



The Fleet Foot



\$2.00

Volume 31 Issue 4

Newsletter of the Gulf Winds Track Club

Apr. 2006



Penny Isom makes a gallant attempt to nail Matthew Ubben at the TRBC 10K. Alas, he managed to hold her off! Better luck next time, Penny! Great form!

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Upcoming Grand Prix Races

April	1	Springtime 10K/1M
*May	6	Meals on Wheels 5K
June	3	Potluck 4M (trail)

***Note: Changed from April 29!**



Reineking 5K start. Kurt Dietrich, James Van Horn, Seeley Lovett, Mike LaBossiere, David Yon, Andy Roberts, Bill McGuire, Unknown, Julie Clark - photo by Tom Scott



Your editor with Michele Rowe
Photo by: Judy Alexander

Last month's errata
Running in Iraq on page 13
Should have been credited to Bob Asztalos



**Participants and friends at the Jacksonville River Run
Back row is Cole Ahnberg, Josh Davis, Lisa Unger, Terry Presnell, Ellen, Zach Galloway, Bill McCord, Jerry & Jackie McDaniel, Carlos Zapata. Front row is Scott Ruplinger, Tim Unger, Melissa Zapata and Robert Morris. Photo by Paul Ahnberg**

**GULF WINDS TRACK CLUB
February 8, 2006 Business Meeting
Hosted by Charlie Yates**

Board/GWTC Members present: **Tom Perkins, David and Mary Jean Yon, Beth Alexander, Joe and Nadine Dexter, Paul Ahnberg, Judy Alexander, Bonnie Wright, Fred and Margarete Deckert, Charlie Yates, Terry Ryan, Bill Lott, Jane Johnson, and Terry Massa.**

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

REPORTS:

Race Director Coordinator – Charlie Yates announced he has added the 2006 FSU football schedule to his race calendar. FSU will host the FSU Relays March 22 through 25. The City championships will be held the week after Springtime. **Chris Sumner** is hosting the **Jesse Forbes Invitational**, a city wide meet, March 4 at Godby. For \$150 sponsorship level, the Club's name is on the shirt. A motion was made, seconded and passed by unanimous vote to sponsor the **Jesse Forbes Invitational** at the \$150 level.

Race Director – Terry Massa thanked the Club for the wonderful support she received for her first race.

Treasurer's Report – Bonnie Wright no report.

Clothing Coordinator – Margarete Deckert reported that she sold 7 shirts; business is good.

Newsletter – Fred Deckert discussed how to retain members. He wants to offer multiple year memberships.

Training Committee – Nadine Dexter reported that **Julie Clark** has 70 runners in the Monday night Springtime training group that meets at 5:30 pm at Myers Park. Also, Nadine reported that she will use the Thornton Road area off Miccosukee Greenway for her new training group.

Equipment – Joe Dexter reported that mile markers 1 through 18 were recently purchased and used at the 30K.

Chenoweth Fund – David Yon reported the Fund received a generous amount of donations with renewed memberships.

Membership – Judy Alexander for Brian Corbin reported that there are currently 312 memberships representing 567 members.

Racing Team Coordinator – Tim Unger no report.

Grand Prix Committee – Paul Ahnberg presented the final cost for the Grand Prix awards ceremony. He also said the committee is working on a schedule for future committees to know when and what needs to occur. He mentioned a Super Grand Prix he is thinking about. It would include neighboring clubs.

Social Coordinator – Kathy Lindsay no report.

Lecture Series – Michael Pasquier no report.

OLD BUSINESS:

Tom Perkins presented t-shirt and ribbon prices he obtained for the Summer Track Series. He feels \$1000 will cover expenses for the Series. A motion was made, seconded, and passed unanimously to appropriate this money for the Summer Track budget.

There was a motion to adjourn made at 8:35 PM, which was seconded and passed by unanimous vote.

The next board meeting will be held on March 8, 2006 hosted by **Fred and Margarete Deckert.**

These minutes have been reviewed and accepted by the Board.

Beth Alexander, Secretary.

Board Meetings 7:30 p.m.

Apr 12 Joe & Nadine Dexter

May 10 David & M.J. Yon

The Fleet Foot

Newsletter of the Gulf Winds Track Club

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

Columnists: Jack McDermott, Jane Johnson

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 for publication 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**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

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

Intelligent Internet Strategies New web-hosting accounts - 20%; Web site development or makeover - 10%; All electronic marketing activities - 5%. 894-1095. iistrategies.com

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

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

DENISE A. CARAFANO, LMT (MA-27475) 445-2250. Deep Tissue/Swedish Massage (Chair massage available, also) 35 minutes @ \$30 & 10% off.

GOODFINDS, Second Hand Furniture & Collectibles **Cassandra C. Shepherd, Proprietor.** 3100-A South Adams Street, Tallahassee, FL 32301.

850/402-3100. 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. 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, 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.

GWTC Springtime 10K Training Group: This Group will prepare you to complete the Springtime Tallahassee 10K on April 1st, 2006 Mondays at 5:45pm Feb 6 to Mar 27th. Meeting Location is at Myers Park

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



Triathlete Training & Contacts

Triathlon events: Jeff Bowman - awesometri@hotmail.com, Bob Keller - bobdutri@aol.com

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

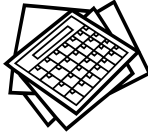
Swimming: Master's swim 5:30 AM Monday thru Friday - Myers Park Pool, monthly fee gets you a coach on deck.

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.cuatteraces.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 Smoky 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.



April

***1 Springtime 10K/1M. 8 a.m.** DOT parking lot. Jeanne O'Kon, Tom Perkins. www.gulfwinds.org. See insert

1 4th Annual Darkside 8 hour run. 4 p.m. Starr Mill H.S. track, Peachtree City, GA. sludwig@porschecars.com

8 Lee's Place 5K Run/Walk. 8:30 a.m. Maclay Gardens. meredith@leesplace.org.

8 Worm Gruntin 5K. 9 a.m. Sopchoppy. 562-5282

15 32nd Palace Saloon 5K. 8 a.m. Messer Field. Reid Vannoy 893-5659.

15 National Mayhaw Festival 5K/1M run/walk. 8:30 a.m. Colquitt, GA. Debbie Wittmer 229 758-5240 or www.colquitt-georgia.com

22 Rose City 5KWalk. 8:30 a.m. Thomasville. ymca@rose.net. pg. 18

22 Great Strides Walk for Cystic Fibrosis. 9 a.m. Southwood. John Paul H.S. www.cff.org.

29 Rose City 10K/1M Run. 8 a.m. Thomasville. ymca@rose.net. 229 226-9878. pg 19

May

5 Gnat Days 5K. 7:30 p.m. Camilla, GA gnatdays@camillageorgia.com

6 Meals on Wheels 5K/1M. 8 a.m. Maclay Gardens. Sharon Davidson 921-5554.

6 Seminole Twilight. Mike Long Track

13 Marzuq Shrine Mother's Day 5K. 8 a.m. Maclay Gardens. Mike Lample 576-3632

21 Red Hills Triathlon for Kids. 125 yd swim/2.4M bike/1M run. 8:30 a.m, Maclay Gardens. Wright family bwright@electronet.com.

29 Gate to Gate 4.4M run. Eglin AFB. (see pg. 11)

June

***3 Potluck 4M (trail) 6 p.m.** Forest Meadows. David Yon 668-2236, dyon@radeylaw.com.

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

24 SGI Sizzler 5K/1M. 7 p.m. St. George Is. Hobson Fulmer hobson@gtcom.net

24 Hot Trot 5K. Chipley. 7:30 CDT. Info: Cindy Owens 850-547-3013

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

2006 Grand Prix Events (Adult)	Kids Grand Prix
Jan. 14 Bowlegs 5K Jan. 21 GWTC 30K Feb. 11 Cookie Run 5K Apr. 1 Springtime 10K May 6 Meals on Wheels 5K Jun. 3 Potluck 4M (trail) Jun. 24 SGI Sizzler 5K Aug. 12 Breakfast on the Track 1M Sep. 23 Prefontaine 5K (trail) Oct. 28 Boston Mini (Half marathon) Nov. 11 Veteran's Day Classic 10K Dec. 2 GWTC 10M/5M (both count)	Jan. 14 Bowlegs 5K Feb. 11 Cookie 5K or 1M Apr. 1 Springtime 1M May 6 Meals 5K Jun. 18 Sizzler 5K or 1M Aug. 12 Breakfast 1M Oct. 7 Kids GP 1M at Women's Distance Festival



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From my assigned post at the finish line of the Run for the Cookies 5k, I spotted the final participant making his way towards the finish line in the cold drizzle. He was carrying an umbrella and appeared to be staggering, so I ran to see if he needed assistance. He assured me he was fine – he just gets a little unbalanced at times, and he definitely did not want any part of the shortcut I suggested he could take to the finish line. He wanted to take the same course everyone else did. I was impressed. As we walked and talked our way to the finish, I became even more impressed and asked Bruce to please share his inspirational story with others. – Jane Johnson

BY THE GRACE OF GOD - Bruce Pelham

I did my first 5K run (walk for me) a few weeks ago. It will not be my last. Nine years have passed since finding out that I had Multiple Sclerosis. I still am learning, and relearning, about the disease. For several weeks before that run, I had been walking three miles a day on a treadmill. I learned that walking on a treadmill is easier than walking outside. I also was reminded of the age old expression "If you don't use it, you will lose it." Because of a bad cold, I did not walk for eight days before the race. Finishing the race took a lot out of me, and I took another week off to recover.

After walking for one day in that two week period, it was like starting over. I was reminded very quickly that I needed to walk every day. The first day back, I could barely walk one mile and I was fatigued. The second day back I walked two miles. I am rebounding quickly and I am reminded of a very valuable admonition given to me by my doctor several years ago after I had been diagnosed. He told me to walk three or four times a week for at least thirty minutes each time. If I did not, he said, I would wake up one morning and not be able to get out of bed. Once that happened, he said, I would never walk again. This has provided me with much needed motivation ever since. I quickly was walking six or seven days each week. I learned back then, if I missed a day I was likely to miss another, and then another, and then... There were many days, of course, that I simply did not want to walk. I was too tired. A distance runner may face this fatigue during a race, and fighting through the fatigue, finds the energy to go on many more miles. I constantly had to remind myself that I could not give in to this fatigue. I forced myself to walk even when I was so exhausted that I did not think I could go another step. At times it was embarrassing because I would be walking through the mall looking like I was drunk. At one time, I was stopped by a policeman who thought that I was.

Much is still unknown about MS. One thing that is known is that people with MS have different sets of symptoms. For me, it was the garbled speech, the staggering gait, the loss of short term memory, the sporadic loss of analytical ability, and the general feeling at times that I really did not know who I was or where I was. Overall, a rather frightening feeling as I look back. Fortunately, I had a really supportive family. I will be forever grateful to my mother and siblings.

From the time that I was first experiencing all of these symptoms until my miracle occurred, was about eight years. During that time, I had some really rough years. I prayed a lot. I asked simply that God, in His own time, would take this disease away from me. Eight years passed before my prayers were answered. There were times, of course, that my faith wavered. During those times He sent many angels to assist me. They came in the form of my doctors, my speech therapist, my exercise trainer, my family, people that I knew only on the phone, and my friends.

Every year, from the beginning, my neurologist would give me an MRI. My brain would always be covered with scar tissue, or lesions. It always looked the same with

Pelham (Continued on page 14)

GULF WINDS TEAM RACING - Tim Unger**Gulf Winds Track Club claims USA 15k Team Championship Title**

GWTC's 2006 team racing program made an impressive debut on the national running scene when they claimed the USA 15k Open Men's Team Championship on March 11 in Jacksonville, FL. 16 individuals participated on teams sent to compete in three of the available classifications that decided the USA 15k Team Championship. The GWTC group was the largest contingent of teams from outside of the Jacksonville area entered in the competition. The Men's team was led by hard charging current Springtime 10k Champion **Joey Zins**, who finished 32nd overall in 49:49 (5.21 pace). **Tim Unger** (56:03), **Carl Nordhielm** (56:19), **Scott Ruplinger** (59:56), and **Zach Galloway** (60:42) gave Joey the support needed to win the Open competition by about two and a half minutes. The team of **Bill McCord** (57:43), **Jerry Ongley** (1:04:47), **Jerry McDaniel** (1:04:49), **Chuck Davis** (1:10:09), **Terry Presnell** (1:10:54); and **Carlos Zapata** (1:27:47) finished second in the 2006 Masters Men team competition. GWTC also entered a team of women, **Kelly Garland** (1:30:15), **Lisa Unger**, (1:30:32), **Melissa Zapata** (1:34:37); and **Jackie McDaniel**, (1:40:40), to run in the Open Women division.

This is the first time GWTC has claimed the USA 15k OPEN Men's Team Championship title. In 2001, GWTC's women won the USA 15k Open Women's Team Championship when the team runners were **Allison Eagen**, **Jane Johnson**, **Seeley Lovett**, and **Vicky Droze**. GWTC's first USA 15k Masters Men Team Championship was won in 1998 by **David Yon**, **Michael Peters**, **Terry Presnell**, **Gary Kenny** and **Bob Prentiss**. GWTC's men have also won the USA 15k Masters Men's Team Championship event in 2001, 2002, and 2004 with team runners **James Frazier**, **Hobson Fulmer**, **Jerry Ongley**, **Dwayne Maddren**, **Bill McCord**, **Jay Silvanima**, **Tim Unger**, and **Reid Vannoy**.

Special thanks are given to Shaw's and T-Formation for their help in creating our extra special GWTC racing singlets for the team. It must have been very intimidating to the other racing teams to see Carl, Bill and me discussing race strategy while running together at the 5k point in the race when we were at just over 18 minutes and looking REALLY sharp in our NEW threads. The rest of the east coast Masters runners seemed to fall behind from this point as if in a trance from the new "GULF WINDS TRACK CLUB RACING TEAM" ink on the back of our singlets!!!!

There is still more team racing to come!!! Make your plans to attend the Fiesta 10k in Pensacola on May 6th and the Gate to Gate 4.4 mile run on Eglin AFB on Memorial Day MONDAY May 29th. The Fiesta race has been designated as the first official RRCA 10k state championship ever to be held in the Florida Panhandle. Please visit the Pensacola Runner's Association web page at www.pensacolarunners.com/fiesta for more information about the race and registration. The Memorial Day race will feature the world famous POST L POINT BEACH PARTY you have heard about and DON'T WANT TO MISS!!!! **Contact Tim Unger**, Team racing Coordinator at ungertl@juno.com or 850-562-2901.

Back of the Pack
"Mt. Cheaha 50K"
Jack McDermott
April 2006

I morphed from "Marathon Jack" to "Mountain Man Jack" to tackle my next adventure --- the Mt. Cheaha 50K in Alabama. You have probably never heard of this event, and based on the high drop-out rate (18 of 86 quit the race) --- odds are you never will. I

agreed to run with Jo Lena Pace (*needless to say we had enough conversational topics for this 8+ hour safari*), and was joined by the ultra crowd including Marty Kirkland (*support*), Andy Colee, Melinda Fountain, Pat Judd, Jay Yanovich and Joe Edgecome – the fringe of the civilized running society. I guess this makes me a "Cheaha Pet" for agreeing to tag along (*or Chia Pet?*).

There were not enough seats on the bus, so I had to stand for an hour as we trekked 31 miles into the Talladega Forest for this point-to-point race. The bus dropped us at a clearing called "Porter's Gap." As we started the Pinhoti trail, it reminded us that these trails were old Indian trails, which is probably the last time anyone bothered to clear them. With all of the fallen trees, I have not had to do so much climbing since 6th grade P.E. class.

It Rained for 8 Hours

A big green blob on the weather channel followed us for the entire race. The first 11 miles or so was over a rock bed, and resembled a hike more than a run. The "easy" part from mile 14-21 was on-par with the Cadillac Trail after a hurricane. The race literature mentioned 7 or 8 creek crossings, but what should have been



"creek crossings" became "fjording the river."

Do I want to go thigh-deep in still water, or knee deep in rapids? At one point, a river was so treacherous they strung a rope high off the ground above it. Fortunately for Jo Lena, I was there to grab it --- which may indicate that along with cut-off times, they need to institute a height requirement. Although the course was well marked, there was one creek crossing where there were no markings. The trail

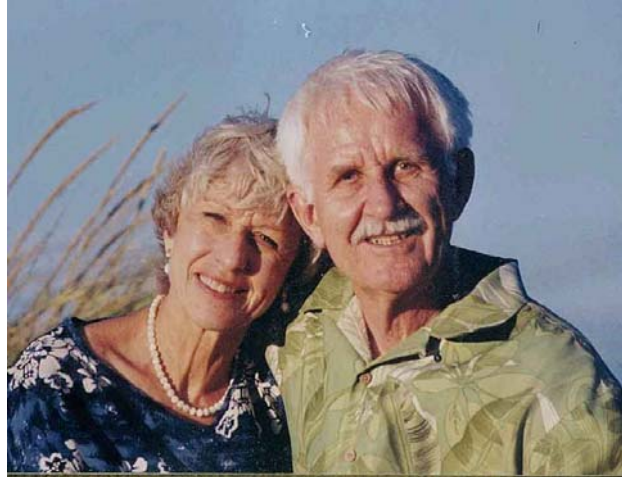
ran adjacent, and there was another trail on the other side of the creek. Jo Lena suggested that we stop and "look for tracks." Tracks? What am I, Aragorn the Ranger? When you think of Jack you need to think of Bill Rodgers, not Daniel Boone. Ultimately, we made the correct choice and crossed another river. We kept running into ultra runners who said, "I love the creek crossings, the cold water numbs my feet." I was like, "What is wrong with you people?" To this day, my shoes smell like mildew.

Oh yes ... the Rock Garden

In the ultra running world, they don't have "water stops" they have "checkpoints," to assess the casualty rate, airlift out the injured, and provide emotional support. These checkpoints were more like therapy sessions without Dr. Phil. As long as your bleeding didn't indicate that you had severed a major artery, they encouraged you to continue. I felt like saying, "You people aren't professionals! I want to talk to Dr. Phil. I'm having issues!" After the final checkpoint, there was a mile climb to the top of Mount Cheaha, which took Jo Lena and I about ½ hour.

As we reached the top, we were plunged into the fog --- which was so thick -- it shrunk visibility to 30 yards. The

See Pack (Continued on page 13)



**Featured Feet
Dot and Jim Skofronick**

Jim:

Childhood ambition: To learn how radios work. (This was in the 1940's and radios were the Hi-tech instrument at the time.)

Fondest memories: Asking my spouse for her hand; it was 46 + years ago and we are still going strong.

Wildest dream: That I would become an electrical engineer.

Proudest moment: When our four children all became engineers with our two daughters obtaining advanced degrees.

Biggest challenge: Eventually leaving the University of Wisconsin with a Ph.D. in nuclear physics.

Perfect day: My wedding day in Madison Wisconsin on September 12, 1959.

First job: I won't count my 4 years in

the Air Force, instead my arriving at the Florida State University as an Assistant Professor of Physics in 1964.

Indulgence: Home-baked cookies. I have since conquered this indulgence.

Last purchase: Hewlett-Packard printer/copier/scanner.

Favorite movie: "Dawn Patrol" with Errol Flynn.

Inspiration: Collaborating with Professor John Cameron, a co-inventor of bone density scans. He got me interested in medical physics that led to my teaching such a course and eventually co-authoring a book by the same title. In the late 90's, a second book, "Physics of the Body" was also co-authored by us along with help from Rod Grant, a third colleague.

Dot:

Childhood ambition: to do Marine Biology research on the Calypso with Jacques Cousteau and crew.

Fondest memory: exploring Australia with our daughter Gail and her daughter Marina. We rode camels, camped out on a freezing night, hiked around Ularu (Ayers Rock) and went to a concert at the Sydney Opera House.

Wildest dream: To take flying lessons and own a small plane.

Proudest moment: watching our daughter present a colloquium at the FSU Physics Department.

Biggest challenge: finishing the Strolling Jim Ultra (41.2 miles) in War Trace, TN.

Perfect day: An absolutely perfect day for me would be to hike to the 5 villages of Cinque Terre, Italy on a warm day along the mountain trail with the gorgeous Mediterranean below.

First job: Detasseling corn in Sun Prairie, WI.

Indulgence: swimsuits, I have 32 now.

Last purchase: a Robelenii palm tree cluster.

Movie: An old classic - "The African Queen."

Inspiration: Mother Teresa of Calcutta who showed us what love looks like and anyone working for peace.

Pack (Continued from page 11)

course goes by the hotel at Mile 28, and then back down the mountain. Jo Lena kept thinking we were near the finish line (*geographically we were*), but I didn't think the math was adding up. Like all ultra races, there are no mile marks, and we could only guess where we were. Finally, after we had both sworn we should have reached the finish line an hour ago, I dropped back to take a nature break, and heard exultations of joy. I rushed forward. The finish line? No --- it was Marty Kirkland who had walked down the mountain to find us in the fog. It was like seeing an apparition. "Where is the bleeping#@*! finish line?" I had to ask. It was a half-mile up the hill. We finished in 8:33, and arrived to a fire, and cold pizza sometime around 4 pm in the afternoon. My first question: "What day is it?"

Frank Sinatra sang songs for many occasions. Which ones fit the following;

1. To a dermatologist
2. To a soldier
3. To NASA
4. To a poltergeist
5. After a big disappointment
6. At the circus
7. To a mule
8. To a female hobo
9. About Nancy, Ava, Mia and Barbara
10. On the Staten Island Ferry

Answers on page 26

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Pelham (Continued from page 9)

dozens of lesions. And then, almost two years ago, the MRI showed no lesions. The neurologist, in his many years of practice had never seen this. I had never taken medicine for my MS, and the lesions were gone. I still have some of the symptoms and they are improving. My speech isn't slurred and I haven't used a walking cane in two years. I thank God everyday, along with the angels he has sent to assist me. (Bruce Pelham is 60 years old and has lived in Tallahassee since he was a freshman at FSU in 1963. He works as an attorney with the Department of Financial Services. After being diagnosed with MS, Bruce worked his way from 15 minutes to three miles of walking in preparation for the Run for the Cookies 5k. He was never a runner or walker before his diagnosis.)

Words of Wisdom?

There's nothing wrong with your teen that reasoning won't aggravate.

I took up jogging to hear heavy breathing again.

Virtue is it's own revenge.

When you look in his eyes you feel someone else is driving.

I regard the truth as valuable. That's why I'm careful in it's use.

What's too stupid to be spoken, can always be sung.

If I was two faced, would I wear this one?

It's easier to get forgiveness than permission.

If it wasn't for the last minute, nothing would ever get done.

Remember, a kick in the butt is a step forward.

You'd be surprised at how expensive it is to look cheap.

Celibacy is not hereditary.

I'm in the prime of senility.

I'm not young enough to know everything.

No matter how cynical you are, it's impossible to keep up.

A male gynecologist is like a mechanic that never owned a car.

Consistency requires you to be as stupid as you were a year ago.

**Shamrock Scurry 5K
Celebration Baptist Church
3/18/06 Terry Ryan, R.D.**

1	Michael Martinez	40	M	18:21
2	David Knauf	41	M	18:39
3	Jeff Givens	19	M	19:22
4	Jerry McDaniel	52	M	19:27
5	Eric Smith	33	M	19:48
6	Charles Kemeny	30	M	19:57
7	Bill McGuire	58	M	20:00
8	Zachery Tower	15	M	20:06
9	Jennifer Emo	21	F	20:10
10	Allison Eagen	27	F	20:24
11	Justin Rosenthal	13	M	21:13
12	Jeff Kuperberg	45	M	21:14
13	Warren Emo	52	M	21:18
14	Julie Clark	44	F	21:21
15	Travis Smith	36	M	21:24
16	Keith Rowe	44	M	22:04
17	Kaitlyn Crandall	16	F	22:13
18	Jaime Tillotson	20	F	22:30
19	Nick Nichols	62	M	22:48
20	Mark Dietrich	50	M	23:03
21	Steven Tower	45	M	23:19
22	Robert McNeal	44	M	23:20
23	Rick Givens	54	M	23:29
24	Mark Delegal	38	M	23:44
25	TJ Cutchins	46	M	23:46
26	Ann Geron	38	F	23:48
27	Cynara Miller	44	F	23:49
28	Amy Stenberg	33	F	23:49
29	Mark Francis	47	M	24:01
30	Lynda Pfundstein	40	F	24:05
31	Jimmy Ledford	50	M	24:20
32	Michael Kaschak	30	M	24:32
33	Jessica Kemeny	26	F	24:32
34	Janice Hochstein	55	F	24:37
35	Diana Jones Ellis	48	F	24:38
36	John Rakestraw	69	M	24:41
37	Michele Rowe	45	F	24:46
38	Ithel Jones	51	M	24:52
39	Penny Isom	43	F	24:55
40	Bill Kimmons	53	M	24:59
41	Viktoria Szilagyi	25	F	25:25
42	Dennis Hitchens	55	M	25:29
43	Peyton Daniels	19	F	25:53

44	Todd Royle	34 M	25:58	92	Warren May	59 M	41:35
45	John Ratowski	31 M	25:59	93	Ander		
46	Scott Brockmeier	31 M	26:25		Alrutz-Stierna	12 F	41:49
47	Bob Keller	72 M	26:52	94	Josephine Newton	79 F	43:35
48	John Grant	39 M	27:06	95	Mary Rose		
49	Brad Smith	51 M	27:32		DiMarco	40 F	45:03
50	Linda Johnson	41 F	27:42	96	Bonnie Chapman	58 F	45:11
51	Rose McCaffrey	39 F	27:43	97	Patricia Ford	48 F	45:29
52	Kirstin Orphan	23 F	27:43	98	Don McGovern	60 M	45:29
53	Maruerite McCauley	35 F	27:45	99	Rosalie Myers	84 F	46:19
54	Joe Gabovitz	34 M	27:49	100	Alice Badger	42 F	46:45
55	Sandy Anderson	40 F	28:28	101	Susan Potts	57 F	46:46
56	Crystal David	23 F	28:33	102	Kacie Carl	19 F	46:55
57	Erin Fraser	14 F	28:34	103	Christa Moreland	19 F	46:55
58	Linda Avant	48 F	28:40	104	Eric Stierna	38 M	47:31
59	Christine Stabley	28 F	28:44	105	Stowe Alrutz	38 F	47:31
60	David Ensley	36 M	28:47	106	Amanda Laborde	31 F	47:32
61	John Blyth	52 M	29:30	107	Justin Laborde	30 M	47:34
62	Richard Johnson	55 M	29:37	108	Charles Yates	81 M	51:06
63	Robert Morris	74 M	29:40				
64	Carmen Mullin	32 F	29:45				
65	Lena Juarez	36 F	29:50				
66	Jo Lena Pace	34 F	30:18				
67	Lisa Unger	38 F	30:20				
68	Margarete Deckert	73 F	30:41				
69	Linda Beltran	23 F	31:23				
70	Nadine Dexter	47 F	31:24				
71	Meghan Mesler	21 F	31:26				
72	Susan Ledford	43 F	31:53				
73	Barbara Crandall	52 F	32:17				
74	Karen Hill	45 F	32:19				
75	Veronica Tinney	19 M	32:20				
76	Charity Hauri	0 F	32:21				
77	Krista Dolan	22 F	32:30	1	Liles, Stephanie	F 33	21:47.78
78	Blaine Adams	30 M	32:39	2	Michaud, Roger	M 15	22:05.24
79	Bill Dobson	52 F	32:58	3	Phelps, Sean	M 43	23:20.30
80	Mary McCann	52 F	33:27	4	Lavin, Charles	M 21	23:27.39
81	Jon Anderson	52 M	34:11	5	Sims, Mike	M 54	23:41.18
82	Vicky Bernal	34 F	34:11	6	Willy, Cathleen	F 21	23:43.50
83	Jessica Devera	24 F	34:43	7	Booker, Chuck	M 55	24:09.24
84	Hilary Hoover	22 F	34:44	8	Freni, David	M 36	24:23.94
85	Juli deGrummond	36 F	37:50	9	Brumfield, Kevin	M 34	24:32.08
86	Bill deGrummond	71 M	37:51	10	Topchik, Brian	M 30	24:35.87
87	Morgan Ford	14 F	39:42	11	Herring, Myron	M 47	25:05.48
88	Jaime Ruffner	30 F	40:27	12	Donnelly, Paul	M 37	25:32.37
89	Ashley Hill	35 F	40:28	13	Howard, Janet	F 22	25:59.04
90	Gene Sellers	71 M	40:37	14	Bevis, Grea	M 44	26:11.06
91	Karinda Barrett	37 F	41:34	15	Kennedy, Matthew	M 41	26:38.22
				16	Crede, Volker	M 37	27:17.60
				17	Caspary, George R	M 43	27:34.99
				18	Mrazek, Sarah	F 22	27:58.31

**Furry Scurry 5K at Tom
Brown Park 3/18/06
Kate McFall, R.D.**

19	Stevenson, Larry	M 49	28:01.19	74	Bradford, David	M 39	35:22.34
20	Rojas, Shirley	F 21	28:12.70	75	McClean, Fran	F 48	35:26.16
21	Lindley, Laban	M 26	28:15.93	76	Doran, Heather	F 31	35:38.45
22	Bower, Sean	M 42	28:19.16	77	Hebrank, Marty	M 42	35:42.94
23	Cunniff, Vicki	F 44	28:24.99	78	Carson, Christy	F 37	35:52.52
24	Oppert, Cris	M 27	28:53.51	79	Cone, Jonathan	M 26	35:53.82
25	Laux, Nancy	F 44	29:00.36	80	Stewart, Greg	M 55	35:56.26
26	Ubben, Matthew	M 43	29:08.05	81	Ziegler, Richard	M 46	36:02.08
27	Sweeley, Maynard	M 61	29:20.99	82	Lamb, William	M 25	36:05.57
28	Hoenig, Marrick	M 19	29:26.36	83	Pettifor, Megan	F 21	36:08.71
29	Hooke, Melissa	F 27	29:27.99	84	Munoz, Karen	F 46	36:51.24
30	Lamia, Christine	F 43	29:29.39	85	Hancock, Jennifer	F 24	36:52.38
31	Claiborne, Ed	M 51	29:38.60	86	Dalton,		
32	Taylor, Alex	M 13	29:43.30		Lauren Ashley	F 20	36:55.91
33	Michels, Alan	M 47	29:47.17	87	Forsman, Neal	M 56	37:24.01
34	Taylor, Jim	M 48	29:57.89	88	Drake, Gwen	F 47	37:31.88
35	Smith, Summer	F 23	30:00.03	89	Robinson, Lisa	F 24	37:43.21
36	Claiborne, Phillip	M 25	30:00.48	90	Doubrava, April	F 31	37:58.22
37	Grove, Theresa	F 33	30:01.06	91	Vannoy, Joey	M 12	38:01.72
38	Mezich, Ron	M 47	30:02.00	92	Cunniff, Joshua	M 13	38:05.84
39	Asadourian, Rick	M 46	30:06.22	93	Cunniff, John	M 50	38:06.44
40	Puckett, Katie	F 23	30:07.18	94	Higginbotham,		
41	Rawlins, Tim	M 18	30:11.23		Frankie Lynn	F 38	38:15.98
42	Weyant, Mike	M 40	30:15.71	95	Lewis, Kelly	F 19	39:01.62
43	Mc Colley, Melissa	F 26	30:21.31	96	Alexander, Glen	M 49	39:40.17
44	Stich, Katherine	F 39	30:38.11	97	Falk, Rebecca	F 27	39:50.20
45	Westphal, Carrie	F 32	30:55.54	98	Timm, Bruce	M 47	39:51.32
46	McDonald, Chris	M 34	31:01.96	99	Motiska, Melanie	F 40	39:52.34
47	Katz, Allan J	M 58	31:23.72	100	Timm, Margaret E.	F 34	39:54.88
48	Braen, Brett	M 50	31:29.69	101	Arnold, Jerry	M 28	39:57.02
49	Wilson, Damian	M 32	31:39.56	102	Schrafel, Joseph	M 42	40:09.07
50	Pugh, Lindsey	F 25	31:40.26	103	Bradford, Vicki	F 44	40:20.28
51	Pierce, Carlton	M 26	31:52.89	104	Merritt, Boyd	M 56	40:24.40
52	Nix, Jeremy	M 20	31:54.28	105	Arnold, Tracy	F 26	40:34.46
53	Davis, Bobby	M 25	32:03.80	106	Johnson, Jennifer	F 40	40:49.15
54	Thomas, Ronald	M 0	32:06.93	107	Wirth, Dennis	M 68	40:55.27
55	Dimacali, Chris	M 13	32:22.02	108	Brooks, Bobby	M 53	40:55.60
56	Pierce, Nicole	F 25	32:30.53	109	Auger, Barbara	F 38	41:19.04
57	Auger, Jeff	M 9	32:43.06	110	Hyde, Jennifer	F 33	41:31.47
58	Lucy, O'connor	F 50	33:09.93	111	Thompson, Tamora	F 44	41:31.75
59	Hoelzle, Bob	M 55	33:10.66	112	Alston, Tracy	F 44	41:32.01
60	Russo, Paul	M 30	33:12.91	113	Dunnigan, Kathy	F 47	42:04.64
61	Wilson, Jacob	M 10	33:27.34	114	Lewis, Juli	F 21	42:07.29
62	Wilson, Andrew	M 36	33:27.69	115	Urbas, Cheryl	F 32	42:15.26
63	Morgan, Lauren	F 23	33:29.21	116	Parker, Knox	M 64	42:28.60
64	Zack, Eric	M 27	33:29.52	117	Hansen, Erica	F 24	43:15.94
65	Stutzman, Mary	F 57	33:34.19	118	Jones, Molly	F 35	43:26.26
66	Dix, Martin	M 51	33:50.48	119	Beck, Emilie	F 66	43:34.49
67	Magrath, Mandy	F 29	33:51.56	120	Searcy, Jenny	F 21	43:45.47
68	Hansen, Gail	F 53	34:12.05	121	Tobon, Lauren	F 21	43:57.77
69	Pasquier, Kristen	F 25	34:13.57	122	Heuler, B.	F 0	44:11.71
70	Fontaine, Mark	M 55	34:27.94	123	Ramirez, Joy	F 29	44:15.90
71	Lovett, Lucy	F 27	35:00.77	124	Williams, Jennifer	F 31	44:16.42
72	Hollimon, Bill	M 46	35:06.76	125	Engel, Marc	M 46	44:17.62
73	Turner, Ricky	M 49	35:12.07	126	Heuler, E.	F 0	44:20.04

127	Howard, Denise	F 28	46:06.21
128	Howard, Amy Catherine	F 28	46:10.03
129	Adams, Sarah	F 29	46:10.63
130	Adams, Erika	F 25	46:13.33
131	Alexander, Debby	F 45	46:23.96
132	Macdonald, Melvina	F 55	46:25.51
133	Stevenson, Robyn	F 44	46:44.06
134	Blum, Nancy	F 31	47:01.49
135	Heintz, Dustin	M 29	47:01.79
136	Novenario, Clem	M 29	49:06.62
137	Sullivan, Angie	F 29	49:38.35
138	Stedman, Marcia	F 50	50:44.43
139	Winship, Kevin	M 0	51:11.69
140	Winship, Peggy	F 60	51:12.76
141	Winship, Shawn	M 35	51:14.28
142	Kerwin, Bev	F 51	51:26.73
143	Blackburn, Laurel	F 43	52:12.93
144	Rabon, Randy	M 53	52:13.22
145	Mann, Greg	M 55	52:37.40
146	Daniels, Samantha	F 30	52:37.66
147	Naito, Marilyn	F 55	53:26.71
148	Berry, Marie	F 34	53:55.14
149	Berry, Madeleine	F 8	53:55.57
150	Sorensen, Bonnie	F 57	53:56.77
151	Goss, Joan	F 56	53:57.44
152	Cline, Joanne	F 44	55:11.61
153	Stark, Bonnie	F 51	55:15.92
154	Ebbers, Wendy	F 51	55:35.20
155	Condray, Jacqueline	F 59	55:35.66
156	Crumpler, Amy	F 42	55:46.13
157	Unknown	F 0	55:46.83
158	Ashworth, Dawn	F 31	56:45.38
159	Ashworth, Ouida	F 59	56:45.80
160	Bryson, Alex	M 13	60:15.83
161	Girgen, Jen	F 35	60:16.87
162	Blomquist, Anna	F 28	60:22.43
163	Linhart, Jack	M 15	60:23.08
164	Merritt, Leigh	F 43	60:23.83
165	Stewart, Heather	F 29	60:57.10
166	Stewart, Sara	F 22	61:36.70
167	Stewart, Mary	F 53	61:37.33
168	Johnson, Ryan	M 29	61:50.98
169	Johnson, Darcie	F 30	61:51.56
170	Martin, Eric	M 38	61:52.21
171	Wirth, Bonnie	F 66	62:53.06
172	Futch, Charles R	M 64	63:05.45
173	Drake, Susan	F 57	63:05.91
174	Everage, Ed	M 62	63:47.47
175	Everage, Karen	F 59	63:59.37
176	Searcy, Laura	F 22	65:37.83
177	Gilbert, Lynn	F 0	65:38.12
178	Melin, Karen	F 43	71:58.35

**Furry Scurry 10K at Tom
Brown Park 3/18/06
Kate McFall, R.D.**

1	Molosky, Vince	M 26	37:45
2	Stoppelbein, Fritz	M 20	40:46
3	La Bossiere, Mike	M 39	43:53
4	Vannoy, Reid	M 47	44:49
5	Sablin, Simon S	M 32	45:37
6	Likens, Kim	F 37	46:48
7	Davis, Chuck	M 45	47:32
8	Foster, Brant	M 45	48:08
9	Pasquier, Michael	M 26	48:10
10	Higginbotham, Scott	M 41	49:27
11	Baggett, Kirsten	F 39	49:33
12	Smith, Dale L	M 52	49:40
13	Hancock, Shaun	M 25	50:13
14	Heckman, Chad	M 32	51:46
15	Pardieck, Christy	F 27	52:02
16	Zeisset, Michelle	F 37	52:56
17	Robinson, Jim	M 51	52:59
18	McGowen, Todd	M 34	53:19
19	Hansen II, Gerald D.	M 29	53:36
20	Ausley, Loranne	F 42	54:26
21	Kelsey, Elizabeth	F 30	54:40
22	Christen, Ronald	M 60	54:46
23	Stedman, Bill	M 53	55:40
24	Ozbun, Greg	M 37	55:49
25	Hanna, Shelby	F 29	55:57
26	Falk, John	M 28	56:03
27	Wilkerson, Toma	F 36	56:05
28	Carollo, Mike	M 24	57:18
29	Doehring, Jason	M 25	57:21
30	Orange, Julie	F 29	58:56
31	Widener, Nancy	F 56	58:58
32	Searcy, Gwynne	F 47	58:58
33	Canada, Sandra	F 43	59:01
34	Peters, Debbie	F 45	59:41
35	Guillen, Anne	F 37	60:10
36	Peters, Rob	M 45	60:20
37	Zapata, Melissa	F 26	60:37
38	Key, Joy	F 35	61:44
39	Smith, Brian	M 37	61:45
40	Burgess, Amanda	F 20	62:15
41	Dimacali, Marien	F 44	62:20
42	Orange, Mike	M 30	62:24
43	Tappen, Mary Jane	F 48	62:27
44	Cormier, Jane	F 49	62:54
45	McKibben, Barbara	F 44	64:22
46	Jones, Ruth	F 54	64:46
47	Turner, Robby	M 47	64:56
48	Strickland, Beth	F 33	65:01
49	Bishop, Michelle	F 26	65:03
50	Adams, Jackie	F 39	65:14
51	Gordon, Katherine	F 22	65:18

52	Harrigan, Shannon	F	20	65:33	14	Chad	Heckman	32M	22:58
53	Winter, Julia	F	48	66:53	15	David	Godwin	24M	23:12
54	Houston-Meeks, Heather	F	32	67:09	16	Kathy	Lindsay	46F	23:43
55	McClaughtery, Donnie	F	55	67:16	17	Terry	Ryan	57M	24:04
56	Baggett, Michael	M	39	67:17	18	David	Pardieck	52M	24:15
57	Passetti, Debora	F	51	67:35	19	Robert	McNeal	44M	24:56
58	Gilbert, Frances	F	38	68:14	20	Lynda	Pfundstein	40F	25:01
59	Davis, Bill	M	53	68:15	21	Tony +1	Guillen	37M	25:04
60	Verano, Vicky	F	42	69:58	22	Brynmor	Chapman	13M	25:33
61	Michaud, Yvonne	F	48	72:01	23	Fitz	Shelton	49M	25:42
62	Giles, Jennifer	f	0	73:17	24	Owen	Chapman	11M	25:45
63	Primicerio, Peggy	F	48	74:04	25	Bonnie	Wright	50F	25:54
64	Christen, Cynthia	F	53	74:05	26	Ann	Guillen	37F	27:23
65	Scott, Nada	F	53	74:31	27	Bruce	Lynn	58M	27:23
66	Vaughan, Steve	M	36	79:58	28	Perha	Varley	61F	27:55
67	McCarty, Cathy	F	49	80:00	29	Jeremy	Horrell	13M	28:45
68	Shanti, Willow	F	36	83:13	30	Evan	Chapman	9 M	28:51
69	Kerwin, Pete	M	53	83:13	31	Linda	Johnson	41F	28:56
70	Bigoney, David	M	32	88:06	32	Linda	Avanti	48F	29:01
71	Randell, Wallace	M	52	88:07	33	Thom	Delilla	M	*29:38
72	Ponso, Deana	F	57	90:35	34	Ruth	Jones	54F	30:05
73	Ehrlich, Donna	F	29	117:11	35	Bill	deGrummond	73M	30:07
					36	Margarete	Deckert	73F	31:20
					37	Nada	Scott	53F	32:58
					38	Bill	Hunter	55M	33:29
					39	Dr: Jim	Story	66M	33:42
					40	Laura	Kelley	45F	33:45
					41	Marie	Harper	49F	34:48
					42	Warren	Harper	18M	34:53
					43	Emily	McCroan	17F	34:53
					44	Maria	Harper	15F	34:53
					45	Terry	Massa	48F	36:25
					46	Jennifer	Johnson	40F	36:30
					47	Dennis	Wirth	68M	36:32
					48	Bobby	B?		36:32
					49	L	Shuster	46F	37:48
					50	Kathleen Gray		13F	40:20
					51	Chandler Gray		10M	41:10
					52	Gene	Sellers	71M	42:38
					53	Elley	Hall	11F	43:05
					54	Laurel	Hall	47F	43:07
					55	Josephine	Newton	79F	43:47
					56	Betsy	Gray	40F	46:59
					57	Charley	Yates	81M	51:51
					58	Jere	Moore	73M	52:09
					59	Billie	Wolf	52F	52:09
					60	Bonnie	Wirth	66F	52:21
					61	Cana	Nudi	50F	52:22
					62	Bonnie	McHugh	52F	55:02
					63	Lee	McHugh	63M	55:02
					64	Debby	Westerman	50F	57:30
					65	Katessia		16F	57:30
					66	Cathy	Bishop	57F	67:44
					67	Tom	Bishop	65M	67:45

The 10K X-C course was new course of "Dana Stetson Design", and was well regarded it's scenic value.

**5th Annual Jr.
ROTC/Reineking Memorial 5K
3/11/2006**

1	Kurt	Dietrich	14M	18:32	50	Kathleen Gray		13F	40:20
2	David	Yon	50M	18:43	51	Chandler Gray		10M	41:10
3	Mike	LaBossiere	39M	19:09	52	Gene	Sellers	71M	42:38
4	Seeley	Lovett	29F	19:16	53	Elley	Hall	11F	43:05
5	Patrick	Swain	13M	19:51	54	Laurel	Hall	47F	43:07
6	Ethan	Rosenblum	15M	20:08	55	Josephine	Newton	79F	43:47
7	Bill	McGuire	58M	20:15	56	Betsy	Gray	40F	46:59
8	Andy	Roberts	39M	20:26	57	Charley	Yates	81M	51:51
9	James	Van Horn	15M	21:31	58	Jere	Moore	73M	52:09
10	Richard	Parsons	41M	22:09	59	Billie	Wolf	52F	52:09
11	Julie	Clark	44F	22:09	60	Bonnie	Wirth	66F	52:21
12	Kirsten	Baggett	39F	22:38	61	Cana	Nudi	50F	52:22
13	Christy	Pardieck	27F	22:57	62	Bonnie	McHugh	52F	55:02
					63	Lee	McHugh	63M	55:02
					64	Debby	Westerman	50F	57:30
					65	Katessia		16F	57:30
					66	Cathy	Bishop	57F	67:44
					67	Tom	Bishop	65M	67:45

* Hand powered geardrive wheelchair.

RESULTS
RED PEPPER 5K RUN
ST. GEORGE ISLAND, 3/4/06

1. Charlie Johnson	26	17:40	46. Nancy Chorba	45	28:40
2. David Yon	50	19:22	47. Angela Davis	42	29:04
3. Dan Fortunas	45	20:48	48. James Campagna	51	29:10
4. Hobson Fulmer	50	20:50	50. Susan Turner, I	55	29:20
5. Keith Rowe	44	21:35	51. Shaun Donahoe	62	29:24
6. Thomas Lynch	20	21:43	52. David Latty	38	29:59
7. Frank Flynn	47	21:46	53. Alan Pierce	50	30:30
8. Scott Letson	33	23:13	54. Terry Donohue	54	31:08
9. Dwayne Maddron	45	23:45	55. Nicole Selly	25	31:17
10. Meghan Kennedy	25	24:05	56. Derwin Hammock	46	32:06
11. Larry Miller	60	24:13	57. Mary Pardue	32	32:09
12. Ace Haddock	36	24:15	58. Melody Hammock	47	32:12
13. Gordon Shuler	44	24:23	59. Janet Riccard	45	32:17
14. Jim Auten, Buford	50	24:28	60. Art Ward	72	32:22
15. William Buchanan	61	24:30	61. Juliet Stacklyn	52	32:42
16. Linda Pfundstein	40	24:38	62. Katelyn Lynch	22	32:42
17. Robert McNeil	44	24:38	63. Linda Guntler	59	32:45
18. Beth Kiem	40	24:40	64. Chollet Ramsey	56	33:08
19. Kim Mahoney	21	25:12	65. Dawn Brown	57	34:17
20. John Shelby	51	25:20	66. Mariel Henske	64	34:24
21. John Stacklyn	54	25:22	67. Angelo Nieves	42	34:30
22. Allison Griffith	28	25:30	68. Elaine Hamlin	53	35:01
23. Jake Fisher	59	25:37	69. Dick Henske	70	36:11
24. Dag Sohlberg	63	25:57	70. Darlene Hutton	61	36:54
25. Sherrie Nunn	43	26:06	71. Rita Weber	68	36:54
26. Preston Kiem	11	26:12	72. Jessica Kiem	8	37:35
27. Kristen Snyder	32	26:15	73. Karen Latty	51	38:13
28. Wade Werbelow	39	26:30	74. Janet McKinley	62	38:50
29. Sharon Hester	35	26:33	75. Lee Cerk	67	40:43
30. Liv Warren	48	26:41	76. Norbert Weber	70	41:28
31. Reis Nelson	12	26:42	77. Molly McKinstry	40	42:47
32. Joe Sowinski	57	26:49	78. Jody Plummer	69	42:47
33. John Scott	59	26:55	79. Dorea Sowinski	57	43:09
34. Mark Hillis	64	27:09	80. Sue Skinner	55	43:12
35. John Culbertson	59	27:14	81. Tracie Parsons	55	43:59
36. James Stockwell	64	27:15	82. Susan Bassett	49	44:07
37. Dan Hansard,	69	27:16	83. Mary Noel	72	44:55
38. Katie Carson	30	27:34	84. Al Barlis,	68	50:30
39. Kari Sohlberg	35	27:45	85. Marsha Hoeffs	60	50:30
40. Richard Addison	52	28:01	86. Chelsea Williams	7	51:00
41. Erik Pardue	36	28:15	87. Philip Brachman	78	55:38
42. Susan Brooks	45	28:25	88. Linda Rafuse	65	60:02
43. Megan Lamb	23	28:38	89. Liz Browne	69	60:02
44. Mary Auten	48	28:38			
45. Elizabeth Kirvin	34	28:40			

HIGHLIGHTS

Male winner Charlie Johnson from Tallahassee in time of 17:40
Female winner Meghan Kennedy from Tallahassee in time of 24:05

First St George Island male finisher Hobson Fulmer in time of 20:50

First St George Island female finisher Allison Griffith in time of 25:30

People from 11 different states participated in the event: Florida, Georgia, New York, Michigan, Indiana, Iowa, Minnesota, Wisconsin, Tennessee, Wyoming and Illinois

**Thomasville Road Baptist Community 10K/1M - 3/4/06
Grea Beavis, R.D.**

Seaside Half Marathon Tallahassee Finishers

Darin Thomas	M 26 1:38:57
Cynthia Geeker	F 47 1:43:39
Travis Blanton	M 33 1:44:46
Frank Rudd	M 42 1:44:51
Nick Yonclas	M 62 1:47:23
Harry Graham	M 46 1:49:48
Phil Leboutillier J	M 40 1:52:07
Carey Kersten	F 28 1:52:27
Kirsten Kinsley	F 34 1:58:50
Cheryl Henley	F 37
Barbara Yonclas	F 58 1:59:31
Tim Johnson	M 35 2:02:28
Erin Glover	F 26 2:03:10
Stacy Whittington	F 22 2:05:48
Anne Priddy	F 56 2:07:19
Jessica Word	F 28 2:07:47
Leigh Ceci	F 41 2:07:59
Beth Miller	F 41 2:08:29
Rachel Gross	F 33 2:09:25
Jeremy Floyd	M 29 2:09:25
Mark Priddy	M 50 2:10:16
Katy Ziegler	F 21 2:16:23
Natalie Radford	F 31 2:18:36
Alexis Gaston	F 40 2:19:01
Kim McWilliams	F 38 2:19:39
Andrea Stephens	F 29 2:20:40
Tami Williamson	F 42 2:20:56
Elizabeth Alvi	F 40 2:21:03
Brent Moody	M 21 2:22:49
Rachel Mitchell	F 24 2:26:17
Kelly Cruz-Brown	F 37 3:05:48
Erica May	F 32 3:16:43
Deborah Kearney	F 56 3:16:46

1	Chris	Holland	20	M	35:29
2	Vince	Molosky	26	M	35:49
3	Jack	Mcdermott	37	M	37:14
4	Tony	Guillen	37	M	38:14
5	David	Knauf	41	M	39:13
6	Jeff	Givens	19	M	39:22
7	Michael	Labossiere	39	M	39:52
8	Felton	Wright	48	M	39:55
9	Kurt	Dietrich	14	M	40:24
10	Brent	Jones	30	M	40:31
11	Chuck	Davis	45	M	43:35
12	Mitch	Outlaw	22	M	43:52
13	Chad	Henry	36	M	44:24
14		Unknown			44:40
15	John	Kelly	48	M	45:05
16	George	Davis	30	M	45:25
17	Dale	Smith	52	M	46:30
18	Debbie	Lamarche	46	F	46:39
19	Steve	Outlaw	45	M	47:15
20	Guy	Anglin	62	M	47:27
21	Nick	Nichols	62	M	47:34
22	Liz	Baker	32	F	48:00
23	Brandi	Campbell	30	F	48:00
24	Connie	Clarke	44	F	48:10
25	Carrol	Hageseth	42	F	48:15
26	Daniel	Simpson	20	M	48:30
27	Joel	Springer	34	M	48:37
28	Brant	Foster	45	M	48:42
29	Dennis	Jorgensen	61	M	49:06
30	Bobby	Dick	43	M	49:07
31	Rick	Givens	54	M	49:10
32	Mike	Boll	41	M	49:20
33	Richard	Parson	41	M	49:29
34	Scott	Harvey	35	M	49:39
35	Amie	Harvey	29	F	49:48
36	Kevin	Donahue	49	M	49:50
37	Ed	Forster	44	M	50:13
38	Tj	Cutchins	46	M	50:20
39	Gene	Crawford	39	M	50:31
40	Keith	Berry	49	M	50:40
41	Julie	Clarke	44	F	50:59
42	Greg	Ozbun	37	M	51:08
43	Luis	Bejarano	40	M	51:12
44	Jimmy	Ledford	50	M	51:26
45	Brian	Toole	21	M	51:50
46	Lt	Feng	28	F	51:52
47	Clint	Watkins	63	M	51:54
48	Rob	Dearduff	40	M	52:03
49	Carlos	Zapata	60	M	52:04
50	George	Caspary	42	M	52:06

51	Bruce	Lynn	58	M	52:07	107	Ana	Sutherland	43	F	67:09
52	Robert	Odom	40	M	52:09	108	Nada	Scott	53	F	68:01
53	John	Falk	27	M	52:18	109	Josie	Gustafson	35	F	68:08
54	John	Rakestraw	69	M	52:25	110	Frankie	Higginbotham	38	F	68:10
55	Dana	Perpall	22	F	52:36	111	Nadine	Dexter	47	F	70:19
56	Kate	Macfall	34	F	52:42	112	Sherri	Croom	29	F	70:27
57	Bonnie	Wright	50	F	52:45	113	Thomas	Croom	30	M	70:37
58	Toma	Wilkerson	36	F	52:58	114	Beth	Hemler	50	F	70:54
59	Jacque	Myers	49	F	53:08	115	Andy	Rhodes	47	M	72:30
60	Alfred	Bea	50	M	53:43	116		Unknown			73:10
61	Charles	Rosenberg	60	M	53:58	117	Neil	Harvey	72	M	75:09
62	Jerry	Chesnutt	55	M	54:14	118	Rachida	Porter	31	F	75:27
63	Scott	Lindeman	30	M	54:16	119	Susan	Swain	24	F	75:27
64	Matthew	Ubben	43	M	54:21	120	Shannon	Vaughan	34	F	76:37
65	Penny	Isom	43	F	54:22	121	Stacee	Satcher	29	F	76:38
66	Sandra	Canada	43	F	54:53	122	Jillian	Bosarge	27	F	78:57
67	Bob	Keller	72	M	55:15	123	Wayne	Deason	47	M	79:28
68	Beth	Alexander	41	F	55:20	124	Brett	Bosarge	27	M	79:47
69	Richard	Galloway	43	M	55:31	125	Elizabeth	Kumar	18	F	80:24
70	Gary	Parson	47	M	55:31	126	Amy Catherine				
71	Shannon	Layton	32	F	55:46		Howard		28	F	81:17
72	Michael	Riley	50	M	56:25	127	Denise	Howard	28	F	81:44
73	Greer	Blanton	32	F	56:26	128	Sarah	Adams	29	F	82:44
74	Jeffrey	Butts	53	M	56:43	129		Unknown			82:34
75	Jim	Parker	33	M	58:25	130	Laura	Thompson	27	F	82:57
76	Michael	Klump	52	M	58:41	131	Janet	Lehman	35	F	87:08
77	Brad	Smith	51	M	59:29	132	Jennifer	Kretschman		F	87:08
78	Lindsay	Box	18	F	59:41	133	Steven	Wright	26	M	87:56
79	Walter	Sackett	30	M	59:57	134	Phillip	Burnett	33	M	88:05
80	Richard	Campbell		M	60:14	135	Rosemary	Bryant	68	F	88:05
81		Unknown			60:45	136	Willis	Holland	74	M	88:21
82	Bryan	Desloge	46	M	60:55	137	Margaret	Howard	50	F	92:29
83	Lisa	Meyer	45	F	61:09	138	Theresa	Kumar	49	F	92:29
84	Ruth	Jones	54	F	61:13	139		Unknown			101:51
85	Dianne	Dearduff	46	F	61:24	140	Randy	Rabon	53	M	107:13
86	Barbara	Mckibben	43	F	61:41	141	Stacy	Small	43	F	112:27
87	Marign	Dimacali	44	F	62:05	142	Mary Ann	Mathers	61	F	122:42
88	Casey	Stoutamire	21	F	62:23	143	Bill	Ingram	79	M	130:00
89	Adam	Decker	14	M	62:33						
90	Ali	Sackett	30	F	62:52						
91	Dean	Larremore	38	M	63:36						
92	Bill	Davis	53	M	63:53						
93	Sam	Royce	13	M	63:57						
94	Linda	Avant	48	F	63:59						
95	Margarete	Deckert	73	F	64:12						
96	Elbert	Hurst	51	M	64:52						
97	Judy	Layton	50	F	65:00						
98	Lisa	Trone	32	F	65:31						
99	Vicky	Verano	42	F	65:37						
100	Kelli	Dillon	35	F	66:01						
101	Josh	Park	15	M	66:02						
102	Bill	Dillon	39	M	66:07						
103	Michaela	Spizes	16	F	66:16						
104	Reema	Kadder	16	F	66:17						
105	Craig	Mccormick	34	M	66:23						
106	Robert	Morris	74	M	66:38						

Editor's note:

This was an very well organized race, especially so for a first time event. We hope that this organization will keep it as an annual race. Dana Stetson conceived of a very scenic, in-town course and is to be commended, along with the plethora of volunteers and the race director, Grea Bevis.

Race Judicata 5K 2/25/06
Submitted by :
Joe and Nadine Dexter

1	Van Horn	Tommy	17:51	21	M	50	Crandall	Barbara	34:39	52	F
2	Labosssiere	Mike	19:50	39	M	51	Deippupa	Julie	34:43	20	F
3	Lavin	Charlie	20:17	21	M	52	Hrdlicke	Jennifer	34:48	24	F
4	Allen	Tommy	20:30	20	M	53	Shanti	Willow	35:32	36	F
5	McClure	David	20:46	26	M	54	Ninegarder	Jennifer	36:19	37	F
6	de Beaubien	Brad	20:53	26	M	55	Burnside	Penny	36:42	39	F
7	Sanchez	Miguel	21:54	22	M	56	Flippo	Kathy	37:32	52	F
8	Fier	Stephen	21:59	24	M	57	Vitale	Ed	37:37	21	M
9	Burnside	Craig	22:02	45	M	58	Elliott	Lindsay	38:54	24	F
10	Baggett	Kirsten	22:06	39	F	59	Arias	Liza	38:56	22	F
11	Pardieck	Christy	22:40	27	F	60	Menedez	Jennifer	39:15	24	F
12	Messina	Mickey	23:26	25	F	61	Lepanto	Ciara	40:02	12	F
13	Crandall	Kaitlyn	23:28	16	F	62	Donovan-Levanto	Lorrane	40:04	41	F
14	Hancock	Shawn	23:45	25	M	63	Davis	Cierra	43:51	6	F
15	McClure	Dennis	23:47	49	M	64	Johnson	Barrett	43:58	64	M
16	Taylor	Charlee	23:48	27	F	65	Crumpler	Amy	45:14	42	F
17	Zych	Jeff	23:49	22	M	66	Blenkhorn	Tamara	45:15	45	F
18	Peavy	Paul	24:03	46	M	67	Hagopian	Lauren	49:27	22	F
19	Mixon	Corinne	24:07	23	F	68	Unk 1		49:27		
20	Murphy	Kel	24:24	21	M	69	Chrisman	Barbara	55:37	36	F
21	Wallace	Clint	24:28	24	M	70	Martz	Nick	55:38	31	M
22	Whittington	Stacy	24:38	22	F	71	Unk 2		55:40		
23	Kerrigan	Darby	24:48	24	F	72	Unk 3		55:41		
24	Barnes	Rebecca	25:06	23	F	73	Argento	James	55:41	24	
25	Walterbach	Maureen	25:19	24	f	74	Unk 4		55:42		
26	Montgomery	Melissa	25:35	24	F						
27	Isom	Penny	25:53	43	F						
28	Myers	Jacque	26:06	49	F						
29	Dempsey	Hayden	26:13	38	M						
30	Cauccy	Kevin	26:25	35	M						
31	Jonas	Megan	27:00	24	F						
32	Kawecki	Todd	27:01	23	M						
33	Adams	Carly	27:02	21	F						
34	McCauley	Marguerite	27:27	35	F						
35	Addison	Richard	27:29	52	M						
36	Newda	Robby	27:50	47	M						
37	Burgess	Amanda	27:55	20	F						
38	Kirk	Eric	28:00	35	M						
39	Bredahl	Christie	28:22	22	F						
40	Roadhouse	Ron	30:10	28	M						
41	Bussey	Amber	31:04	21	F						
42	Smith	Ben	31:00	25	M						
43	Avan	Linda	31:04	48	F						
44	Morris	Robert	31:15	74	M						
45	Cauley	Raina	32:59	35	F						
46	Ward	Art	33:38	72	M						
47	Love	Elizabeth	34:02	23	F						
48	Brown	Dawn	34:30	57	F						
49	Pettifor	Megan	34:30	21	F						

Gasparilla 15K 2/25/06

Joey	Zins	49:11
Vicky	Gill	53:47
Tim	Unger	56:10
Myron	Herring	70:18
Julie	Clark	71:26
Dawn	Tomlinson	81:09
Robert	Mcneal	84:29
Burt	Von Hoff	90:22
Bill	Peebles	92:08
Amy	Peebles	92:54

Gasparilla Marathon 2/26/06

Allison	Eagen	3:13:46
Jay	Silvanima	3:28:02
Bruce	Culpepper	3:52:22
Thomas	Carney	4:09:53
Larry	Stevenson	4:10:04
Jim	Ervin	4:15:22
Mark	Priddy	5:25:29

**Grand Prix Status through
Run for the Cookies
2/11/06**

Overall Female

Stephanie	Liles	3	90
Julie	Clark	3	57
Kirsten	Baggett	3	47
Loranne	Ausley	2	28
Connie	Clarke	2	24
Kathy	Lindsay	2	24
Jane	Johnson	1	20
Sarah	Earnhardt	2	18
Christy	Pardieck	1	15
Bonnie	Wright	2	12
Judy	Alexander	1	11
Kaitlyn	Crandall	1	11
Elizabeth	Kelsey	1	7
Jacque	Myers	1	7
Nancy	Widener	1	5
Lisa	Unger	1	5
Beth	Alexander	1	3
Penny	Isom	1	3
Diana	Jones- Ellis	1	3

1-9 Female

Mackenzie	Chesnutt	1	20
Lauren	Peavy	1	20
Lily	Unger	1	15

10-14 Female

Erin	Fraser	2	40
Danielle	Jackman	2	30
Melissa	Jackman	2	27
Breanna	Bruner	1	20
Allison	Clarke	1	12

15-19 Female

Kaitlyn	Crandall	1	20
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25-29 Female

Sarah	Earnhardt	2	35
Rita	Tweed	2	27
Jill	Page	1	20
Christy	Pardieck	1	20
Elizabeth	Kelsey	1	15

30-34 Female

Stephanie	Liles	3	60
Jo Lena	Pace	2	30
Sara	Cleveland	1	12

35-39 Female

Kirsten	Baggett	3	60
Melissa	Rudd	2	25
Willow	Shanti	2	20
Janine	Thomas	1	15
Lisa	Unger	1	15
Sherrie	Peavy	1	12

40-44 Female

Julie	Clark	3	60
Loranne	Ausley	2	30
Beth	Alexander	3	30
Connie	Clarke	2	24
Judy	Alexander	1	15
Penny	Isom	1	10
Sandra	Canada	1	8
Dawn	Jimenez	1	6
Barbara	McKibben	1	6
Susan	Ledford	1	4
Nancy	Donovan	1	4
Kirsten	Anderson	2	4

45-49 Female

Kathy	Lindsay	2	35
Nadine	Dexter	2	24
Jacque	Myers	1	20
Jane	Johnson	1	20
Chris	Savery	2	20
Linda	Avant	1	15
Diana	Jones- Ellis	1	15
Terry	Massa	2	12
Fran	McClean	1	8
Kathy	Dunnigan	1	8

50-54 Female

Bonnie	Wright	2	40
Jackie	McDaniel	2	30
Ruth	Jones	2	22
Mary Jean	Yon	1	12
Vicky	Bernal	2	12
Jan	Blue	1	10
Kathy	Flippo	2	8
Sue	Kelly	1	8
Nada	Scott	1	6

55-59 Female

Susan	Cornwell	3	45
Dawn	Brown	3	32
Marsha	Vaile	2	32
Mary	Stutzman	1	20
Nancy	Widener	1	20
Karen	Smith	1	12

60-64 Female

Perha	Varley	1	20
Pheona	Kaiser	1	20

65-69 Female

Mae	Cleveland	2	40
Mary Lou	Manausa	2	27
Dot	Skofronick	1	15

70-74 Female

Margarete L	Deckert	2	40
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75 + Female

Josephine K	Newton	2	40
Rosalie	Myers	1	15

Overall Male

Carl	Nordhielm	3	67
Jared	Black	3	57
David	Yon	3	48
Tim	Unger	2	32
Levon	Hoomes	1	30
Eric	Smith	2	28
Bill	McCord	3	27
Michael	Martinez	3	25
Tom	Ratliffe	1	15
Felton	Wright	2	14
Greg	Waddell	1	13
Tony	Guillen	1	9
Jay	Silvanima	1	7
Mike	LaBossiere	1	7
Reid	Vannoy	1	5
Craig	Willis	1	3
Jerry	McDaniel	1	3

1-9 Male

Joshua	Liles	1	20
Jimmy	Baggett	1	15

10-14 Male

Luke	Liles	1	20
Joey	Vannoy	1	20
Jamie	Wright	1	20
Davis	Clarke	1	15

15-19 Male

Jared	Black	3	55
Michael	Dobson	2	25
Levon	Hoomes	1	20
Jeff	Givens	1	12
Andrew	McWilliams	1	8
Brad	Givens	1	6

20-24 Male

James	Dexter	1	20
Daniel	Scheller	1	15
Chris	Dexter	1	12

25-29 Male

Chris	Sumner	1	20
John	Falk	1	20
Michael	Pasquier	1	20
Joe	Crook	1	15

30-34 Male

Scott	Heath	3	44
Eric	Smith	2	40
Brian	Burch	2	30
Damian	Wilson	1	10

35-39 Male

John	Matthews	3	42
Mike	LaBossiere	2	35
Greg	Waddell	1	20
Tony	Guillen	1	20
Travis	Miller	1	12
Chad	Henry	1	12
Stephen	Veliz	1	10
Jeff	Bryan	1	10
David	Ensley	1	8

40-44 Male

Carl	Nordhielm	3	60
Bill	McCord	3	42
Michael	Martinez	3	39
Chuck	Davis	2	18
Mike	Boll	2	14
Mike	Weyant	1	10

Frank	Rudd	2	10	60-64 Male			
Douglas	Covert	1	10	Guy	Anglin	2	40
Sean	Phelps	1	8	David	Darst	3	33
Keith	Rowe	2	8	George S	Palmer	2	32
Robert	McNeal	1	4	Maynard	Sweeley	2	30
Sean	Bower	1	2	Clint	Watkins	2	22
				Carlos	Zapata	2	20
				Ray	Hanlon	1	6
45-49 Male				65-69 Male			
Tim	Unger	2	40	Rex	Cleveland	3	60
Jay	Silvanima	3	37	Mike	Schneider	3	39
Felton	Wright	2	35	John	Rakestraw	2	30
David	Cox	2	24	70-74 Male			
Daniel	Fortunas	2	18	Arthur B	Ward	3	42
Reid	Vannoy	1	15	Robert	Morris	3	42
Jimmy	Ledford	2	10	Bob	Keller	2	40
Jeff	Kuperberg	1	10	Bill	de Grummond	1	15
Timothy	Hoomes	1	8	James	Skofronick	1	10
Myron	Herring	1	8	75 + Male			
Reg	Perry	1	6	Charlie R	Yates	2	35
Gary	Cato	1	6	John	Alderson	1	20
Paul	Peavy	1	4				
Britt	Thomas	1	2				
Robby	Turner	1	2				
50-54 Male							
David	Yon	3	60				
Mike	Sims	3	36				
Craig	Willis	3	35				
Jerry	McDaniel	2	30				
Warren A	Emo	3	26				
Bud	Fennema	1	8				
Rick	Givens	1	6				
Dale L	Smith	1	6				
Richard L	Addison	2	6				
Mark	Dietrich	1	4				
Pete	Kerwin	1	2				
55-59 Male							
Tom	Ratliffe	3	60				
Terry	Ryan	2	27				
Jerry	Chesnutt	3	26				
Gordon	Morgan	3	26				
Gary	Griffin	1	15				
Bill	McGuire	1	15				
Rob	Cunningham	1	12				
Terry	Tenold	1	8				
David	Farnsworth	1	8				
Bruce	Lynn	1	6				
Gene	Opheim	1	2				

Runners must compete in and complete (but not necessarily score points in) at least three GP races to be eligible for awards.

Answers to Frank Sinatra
Page 13

1. "I've Got You Under My Skin"
2. "Try a Little Tenderness"
3. "Fly Me to the Moon"
4. "I Don't Stand a Ghost of a Chance With You"
5. "That's Life"
6. "Send in the Clowns"
7. "I Get a Kick Out of You"
8. "The Lady Is a Tramp"
9. "Love and Marriage"
10. "New York. New York"



Start at the Shamrock Scurry 3/18/06. Arrows point to winners Jennifer Emo and Michael Martinez



Kurt Dietrich (14) wins the Reineking 5K



No, Robert McNeal didn't win the Reineking 5K, but you gotta admire the effort and the form!

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.