



The Fleet Foot

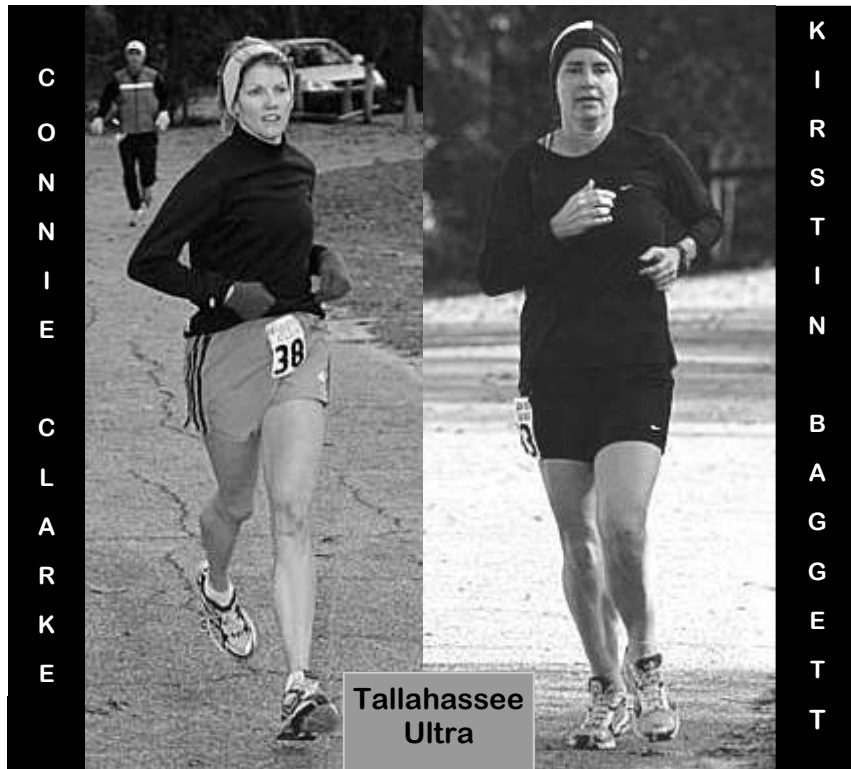


\$2.00

Volume 3 Issue 1

Newsletter of the Gulf Winds Track Club

Jan. 2006



Tallahassee Ultra

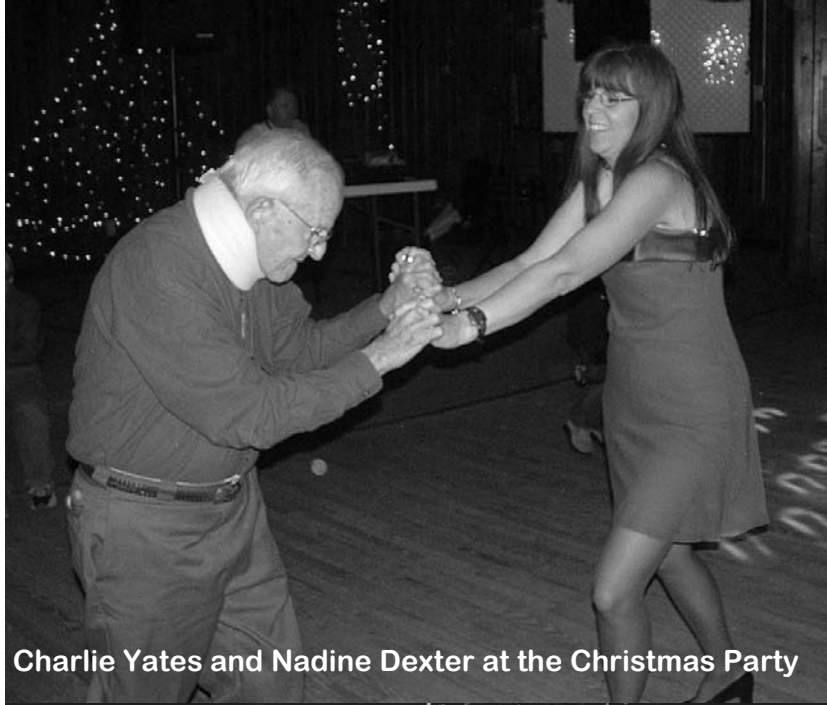
If your address label says "2005", this is your last issue. December should have been the last, but since your editor goofed, you profit and get this one. But, be aware that you get NO Grand Prix Points UNTIL you are a fully paid member and there are two Grand Prix events in January, plus one in February.

In this Issue - New Board members p. 5

Minutes	4-5
Back of the Pack	11
Race Calendar	9-10
Featured Feet	12-13
Race Results	20-24

Upcoming Grand Prix Races

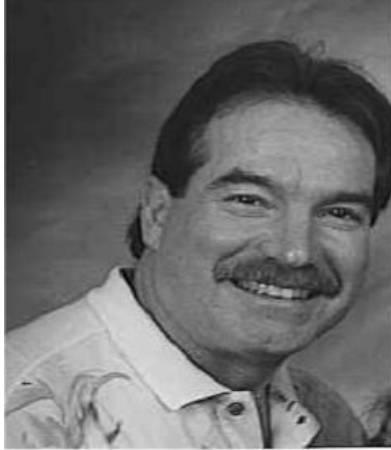
- Jan. 14 Bowlegs 5K
- Jan. 21 GWTC 30K/15K
- Feb. 11 Cookie Run 5K/1M



Charlie Yates and Nadine Dexter at the Christmas Party



The younger set at the Christmas Party



Pulpits Happen

I hope everyone had a happy holiday season and you are now ready to face a new season of running. A new slate of Grand Prix Races is ready for you. The Grand Prix Committee worked hard to select a series of runs that will appeal to all with distances for everyone. Check our Gulf Winds website for dates and times.

Another job of the Grand Prix Committee is to assist us in recognizing club members for their efforts over the last year. The GWTC Awards Ceremony will be held at the American Legion Hall on January 14, 2006, with **Happy Hour** beginning at 6:30 and the awards at 7:00. I would like to invite everyone to attend and celebrate the hard work and accomplishments of this year's award recipients.

Speaking of hard work, it's about time to pick up the mileage. Why is it so hard to push away from the table this time of year? I am convinced that the cookie industry and Weight Watchers are working together. If I have calculated it correctly, I have to average 475 miles running a week to take care of the damage done by this last

holiday. If I live to 107 years old, I should be back in shape. (Someone told me a pear is a shape.) We have some great runs in the coming months.

Remember, we're a social club with a running problem. If you're not running, volunteer. Contact a race director and ask if there is any way that you can help. See you out there!

Odd Laws in the U.S.

Georgia: It's illegal to go to church without a loaded rifle. (Preacher must be careful!)

Idaho: It's a crime to give your sweetheart a box of candy weighing less than 50 lbs. (Ladies note!)

Riverside, CA: It's illegal to kiss without wiping your lips first with carbolized rose water.

Texas: Whenever two trains meet at A crossing, both must come to a full stop; then neither can proceed till the other one has gone. (Hmmm.....?)

Lexington, KY: It's illegal to carry an ice cream cone in your pocket.

Cushing, OK: It's against the law to drink a beer in your underwear.

Cold Springs, PA: Against the law to sell liquor to a married man without his wife's consent. (Ladies choice.)

Stockton, CA: Illegal to wiggle while dancing in a bar. (Killjoys.)

Don't blame these on Tom. Your editor is responsible!

Seattle Marathon 10/27

Mike McGehee 3:48:11
Lucy Clay Lovett 4:47:22.

West Palm Beach Marathon 12/4

Jennifer Britt 4:09:22
Matthew Fitzpatrick 4:41:53

Florida Senior Games

Bill Tharpe won the gold in
100M 12.84, 200M 27.13,
400M 1:03.72

Huntsville Rocket City Marathon

Felton Wright 3:12
Hobson Fulmer 3:22

Charlotte Thunder Road Marathon

Greg Waddell 3:05
Gary Cato 4:47

Tallahassee Ultradistance Classic
See Page 22 for 50K and 50M**Jacksonville Marathon**

John Robida 2:54:02
James Wilgenbusch 3:07:01
Gavin Naylor 3:16:39
Hernan Garrido 3:19:20
Jennifer Shafer 3:45:42
John Kennedy 3:54:05
Benjamin Buchanan 3:56:20
Stephen Buchanan 3:58:23
Janine Thomas 4:09:38
Jack McDermott 4:09:38
Kristina Peeples 4:09:45
Jerry Hansen 4:23:56
Gary Cato 4:37:53
Dena Coukoulis 4:39:42
William Flippen 5:18:26

Half-Marathon

Kimberley Likens 1:36:49
Geoff Likens 1:41:06
Michael Boll 1:47:56
Dan Solomon 1:58:21
Jacque Myers 2:01:26
Kristi Killingsworth 2:35:19
Janet McNaughten 2:53:57
Deborah Brown 2:55:13

GULF WINDS TRACK CLUB

November 9, 2005 Business Meeting

Hosted by Beth Alexander

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

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

GUEST PRESENTATIONS: David Broadway of FDLE and **Michael Jenkins**

of FHP presented their ideas about a fundraiser for Amber Pittman, an employee who was critically injured by a hit and run truck driver while off duty on her way home. Amber is out of the ICU but will need expensive items that auto and health insurance will not cover. They would like to organize a 5K race which would include a modified decathlon for participants to compete in also. David and Michael received lots of input from Board members. They will explore March 11, 2006 at Miccusokee Greenway as an option.

NEW BUSINESS: Paul Ahnberg asked that the Club donate \$150 to reserve a spot at the Leon County Relay for Life. A motion was made, seconded and passed by unanimous vote. Tom also mentioned that this should become a line item in the budget.

REPORTS:

Race Director – Judy Alexander presented the budget for the 10 Mile Challenge on December 3, 2005 which included giving 80% of proceeds to PHI and 20% to the Club. Discussion occurred concerning PHI as the charity for the race, specifically if the organization has a political agenda. It was mentioned that there was opposition to PHI last year after the race, but no one came to Judy after she sent out an invitation for discussion on the gwinds list. A motion was made

and seconded to accept the budget as presented provided Judy could turn up no concrete evidence that PHI has a political position. An amended motion was made to allocate 50% of the race proceeds to the Club and the Chenoweth Fund in a 20% and 30% distribution, respectively. This motion was seconded and passed unanimously. **Joe Dexter** presented the budget for the Flash 12K. A motion was made, seconded and passed unanimously to accept the budget as presented. Joe has purchased sweatshirts and pants already. **David Yon** reported that the Women's Distance Festival did well. He also reminded everyone about the Music Fest Sunday 11/20 from 2-6 pm for the Turkey Trot. **Tom Perkins** reported that Springtime 10K has full sponsorship secured.

Race Director Coordinator – Charlie Yates reported his calendar is up to date.

Clothing Coordinator – Margarete Deckert presented sales information for the month. She has purchased new sleeveless blue shirts. Margarete also displayed the new multi use bandana/handkerchief/scarf.

Newsletter – Fred Deckert led discussion about the quantity of calendars he should order. He will purchase 100 black and white and 100 color copies.

Training Committee – Nadine Dexter reported that her beginning running class party on October 30 was a success. She mentioned two members of the class have stepped up to lead groups twice a week. One group meets Wednesdays at the track at 5:30; the other meets Thursdays at Overstreet. She passed on information about the 10K training to her latest students.

Equipment – Joe Dexter turned in various race fees collected. Tom presented the information on sound systems he investigated. He recommended a model that will meet the needs of the club's large races. A motion was made, seconded and passed unanimously to spend up to \$2400 on the system.

Treasurer's – Bonnie Wright discussed the budget for the previous month. A motion was made and seconded to accept the budget as presented. It was passed unanimously.

Membership – Brian Corbin reported

that there are currently 921 members represented by 536 memberships.

Chenoweth Fund – David Yon no report.

Grand Prix Committee – Paul Ahnberg.

Social Coordinator – no report.

Triathlete – no report.

Racing Team Coordinator – no report.

Lecture Series – Michael Pasquier.

OLD BUSINESS:

There was a motion to adjourn made at 9:25 PM, which was seconded and passed by unanimous vote.

The next board meeting will be held on December 14, 2005 hosted by Judy Alexander.

These minutes have been reviewed and accepted by the Board.

Beth Alexander, Secretary.

GWTC officers and board for 2006

President: Tom Perkins
Vice Pres.: David Yon
Secretary: Beth Alexander
Treasurer: Bonnie Wright

Directors-at-large:

Nadine Dexter
Judy Alexander
 *Mary Jean Yon
 *Paul Ahnberg
 *Terry Ryan

* New directors

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

Jan. 11 Bonnie Wright
Feb. 8 Charlie Yates

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

P. O. Box 3447, Tallahassee, FL 32315 Area code for all phones is 850

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yatesc1@earthlink.net

Racing Teams Coordinator

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ungerTL@juno.com

Past Presidents

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janeelizjohnson@hotmail.com
Paul Hiers 656-7201,
phiers@comcast.net

Articles/Race Results for Democrat

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gdroze@maclay.org

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fdeckert1@juno.com

Social Coordinator

Kathy Lindsay 219-3788
klindsay@govserv.com

Lecture Series

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

GWTC Web Site - www.gulfwinds.org



Discounts for GWTC members



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

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

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

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

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

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

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

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

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

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.

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

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

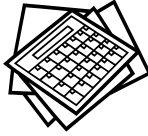
Swimming: Master's swim 5:30 AM Monday thru Friday - Myers Park Pool, monthly fee gets you a coach on deck.

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.bfastrathlon.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.



Jan. 2006

07 Kiwanis Run 5M/5K. 9 a.m. Earle May Boat Basin, Bainbridge, GA.

Ben Fuller (229) 243-7798, benfuller@bellsouth.net

07 Navarre Beach Run 5K/10K/Half Mar. 9 a.m. Moved to Pensacola.

www.pensacolarunners.com

14 Bowlegs 5K. 9 a.m. FSU Eng. Bldg. Innovation Park. Larry Guinipero 878-5569, Bill Hillison 893-4557. Form on page 16 December issue

15 Apalachicola River Bridge 10K. 2:30 p.m. EST . Apalachicola. Hobson Fulmer (850) 927-2510, hobson@gtcom.net

21 GWTC 30K/15K, 8:00 a.m. Old Centerville Road. Jerry & Jackie McDaniel 297-3798. Form on page 18

28 Capital City Challenge Special Olympics 5K/5M Run Walk. 8:30 a.m. FSU Track Massa.terry@leg.state.fl.us. Form on page 16.

28 Hog Wild 5M. 2 p.m. CST. Dothan, AL. Larry Dykes 334 792-6021, drcprez@yahoo.com

Feb.

04 Flash 12K. 8:30 a.m. St. Marks Trail at 9 mile mark. Joe Dexter 878-7880, 245-3798. Form on page 21.

11 Cookie Run 5K/1M. 8:45 a.m. TCC Campus. Jeanne O'Kon, Tom Perkins 893-2019. Form on page 20.

19 Tallahassee Marathon/Half Marathon. 8 a.m. Mike Long Track. Jack McDermott. marathonjack@comcast.net.

25 Race Judicata 5K. 8:30 a.m. FSU Law School. Megan Morley, mmm04e@fsu.edu

25 4th Annual Navy Jr. ROTC Reineking 5K. 8:30 a.m. Maclay Park. FowinkleC@mail.lincoln.leon.k12.fl.us

Mar.

4 Thomasville Road Baptist Community 10K/1M fun run. 8 a.m.

Thomasville Rd. www.thomasvilleroad.org/10K . Form on Page 17

4 Red Pepper 5K. 8 a.m. St. George Island. Nick Yonclas 850 670-1661 days, 927-2130 eves.

5 Fun Duathlon. 9 a.m. 2M/13M/2M. J. Lewis Hall Park. <http://www.hihig.com/econoduathlon/>

5 Seaside Half Marathon & 5K. 850 231-6190

12 AMSA 5K

18 Shamrock Scurry 5K . 8:15 a.m. Celebration Baptist, E. Shamrock
 terry@childrenof Ireland.us

18 Furry Scurry 5K/1M. 8:30 a.m. Easterwood Dr. Kate McFall 508-1001

24 Dogwood Festival 5K. 6 p.m. Attapulgus GA. Myra Hartzog 229 465-3475

25 Red Hills Triathlon. 7 a.m. Maclay Gardens. Kathy McDaris 422-3130

25 Run for a Good Paws. 5K/1M 9 a.m. Bainbridge GA. cab-
 sports@earthlink.net.

* 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 Apr. 29 Meals on Wheels 5K Jun. 3 Potluck 4M (trail) Jun. 18 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)	Bowlegs 5K Cookie 5K or 1M Springtime 1M Meals 5K Sizzler 5K or 1M Breakfast 1M Nov. 4 Women's Distance 1M
<p style="text-align: center;">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 6th - Mar 27th <u>Meeting Location is at Myers Park</u> Wear running shoes and reflective clothing. <u>Be prepared to jog 3 miles at your own pace on the first day.</u></p> <p>No fees. A waiver form is required and may be filled out on the first day. We will be training on sidewalks and on the road on portions of the actual Springtime course. All participants are responsible for their own safety. Each week course maps will be distributed and volunteers will be out there running with the group. All participants who follow the program will be able to successfully complete the Springtime 10K run. Participants are responsible for their own Springtime 10K entry fees and are also encouraged to join Gulf Winds Track Club. For more information contact Julie Clark preferably by e-mail at juliecla@comcast.net. Everyone is welcome. (Note: an adult should accompany children under 14).</p>	

Back of the Pack
"A New Year"

By Jack McDermott
January 2006

My latest adventure took me to the Apache-infested wastelands of Arizona.

Founded in 1775 as part of Spain, liberated as part of Mexican Independence in 1821, then sold to the United States in 1854, the desperado town of Tucson has since been tamed, but not by me.

Now, it is the site for one of the fastest marathons in the country --- the Tucson Marathon, as well as some of the sleaziest hotels in the country, which looks like they were bought from Mexico. I stayed at a dive where the walls were so paper thin, I figured my neighbors were either building a bomb, or conceiving a child, whatever it was, I couldn't get much sleep the night of the race. It also didn't have a bathtub (only a stand-up shower). For some reason this didn't match the description of the hotel on the Internet when I booked it.

Tucson is a point-to-point marathon, where they bus you 26 miles to these old silver mines, and you run into town dropping 2,500 feet in altitude. Sounds great, right? But just like that eggnog you imbibed during the holidays, sometimes you can have too much of a good thing. It was here that Coronado hoped to find his "Seven Cities of Gold," or where Jack hoped to find his "Seven Tablets of Advil." Both were mirages in the Arizona sun.

On the bus ride up, we almost didn't make it. Our bus driver must have been on-loan from FEMA, as he didn't know where we were going, and I was wondering if we might end up in New Orleans. At one point, he had to turn around on a narrow road, and hit the guard rail. Some girl on the bus asked if "psychological



trauma" was covered on the race entry waiver. I told her it must be; otherwise I'd sue every marathon director I could find.

Quickly abandoning my pre-race plan, I shot out of the gate faster than Geronimo. I was running by a group of runners around the 2 mile mark where one guy was huffing and

puffing and complaining about the altitude (the race started at 4,700 feet). I told him that The altitude effect is a myth much like Big Foot, the Loch Ness Monster, UFOs, and the Warren Commission Report --- just a figment of an overactive imagination. For some reason, I don't think that made him breathe any easier.

At the half-way mark, I was in around 1:24, and felt OK. However, I was beginning to feel a slight stomach upset. After visiting a port-o-let at mile 14, I lost 2 minutes (and about five pounds), and continued onward feeling much better. I was still on PR pace until about mile 19-20, when we took a detour off the main road in what the race director called a "finger." I would have liked to have given a few volunteers "a finger" at the thought of this detour, as I could already see the spires of the office buildings in Tucson. At mile 21, I was back on stride, but then I kept running into gaggles of walkers who were finishing the half-marathon. I had to zigzag like I was in the Slalom at the Torino Olympics without the snow, or the skis, or the Italians --- actually --- that's probably not a good analogy.

I still had a shot at a PR, but missed it -- - by 26 seconds. Simple math told me it amounted to one second per mile --- how ironic. I also did my best Yoda imitation. No, I didn't look shriveled and green after finishing, but limped away after the fight like I could barely walk.

Jack (Continued on page 12)

Featured Feet – Reid Vannoy

Childhood ambition: How am I supposed to remember this? I think growing up, I wanted to be a professional baseball player. But I couldn't do anything well except steal bases.



you ran into a farmer that thought that Tab was an acceptable beverage.

Indulgence: Champagne. My frugal side winces at paying over a dollar an ounce for any liquid consumable but this is an exception.

Fondest memory: Getting married to Linda. That was a great day. We were married on the beach. It was a bit of an atypical ceremony but it was a very enjoyable day in all respects.

Wildest dream: I have given up on the Masters sub-17:00 5k. Now it's winning the Lotto like everyone else.

Proudest moment: Anything my kids accomplish, whether it's good grades or some other achievement. Personal achievements pale in comparison.

Biggest challenge: Completing Grandma's marathon in 2003 after training for 2 months through plantar fasciitis. This could also be labeled "biggest display of stupidity".

Perfect day: Coffee and the paper followed by the 10 miler with the Sunday group, a monster breakfast, and several hours in the workshop cutting mortises and tenons. Days that good seem to pass way too quickly.

First job: Baling hay for farmers. it paid \$2.00 an hour and usually a pretty good lunch. Once in a while

Last purchase: This is kind of sad, but it was new kitchen appliances.

Favorite movie: Chariots of Fire. Doesn't matter how many times I watch it. I still get teary-eyed. What a schmuck.

Inspiration: My Grandfather, He worked hard but always enjoyed himself in anything he did.

(Continued from page 11)

And for those keeping track at home, no this did not give me another state. I am still stuck on 25 – halfway through my quest. The problem is I'm cheap, and can't redeem my frequent flyer miles for races in Montana. However, I was thinking that everyone is always saying that government should be more like the private sector right? In corporate America we have mergers all the time. North and South Dakota could merge, and be "Dakota," Utah and Idaho can become "Udaho," and Kentucky and West Virginia can become "Hillbilly Land."

Anything to make this easier and cheaper.

Happy New Year!

**Featured Feet –
Wendy Smith**

Childhood ambition:
To become the first female President (Gina Davis beat me to it)

Fondest memory:
Running with Bob through the Mt. Hood National Forrest in Oregon

Wildest dream: To be a rock musician

Proudest moment: Running my first race at the Heart and Sole Classic at the age of 30

Biggest challenge: Aging with grace

Perfect day: Hiking up Yellow Mountain in NC with the Early Girlz

First job: Hostess for a real estate development company during high school

Indulgence: Chocolate and Margaritas

Last purchase: Christmas presents for my friends, my family, and me

Favorite movie: Phantom of the Opera

Inspiration: David's and Mary Jean's amazing energy and generosity



It happened in January!

1882: Thomas Jefferson got a 1,235 lb. cheese.

1863: Thomas Nast gives birth? To Santa Claus.

1904: Elizabeth Magie patents the game later known as Monopoly. **(Capitalism takes off!)**

1905: Alfred Fuller sells his first brush.

1901: The Spindletop gusher erupts in Texas, setting off the oil boom.

1875: Rev. Henry Ward Beecher goes on trial for dallying with one of his flock.

1919: Vladimir Zworykin, Russian immigrant who later invents TV, lands in U.S. **(Should have started those restrictive immigration policies earlier?)**

1969: Gov. Jimmy Carter of GA, spots a UFO when visiting the Lions Club. **(In GA what's unusual about that?)**

Racing in Australia - Pheona Kaiser

The Noosa Half Marathon in Noosa Heads, Queensland Australia is a very well done race, with two laps of an out and back course. Most of the course is along the beautiful Noosa River and was held this year on August 21.

My husband and I had already made our plane reservations when I checked on line for races in August and discovered the Noosa races, a 10K and a Half Marathon. So of course we maneuvered and changed our schedule when I decided to run the Half. A very well known Australian coach Pat Carroll was the race director. Pat has an on line coaching facility www.patcarroll.com.au, you might find it of interest. He is ranked 4th on the Australian all-time list for the Half Marathon and the same rank for the Australian all-time list for the Marathon. Pat's best Marathon time is 2:09:39 and the Half 61:11.

Race day we parked a number of miles away in the designated parking area and then rode the bus to the start. A small donation was required. The weather was perfect. Sun was shining (once it broke through the fog) no humidity, I thought someone had given me a



gift, and of course they had. Coming from sunny and humid Florida the lack of humidity was fantastic. My first loop was wonderful, after the second turn around I lost some oomph

especially when the 10K leaders started flashing by me, but I finally finished in 2.25.36. While certainly not a stellar performance and even for me not my best time for the distance, it was a great race. After my official time was listed I came up with a great excuse(s)

- 1: I had not run in 17 days.
- 2: A number of those days were spent on either a plane, a bus, or in a car.

Interestingly many of the local runners were extremely hot and sweaty after finishing, bothered a great deal by the temperature. While Florida weather has beat me down on numerous occasions this was one time when I could say "thanks" I feel great.

It was a wonderful race and I would highly recommend it and my beloved country for anyone planning a visit to Australia.

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Lonely spayed female orphan seeking loving running companion.



My name is Abbey and I'm about a year old. I've been at the shelter since I lost my family during hurricane Katrina and am looking for someone to love me as much as I will love them. I'm never too tired to run and never complain about the temperature. I really miss playing in the park and greeting my family at the door. My main goal in life is to please my owner and have lots of fun. I promise to always love you and try my hardest to please you every day. If you have extra room in your life for a devoted companion and new running partner, please consider adopting me. I promise to adore you for the rest of my life. (My I.D.# is A071922)

You can find me at the Animal Service Center at Tom Brown Park...or call Kate MacFall at 508-1001

Capital City Challenge 5K

Leon County Special Olympics

Date: Saturday, January 28, 2006

Time: Registration: 7:30 AM,



Special Olympic Athletes 1/2-Miler: 8:30 and
5K: 9:00

Location: FSU
Mike Long Track

Cost: \$10 pre-registration (by 01/21/2006)
\$15 race-day (01/22/2006 – 01/28/2006)
\$5 no T-shirt option
Special Olympics Athletes 1/2 Miler (free)

Check or Money Order to: **Leon County Special Olympics**

Mail Registration form to: **CCC Registration
c/o Deputy Lonnie Seay
2825 Municipal Way
Tallahassee, FL 32312**

Contact: **Terry Massa (850) 509-2613** terrymassa@aol.com or
Lonnie Seay (850) 922-2984 SEAYL@leoncountyfl.gov

REGISTRATION

Last Name _____ First _____

Address: _____ City: _____ State: _____

ZIP: _____ Phone Number: _____

E-mail: _____

Gender: (M/F) ____ Age on 1/28/2006: ____

T-Shirt Size: S M L XL XXL

Mail registration, fee, and waiver by 01/21/2006 to pre-register.

Waiver (mandatory): In consideration of your accepting my registration, I, intending to be legally bound for myself, my heirs, executors and administrators, do hereby discharge Special Olympics, Leon County Sheriff's Office, Gulf Winds Track Club, and any and all sponsors of the 2006 Capital City Challenge 5K from any liability arising from illness, injury, and damage I may suffer as a result of my participation in this event. I attest and verify that I am physically fit and have sufficiently trained for the competition of this event.

Signature is required to participate (Parent/Guardian must sign if under 18)



ALL PROCEEDS WILL BENEFIT THE FLORIDA BAPTIST CHILDREN'S HOME AND THE DEBBIE O'BRIEN SCHOLARSHIP FUND.

DATE: Saturday, March 4, 2006

TIME: 10K Race starts at 8:00am Pre-Race Registration starts at 6:30 am
1 Mile Fun Run/Walk starts at 8:10am

WALKERS ESPECIALLY WELCOME

Location: Thomasville Road Baptist Church (TRBC) Race starts and finishes at TRBC. 3131 Thomasville Road (right next to Oven Park)

Entry Information: (First 200 registered Guaranteed a T-Shirt)

Early Registration on or before March 1

\$12.00, includes T-Shirt

\$7.00, no shirt option

\$5.00, age 12 and under

Day of Race Registration

\$15.00, includes T-Shirt

\$10.00, no shirt option

\$5.00, age 12 and under

Make checks payable and mail to the following address with attached waiver to:

TRBC-10K P.O. Box 10805 Tallahassee, FL 32302

Donations graciously accepted

MORE INFORMATION: Log onto www.thomasvilleroad.org/10K or call Grea Bevis 850-508-0874

Registration: Registration will take place at the Multi Purpose Facility beginning at 6:30am on race day.

Awards Ceremony & Post Race Festivities: We invite you to join us for a post race party that will include plenty of fresh food and drinks. Awards will be given to the top male and female overall finishers as well as the top 3 in each age group.

NAME: _____

ADDRESS: _____

PHONE: _____ SEX: ____ AGE: _____

SHIRT SIZE: YM YL M L XL

Waiver: I know that participating in running activities is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather (excessive heat and/or humidity), traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my application, I for myself and anyone entitled to act on my behalf waive and release the Race Director, Gulf Winds Track Club, Thomasville Road Baptist Church, or any other sponsoring agent, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the parts of the persons/agents named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

DATE: _____

Signature of Entrant (Parent or Legal Guardian if under 18 years old)



GULF WINDS TRACK CLUB 30K / 15K Saturday, January 21, 2006

DATE & TIME: Saturday, January 21, 2006
Race starts at 8:00 am, EST.
Pre-race registration starts at 7:00 am

COURSE: Predominantly run on hard-packed red clay road (Old Centerville and Sunny Hill Farm) through plantation lands (first and last 2.25 miles paved).

EARLY ENTRY FEE: 30K – \$18 includes t-shirt (\$10 no t-shirt)
15K – \$15 includes t-shirt (\$8 no t-shirt)

RACE DAY REGISTRATION: 30K and 15K – \$20 includes t-shirt
30K and 15K – \$12 no t-shirt

AWARDS: Overall/Grandmaster/Master/three-deep in five-year age groups.

DIRECTIONS: The race starts near The Retreat at Bradley's Pond which is across the road from Bradley's Country Store on Centerville Road, approximately 12 miles north of Capital Circle NE.

ADDITIONAL INFORMATION: Jerry/Jackie McDaniel: mcDanieljackie@hotmail.com or call 850/297-0009, or visit the Gulf Winds website at <http://www.gulfwinds.org>. Electronic registration at Active.com.



Old Centerville Road

**MAIL ENTRY FORM WITH
PAYMENT TO:
GWTC 30K /15K
c/o Jerry/Jackie McDaniel,
1013 Lothian Drive,
Tallahassee, FL 32312**

NAME:		GWTC ENTRY FORM 30K <input type="checkbox"/> 15K <input type="checkbox"/>	
AGE ON 1/21/06:	DATE OF BIRTH:	MALE <input type="checkbox"/> FEMALE <input type="checkbox"/>	
PHONE #:	EMAIL:	SHIRTS	
ADDRESS:	CITY/STATE:	Size: S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/>	
ZIP CODE:		No Shirt: <input type="checkbox"/>	
<p><small>I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able, physically fit and properly trained. I assume any and all risks associated with this event including but not limited to falls, contact with other participants, effects of weather, including high heat and/or humidity, and traffic and the conditions of the roads, all such risks being known and acknowledged by me. I agree to abide by all the decisions of the race officials relative to my ability to safely complete the run. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. Knowing these facts and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge all Gulf Winds Track Club race officials, volunteers and all sponsors including their agents, employees, assigns, or anyone acting on their behalf from any and all claims or liability for death, personal injury or negligence or carelessness on the part of the persons named in this waiver. The Release and Waiver extends to all claims of every kind and nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants full permission to Gulf Winds Track Club and/or agents authorized by them to use any photograph, videotapes, motion picture or any other record of this event for any legitimate purpose.</small></p>			
Signature (parent if under 18):		Date:	

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Wealth Management Advisor

Naomi G. Weaver
Senior Associate
Judy Mott
Senior Associate

**GWTC
Merchandise**

Shirts and logbook are \$10. Singlets are nylon tricot. Visor and "license" plate are \$5 each.

Contact: Margarete Deckert 893-9739



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The Girl Scout Council of the Apalachee Bend presents the

RUN FOR THE COOKIES 5K

and One Mile Run/Walk.

Walkers are welcome!

The 5K Run and the One Mile Run (age 14 and under) are Gulf Winds Grand Prix events.

Proceeds benefit the Girl Scouts of the Apalachee Bend by providing travel opportunities and scholarships.

Date and Time: Saturday, February 11, 2006 8:45 a.m.
(One Mile), 9:00 (5K run).

Location: Tallahassee Community College, behind the Lifetime Sports Complex.

Entry Fees: 5K early registration: \$12. (through Feb. 7th).
(Tank top and cookies.) Late registration: \$15. (after Feb. 7th and on race day). One mile registration: \$10. (same fee on race day).
(Tank top only.)

Registration: Make check payable to: **GSCAB**
(Girl Scout Council of the Apalachee Bend).

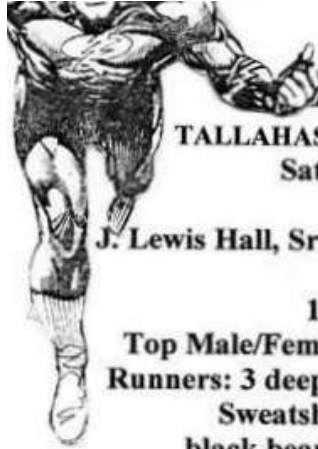
Mail entry to: **Run for the Cookies 5K, 250 Pinewood Drive, Tallahassee, Florida 32303-4838**
(Please do not mail registration after February 4th.)

Course: Loop course behind TCC, TAC certified.

Awards: Awards ceremony will be held in the TCC Lifetime Sports Complex. (Age group awards are Girl Scout cookies.)

Cookie choices this year: Thin Mints Do-Si-Dos Trefoils
All Abouts Tagalongs Samoas Café Cookie Lemon
Coolers

For the race flyer, visit www.gulfwinds.org and click on "Race Calendar." For more information, contact Tom or Jeanne at 894-2019 or okonj@tcc.fl.edu



18th ANNUAL

FLASH 12K

TALLAHASSEE, FLORIDA – TAC CERTIFIED

Saturday, February 4th, 2006

8:30 am (sharp)

J. Lewis Hall, Sr. Park (3 miles south of Trail Head)
Woodville

100% long sleeve t-shirts

Top Male/Female, Masters, Grandmasters, Walkers
Runners: 3 deep in 5 yr age groups, Russell/Champion

Sweatshirts to top 2 in each age group

black beans and rice – Carlos' Cuban Cafe

\$12 by January 16th, \$15 after that date

\$8.00 no t-shirt fee

Walkers encouraged to start ½ hour early

MAKE CHECK PAYABLE TO:

GWTC

1979 Mallory Square

Tallahassee, Fl 32308-4892

INFO: Joe/Nadine Dexter 878-7880 or 766-2615

NAME: _____

ADDRESS: _____

CITY: _____ ST: _____ ZIP: _____

PHONE: _____ E-MAIL: _____

AGE ON RACE DAY: _____ SEX: M F

T-SHIRT SIZE: S M L LX No t-shirt

Waiver

I know that running in Gulf Winds Track Club (GWTC) activities is a potentially hazardous activity, I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in GWTC activities including, but not limited to falls, contact with other participants, the effects of weather (excessive heat) and/or humidity, traffic, and the condition of the road/trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I for myself and anyone entitled to act on my behalf, waive and release the Race Director, GWTC, Carlos' Cuban Cafe, City of Tallahassee, Leon County, Park Service, or any sponsoring agent, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the parts of the persons/agents named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature of entrant required (parent or legal guardian in under 18)

Tallahassee Ultradistance Classic 12/10/2005
Margarete and Fred Deckert R.D.'s

50K Run at Wakulla Springs State Park

Fred Johnson	43	Columbia, SC	3:55:07
Scott Ludwig	51	Peachtree City, GA	4:09:49
Jay Silvanima	45	Tallahassee	4:11:06
Mike Pasquier	25	Tallahassee	4:32:08
Bud Fennema	50	Tallahassee	4:33:40
Joan Messick	36	Wilmington, DE	4:38:07
Pat Judd	55	Pensacola	4:38:49
Jeff Bryan	38	Tallahassee	4:42:58
Dana Stetson	47	Tallahassee	4:51:15
Matt Minno	46	Tallahassee	4:51:51
Mike Barber	63	Clearwater	4:54:41
Connie Clarke	44	Tallahassee	4:55:18
Jobst Elster	33	Tallahassee	4:58:05
Mark Delegal	38	Tallahassee	5:04:52
Laura Johnson	40	Columbia, SC	5:16:01
Susan Lance	45	Whitesburgh, GA	5:23:35
Al Barker	60	Fayetteville, GA	5:23:35
Dori Iten	51	Pinellas Park	5:34:35
Andy Colee	59	Valpariaso	6:23:05
Wallace Randell	52	Tallahassee	7:09:16
Gordon Hawkins	56	Madiera Beach	7:16:28
Warren Mulherin	64	Tallahassee	7:26:12
Mary Beth Berry	35	Jacksonville	8:25:57
John Price	79	Ft. Myers	8:25:57
Don McNelly	85	Rochester, NY	11:09:37

50 Mile Race at Wakulla Springs State Park

Linda Mason	52	Clearwater	7:23:14
Mitsuhito Tschida	35	Alpharetta, GA	7:41:53
Gary Griffin	56	Tallahassee	7:48:17
Helen Cox	42	New Smyrna	7:54:04
Jon Anderson	59	Gainesville	8:49:18
Douglas Mitchell	35	Prattville, AL	9:51:55
Kathleen Wheeler	44	St. Petersburg	10:15:47
Charles Thomsen	54	Tallahassee	10:18:35
Nick Mazza	57	Tallahassee	10:42:31

Marathon

Kirstin Baggett	39	Tallahassee	3:50:09
-----------------	----	-------------	---------

* New Age Group Course Records!

Dec. 10, 2005 dawned cold, but clear at about 40 degrees, and gradually warmed up to comfortable temperatures. The weather was obviously conducive to good times with Linda Mason, Gary Griffin and Don McNelly all gaining course record times. This year's women were especially impressive, led by Linda Mason's amazing 50 mile 7:23:14 at age 52! Fred Johnson in capturing the 50K win along with a previous 50 mile win, seems to have a unique distinction. Gary Griffin now has two age group bests at this event. Mike Pasquier did something I've not seen before, running laps 11, 12, 13, 14 and 15 successively faster! And this in his first 50K. Don McNelly's course record may be a first for age 85 and above. Kirstin Baggett qualified for Boston in running a 3:50:09 marathon time. Connie Clarke ran an excellent 4:55:18 in her very first 50K. Jay Silvanima held the Master's win until the very last lap, when Scott Ludwig passed him.

The event was dedicated to Christopher Mazza, son of long time participant Nick Mazza. Chris's untimely demise at age 21 preceded the race by only a month. Our Ultra family and GWTC wish the Mazza family comfort during this difficult time.

Mortar Board/Red Cross 5K*
12/4/05 Matt McElroy

1	Hoomes	Levon	16	M	14.49	21	VanCleve	Denny	25	M	23.26
2	Dugan	Charles	22	M	15.03	22	Cullen	Meg	22	F	23.45
3	Dietrich	Kurt	14	M	16.27	23	Keene	Keri	20	F	24.34
4	Zwaan	Rolf	43	M	16.53	24	McCauley	Marquerite	35	F	24.39
5	Willy	Cathleen	21	F	17.79	25	Delegal	Mark	38	M	24.39
6	Tower	Zachary	14	M	17.56	26	Totcke	Kristin	18	F	25.09
7	Vola	Julia	20	F	18	27	Willis	Mary Caitlin	20	F	25.13
8	Hoomes	Tim	47	M	18.4	28	Reifshneider	Nikki		F	25.23
9	Tower	Stephen	45	M	19.16	29	Keene	Katy	20	F	26.22
10	Perry	Bill	57	M	19.59	30	Rudolph	Alice	23	F	26.51
11	Martin	Lindsay	20	F	20.24	31	George	Jennifer	21	F	27.47
12	Paradise	Cody	19	F	21.34	32	Robinson	Jeanette	21	F	28.33
13	DeWall	Nathan	26	M	21.38	33	Vettel	Dana	20	F	29.3
14	Bridges	Jessica	20	F	21.47	34	Lewis	Hayley	20	F	31.09
15	Kemeney	Charles	30	M	22.02	36	Burd	Melissa	20	F	37.09
16	Kemeney	Jessica	26	F	22.05	37	Hicks	Laymon			37.11
17	Vitale	Danielle		F	22.46	38	Malik	Amanda	19	F	37.19
18	Bendfelt	Jennifer	20	F	22.52	39	McCabe	Haley	20	F	37.19
19	Underwood	Caroline	21	F	22.57	40	Maloney	Katie		F	37.2
20	Myers	Jacque	49	F	23.22	41	Rey	Gabrielle	19	F	37.27
						42	Roche	Jenny	20	F	37.28
						43	O'Connell	Kristen	19	F	42.39

*** Note: Course is believed to be about 1/4 mile short**

**GWTC 10 Mile Race 12/3/05
Killlearn Lakes Elementary
Judy Alexander R.D.**

Droze, Gary	M	44	56:45	Parsons, Richard	M	41	80:49
Donna, Michael	M	23	59:00	Bea, Alfred	M	49	80:58
Holland, Chris	M	19	59:32	Nichols, Nick	M	62	81:01
Van Horn, Tommy	M	21	60:05	Yonclas, Nick	M	62	81:02
Vannoy, Reid	M	47	61:51	Deffenbaugh, Brian	M	52	81:17
Guillen, Tony	M	36	61:58	Delegal, Mark	M	38	81:19
McCord, Bill	M	43	62:35	Beard, Trey	M	30	81:34
Larson, Kyle	M	19	63:14	Sumner, Chris	M	26	81:36
Yon, David	M	50	64:28	Odom, Bob	M	0	82:29
Parfitt, Dale	M	56	65:06	Isom, Kristine	F	21	82:31
Martinez, Michael	M	39	66:00	Berry, Keith L	M	49	82:32
Wright, Felton	M	48	66:18	Pike, Kathy	F	36	82:33
Newell, Kara	F	21	66:42	Pasquier, Kristen	F	25	82:59
McDaniel, Jerry	M	51	67:10	Lindsay, Kathy	F	46	83:12
Johnson, Jane	F	46	67:37	McClure, Dennis	M	49	84:13
Cox, David	M	47	67:41	Jones- Ellis, Diana	F49		84:21
Kasper, Mark	M	44	67:47	Cleveland, Rex	M	66	84:32
Silvanima, Jay	M	45	67:57	Boll, Mike	M	41	85:02
Roberts, Andy	M	38	68:02	Kean, Judie	F	60	85:05
Naylor, Gavin	M	45	68:18	Thomas, Janine	F	39	85:24
LeBoutillier, Phil	M	39	68:32	Stenberg, Amy	F	32	85:30
Smith, Donald	M	26	68:35	Darst, David	M	62	86:23
Bryan, Jeff	M	38	68:56	Lamia, Christine	F	42	86:53
LaBossiere, Mike	M	39	69:24	Powell, Lynn	F	41	87:05
Shadow, Herr	M	22	69:42	Miller, Cynara	F	44	87:06
Lovett, Seeley	F	29	69:43	Heath, Scott	M	34	87:09
Pasquier, Michael	M	25	69:54	McNeal, Barbara	F	50	87:14
Carson, Jim	M	42	70:32	Guillen, Anne	F	37	87:14
Davis, Chuck	M	44	71:02	Hanna, Randy	M	47	87:17
Willis, Craig	M	54	71:19	Bruner, Nancy	F	21	87:18
Kuperberg, Jeff	M	45	71:59	Echeverri, Lisa	F	40	87:19
Kuperberg, Dan	M	41	71:59	Shashy, Peggy	F	46	87:31
Mitchell, Scott	M	54	72:29	Ahnberg, Paul	M	47	87:31
Eagen, Allison	F	26	74:51	Wright, Bonnie	F	50	87:44
Emo, Warren A	M	52	75:37	Widener, Nancy	F	56	87:56
Chesser, Bennett	M	41	75:47	Earnhardt, Sarah	F	26	87:57
Schrader, Matt	M	30	76:12	Bigoney, David	M	32	88:08
Ausley, Lorraine	F	42	76:40	Kerwin, Pete	M	53	88:09
Smith, Dale L	M	52	76:45	Fulghum, Sara	F	42	88:13
Foster, Brant	M	44	76:46	Morgan, Gordon	M	59	88:38
Pardieck, Christy	F	27	76:51	Chesnutt, Jerry	M	55	88:44
Howard, Laura	F	35	77:09	McHaffie, Tom	M	48	88:56
Disalvo, David	M	38	77:11	Mcneal, Robert	M	44	89:04
Palmer, George S	M	61	77:32	Raysin, Harry	M	50	89:07
Gilbertson, Dave	M	56	77:52	Safley, Robin	F	42	89:13
Page, Rick	M	25	78:09	Lynn, Bruce	M	58	89:14
Doran, James	M	30	78:14	Ledford, Jimmy	M	49	89:19
Holcombe, Randy	M	55	78:24	Myers, Jacque	F	49	89:34
Ceci, Leigh	F	41	78:26	Schrift, Angela	F	26	89:36
Clarke, Connie	F	44	78:54	Cromartie, Birgit	F	35	89:40
				Unger, Lisa	F	38	89:43
				Watkins, Clint	M	63	90:02
				Kelsey, Elizabeth	F	29	90:14
				Stephens, Susan	F	47	90:21
				Addison, Richard L	M	51	90:24

Parsons, Gary	M	47	90:39	Thorpe, Betsy	F	49	118:07	
Alexander, Beth	F	41	91:04	Morris, Robert	M	74	122:48	
Rudd, Frank	M	42	91:19	Alexander, Debby	F	45	123:49	
Alford, John	M	48	91:20	Cain, Lauren	F	43	125:09	
Geroux, Anne	F	37	91:53	Bernal, Vicky	F	54	129:00	
Prinnack, Mary Anne	F	26	92:04	Shapiro, Judy	F	54	144:55	
Hazleton III, John	M	12	92:28					
Keller, Bob	M	71	92:40					
Waters, David	M	57	92:43					
Catenacci, Melissa	F	23	92:45					
Isom, Penny	F	42	93:35					
Morrill, John	M	54	93:38					
Page, Jill	F	25	93:51					
Murray, Melissa	F	26	94:03					
Priddy, Anne	F	56	94:34					
Fox, Kathy	F	41	94:43					
Stutzman, Mary	F	57	95:03	1	Conor Sweeney	M	14	32:24
Hamilton, Janet	F	33	95:08	2	Nick Vanni	M	23	33:28
Heaton, David	F	28	95:09	3	Jeff Bowman	M	44	34:34
Jackman, Danielle	F	14	95:42	4	Tim Unger	M	46	35:15
Lee, Susie	F	31	96:19	5	Grady Smith	M	28	37:06
Coukoulis, Dena	F	40	96:27	6	Matthew Prescott	M	14	38:10
Huey, Debbie	F	52	96:32	7	Vicky Droze	F	30	39:14
Peavy, Sherrie	F	36	96:32	8	Keith Rowe	M	44	39:21
Pace, Jo Lena	F	33	97:15	9	David Orgill	M	22	39:51
Cleveland, Mae	F	66	97:18	10	Rick Givens	M	54	39:55
Ziegler, Richard	M	46	97:32	11	Steve Gould	M	41	40:52
Coleman, Katie	F	21	97:45	12	Kelbe Beck	F	16	41:12
Christen, Ronald	M	59	97:46	13	Erin Fraser	F	14	42:57
Jones, Ruth	F	54	97:59	14	John Hazleton	M	45	43:23
Varley, Perha	F	61	98:10	15	Gene Opheim	M	59	44:10
Brown, Ali	F	26	99:45	16	Stephen Veliz	M	36	45:44
Van Wart, Sarah	F	28	99:50	17	Barbara Yonclas	F	58	46:14
Sims, Mike	M	53	99:50	18	Jackie McDaniel	F	51	46:15
Claypool, Phil	M	56	100:43	19	Charles Futch	M	63	47:58
Langston, Kevin	M	47	100:54	20	Barb McKibben	F	43	48:27
Lindsey, Scott	M	44	101:29	21	Kevin O'Donnell	M	46	48:28
Tweed, Rita	F	29	101:59	22	Linda Avant	F	48	48:42
Smith, Karen	F	57	102:17	23	Jessica Olmedillo	F	35	49:18
Harrell, Mallory	F	35	102:48	24	Marguerite McCauley	F	35	49:38
Hettinger, Darby	F	40	102:48	25	Sally Kuperberg	F	43	49:41
Vaile, Marsha	F	56	105:34	26	Teresa Kuperberg	F	46	49:45
Mcdonald, Juliette	F	52	108:48	27	Corrie Menard	F	16	49:55
Schneider, Mike	M	68	109:55	28	Julia Yang	F	15	50:03
Deckert, Margarete L	F	72	110:23	29	Kristine Boyd	F	32	50:34
Cook, Laura	F	22	111:20	30	Holly Litt	F	22	50:44
Burch, Brian	M	31	111:21	31	Carolyn Campbell	F	20	51:15
Foster, B. J.	F	58	111:22	32	Anandahlakshme			
Christen, Cynthia	F	52	111:28		Ekambaram	F	31	52:22
Jackman, Melissa	F	14	112:18	33	Susan Ledford	F	42	52:56
Jackman, Sherri	F	42	112:42	34	Miranda Raines	F	20	54:36
Stauffer, Nada	F	52	113:16	35	Nadine Dexter	F	46	54:46
Parslow, Caren Lee	F	12	113:45	36	Unknown			56:16
Lavia, Jennifer	F	42	115:06	37	Glen Alexander	M	45	60:13
Ward, Arthur B	M	72	117:58					
Brown, Dawn	F	57	117:59					

**GWTC 5 Mile Race 12/3/05
Killearn Lakes Elementary
Judy Alexander R.D.**

Final Grand Prix Standing for 2005 12/20/05

Overall Male

Vannoy, Reid	190	Sablin, Simon S	6
Remillard, Art	180	Christen, Ronald	5
Unger, Tim	166	Kuperberg, Jeff	5
Droze, Gary	157	Willis, Craig	5
Smith, Eric	140	Cato, Gary	3
Guillen, Tony	131	Cox, David	3
Yon, David	122	Dennis, Patrick	3
Martinez, Michael	89	Ruplinger, Scott	3
Mccord, Bill	86		
Holland, Chris	70	<u>1-9 Male</u>	
Christoffersen, Craig	64	Anderson, Robert G	40
Nielsen, Jeff	62	Manausa, Chad	40
Dickieson, Justin	60	Kiger, Wayne K	26
Mcdermott, Jack	55	Ceci, Luke	25
Fulmer, Hobson	34	Bowman, Alexander	24
Mcdaniel, Jerry	34	Nave, Cameron	20
Minno, Matthew F	33	Lindsey, Chris	15
Ratliffe, Tom	33	Thompson, Carter	15
Wright, Felton	31	Ellis, Christopher	8
Close, Jessie	30	Orr, Bryant	6
Dickieson, Justin	30		
Hempel, Karl	26	<u>10-14 Male</u>	
Hillison, Bill	24	Schofield, Wesley	112
Mcguire, Bill	24	Fortunas, Jacob	73
Galloway, Zach	23	Vannoy, Joey	50
Roberts, Andy	23	Wright, Jamie	50
Brickler, Alex	20	Minno, Nicholas	30
Bryan, Jeff	20	Covert, Travis	26
Graham, James	20	Lynn, Devon	20
Nordhielm, Carlos	20	Strickland Iii, Whitney	20
Vannoy, Calvin	20	Vannoy, Calvin	20
Labossiere, Mike	18	Strickland, Blair	15
Silvanima, Jay	17	Tower, Zachery	15
Black, Jared	15	Unger, Tyler	15
Stoutamire, Hamp	13	Clarke, Davis	14
Covert, Douglas	12	Watkins, Jordan	14
Gutierrez, Manuel	11	Dennis, Patrick	12
Manz, Niklas	11	Nave, Shelby	12
Mengelkoch, Larry	11	Dobson, Michael	10
Waddell, Greg	11	Brickler, David	8
Herring, Jay	9	Chiles, Frazier	8
Mitchell, Scott	9	McGuire, Michael	6
Weyant, Michael	9		
Griffin, Gary	7		
Tower, Zachery	7		

15-19 Male

Dickieson, Justin	60
Holland, Chris	60
Black, Jared	50
Perkins, Casey	32
Brickler, Alex	20
Hoomes, Levon	20
Graham, James	15
Kerwin, Tom	10

20-24 Male

Pasquier, Michael	175
Page, Rick	97
Ruplinger, Scott	80
Hollimon, John	12

25-29 Male

Sumner, Chris	147
Christoffersen, Craig	145
Galloway, Zach	95
Crook, Joe	71
Mcgehee, Mike	67
Smith, Grady	32
Knoll, David	20
Smith, Donald	20
Hanlon, Andy	15
Kemeny, Charles	15
Judd, Chris	10
Anderson, Jason	8

30-34 Male

Smith, Eric	195
Heath, Scott	151
Remillard, Art	120
Sablin, Simon S	92
Elster, Jobst	77
Allen, Darren	15
Gutierrez, Manuel	15
Hurst, Franklin	15

35-39 Male

Guillen, Tony	212
Martinez, Michael	155
Labossiere, Mike	134
Roberts, Andy	117

Bryan, Jeff	99
Delegal, Mark	78
Mcdermott, Jack	70
Manz, Niklas	36
Stoutamire, Hamp	31
Likens, Geoff	20
Paini, Dean	20
Corbin, Brian	15
Waddell, Greg	15
Weyant, Michael	15
Ensley, David	12
Kimelman, Sam	12
Gilbert, Ron	8
Coleman, Kevin	4
Henry, Chad	4

40-44 Male

Silvanima, Jay	176
Mccord, Bill	137
Droze, Gary	120
Fortunas, Daniel	109
Rowe, Keith	81
Covert, Douglas	65
Phelps, Sean	55
Boll, Mike	42
Foster, Brant	38
Taylor, Tom	36
Bowman, Jeff	35
Nordhielm, Carlos	35
Davis, Chuck	32
Carson, Jim	28
Rudd, Frank	26
Kuperberg, Jeff	21
Bevis, Grea	20
Tower, Steve	20
Mcneal, Robert	16
Voorting, David	14
Weber, Eric	12
Gillis, William	10
Loomis, Walt	10
Parker, Rick	10
Lindsey, Scott	8
Hebrank, Marty	6
Hollimon, Bill	4
Thompson, Bill	4
Bower, Sean	2

45-49 Male

Vannoy, Reid	195
Unger, Tim	175
Yon, David	150
Fulmer, Hobson	101
Wright, Felton	87
Nielsen, Jeff	82
Minno, Matthew F	54
Cato, Gary	51
Herring, Myron	44
Ziegler, Richard	28
Ellis, Richard	25
Ledford, Jimmy	24
Kelly, John	22
Bea, Alfred	20
Close, Jessie	20
Cox, David	20
Berry, Keith L	18
Perry, Reg	18
Herring, Jay	15
Brewton, Tim	12
Coleman, Floyd	12
Desloge, Bryan	12
Priddy, Mark	12
Brickler, Alexander	10
Mcclure, Dennis	10
Savery, Scott	10
Timm, Bruce	10
Clarke, Rob	8
Fisher, Bob	8
Hanna, Randy	8
Alexander, Glen	6
Ahnberg, Paul	4
Asztalos, Bob	4
Lane, Jim	4
Detwilder, Harry	2

50-54 Male

Mcdaniel, Jerry	225
Mitchell, Scott	148
Willis, Craig	141
Sims, Mike	135
Emo, Warren A	97
Jones, Ithel	73
Hempel, Karl	55
Smith, Dale L	52
Booker, Chuck	43
Chesnutt, Jerry	36

Kerwin, Pete	24
Collins, Keith	22
Randell, Wallace	22
Mengelkock, Larry	20
Holcombe, Randy	18
Wenturine, Geoffrey	14
Chiles, Harry	12
Hitchens, Dennis	10
Addison, Richard L	8
Dickieson, Marc	8
Kozlowski, Kevin	8
Bowers, Bill	6
Claiborne, Ed	6
Von Hoff, Burt	6
Zaccardi, Tom	6
Davis, Bill	4
Tomberlin Jr., Phillip	4
Dowdy, Dick	2
Register, Dennis	2

55-59 Male

Ratliffe, Tom	162
Tenold, Terry	119
Morgan, Gordon	114
Christen, Ronald	111
Ryan, Terry	93
Ongley, Jerry	78
Mcguire, Bill	60
Lynn, Bruce	51
Griffin, Gary	47
Perry, Bill	42
Zapata, Carlos	36
Donoghue, Joe	25
Cunningham, Rob	21
Bates, Fred	20
Waters, David	18
Brueckheimer, Bill	12
Dunn, John	12
Mazza, Nick	12
Powell, Tom	12
Schilling, Bob	12
Ashton, Rick	10
Ophein, Gene	10
Douglas, Don	8
Vickers, Cass	6
Dexter, Joe E	4
Morrell, Ronald	4

60-64 Male

Watkins, Clint	206
Darst, David	177
Hillison, Bill	152
Yonclas, Nick	89
Palmer, George S	50
Hanlon, Ray	40
Anglin, Guy	30
Smith, David E	28
Gressel, Ron	20
Sweeley, Maynard	20
Sandlin, Walter	15
Degennaro, Michael	14
Futch, Charles R	12
Hillis, Mark	12
Mulherin, Warren	12
Donahoe, Shaun	4

65-69 Male

Schneider, Mike	229
Cleveland, Rex	160
Rakestraw, John	70
Varley, Jim	30
Anderson, Rod	10

70-74 Male

Keller, Bob	205
Ward, Arthur B	204
Morris, Robert	130
Degrummond, Bill	75
Moore, Jere	75
Skofronick, James	30

75 + Male

Yates, Charlie R	119
Deckert, Fred	80
Alderson, John	50

Overall Female

D- Williams, Sarah	270
Baggett, Kirsten	163
Johnson, Jane	135
Dempsey, Angela	124
Lovett, Seeley	108
Ausley, Loranne	89
Pardieck, Christy	88
Howard, Laura	87

Ceci, Leigh	85
Newell, Kara	77
Whitworth, Lisa	74
Clarke, Connie	69
Clark, Julie	61
Pasquier, Kristen	58
Liles, Stephanie	50
Lindsay, Kathy	46
Unger, Lisa	44
Remillard, Kate	40
McClean, Fran	39
Likens, Kim	35
Emo, Jennifer	30
Isom, Kristine	30
Shafer, Jennifer	30
Savery, Karla	28
Killius, Krista	24
Crandall, Kaitlyn	20
Mitchell, Georgia	20
Widener, Nancy	20
Carroll, Sissi	18
Jaynes, Kaye	18
Thomas, Janine	18
Vives, Maria	17
Jones- Ellis, Diana	16
Cromartie, Birgit	15
Myers, Jacque	15
Pace, Jo Lena	14
Alexander, Beth	11
Gsteiger, Yvonne	11
Kilinski, Kelsey	11
Yaun, Katie	11
Hochstein, Janice	9
Bouhattate, Jamaa	7
Christen, Cynthia	7
Droze, Victoria	7
Thompson, Ida	7
Black, Ginny	5
Hanlon, L. A.	5
Snyder, Kristen	5
Wright, Bonnie	5
Jackman, Danielle	3
Macfall, Kate	3
Page, Jill	3

1-9 Female

Williams, Cecelia	80
Donaldson, Cheslyn	52
Chesnutt, Mackenzie	35

Dempsey, Caroline	33
Dempsey, Emily	32
Thompson, Elyse	15
Bruner, Breanna	12
Mitchell, Grace	12
Mengelcock, Laura	10
Gsteiger-Cox, Marie	8
Kiger, Tenley	6
Hanna, Grace Ellen	4
Howard, Gibson	2
Leoni, Reanna	0

10-14 Female

Fortunas, Samantha	87
Jackman, Danielle	68
Jackman, Melissa	62
Mitchell, Georgia	60
Williams, Lily	60
Taylor, Kara	40
Clarke, Allison	34
Engels, Kimmy	32
Covert, Cynda	20
Ellis, Claire	20
Anderson, Nikki	15
Chin, Waverly	8
Chin, Annemarie	4
Ellis, Claire	0

15-19 Female

Crandall, Kaitlyn	40
Kilinski, Kelsey	40
Savery, Karla	40
Anderson, Erika	35
Chiles, Courtney	15

20-24 Female

Pasquier, Kristen	187
Isom, Kristine	95
Page, Jill	90
Newell, Kara	72
Coleman, Katie	52
Perpall, Dana	27
Pierce, Nicole	27
Adams, Erika	20
Emo, Jennifer	20
Newell, Alexis	15
Goldstein, Jaimie	12

Freire, Ana Eliza	10
Hogan, Sarah	10
Twomey, Kera	10
Morley, Megan	8
Bodiford, Trueby	6

25-29 Female

Lovett, Seeley	115
Stabley, Christine	108
Pardieck, Christy	102
Bouhattate, Jamaa	71
Kelsey, Elizabeth	59
Tweed, Rita	51
Black, Ginny	50
Zapata, Melissa	49
Remillard, Kate	40
Yaun, Katie	28
Droze, Victoria	25
Hanlon, L. A.	20
Handegard, Loretta	17
Shaw, Andrea	12
Howard, Denise	10
Lammers, Heather	10
Adams, Sarah	8
Kemeny, Jessica	8
Heys, Belinda	6
Allen, Vicki	4

30-34 Female

Howard, Laura	200
Vives, Maria	119
Pace, Jo Lena	115
Whitworth, Lisa	95
Cromartie, Birgit	66
Macfall, Kate	57
Liles, Stephanie	40
Roberts, Marisol	36
Stenberg, Amy	25
Timm, Margaret	24
Green, Robyn	22
Snyder, Kristen	20
Lynn, Lori	18
Jackson, Monica	14
Hamula, Dawn	12
Sumners, Nancy	12
Dulaiova, Henrieta	10
Winans, Beth	10
Anderson, Erica	6

Brown, Amy 6
Brainard, Sheryl 4

35-39 Female

Baggett, Kirsten 202
Dempsey, Angela 150
Unger, Lisa 134
Thomas, Janine 114
Jaynes, Kaye 61
Likens, Kim 40
Wilkerson, Toma 38
Britt, Jennifer 36
Guillen, Anne 31
Juarez, Lena 26
Echeverri, Lisa 24
Gilbert, Frances 22
Smith, Sharon 22
Byrne, Audrey 20
Paske, Julie 20
Shafer, Jennifer 20
Gillis, Stephanie 19
Stuckey, Michelle 18
Lee, Sondra 14
Kennedy, Pamela 12
Bowman, Ann 10
Condon, Jennifer 10
Goin, Yeline 10
Delegal, Ginger 8
P- Edmond, Bridget 8
Shanti, Willow 8
Kimelman, Jessica 6
Jiminez, Dawn 4

40-44 Female

D- Williams, Sarah 180
Ausley, Loranne 145
Ceci, Leigh 139
Clarke, Connie 123
Alexander, Beth 102
Clark, Julie 90
Jackman, Sherri 61
Isom, Penny 56
Killius, Krista 35
Fulghum, Sara 22
Ledford, Susan 20
Alexander, Debby 18
Alexander, Judy 18
Safley, Robin 18

Thompson, Ida 15
McCarty, Edie 12
Johnson, Linda 10
Lamia, Christine 10
Mckibben, Barbara 10
Hageseth, Carroll 8
Powell, Lynn 8
Voigt, Kathryn 8
Weber, Pam 8
Canada, Sandra 6
Chase, Jodi 6
O'brien, Connie 4
Collins, Caroline 2
Sims, Lezlie 2

45-49 Female

Lindsay, Kathy 204
Myers, Jacque 134
Johnson, Jane 130
Jones- Ellis, Diana 107
Wright, Bonnie 76
McCarty, Cathy 62
McClean, Fran 50
Dexter, Nadine 44
Carroll, Sissi 40
Mcneal, Barbara 40
Gsteiger, Yvonne 32
Fitzgerald, Susan 30
Savery, Chris 24
Dunnigan, Kathy 18
Massa, Terry 18
Smith, Wendy 18
Rodriguez, Rose 15
Thorpe, Betsy 14
Avant, Linda 10
Most, Linda 10
Drake, Gwen 8
Griffin, Peg 8
Stephens, Susan 4

50-54 Female

Christen, Cynthia 207
Jones, Ruth 202
Shapiro, Judy 104
Stauffer, Nada 90
Blue, Jan 65
Haynes, Martha 38
Opheim, Joy 35
Kelly, Sue 32

Douglas, Dianne P	27
Bernal, Vicky	24
Hamlin, Elaine	24
Hochstein, Janice	20
Kerwin, Bev	20
Mcdaniel, Jackie	20
Crandall, Barbara	18
Grubbs, Linda	15
Holmes, Cindy	12
Ongley, Linda	12
Posey, Kay	10
Hempel, Mackie	8
Chiles, Mary	6

55-59 Female

Widener, Nancy	235
Cornwell, Susan	165
Priddy, Anne	156
Stutzman, Mary	86
Smith, Karen	85
Brown, Dawn	68
Koontz, Christie	26
Kean, Judie	20
Walker, Electa N	20
Foster, B. J.	18
Ruddell, Emily	18
Hagan, Juanice	15
Yonclas, Barbara	15

60-64 Female

Varley, Perha	200
Wilkinson, Nickie	20

65-69 Female

Cleveland, Mae	160
Manausa, Mary Lou	55
Skofronick, Dot	20
Bowling, Jean Ann	12

70-74 Female

Deckert, Margarete L	260
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75 + Female

Myers, Rosalie	135
Newton, Josephine K	115

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.



David Cox - GWTC 10Mile



Kristen Pasquier GWTC 10Mile



Bill McCord - GWTC 10Mile



Alfred Bea - GWTC 10Mile



Fran McLean & Friend



Nick Mazza



Rick Page, Mike Pasquier, Bud Fennema, Bill Hillison, Pat Judd



Pete Kerwin, Laura Jensen



Tony Guillen, Lisa Purul, David Yon



Liz Kelsey and Jackie McDaniel

Jeff Bryan



Charles Thomsen

Gary Griffin, Helen Cox

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

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

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

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

NONPROFIT ORG
U.S. Postage
PAID
Tallahassee FL
Permit No. 12

Signature(s) of other members _____

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

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

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