jenni Morris	34	F	17:43.92
37. Ippas Bouhattate	44	M	14:10.81	85. Ben Lawson	59	M	17:50.10
38. Cris Zorpert	27	M	14:14.74	86. Mary Elizabeth Lind	32	F	17:54.09
39. Paul Peavy	45	M	14:16.24	87. Mackenzie Chesutt	8	F	17:57.33
40. Michelle Larnhert	30	F	14:19.67	88. Jerry Chesnutt	55	M	17:57.76
41. Kathy Lindsay	46	F	14:26.37	89. Jessica Olmedillo	34	F	18:00.40
42. Jamaa Bouhattate	29	F	14:27.84	90. Jen Kennedy	26	F	18:02.57
43. Stephen Buchanan	44	M	14:29.08	91. Rob Kasper	35	M	18:23.31
44. Darryl Dickson-Carr	36	M	14:29.36	92. Bryan Desloge	45	M	18:29.65
45. Michele Rowe	45	F	14:38.09	93. Sherri Kasper	32	F	18:32.27
46. Keith Rowe	43	M	14:38.61	94. Michaelleau Campbell	30	F	18:38.73
47. Nancy Widener	56	F	14:43.5	95. Kevin Walsh	43	M	18:43.52
48. Hal Davis	49	M	14:45.12	96. u n k n o w n			18:45.75
				97. Sara Dugger	45	F	18:46.09
				98. Bill Tanner	58	M	18:49.00
				99. Bill Holrich	34	M	18:52.45
				100. Kristen Snyder	32	F	19:10.04
				101. Daniela Campagna	22	F	19:10.63

				Dothan Critter Run 5K 7/16/05			
102. Sherrie Peavy	36	F	19:14.22				
103. Sunita Smith	34	F	19:23.99				
104. Phillip Tomberlin Jr.	53	M	19:24.83				
105. Michael McGuire	10	M	19:25.86				
106. Bill McGuire	58	M	19:28.55				
107. Tammy Walter	35	F	19:31.47				
108. Tracy Turner	24	F	19:34.85				
109. Todd May	40	M	19:35.51				
110. (u n k n o w n)			19:39.56				
111. Margarete Deckert	72	F	19:48.92				
112. Chris Savery	46	F	19:53.47				
113. Nadine Dexter	46	F	19:57.93				
114. Diana Grawitch	30	F	20:03.57				
115. Bilal Bouhattate	17	M	20:33.60				
116. Pia Neustadter	33	F	20:48.56				
117. Betsy Thorpe	49	F	20:53.53				
118. (u n k n o w n)			21:01.30				
119. (u n k n o w n)			21:10.58				
120. Maria Parsons	9	F	21:13.83				
121. (u n k n o w n)			21:17.86				
122. (u n k n o w n)			21:19.58				
123. Ray Hanlon	62	M	21:19.89				
124. (u n k n o w n)			21:20.31				
125. Anna Parsons	6	F	21:22.05				
126. Carol Hendrix	46	F	21:39.85				
127. Devon Lynn	13	F	22:02.98				
128. Bruce Lynn	58	M	22:03.54				
129. Terry Massa	47	F	22:17.60				
130. John Alderson	78	M	22:44.18				
131. Cassy Dolgin	43	F	23:13.86				
132. Alex Bowman	5	M	23:37.59				
133. Jenny Johnson	12	F	23:45.29				
134. Scott Lindsay	44	M	23:48.13				
135. (u n k n o w n)			24:07.39				
136. Allison Dyrlund		F	24:08.10				
137. Alma Porlow	28	F	24:11.35				
138. (u n k n o w n)			24:12.95				
139. James Mason	20	M	24:34.75				
140. Lori Lynn	34	F	24:47.06				
141. Cierra Davis	6	F	25:04.17				
142. Jennifer Davis	30	F	25:04.60				
143. Coleson Davis	4	M	26:38.22				
144. Barrett Johnson	64	M	26:39.02				
145. Jere Moore	73	M	27:12.31				
146. Josephine Neafon		F	27:33.00				
147. T. Haworth	37	F	28:04.36				
148. Wayne Kiger	6	M	29:55.44				
149. Paula Kiger	40	F	29:55.66				
150. Bill Straehl	51	M	30:45.29				
151. Philip King	49	M	30:45.50				
				MALE 11-14			
				2	Ilyas Bouhattate	14	25:00
				MALE 15-19			
				4	Bilal Bouhattate	17	39:20
				MALE 30-34			
				1	Simon Sablin	32	20:57
				2	Andrew Pope	31	21:56
				6	Jeff Townsend	30	26:33
				MALE 35-39			
				1	Jack McDermott	36	19:05
				MALE 40-44			
				6	Geoff Likens	40	20:34
				8	Keith Rowe	43	21:42
				10	Chuck Davis	44	22:15
				13	Michael Boll	41	24:17
				14	Michael Novak	43	24:29
				MALE 45-49			
				1	Tim Unger	45	17:59
				6	T. Alan Cox	45	21:51
				17	Paul Peavy	45	28:52
				MALE 55-59			
				1	Jerry Ongley	58	19:52
				5	Terry Ryan	56	25:11
				MALE 60-64			
				1	George Palmer	61	22:43
				3	Guy Anglin	62	24:03
				MALE 65-69			
				3	John Rakestraw	68	24:28
				MALE 70-74			
				2	Robert Morris	73	31:23
				3	Arthur Ward	71	34:16
				FEMALE 25-29			
				1	Jamaa Bouhattate	29	25:06
				FEMALE 35-39			
				1	Kim Likens	37	21:13
				2	Kirsten Baggett	38	22:24
				3	April Williford	38	24:59
				4	Lisa Unger	37	25:49
				6	Sherrie Peavy	36	34:06
				FEMALE 45-49			
				4	Michele Rowe	45	25:26
				7	Mary Jane Tappen	48	27:36
				FEMALE 50-54			
				1	Janice Hochstein	54	25:40
				6	Jan Blue	50	30:35
				FEMALE 55-59			
				2	Gloria Crittenden	56	33:19
				3	Dawn Brown	56	34:58
				FEMALE 70-74			
				1	Margarete Deckert	72	34:42
				FEMALE WALKERS			
				1	Jacque Myers	48	35:59
				3	Judy Shapiro	53	44:12

**Freedom Springs Triathlon
Marianna 7/4/05**

*Kiko Cintron	33	M	52:43	Lisa Sawicki	15	F	67:02
*Cole Blair	45	M	54:07	Chad Henry	35	M	67:28
Michael Weyant	39	M	55:18	Bill Leonard	39	M	67:34
Kevin Porter	30	M	55:32	Wyant McCutcheon	46	M	67:42
Jeff Bowman	43	M	56:14	Suzanne Sawicki	18	F	67:51
Thomas Relay	Male Relay		56:23	Jennifer Bailey	28	F	68:05
Scott Ewing	47	M	56:35	Steve Durden	46	M	68:05
Alan Swigler	51	M	57:14	Rick Ashton	58	M	68:10
Mitchell Relay	Mixed Relay		57:26	Nancy Bruner	20	F	68:25
Hamp Stoutamir	39	M	57:57	Fox Relay	Mx Relay		68:29
Chris Neal	52	M	58:00	Odom Relay	Male Relay		68:55
Alex Romo	33	M	58:23	Burk Seymore	38	M	69:20
Sean Phelps	42	M	58:30	Fortunas Relay	Mx Relay		69:46
Terry Presnell	55	M	58:43	Pat Sullivan	36	M	69:49
Grady Smith	39	M	58:48	Pete Kerwin	52	M	70:13
Brian Ramsey	40	M	58:51	Snipes Relay	Mx Relay		70:22
Steve Barraco	50	M	59:38	John Fletcher	26	M	70:30
Par Lans	31	M	59:41	David Garrett	48	M	70:39
Trent Joy	29	M	59:44	Mandy Midgett	32	F	70:46
*Stephanie Liles	33	F	59:47	Joe Brueer	48	M	71:05
Kevin Stone	24	M	59:54	Travis Blanton	32	M	71:20
*Jane Johnson	46	F	59:59	John Smith	43	M	71:22
James Stinson	45	M	60:00	Vicky Connell	46	F	71:26
Matthew Simmons	25	M	60:32	Tommy Fossa	16	M	71:39
Alan Cox	45	M	60:47	Henry Williford	58	M	71:43
Therese Bynum	45	F	60:51	David Andrews	50	M	71:45
Jerry Armstrong	57	M	60:55	Roger Sprandel	63	M	71:49
Dale Nash	54	M	61:14	Taylor Knight	39	M	71:57
George Palmer	61	M	61:35	Reddy Relay	Mx Relay		72:18
Meri Asmar	35	F	61:45	Craig Tillery	53	M	72:28
Felton Wright	48	M	62:13	Knight Relay	Mx Relay		72:43
Jonathan Stabile	33	M	62:43	Ann Guillen	36	F	72:51
Matt Ertl	28	M	63:00	LouEllen Jayroe	46	F	73:26
Brian McMahon	46	M	63:11	Brianna Wright	26	F	73:30
Sandy Ebanks	40	F	63:34	Leslie Whatley	32	F	73:48
Jessica Box	23	F	64:05	Ray Bentz	65	M	73:57
Michael Duray	41	M	64:09	Tom Carnish	35	M	74:11
Keith Sasser	41	M	64:31	Robert Palmer	43	M	74:11
Alex Steverson	44	M	64:44	Bonnie Wright	49	M	74:32
Walters Relay	Male Relay		64:54	Kathryn Voigt	44	F	74:36
Mark Sawacki	47	M	65:34	Steven Jordan	23	M	74:45
Chris Margeson	33	M	65:59	Michael Boll	41	M	74:50
Matt Kaplan	22	M	66:08	Carol Thompson	58	F	74:57
John Kelly	47	M	66:16	Max Beverly	35	M	75:14
John Porter	38	M	66:36	Craig Burnside	44	M	75:25
Andy Wall	60	M	66:59	Gary Parsons	47	M	75:26
				Bobby Dick	43	M	75:27
				Carlos Lopez	41	M	75:57
				Sonya Bedsole	44	F	76:02

Frances Gilbert	37	F	76:19
Roger Mills	59	M	77:10
Jeremiah Jones	13	M	77:56
Thomas Smith	30	M	77:58
Jeff Tinch	42	M	78:06
Steve Burdeshaw	46	M	78:06
Sara Cleveland	32	F	79:14
Wanda Redford	43	F	79:24
Van Parrott	33	M	79:44
Dennis Stewart	32	M	79:49
Gwen Sprandel	64	F	81:29
Ginger Delegal	37	F	81:51
Noreen Burke	47	F	82:06
Jeff Whitton	49	M	82:37
Patrick Jeffries	42	M	82:58
Allison Ward	23	F	82:59
Cathy McCarty	49	F	83:42
John Taylor	46	M	83:56
Renee Whitton	49	F	85:10
Tom Findley	45	M	87:23
Chuck Law	67	M	87:33
Bob Keller	71	M	87:51
Christina Delameter	29	F	88:18
Jacque Myers	47	F	88:50
Charles Green	54	M	89:07
James Love	20	M	89:18
Jacob Jones	14	M	90:09
Steven Dwinell	49	M	90:24
Marsha Vaile	56	F	90:44
Beth Alexander	41	F	90:54
Clint Cox	45	M	90:56
Gerald Blizzard	54	M	90:59
Ted Hils	52	M	91:00
Kathy Lindsay	46	F	91:09
Riza Cruz	33	F	91:45
Bill Davenport	51	M	92:01
Chris Becker	50	M	92:25
Math Smith	64	M	94:30
Jackie Brown	44	M	94:30
Tori Connell	16	F	95:25
Melinda Adams	35	F	95:29
Lee Becker	14	M	95:42
Jackie Jones	31	F	96:21
Bill Jones	43	M	96:21
Sue Dick	41	F	96:39
Vivian Booth	47	F	125:12
Scott Lindsay	44	M	128:24
Judy Shapiro	53	F	130:29
Fred Smith	57	M	132:31

2005FST Kids Race Results

Jack Findley	M	21:47.6
Caden Ewing	M	21:47:8
Kyle Duray	M	23:32
Marissa Connell	F	26:40
Jamie Wright	M	26:48
Luke Dwinell	M	28:12
Shelby Hall	F	29:26
Kayla Hurst	F	29:48
Caila Duray	F	29:50
Kara Redford	F	30:06
Stephan Margeson	M	31:55
Lauren Lopez	F	32:06
Alec Margeson	M	34:32
Austin Sullivan	M	35:06
Jenny Johnson	F	36:09
Jordon Sullivan	M	36:20
Mia Randell	F	39:19
Margeaux Taylor	F	39:36

**Firecracker 5K - 7/4/2005
Greensboro Kiwanis Club**

1	Jeff Dubias	M	16:44**
2	Caleb Carmichael	M	17:29
3	Jack McDermott	M	18:18
4	Jerry McDaniel	M	19:40*
5	Larry Lanier	M	20:14*
6	Heather Bailey	F	20:30**
7	Bill Perry	M	21:27*
8	Davis Wallace	M	21:36*
9	Paul Ahnberg	M	21:45
10	Guy Anglin	M	23:22*
11	Bill Law	M	23:25
12	John Rakestraw	M	23:34*
13	Tim Brewton	M	25:01*
14	Stephen Buchanan	M	25:06*
15	Dennis Hitchens	M	25:19
16	Joe Crook	M	25:25*
17	David Kaziska	M	25:44*
18	Mike Dueitt	M	26:08

19	David Underwood	M	27:01*
20	Rita Tweed	F	27:18
21	Dan Copelin	M	27:23*
22	Caleb Wheeler	M	27:28
23	John Moore	M	27:29
24	David Farnsworth	M	27:51
25	Susan Fitzgerald	F	28:02
26	Larry Edwards	M	28:04
27	Jack Peacock	M	28:05
28	Christine Studly	F	29:19*
29	Jessica Olmedilla	F	29:35*
30	Jan Blue	F	30:02
31	John Davis	M	30:07
32	Keith Braswell	M	30:46*
33	Ray Hanlon	M	30:49
34	Jackie McDaniel	F	32:08*
35	Margarete Deckert	F	32:17*
36	Erin Titus	F	34:04*
37	Greg Titus	M	34:05
38	Glen Alexander	M	36:46
39	Debby Alexander	F	38:29*
40	Diane Douglas	F	39:28*
41	Tammy Crew	F	41:43
42	James Breza	M	41:44
43	Scott Hostettler	M	42:33
44	Greta Peacock	F	43:19
45	Maria Parsons	F	44:12
46	Richard Parsons	M	44:14
47	Don Douglas	M	44:34
48	Herb Sheleane	M	45:01
49	John Canetta	M	45:10
50	Karen Sheleane	F	45:21
51	Jere Moore	M	46:46*
52	Grazel Berkin	M	46:55
53	Angela Rowan	F	51:52
54	Charley Yates	M	51:53
55	Shirley Merritt	F	52:18
56	Stewart Parsons	M	52:19

** Overall winner

* Age group or class winner

Summer Track Series
Maclay Track

		FEMALE Overall		Total	
Kirsten	Baggett	F	38	52	
Lily	Williams	F	10	40	
Ann	Bowman	F	35	27	
Cecelia	Williams	F	9	20	
Beth	Alexander	F	41	13	
Bianca	Anderson	F	15	13	
Annemarie	Chin	F	11	10	
Laura	Howard	F	34	16	
Stephanie	Liles	F	33	10	
Fran	McLean	F	47	10	
Jacque	Myers	F	48	8	
Waverly	Chin	F	11	7	
Danielle	Jackman	F	13	5	
Jacque	Myers	F	48	10	
Margaret	Deckert	F	72	3	
Kathy	Lindsay	F	46	3	
Caroline	Willis	F	6	3	
Caroline	Campbell	F	5	2	
Jenny	Johnson	F	12	1	
Susan	Stephens	F	46	1	
Lourdes	Mengelkoch	F	42	0.5	
Marisol	Roberts	F	34	0.5	
Karla	Savery	F	19	8	
Chris	Savery	F	46	4	
Judy	Shapiro	F	53	3	
		MALE Overall			
Hobson	Fulmer	M	48	41	
Doug	Covert	M	41	40	
Bill	Tharpe	M	56	21.5	
Gary	Cato	M	49	26	
Jared	Black	M	16	19	
David	Yon	M	49	18	
Bill	McGuire	M	58	25	
AJ	Brickler	M	49	14	
Tim	Unger	M	45	10	
Craig	Willis	M	53	15.5	
Andy	Roberts	M	38	7	
Dave	Rogers	M	50	6	
Jeff	Bowman	M	43	5	
Justin	Dickieson	M	19	4	
Simon	Serge Sablin	M	32	4	
Mike	Boll	M	41	6	
Chris	McGuire	M	15	1	
Robert	Morris	M	73	4	
Reese	Black	M	7	3	
Michael	McGuire	M	10	2	
Wayne	Kiger	M	5	1	

Age Groups**6 & Under**

Caroline	Campbell	F	5	50
Caroline	Willis	F	6	38
Maddy	Sutherland	F	5	30
Elizabeth	Delagal	F	5	13
Gibson	Howard	F	6	11
Caroline	Delagal	F	2	9

Alex	Bowman	M	4	52
Jimmy	Baggett	M	6	40
Wayne	Kiger	M	5	34
Joshua	Liles	M	6	28
Avery	Whaley	M	5	11
Jamison	Ingram	M	6	10

7-10

Lily	Williams	F	10	50
Cecelia	Williams	F	9	32
Hunter Marie	Parker	F	7	22
Mary Katherine	Delagal	F	7	11
Tenley	Kiger	F	8	10
Katie	Whitworth	F	7	6

RG	Anderson	M	9	48
Michael	McGuire	M	10	47
Reese	Black	M	7	44
Clint	Whaley	M	8	18
Luke	Liles	M	9	17
Chris	Lindsey	M	8	11
Cameron	Nave	M	8	3

11-14

Waverly	Chin	F	11	16
Annemarie	Chin	F	11	10
Danielle	Jackman	F	13	8
Jenny	Johnson	F	12	5
Melissa	Jackman	F	13	4

Jamie	Wright	M	11	42
Jordan	Watkins	M	11	24
Paul	Mengelkoch	M	11	10
Shelby	Nave	M	11	10
Wesley	Schofield	M	13	10
Joey	Vannoy	M	12	8

15-19

Bianca	Anderson	F	15	30
Karla	Savery	F	19	10
Jared	Black	M	16	30
Chris	McGuire	M	15	28
Justin	Dickieson	M	19	10

25-29

Jamaa	Bouhattate	F	29	10
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30-34

Laura	Howard	F	34	38
Marisol	Roberts	F	34	18
Stephanie	Liles	F	33	10
Simon Serge	Sablin	M	32	10

35-39

Kirsten	Baggett	F	38	70
Ann	Bowman	F	35	48
Andy	Roberts	M	38	40

40-44

Beth	Alexander	F	41	40
Lourdes	Mengelkoch	F	42	8
Doug	Covert	M	41	60
Mike	Boll	M	41	38
Jeff	Bowman	M	33	22

45-49

Jacque	Myers	F	48	48
Kathy	Lindsay	F	46	20
Susan	Stephens	F	46	16
Fran	McLean	F	47	10
Chris	Savery	F	46	14
Gary	Cato	M	49	50
Hobson	Fulmer	M	48	48
David	Yon	M	49	27
AJ	Brickler	M	49	23
Tim	Unger	M	45	10
Jay	Silvanima	M	45	5

50-54

Judy	Shapiro	F	53	40
Jeanne	O'Kon	F	53	30
Craig	Willis	M	53	68
Dave	Rogers	M	50	18
Keith	Collins	M	51	6

55-59

Bill	McGuire	M	58	56
Bill	Tharpe	M	56	28
Jerry	Ongley	M	58	6

60-64

Charles	Futch	M	63	60
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70-74

Margaret	Deckert	F	72	60
Robert	Morris	M	73	40

90 & up

Rosalie	Myers	F	93	30
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2005 Grand Prix Results Through Breakfast on the track

Overall Male

Art	Remillard	M 31	180	Joey	Vannoy	M 11	40
Reid	Vannoy	M 46	96	Travis	Covert	M 10	22
Tim	Unger	M 45	94	Whitney	Strickland Iii	M 13	20
Eric	Smith	M 32	84	Tyler	Unger	M 13	15
David	Yon	M 49	76	Blair	Strickland	M 11	15
Michael	Martinez	M 39	62	Nicholas	Minno	M 10	15
Justin	Dickieson	M 19	60	Jordan	Watkins	M 10	14
Jeff	Nielsen	M 47	51	Shelby	Nave	M 11	12
Bill	Mccord	M 42	48	Davis	Clarke	M 10	8
Tony	Guillen	M 36	45	15-19 Male			
Craig	Christoffersen	M 26	38	Justin	Dickieson	M 19	40
Gary	Droze	M 43	37	Jared	Black	M 16	35
Matthew F	Minno	M 45	30	Casey	Perkins	M 19	20
Karl	Hempel	M 53	26	Levon	Hoomes	M 15	20
Hobson	Fulmer	M 49	26	20-24 Male			
Jack	Mcdermott	M 35	25	Michael	Pasquier	M 24	100
Bill	Mcguire	M 57	24	Scott	Ruplinger	M 23	80
Bill	Hillison	M 60	24	Rick	Page	M 24	47
Jerry	Mcdaniel	M 51	22	John	Hollimon	M 23	12
Zach	Galloway	M 25	18	25-29 Male			
Jeff	Bryan	M 37	13	Craig	Christoffersen	M 26	105
Felton	Wright	M 47	11	Chris	Sumner	M 25	97
Manuel	Gutierrez	M 31	11	Joe	Crook	M 25	71
Niklas	Manz	M 36	11	Zach	Galloway	M 25	60
Scott	Mitchell	M 53	9	Mike	Mcgehee	M 27	32
Jay	Silvanima	M 44	8	Chris	Judd	M 26	10
Gary	Griffin	M 55	7	Jason	Anderson	M 27	8
Andy	Roberts	M 37	7	30-34 Male			
Ronald	Christen	M 59	5	Art	Remillard	M 31	120
Carlos	Nordhielm	M 42	5	Eric	Smith	M 32	95
Douglas	Covert	M 40	5	Scott	Heath	M 33	82
Tom	Ratliffe	M 57	3	Simon S	Sablin	M 31	47
Gary	Cato	M 48	3	Jobst	Elster	M 32	45
Scott	Ruplinger	M 23	3	Manuel	Gutierrez	M 31	15
Simon S	Sablin	M 31	3	35-39 Male			
1-9 Male				Michael	Martinez	M 39	95
Wayne K	Kiger	M 5	22	Tony	Guillen	M 36	92
Robert G	Anderson	M 9	20	Mike	Labossiere	M 38	77
Cameron	Nave	M 8	20	Jeff	Bryan	M 37	65
Luke	Ceci	M 5	15	Andy	Roberts	M 37	58
Chris	Lindsay	M 8	15	Mark	Delegal	M 37	42
Alexander	Bowman	M 4	12	Niklas	Manz	M 36	36
10-14 Male				Jack	Mcdermott	M 35	35
Wesley	Schofield	M 12	92	Brian	Corbin	M 37	15
Jacob	Fortunas	M 12	61	Dean	Paini	M 35	10
Jamie	Wright	M 11	46	Ron	Gilbert	M 39	8

Chad	Henry	M 35	4	Warren A	Emo	M 51	40
				Ithel	Jones	M 50	33
				Dale L	Smith	M 51	28
40-44 Male				Keith	Collins	M 51	22
Jay	Silvanima	M 44	94	Chuck	Booker	M 54	16
Bill	Mccord	M 42	70	Jerry	Chesnutt	M 54	16
Keith	Rowe	M 43	57	Geoffrey	Wenturine	M 50	14
Daniel	Fortunas	M 44	57	Wallace	Randell	M 51	12
Gary	Droze	M 43	40	Ed	Claiborne	M 50	6
Tom	Taylor	M 41	36	Bill	Bowers	M 51	6
Douglas	Covert	M 40	27	Randy	Holcombe	M 54	4
Sean	Phelps	M 41	27	Dennis	Hitchens	M 54	2
Brant	Foster	M 43	26	Richard L	Addison	M 50	2
Mike	Boll	M 40	22				
Carlos	Nordhielm	M 42	20				
Frank	Rudd	M 41	14	55-59 Male			
David	Voorting	M 44	14	Ronald	Christen	M 59	87
Chuck	Davis	M 43	12	Terry	Tenold	M 55	70
Jim	Carson	M 42	12	Tom	Ratliffe	M 57	62
Grea	Bevis	M 43	10	Bill	Mcguire	M 57	60
Walt	Loomis	M 41	10	Gordon	Morgan	M 58	48
Steve	Tower	M 44	8	Jerry	Ongley	M 57	43
Scott	Lindsay	M 43	8	Terry	Ryan	M 56	38
Robert	Mcneal	M 43	6	Bruce	Lynn	M 57	24
Bill	Hollimon	M 44	4	Rob	Cunningham	M 56	21
William	Gillis	M 40	2	Gary	Griffin	M 55	20
				Carlos	Zapata	M 59	18
				Tom	Powell	M 57	12
45-49 Male				Nick	Mazza	M 56	12
Tim	Unger	M 45	100	Rick	Ashton	M 58	10
Reid	Vannoy	M 46	100	Joe	Donoghue	M 57	10
David	Yon	M 49	96	Bill	Perry	M 56	10
Hobson	Fulmer	M 49	66	Fred	Bates	M 57	8
Jeff	Nielsen	M 47	64	Don	Douglas	M 58	8
Felton	Wright	M 47	42	Cass	Vickers	M 56	6
Matthew F	Minno	M 45	42	Joe E	Dexter	M 58	4
Gary	Cato	M 48	31	Ronald	Morrell	M 56	4
Myron	Herring	M 45	24				
John	Kelly	M 47	16	60-64 Male			
Richard	Ziegler	M 45	16	Bill	Hillison	M 60	140
Floyd	Coleman	M 48	12	Clint	Watkins	M 62	101
Richard	Ellis	M 46	10	David	Darst	M 61	93
Jimmy	Ledford	M 48	10	Nick	Yonclas	M 61	59
Scott	Savery	M 47	10	Ray	Hanlon	M 61	40
Mark	Priddy	M 49	10	George S	Palmer	M 60	30
Bob	Fisher	M 48	8	David E	Smith	M 60	28
Tim	Brewton	M 49	6	Michael	Degennaro	M 62	14
Dennis	Mcclure	M 48	4	Charles R	Futch	M 63	12
Jim	Lane	M 48	4	Guy	Anglin	M 61	10
Bob	Asztalos	M 45	4	Shaun	Donahoe	M 61	4
Reg	Perry	M 45	2				
50-54 Male				65-69 Male			
Jerry	Mcdaniel	M 51	125	Mike	Schneider	M 67	137
Scott	Mitchell	M 53	101	Rex	Cleveland	M 65	60
Mike	Sims	M 52	80	John	Rakestraw	M 68	35
Craig	Willis	M 53	69	Jim	Varley	M 65	15
Karl	Hempel	M 53	55	Rod	Anderson	M 66	10

70-74 Male

Robert	Morris	M 73	118
Bob	Keller	M 70	105
Arthur B	Ward	M 71	104
Bill	Degrummond	M 70	75
Jere	Moore	M 72	24
James	Skofronick	M 73	10

75 + Male

Fred E	Deckert	M 75	80
Charlie R	Yates	M 79	64
John	Alderson	M 78	30

Overall Female

Sarah	Docter- Williams	F 40	180
Angela	Dempsey	F 36	102
Kirsten	Baggett	F 38	92
Seeley	Lovett	F 28	54
Connie	Clarke	F 43	51
Lisa	Whitworth	F 34	44
Kristen	Pasquier	F 24	42
Loranne	Ausley	F 41	40
Kate	Remillard	F 26	40
Leigh	Ceci	F 40	39
Fran	Mclean	F 47	39
Lisa	Unger	F 37	35
Jane	Johnson	F 45	35
Laura	Howard	F 34	34
Julie	Clark	F 43	31
Jennifer	Shafer	F 36	30
Kara	Newell	F 20	30
Christy	Pardieck	F 26	28
Karla	Savery	F 19	28
Kristine	Isom	F 20	22
Kathy	Lindsay	F 45	21
Maria	Vives	F 31	17
Jo Lena	Pace	F 32	16
Birgit	Cromartie	F 34	15
Krista	Killius	F 41	13
Kaye	Jaynes	F 37	13
Katie	Yaun	F 25	11
Kelsey	Kilinski	F 18	11
Nancy	Widener	F 55	10
Victoria	Droze	F 29	7
Jamaa	Bouhattate	F 29	7
Cynthia	Christen	F 51	7
Jill	Page	F 24	5
Sissi	Carroll	F 46	5
Ginny	Black	F 27	5
Kate	Macfall	F 33	3

1-9 Female

Cecelia	Williams	F 8	60
Cheslyn	Donaldson	F 8	40
Caroline	Dempsey	F 5	33
Emily	Dempsey	F 8	32

Mackenzie	Chesnutt	F 7	15
Breanna	Bruner	F 9	12
Grace	Mitchell	F 9	12

10-14 Female

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

15-19 Female

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

20-24 Female

Kristen	Pasquier	F 24	115
Jill	Page	F 24	50
Kristine	Isom	F 20	45
Katie	Coleman	F 21	44
Kara	Newell	F 20	32
Alexis	Newell	F 22	15
Dana	Perpall	F 20	12
Kera	Twomey	F 20	10

25-29 Female

Christine	Stabley	F 29	64
Seeley	Lovett	F 28	55
Kate	Remillard	F 26	40
Ginny	Black	F 27	38
Melissa	Zapata	F 25	37
Christy	Pardieck	F 26	32
Jamaa	Bouhattate	F 29	31
Katie	Yaun	F 25	28
Rita	Tweed	F 28	25
Victoria	Droze	F 29	25
Heather	Lammers	F 26	10

30-34 Female

Maria	Vives	F 31	104
Jo Lena	Pace	F 32	90
Laura	Howard	F 34	90
Lisa	Whitworth	F 34	60
Birgit	Cromartie	F 34	42
Marisol	Roberts	F 34	36
Kate	Macfall	F 33	27
Robyn	Green	F 32	22
Monica	Jackson	F 30	14
Nancy	Sumners	F 32	12
Amy	Stenberg	F 31	10

Henrieta	Dulaiova	F 31	10	Susan	Fitzgerald	F 48	30
Erica	Anderson	F 30	6	Nadine	Dexter	F 46	28
Amy	Brown	F 32	6	Chris	Savery	F 46	20
Sheryl	Brainard	F 33	4	Sissi	Carroll	F 46	20
35-39 Female				Yvonne	Gsteiger	F 46	12
Angela	Dempsey	F 36	120	Peg	Griffin	F 49	8
Kirsten	Baggett	F 38	115	Barbara	Mcneal	F 49	8
Lisa	Unger	F 37	89	Betsy	Thorpe	F 48	6
Janine	Thomas	F 38	47	Terry	Massa	F 47	4
Jennifer	Britt	F 39	36	50-54 Female			
Kaye	Jaynes	F 37	34	Cynthia	Christen	F 51	127
Jennifer	Shafer	F 36	20	Ruth	Jones	F 53	95
Lena	Juarez	F 35	18	Judy	Shapiro	F 53	66
Michelle	Stuckey	F 35	16	Nada	Stauffer	F 51	32
Sharon	Smith	F 39	14	Dianne P	Douglas	F 51	27
Lisa	Echeverri	F 39	12	Jan	Blue	F 50	20
Pamela	Kennedy	F 35	12	Joy	Opheim	F 50	20
Frances	Gilbert	F 37	10	Elaine	Hamlin	F 52	18
Toma	Wilkerson	F 35	8	Martha	Haynes	F 51	18
Willow	Shanti	F 35	8	Bev	Kerwin	F 50	12
Bridget Potter-	Edmond	F 36	8	Cindy	Holmes	F 51	12
Anne	Guillen	F 36	6	Linda	Ongley	F 53	12
Stephanie	Gillis	F 35	4	Mackie	Hempel	F 52	8
Ann	Bowman	F 36	4	Vicky	Bernal	F 53	4
Sondra	Lee	F 36	2	55-59 Female			
40-44 Female				Nancy	Widener	F 55	140
Sarah Docter-	Williams	F 40	120	Susan	Cornwell	F 55	97
Connie	Clarke	F 43	68	Anne	Priddy	F 55	74
Loranne	Ausley	F 41	61	Mary	Stutzman	F 56	64
Leigh	Ceci	F 40	55	Karen	Smith	F 56	40
Sherrri	Jackman	F 41	49	Dawn	Brown	F 56	26
Beth	Alexander	F 40	46	Electa N	Walker	F 55	20
Julie	Clark	F 43	40	Emily	Ruddell	F 58	18
Penny	Isom	F 42	26	Barbara	Yonclas	F 57	15
Krista	Killius	F 41	15	Christie	Koontz	F 55	2
Debby	Alexander	F 44	12	60-64 Female			
Judy	Alexander	F 43	12	Perha	Varley	F 60	120
Edie	Mccarty	F 43	12	Nickie	Wilkinson	F 60	20
Robin	Safley	F 41	10	65-69 Female			
Carroll	Hageseth	F 40	8	Mae	Cleveland	F 65	60
Susan	Ledford	F 41	8	Mary Lou	Manausa	F 66	35
Jodi	Chase	F 44	6	Dot	Skofronick	F 67	20
Connie	O'brien	F 41	4	Jean Ann	Bowling	F 67	12
Sandra	Canada	F 42	4	70-74 Female			
Lezlie	Sims	F 44	2	Margarete L	Deckert	F 71	140
45-49 Female				75 + Female			
Kathy	Lindsay	F 45	97	Rosalie	Myers	F 93	65
Jacque	Myers	F 48	72	Josephine K	Newton	F 78	60
Jane	Johnson	F 45	52				
Fran	Mclean	F 47	50				
Bonnie	Wright	F 49	46				
Cathy	McCarty	F 48	46				
Diana	Jones- Ellis	F 48	41				

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.

"Beach" (Continued from page 19)

urging us on to the finish.

After finishing, we had to struggle up a hill to turn in our race chips. I suspect that all course designers have a sadistic streak-fortunately the person who designed this one showed remarkable restraint in only allowing this trait free reign after the end of the actual course. This small torture was more than offset by the huge amounts of food available. As always, I loaded up as much as I could carry and headed to the massage line. I did offer to share some of my loot, but apparently even runners draw the line at sweat soaked bagels. Even when I pointed out that the bagel had been naturally salted and pre-softened, I had no takers. Even the gulls wouldn't touch it.

Based on my experiences over the past two years, I highly recommend the Beach to Beacon. Although it is a bit of a trip from Tallahassee, the race is well worth it. It is extremely well organized and draws world class runners (and people like me as well). Further, Maine is a great place to visit. Come for the race, have some lobsters after and do the tourist thing. You will be glad you did. And so will the Maine Tourism Board...who most certainly did not bribe me with lobsters to write this glowing recommendation.

"Back" (Continued from page 15)

I was orphaned by my real parents (*who must have been runners*), and was raised by wolves in the Oregon wilderness.

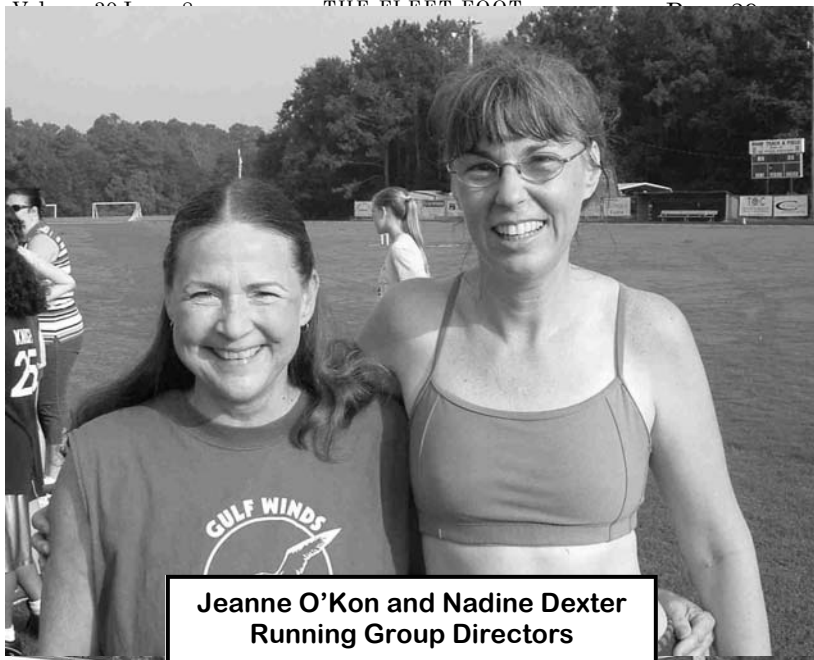
Before leaving my birth state, I visited my Mormon cousins who were in town. They had just climbed the Multnomah Falls (*outside of Portland*) the day before. My second cousin, Jacob age 3, had proclaimed on his way up the falls, "This is the best day of my life." He became tired on the descent and later proclaimed, "This is the worst day of my life." I said, "I know how you feel kid, same thing happened to me." Tallahassee may have humidity --- but at least we have plenty of oxygen!



**Ithel Jones (6:27), Scott Mitchell (5:49) Angela Dempsey (5:49)
At Breakfast on the Track**



**David Darst (7:08) Doug Covert (5:25) Simon-Serge Sablin (5:26)
At Breakfast on the Track**



**Jeanne O'Kon and Nadine Dexter
Running Group Directors**



**Ray Hanlon coaches yet another
runner to the finish (Samantha Costas)**

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

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

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

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

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Signature(s) of other members _____

(Parent must sign for members less than 18 years of age)
Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run. I assume all risks associated with running and volunteering to work in club races, including but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Gulf Winds Track Club, Inc, and all sponsors, their representatives and successors from all claims or liabilities or any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All memberships expire December 31. Full year dues are \$20 individual; \$25 family (1 address). During Apr-Jun: \$16.25 \$20. Jul-Sep: \$12.50; \$15. Oct-Dec: \$23.75; \$30 (Oct-Dec includes next calendar year). For First Class Mail add \$5 (\$3.75 Apr-Jun, \$2.50 Jul-Sep, \$6.25 Oct-Dec).

Gulf Winds Track Club P. O. Box 3447, Tallahassee, FL 32315
Gulf Winds Track Club Membership Card

Check here if you are renewing and your information has not changed.