



The Fleet Foot



\$2.00

Volume 31 Issue 7 **Newsletter of the Gulf Winds Track Club**

July/Aug



Contents

Minutes	4-5
President's Column	7
Race Calendar	10-11
Back of the Pack	12
Featured Feet	13-14
Gate to Gate	16
Race Results	20-24
Grand Prix Status	24-26

Upcoming Grand Prix Races

- Aug. 12 Breakfast on the Track Mile**
- Sep. 23 Prefontaine 5K (trail)**
- Aug. 26 6pm. The Summer Beach Run**
in Jax is the next Team Racing event



Photo by Tom Scott

Jared Black 1st Male Potluck 4M



Photo by Tom Scott

Sheryl Rosen 1st Female Potluck 4M



Photo by Tom Scott

Michael Dobson, Craig Willis followed by Chuck Booker and Rolf Zwaan

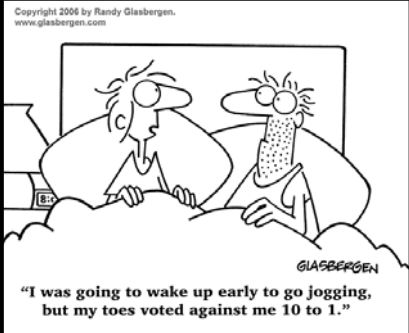
<p>Notable Achievements Reid Vannoy 3:08:03 Jay Silvanima 3:22:28 Allison Eagen 3:44:05 Greg Waddell 3:18:33</p> <p>Sizzler 5K P.R.'s Nancy Laux 24:14 Courtney Whitlock 27:48</p>	<p>At the Sunshine State Games Track and Field Games</p> <p>Jimmy Baggett—Bantam division (10 & under) 800M in 4:14.63 P.R.</p> <p>Kirstin Baggett (40-45) 400M in 78:21. 800M in 3:09.75, 1500 in 6:27.27, 3K in 12:55.75</p>
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SO I SAYS... GAME
 Fill in the blanks with the right name. For instance,
 So I says to the girl standing in the Swamp, I says Marsha

1. So I says to the girl blessing the food, I says _____
2. So I says to the fellow floating gently on the waves, I says _____
3. So I says to the girl taking me to court, I says _____
4. So I says to the man seasoning the soup, I says _____
5. So I says to the guy using the PA system, I says _____
6. So I says to the woman making hamburgers, I says _____
7. So I says to the kid playing with his trains, I says _____
8. So I says to the girl at the beach, I says _____
9. So I says to the guy who won the lottery, I says _____
10. So I says to the two guys with the drums, I says _____

New GWTC Members as of 6/24

Robin	Adams
Clark	Evans
Jack	Hartsfield
Scott	Hartsfield
Chad	Heckman
Jamie	Hovda
Maggie Davis	Hovda
Stephen	Liner
Monique	Manns
Tom	McHaffie
Rick	Parker
Russell	Spivey
Bob	Trescott
Rob	Wilson
Jennifer	Winegardner
Kate	Winegardner
Mark	Winegardner
Matthew	Winegardner
Sam	Winegardner



Josephine Newton has lost a pair of sunglasses at the Meals on Wheels 5K. They were given to a GWTC member. Contact her at Josknew716@aol.com

GWTC Board Meetings 7:30 p.m.

July 12 Tom Perkins
 Aug. 9 Margarete Deckert

GULF WINDS TRACK CLUB**May 10, 2006 Business Meeting**

Hosted by David and Mary Jean Yon Board/GWTC Members present: **Tom Perkins, David and Mary Jean Yon, Beth Alexander, Joe and Nadine Dexter, Bonnie Wright, Fred Deckert, Bill Lott, Peg Griffin, Lisa Unger, Paul Ahnberg, Debby Alexander, and Sheryl Rosen.**

Guest: Jason Farrah.

David Yon called the meeting to order at 7:40 PM and quorum was established. The April minutes were reviewed and amended. A motion was made, seconded and passed by unanimous vote to accept the minutes as amended.

NEW BUSINESS: Jason Farrah presented the Board with information about the Capital City Ride for Hope on the morning of June 3, 2006. The ride will raise money for the TMH Cancer Center. Jason explained that a website, www.capitalcityrideforhope.com, contains all the information and flyers are distributed; he only needs cyclists. Experienced race directors gave him advice on how to obtain additional advertising which included the Democrat and WCTV. He asked for volunteers from the Club and how best to obtain them. He discussed many details about the ride that are worked out including hydration stations, neighborhood alerts, and police support. He asked to rent the clock.

REPORTS:

Race Director Coordinator – Beth Alexander for Charlie Yates reported no conflicts.

Race Director – Lisa Unger as race director for the Women's Distance Festival she would like to have her charity approved. She and JoLena chose the Brehon Institute, a place for homeless pregnant women to finish their pregnancy. The women must commit to educational training for jobs and receive counseling to be removed from public assistance before they are allowed to move in the house. Several Board members suggested checking with the Club to determine if there is any opposition given the reaction to PHI as the charity for the 10 Mile

Challenge last year. Tom suggested the Board was determining approval for Lisa's request. This raised the question if there should be a formal method of approving charities. It was decided Lisa would circulate her idea to the GWINDS email list and ascertain a general feeling while Board members researched Brehon Institute. Lisa wants this resolved prior to soliciting sponsors. Fred offered he had a contact that wished to sponsor a race; he will check into that. Nadine contacted the Democrat sponsor and asked Lisa to consider them.

Treasurer's Report – Bonnie Wright presented the budget for April. She announced we are ahead on members compared to this time in previous years. She asked what to do with a returned check from a member. Race revenue shows that Palace Saloon exceeded expectations while Springtime earned less than expected. With the budget in excellent shape, a motion was made to move \$5000 to the Chenoweth Fund. It was seconded and passed unanimously.

Clothing Coordinator – Margarete Deckert no report.

Newsletter – Fred Deckert reported the new deadline for the Fleet Foot is the 18th of each month. He believes that will work better than a Saturday. Also, the fee for a one page advertisement will cost \$50.00 with the other rates adjusted accordingly.

Training Committee – Nadine Dexter announced she had 30 class members the last week of Boot Camp. Several students asked why they should join Gulf Winds. She included the Grand Prix races, the camaraderie of the Club, and a subscription to the FleetFoot in her answer. One student was injured during Boot Camp, but Nadine reported that the incident was handled well.

Equipment – Joe Dexter turned in two race checks. He announced he is searching for the tent. He saw it last at the marathon, but cannot locate it now. Perry Shaw may purchase our large trailer. The Club could then purchase a smaller one to fit in a garage. In order to accommodate a smaller trailer, we need new stackable cones. The current ones fall over easily and are difficult to pull apart. He estimates he can purchase about 50 cones for \$1000. He will

negotiate a price and come back next month with figures. Joe reported he is missing a clock stand. After discussing the situation, it was determined he should buy a new clock stand to replace the one permanently relocated with the new timing system. A motion was made and seconded to buy a new stand not to exceed \$300. The vote passed unanimously.

Chenoweth Fund – David Yon

reminded everyone the Potluck Bash is June 3 at 6 p.m. Hats will be given out like last year.

Membership – Peg Griffin reported that there are currently 671 members represented by 376 memberships. Beth reported there is no statement in the By-Laws about reduced entrance fees at races for members.

Racing Team Coordinator – Tim Unger

reported that the Gate to Gate race is on Memorial Day. Newer runners have shown some interest in team racing as well as returning racers. Also, the North Florida Track Club has better funds than last year for the joint party after the race.

Grand Prix Committee – Paul Ahnberg

reported the deadline for races to be considered for the 2007 Grand Prix is July 31, 2006.

Social Coordinator – Kathy Lindsay

no report. David Yon announced the Pot Luck will once again feature a low country boil.

Lecture Series – Michael Pasquier

no report. Sheryl Rosen is interested in setting up a lecture series for high school runners. It was suggested that she contact local coaches to ascertain interest, location, and time.

OLD BUSINESS: Tom announced that the garden at Forest Meadows looks great. He thanked Terry for organizing the work.

There was a motion to adjourn at 9:22 PM, which was seconded and passed by unanimous vote.

The next board meeting will be held on June 14, 2006 hosted by Beth Alexander. These minutes have been reviewed and accepted by the Board. **Beth Alexander, Secretary.**

Gulf Winds Track Club

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GWTC Web Site - www.gulfwinds.org

The Fleet Foot

Newsletter of the Gulf Winds Track Club

Editor: Fred Deckert,
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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:

Full Page-\$50, Half Page – \$28, 1/4 Page-\$16, Run twice, no changes – \$46, \$25, \$14 each. Letter-size center-fold race flyer-\$125. Yearly rates: \$400, \$225, \$125.

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.

If you have pictures or stories about your running group, don't be shy. Photos should be in jpg format if at all possible. Contact me if you have questions.

Fred Deckert
893-9739, fdeckert1@juno.com

GWTC Merchandise

**NEW! 2006 GWTC
RUNNING CALENDAR!**
In color \$3.50, b/w for \$1



Shirts are all \$10
New GWTC blue "muscle" and regular tank tops
Kerchiefs, Visor and "license" plate are \$5 each.

Contact: Margarete Deckert
893-9739

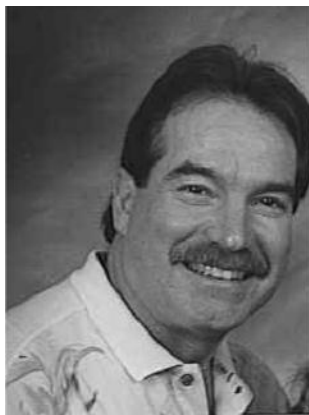
Change of Address

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 **Peg Griffin 893-6816.**
e-mail at swimmer@nettally.com

Pulpits Happen Tom Perkins

As I write this column, it has been a very busy week for running here in Tallahassee. The Summer Evening Track Meets held every Thursday at Maclay School are in full swing with record attendance. Coach Perry Shaw and I did not realize there were so many dozens and dozens of Tallahassee children (and adults) interested in running! But they have certainly been showing up and enjoying themselves on Thursday evenings, and their smiles and laughter make all of it worthwhile. These weekly meets will continue through July 20th.

In addition, Tallahassee hosted the AAU State Track and Field Championships at Mike Long Track on June 22-25. The leadership and organizational skills of Capital City Christian Cruisers coaches Alice and Ernie Sims showed through as a field of 1,600 athletes from around the state competed for spots in the National AAU Junior Olympics. Bill Lott and I served as some of the many track



officials required to pull off such an event, and other Gulf Winds members were seen volunteering as well. All of us commented on the beautiful sportsmanship and positive attitudes we saw among the young athletes, despite the 90-plus degree heat each day. The effort and determination of all of these young athletes was awesome, and I feel privileged to have been involved.

A number of road races and triathlons take place throughout the summer, both locally and throughout Florida, in which our club members will participate. Because of the high temperatures we've had recently and the significant lack of rain to cool us off, I can only say these words: hydration, hydration, hydration! Taking in enough water before, during, and after your run at this time of year is essential. Remind yourself to drink frequently during the day as well, and you'll make it through our hot season with flying colors!



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.

Joy Key Photographic artist, 161 Country Club Road, Bainbridge, GA. 39819. 229-246-8620, 229-416-8620. 20% discount for family sessions.

www.joykeyphotography.com

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.

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.

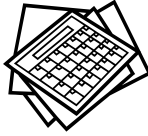
Swimming: Master's swim 5:30 AM Monday thru Friday - Myers Park Pool, monthly fee gets you a coach on deck.

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.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 Smoky Mountain Triathlon Club, www.gsmtc.com
[North Florida RRCA Rep michael.s.bowen@gmail.com](mailto:michael.s.bowen@gmail.com)
 Michael Bowen North Florida State Representative, RRCA
 3365 Adrian Road, Pensacola, FL 32504
 H - (850) 308 1953 C - (850) 375 9277
http://www.geocities.com/rrca_north_florida



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.

July

4 Firecracker 5K. 7:30 a.m. Greensboro Town Hall. Greensboro Kiwanis, P.O. Box 97, Greensboro FL 32330. Flyer p. 14

4 Freedom Springs Tri. 7 a.m. Marianna. Terry Edwards 850 3415, fst@emeraldcast.com.

6* Summer Track #6. 6 :45 p.m. at Maclay Track.

13* Summer Track #7. 6 :45 p.m. at Maclay Track.

20* Summer Track #8. 6 :45 p.m. at Maclay Track. Final

22 Critter Run 5K. 6 p.m. CST. Dothan AL Larry Dykes 334 792-6021, drcprez@yahoo.com

August

4 Midsummer Night 3K. 7 p.m. Downtown Tallahassee. Shannon Sullivan 576-3338 or 212-5129

12 YMCA Triathlon. Cordele, GA

12* Breakfast on the Track 1M. 7:45 a.m, Maclay School. Wright Family 386-3500, brwright@electronet.com. Entry on page 19

26* Miccosukee Madness 8K/5K/1M. 8:30 a.m. (trail run) Edenfield Parking area. Tom Perkins 893-2019, Mike Sims 922-3042, cell 524-2228

September

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

9 Sickle Cell 5K/1M. 8:30 a.m. Gaither Park. 224-2596, 222-2355.

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

30 CDWF Cancer Run 9 a.m. Paige Lay 766-4684, www.cdwf.org.

* 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
<p>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)</p>	<p>Jan. 14 Bowlegs 5K Feb. 11 Cookie 5K or 1M Apr. 1 Springtime 1M May 6 Meals 5K Jun. 24 Sizzler 5K or 1M Aug. 12 Breakfast 1M Oct. 7 Kids GP 1M at Women's Distance Festival</p> 

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Naomi G. Weaver
 Senior Associate
Judy Mott
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Back of the Pack
"The Dean Phenomena"

By Jack McDermott

This month I would like to do a book review of Dean Karnazes' thrilling novel (*wait a minute ... is this suppose to be non-fiction?*) called UltraMarathon Man: Confessions of an All-Night Runner. The author takes the reader

through a vainglorious journey of an average athlete, with a well-above average ego, as he overcomes a mid-life crisis and turns obsessively to running, making his wife financially support him, not to mention orphaning his own children.

According to Dean, the ultra madness began at a birthday celebration where he became inebriated and was tempted to have an affair, only to walk out of the bar, put on running shoes, and run 30 miles – while drunk, for his first steps of running in 10 years. He then chronicles his own achievements, paying particular attention to those he beat during the race, but conveniently omitting those he does not. The book culminates with his successful completion of the Western States 100-miler, a "victory" at the south pole where he was the only person to run it, and the Death Valley Ultra, which he eventually won before it was a real contest. Through it all, Dean maintains his modesty ... "Yeah, I know I'm totally ripped, but the reason I run ..."

Dean makes mundane things like cramps, stomach upset, and missing toenails sound like mystical beasts that only he could slay and conquer – and at one point, seemingly compares himself to Lance Armstrong. Dean claims that his body is so fine-tuned that the refined sugar from one jelly bean could force him into a hyperglycemic shock. In another part of the book, he asks a friend to find



beer. (*There's no sugar in beer Dean? Please explain.*)

After reading this "novel," I came to the conclusion that although Dean did the running, everything surrounding him including the likeability, camaraderie, and stories are embellished to make him seem

more interesting. I lent this book to Jackie McDaniel who remarked that a fifth-grader could read it. My comment, "That's because a fifth-grader wrote it, I think." Despite two graduate degrees, Dean's writing is flaccid and humorless.

The Megalith of Marketing

What is more interesting are the things that Dean has done since then. No, I'm not talking about his 3:33 marathon at Big Sur, or his stellar 3:40 at the Boston Marathon under perfect conditions (*which makes people like me ask: Is this guy any good?*), I'm talking about his newest quest --- 50 marathons in 50 days. Earlier this Fall I was contacted by a sports agent in Texas who was considering adding the Tallahassee Marathon to Dean's 50 marathons in 50 days. After getting through the verbiage of how honored I should be that the greatest endurance athlete of our time picked our race, I agreed. They wanted a complete replication of the real marathon held in February including cheerleaders, local press, and school bands --- all for one guy. It seemed like a pain in the butt, but I said I would do my best. They later choose Tampa as their Florida venue, and

Jack (Continued on page 16)

Featured Feet

**Chris Sumner
(Coach, Godby
High School Cross
Country and Track
and Field)**

**Childhood
ambition:**
To play Major
League Baseball or
be on the Bass
Masters Tour. I still
have a shot at one :)



the Hey Mon! family off of "In Living Color." I have 4 jobs Mon! But it all started back in Elementary School when I needed to find some way to buy all my baseball cards. I would search the neighborhood picking up Pine Cones and Sticks for \$2.

Fondest running memory:
My fondest running memory would have to be the 2004 Mercedes Marathon. My dad finally came with me to one of my runs and was there to help cheer me on. One of my former runners, Justin Dickieson, also met us up there and ran 20 miles with me. I don't know why he didn't register. Though I was suffering miserably I couldn't let them down. I just wish someone would have told me to leave my shoes a little loose.

Wildest Dream: Win the lottery and take my team somewhere exotic for the whole summer to train. We would take a personal trainer, private chef, and a few world class runners to help guide us. That would be awesome!

Proudest running moment:
My Boys Cross Country team finally qualified for State this past season.

Biggest Challenge: GODBY!

Perfect Day:
Each day I wake up.

First Job: I feel like a member of

Indulgence: A relaxing day fishing out on the lake with my dad.

Last Purchase: Mountain Bike from Higher Ground \$700

Favorite Movie: Goonies

Running Inspiration: There are so many I don't know if I could give credit to anyone in particular. Running makes me feel good. It is something I can do in any type of weather or place. It is something that I hope I can do for the rest of my life.

- Answers for page 3 Game
1. Grace
 2. Bob
 3. Sue
 4. Herb
 5. Mike
 6. Patty
 7. Lionel
 8. Sandy
 9. Rich
 10. Tom, Tom

Featured Feet Sheryl Rosen

Childhood ambition:

To be an author

Fondest running memory:

As a kid I attended a sleepaway camp in northern Georgia. Color war took place twice each summer. For many years I watched pairs of older campers, one from each team, attempt the Lake Run - a hurried loop around our murky Lake Shalom. When I was finally old enough, my hand darted up at the call for a team volunteer. I had never run with the exception of the occasional gym class half mile, but I somehow knew I could finish. I huffed and puffed through the race and lost sight of my fitter competitor at the end, but I'll never forget how the Blue Ridge mountains sped by in the distance, how the rocky path under my feet crunched and crunched, and the way the crowd's cheers lured me home.

Wildest Dream: Catching Deena Kastor!

Proudest running moment:

Crossing the finish line at my first marathon, the Jacksonville Marathon last December



Biggest Challenge:

Understanding myself

Perfect Day:

I would run a PR in a morning race. After coming home, I would play with my pets, take a long, hot shower, then cook myself

something enticing. After the meal, I would take a nap or read a short story. In the evening, I would watch a good documentary and work on my quilt.

First Job: Waitressing at the Red Canyon Grill in Marianna

Indulgence: Raspberries

Last Purchase: Lunch with my childhood best friend with whom I just became reunited.

Favorite Movie: Braveheart

Running Inspiration: My training partner while at UF, Ashley Espy. She has so much determination and kept me company at more repeats, fartleks, and tempo runs than I can count. She inspired me to train for a marathon after she completed her first one. Last year she completed her first Ironman, although I'm still waiting for that inspiration to kick in.

RACING IN THE STREET

By Bill McGuire

"...They're calling out around the world, we're going racing in the street."

Bruce Springsteen

Of course, when "the Boss" sings about racing in the street, he's in "a '69 Chevy with a 396", while all we've got beneath us are our legs...in my case, "two '47 heavies hauling 156 (lbs.*)" And although the street is our main competitive venue, we will race wherever the action is... cross country and trails, 400 meter ovals, even airport runways, and Indy car or horse tracks!

Racing...at various times of my life, I practically lived for it, and, at nearly 60 years old, it still has a strong hold on me. So I naturally jumped at the chance to write on the subject. In the coming months, various club members will be submitting articles to the Fleet Foot about **training**, which is what I had originally been asked to do. My problem there is that in over 45 years of competitive running, I have yet to identify a particular training formula that yields better racing performances than another. And, anyway, racing is SO much more interesting and exciting to me than training. So, instead of doling out dubious training advice, I will pass along some thoughts and impressions gleaned from my own racing experience in the hope that a stray idea here or there might actually be helpful (or at least amusing) to someone.

The Zen of Racing

Henry Rono, the great Kenyan distance runner who broke four world records within 81 days in 1987, once made a profound observation about Americans and racing. The reason that the Americans were not as successful as the Kenyans on the international racing scene, he said, was not because the Kenyans trained harder or lived their whole lives at high altitude. No, Rono maintained that the reason for the Americans' lack of success was that they did not know how to **relax** when they raced! I'm sure there are those who disagree with Rono, but his remarks struck home with me. Indeed, my best races often occurred when I didn't think about them much, whereas many of my worst performances seemed to occur when I was hyper-focused and trying too hard. Henry had just lent voice and credibility to something I had suspected for almost twenty years...that relaxation was a key component to successful racing.

Gulf Winds Track Club's own Jane Johnson once had an experience which seemed to complement Rono's insights. While waiting for the start of a recent Boston Marathon in the elite athletes' warm-up area (a Korean church near the starting line), Jane was struck by the difference in attitude between the top Americans and Africans. The American stars seemed deadly serious and full of nervous energy, vigorously stretching as they intently discussed and debated their pre-race training schedules and times, etc. Meanwhile, the African speedsters lolled about while laughing easily with one another, quite nonchalant and seemingly unconcerned about the upcoming race....which they would go on to thoroughly dominate.

This relaxed, almost passive approach to competition seems to fly in the face of what Americans generally think of as a "winning attitude." Traditionally, we view the winner of a game or a race as the person who trains the most, believes that he or she is the best athlete out there, and "wants it" more badly than the competition. The late, great Steve Prefontaine personifies this "Bring it on!" attitude towards distance racing. And there is no denying that it worked extremely well...for him. But just as the same training regimen does not work for all distance runners, neither does a single mental approach or racing style. So, if you are dreading that next race, or feel that you are not performing up to your potential or training level, perhaps "lightening up" a bit can help.

But even if we accept Rono's premise, exactly how **does** one run a "relaxed race"? Isn't the term an oxymoron? Well, speaking strictly from my own experiments in this area, here are a few things **not** to do.

Do not waste energy getting "psyched up" or obsessing about your race the night or the week before.

Do not get inflexibly attached to specific racing goals ("If I drop off 7:45 pace, my race is in the toilet!", or "If I don't beat McGuire today, I'll have to leave town!").

Do not let "negatives" stress you out and determine the race outcome ("I just don't have it today", "It's too hot", "I haven't trained enough this week"). Of course, you can **whine** about these things, as long as you **forget** about them when the gun goes off!

Do not... **do not**...run somebody else's race. (Easier said than done!)

Here are some suggestions based on how I try to stay relaxed:

Get to the race in plenty of time for registering, visiting, warming up, etc. Sprinting to the port-a-let while pinning on your number two minutes before the start does **not** produce those "Om" vibrations! (Do as I say, not as I do!)

Keep an open mind, and be willing to adjust. Just because Hobson outkicked you last week doesn't mean it will happen again today! And don't panic if you're 15 seconds fast...or slow...at the first mile. Maybe it's just your day...or not. (Or maybe the split's wrong!) In other words, trust your body!

Run your own race. Try to keep your mind out of the way, and let your body do what it's trained to do! Stay aware of where your competitors are, but don't **fixate** on them. Monitor yourself instead...try to find that zone where you're maximizing your effort, but staying under control. If you feel yourself tiring, instead of fighting it, consciously try to relax by taking just a bit off the effort. Maintaining cadence but shortening stride length is one way to try this. You will probably lose very little time, but it may make the difference in being able to recover your strength for later in the race.

Well, there you are...how to enjoy yourself more and run faster, in one easy lesson. (Hey, maybe I should start writing for "Runner's World"!)

And remember, if you still can't seem to relax after these helpful hints, you can always apply for Kenyan citizenship and put down a binder on some land in the Rift Valley!

Stay healthy, and hope to see you at the races....

Jack (Continued from page 12)

I'm glad they did. I recently learned that you can "Join Dean" to accompany him during his 50-state quest which starts in September – the cost - \$100 per race! I can't imagine going to the GWTC Board to tell them not only are we using club resources to help him, but it will cost each of us \$100 to run with him. I never read *that* in the literature his agent e-mailed me. Check it out for yourself:

<http://endurance50.thenorthface.com>.

Well if we want to hear more, perhaps we can hire Dean as a keynote speaker (for \$7,500 to \$15,000) according to Keynote Speakers Inc. (<http://www.keynotespeakers.com>)

which advertises him as a "record-holding athlete and philanthropist." I don't know --- I think the only records Dean owns are some Beatles albums. But before I end my Dean diatribe, one thing that has always struck me as particularly odd – he seems way too bulked up to be a distance runner. And I'm not asking this because he lives near BALCO laboratories in San Francisco, or he's president of his own nutritional supplements company, or even that he eschews real competition --- but has this guy ever been drug-tested? At least we know his book wasn't ghost written.

Gate to Gate team event report by Tim Unger.

The 18 members of the GWTC racing team were met with summer-like warmth and humidity on Memorial Day for the 21st Annual Gate to Gate 4.4 mile run at Eglin Air Force Base. However, the team did not let the oppressive weather and start line delays hinder their attempt to capture the 2006 overall team award. Having won the overall team award in 2004 and 2005, the general consensus was GWTC was going to "three-peat." The general consensus was right and GWTC easily won our third team title in a row by claiming 10 of the top 23 finishing spots in the race with over 1200 runners. GWTC has had nine top three team finishes and this year makes the 5th overall team championship. Previous overall awards were earned in 1997; (**Gary Droze, Jason Ritter, M.J. & David Yon**); 1998 (**Tim Simpkins, Tim Unger, Doug Gorton, Sarah Docter-Williams**); 2004 (**T. Unger, Zack Galloway, Justin Dickieson, S. Docter-Williams**) and 2005 (**Joey Zins, T Unger, Mike Lilly, S. Docter-Williams**).

The 2006 Team victory was an all out assault from every age group as 14 of the 18 team members received an individual award from the event. **Joey Zins and Victoria Gill** of FSU joined the GWTC racing team as they returned to this event to defend their 2005 individual championships. Also Springtime 10k champions, they each found themselves in tremendous battles for the \$250 first place prize money. The front of the race became a battle with one of Florida's finest runners, **Matt Dobson**, and Air Force runner, **Travis Deutman**, challenging Zins throughout the contest. Dobson faded first and let Deutman duel with Zins for most of the race. Deutman overcame the frustration of finishing second in 2005 by letting loose for a tremendous finish to beat Zins by seven seconds (23:03 to 23:10, 5:15 pace). Deutman became the one of the few, if not the only, active Air Force runners to win this race.

Within the first mile it was apparent that **Vicky Gill** would win the women's race and the \$250 first place prize. She could not out run a number of male runners including myself, and had to settle for an eighth place overall finish in 25:17 and a good hard workout at a pace of about 5:45/mile. The second place female was a surprise to everyone except the Tallahassee contingent. The \$100 second place prize went to our own GWTC Grand Prix leader, **Stephanie Liles**, in 22nd place (26:54, 6:07 pace). Stephanie was only a few seconds ahead of the overall Grand Masters winner **David Yon**. The Grand Masters race was supposed to be a close affair. David's first attempt in the classification turned to gold as he beat the field of Grand Masters by a full minute in 27:00 (6:08 pace). David joins **Bill McGuire and Jerry Ongley** as GWTC Grand Masters who have previously won this honor. The Yon's home is probably the only other place decorated with as many (or more) Gate to Gate victory eagles than my old motor home, which now has 9 team eagles roosting. **M.J** wasn't going to let David get all the attention as she came away with a 5th place age group ceramic mug to add to the family collection too.

Justin Dickieson and Bill McGuire were the exceptions to the "everything's perfect" GWTC day. The race was already a half hour late at the start when McGuire got a nail in his shoe just moments before the gun sounded. The crowd thought his nail antics were made up to cover for the fact that Justin Dickieson had just arrived without his race number. While the Results crew worked on Bill's flat tire shoe, Justin was issued another racing number. At this point the mob had grown quit surly at the front of the pack thinking GWTC was causing all this last second confusion on purpose.

Several of the GWTC runners who finished well are also leading our Men's Grand Prix competition. **Jared Black, Mike Martinez, Bill McCord and Carl Nordhielm**

followed me closely to the finish line to cement the team title. This was the first team race that included so many of our Grand Prix leaders. The seven minute margin of team victory proved to the competition that they have a lot of work to do if they intend to stop us from winning our tenth consecutive eagle in 2007.

After running, we all enjoyed a fabulous post race party hosted by Eglin's 96th services squadron featuring Subway sandwiches, buffalo wings, red beans and rice, plenty of beverages and live entertainment by Jones and Company. Afterwards, the 4th Annual "100 Brats and Beers" party at Post L Point beach was hosted by GWTC and the North West Florida Track Club and enjoyed by all who attended. The afternoon party went on for hours under the great shade of some large oak trees on the beachfront. Jim Frazier of NWFTC handled the grilling chores on a huge trailered grill.

The complete list of GWTC racing team finishers...

1. GULF WINDS TRACK CLUB = 1:39:04*

Joey Zins*	(23:10) -- (2 nd overall)
Justin Dickieson*	(25:11) -- (1 st age group)
Victoria Gill*	(25:17) -- (1 st overall)
Tim Unger*	(25:26) -- (3 rd overall Master)
Jared Black	(25:31) -- (1 st age group)
Mike Martinez	(25:38) -- (1 st age group)
Bill McCord	(26:04) -- (2 nd age group)
Carl Nordhielm	(26:36) -- (5 th age group)
Stephanie Liles	(26:54) -- (2 nd overall)
David Yon	(27:00) - (1 st overall Grand Master)
Bill McGuire	(28:39) -- (1 st age group)
Hobson Fulmer	(28:42) -- (2 nd age group)
Joe Dexter	(35:30)
Terry Ryan	(35:46)
Lisa Unger	(37:23)
Mary Jean Yon	(39:06) -- (5 th age group)
Nadine Dexter	(45:41)
Jacque Myers	(46:30) -- (1 st overall walker)

2. NWFTC = 1:47:33

Greg Voekel --	(26:15) Sam Fernandez -- (26:42)
William Murphy --	(27:04) Kelly Wild -- (27:32)

3. Team Star = 2:15:42

Best Things Anyone Ever Said

1. Laugh and the world laughs with you, snore, and you sleep alone. *Anthony Burgess.*
2. The Future isn't what it used to be. *Various*
3. I may have my faults, but being wrong isn't one of them. ? *Jimmy Hoffa*
4. Hope is the feeling you have that the feeling you have isn't permanent. *Jean Kerr*
5. They say you can't do it, but sometimes it doesn't always work. *Casey Stengel*
6. To travel is to discover that everyone is wrong about other countries. *Aldous Huxley*
7. Time is nature's way of preventing everything from happening at once. *Unknown*
8. If Today was a fish, I'd throw it back in. *Song title*
9. We had seen the light at the end of the tunnel, and it was out. *John C. Clancy*



BREAKFAST ON THE TRACK



August 12, 2006

At the Maclay School Track. 3737 N. Meridian Road

7:45 A.M. 1 Mile Grand Prix track race

REGISTRATION AND FEES: Early = \$12 Postmarked by 8/5.
Late = \$15 after 8/5

9:15 A.M. Awards at the Maclay Pool

Name: _____

Age on 8/13/06: _____ Gender: circle one: F M

Estimated 1 mile time: _____

WAIVER: In consideration of your acceptance of my entry as a participant in the 2006 Breakfast on the Track, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property against Gulf Winds Track Club, its officers and directors, members or representatives and all volunteers and others promoting or assisting in anyway the promotion or organization of The Breakfast on the Track races, which may arise from my participation in the these races on August 14, 2004, or while traveling to or from the event, even if caused in part by the negligence or negligent actions or other fault of the parties or persons I am hereby releasing by the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of the liability without fault. My participation is voluntary and done at my own risk. I understand that running a road race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I attest that I am physically fit and sufficiently trained for the competition of this event. I fully understand I am forever giving up in advance any right to sue or make claims against the parties I am releasing if I suffer injuries and damages even though I do not know to what extent those injuries and damages might be and am voluntarily assuming the risk of such injuries and damages. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. I have read and understand everything written above and I voluntarily sign this agreement.

SIGNATURE: _____ Date _____

Signature of parent /legal guardian if under 18 years.

Mail checks payable to GWTC and mail to:

2007 Middlewood Dr., Tallahassee Fl. 32312-2452.

Race Directors: Felton, Bonnie and Jamie Wright at 850-386-3500, bwright@electro-net.com

St. George Island Sizzler 5K — 6/24/2006
Hobson Fulmer, R.D.

1	Robert	Beazley	M 16	17:24	46	Andrew	Forsyth	M 20	23:11
2	Michael	Martinez	M 40	17:26	47	Karl	Hempel	M 12	23:14
3	Jay	Wallace	M 41	17:31	48	Jason	Bell	M 17	23:19
4	Carl	Nordhielm	M 43	17:46	49	Andrew	Pope	M 32	23:22
5	Reynolds	Griner	M 17	17:50	50	Ronald	Thomas	M 34	23:26
6	Tim	Unger	M 46	17:55	51	Michelle	Zeisset	F 37	23:30
7	Jared	Black	M 17	18:04	52	Daniel	Scheller	M 23	23:33
8	Fritz	Stoppelbein	M 20	18:29	53	Clint	Watkins	M 63	23:34
9	Ross	Hempel	M 17	18:31	54	Gary	Griffin	M 56	23:36
10	Byron	Hempel	M 14	18:35	55	Ronald	Christen	M 60	23:37
11	Kara	Newell	F 22	18:39	56	Connie	Clarke	F 44	23:39
12	Stephanie	Liles	F 34	18:55	57	Yvonne	Gsteiger	F 48	23:39
13	Felton	Wright	M 49	18:58	58	Don	Dietrich	M 49	23:40
14	Sheryl	Rosen	F 22	19:07	59	David	Gautreux	M 40	23:40
15	Karl	Hempel	M 54	19:20	60	Rex	Cleveland	M 67	23:44
16	Mike	Weyant	M 40	19:34	61	Keith	Rowe	M 44	23:50
17	David	Cox	M 48	19:37	62	Tim	Brewton	M 51	23:53
18	Douglas	Covert	M 42	19:43	63	Terry	Ryan	M 57	23:56
19	Michael	Dobson	M 15	19:53	64	J. Gordon	Shuler	M 44	24:04
20	Jasen	Fulghum	M 22	19:53	65	Rick	Givens	M 54	24:08
21	Craig	Willis	M 54	19:55	66	Ron	Gilbert	M 40	24:10
22	Jane	Johnson	F 47	20:12	67	Chris	Sumner	M 27	24:12
23	Mike	Sims	M 54	20:15	68	Nancy	Laux	F 44	24:14
24	David	Yon	M 50	20:31	69	Joe	Dexter	M 60	24:17
25	Rick	Hempel	M 46	20:33	70	Brad	Givens	M 17	24:29
26	Ian	McCarthy	M 28	20:35	71	Joy	Van Oss	F 30	24:32
27	John	Matthews	M 35	20:50	72	Maynard	Sweeley	M 61	24:35
28	Matthew	Mizereck	M 14	20:54	73	Clark	Evans	M 22	24:38
29	Fran	McLean	F 48	21:04	74	Nancy	Widener	F 56	24:42
30	Chuck	Davis	M 45	21:11	75	Gordon	Morgan	M 59	24:45
31	Patrick	Lutz	M 15	21:23	76	John	Rakestraw	M 69	24:46
32	Maroun	Beyrouthy	M 29	21:44	77	Terry	Tenold	M 57	25:00
33	Scott	Heath	M 35	21:48	78	Elizabeth	Kelsey	F 30	25:09
34	Mike	Boll	M 42	21:52	79	John	Shelby	M 52	25:12
35	Gary	Cato	M 50	21:52	80	George	Palmer	M 62	25:21
36	Kirsten	Baggett	F 39	21:55	81	Chris	Bowmer	M 18	25:23
37	Lance	Souther	M 44	22:12	82	Bonnie	Wright	F 50	25:32
38	Eric	Trube	M 43	22:18	83	Drew	Meehan	M 30	25:39
39	Vicki	Cunniff	F 45	22:50	84	Janine	Thomas	F 40	25:40
40	Guy	Anglin	M 63	22:54	85	Jessica	Clayton	F 15	25:41
41	Georgia	Mitchell	F 13	22:56	86	Sarah	Hempel	F 45	25:44
42	Katie	Rutledge	F 14	22:57	87	John	Falk	M 28	25:51
43	Lindsey	Sanders	F 14	23:02	88	Alfred	Bea	M 50	26:00
44	Andrew	Durante	M 24	23:04	89	Beth	Alexander	F 42	26:08
45	Christy	Pardieck	F 27	23:08	90	Penny	Isom	F 43	26:21

91	Britt	Thomas	M 49	26:31	141	Rita	Tweed	F 29	33:11
92	Mary Jean	Yon	F 50	26:44	142	Ray	Hanlon	M 63	33:15
93	Nick	Yonclas	M 62	26:44	143	Jamie	White	F 36	33:23
94	Robby	Turner	M 47	26:45	144	Vincent	Dewar	M 9	33:54
95	Jo Lena	Pace	F 34	26:47	145	Elizabeth	Duggan	F 45	34:14
96	John	Cannon	M 36	26:55	146	Glen	Alexander	M 50	34:39
97	Sarah	Earnhardt Dugas	F 27	27:02	147	Margot	Plazesi	F 52	34:57
98	Richard	Ramey	M 58	27:25	148	Susan	Turner	F 55	35:24
99	Courtney	Whitlock	F 24	27:48	149	Arthur	Ward	M 72	35:36
100	Jacque	Myers	F 49	27:51	150	Josh	Balkom	M 30	35:46
101	Bob	Keller	M 72	27:51	151	Debby	Alexander	F 45	35:47
102	Michael	Bryan	M 34	27:52	152	Joseph	Schrafel	M 42	35:48
103	Lisa	Unger	F 38	27:56	153	Dawn	Brown	F 57	35:51
104	Travis	Black	M 15	28:03	154	Willow	Shanti	F 36	36:18
105	Mary	Stutzman	F 57	28:23	155	Joshua	Cunniff	M 13	36:55
106	Shaun	Donahoe	M 62	28:30	156	Terry	Massa	F 48	37:56
107	Christopher	McGuire	M 17	28:35	157	Cindy	Rugeley	F 49	38:05
108	Roberta	McCloskey	F 43	28:42	158	Brandi	Richardson	F 20	38:49
109	Debra	Brown	F 44	28:42	159	Julia	Dussan	F 53	39:05
110	Kendra	Preugschat	F 25	28:47	160	Jimmy	Baggett	M 7	39:29
111	Mae	Cleveland	F 66	29:21	161	Lana	Pate	F 29	40:03
112	Susan	Cornwell	F 57	29:27	162	Chris	Pate	M 36	40:04
113	Stephen	Veliz	M 37	29:27	163	Karen	Zaccardi	F 57	40:26
114	Lenore	McWey	F 34	29:40	164	Ronda	Tatum	F 35	40:30
115	Denny	Vancleve Jr.	M 25	29:49	165	Rosalie	Myers	F 85	41:00
116	Michael	McGuire	M 11	30:00	166	Seth	Rapp	M 7	44:25
117	Robin	Adams	F 37	30:06	167	Karen	Bowmer	F 44	46:52
118	Mike	Schneider	M 69	30:07	168	Barry	Bowmer	M 46	46:52
119	Amanda	Cannon	F 39	30:13	169	Jere	Moore	M 74	47:08
120	Richard	Addison	M 52	30:23					
121	Robert	Morris	M 74	30:27					
122	Marwan	Madi	F 29	30:37					
123	Ruth	Jones	F 54	30:50					
124	Marguerite	McCauley	F 36	30:59					
125	John	Cunniff	M 50	31:05					
126	Bryce	Clayton	M 16	31:18					
127	Sean	Kearns	M 42	31:26					
128	Derald	Turner	M 43	31:26	1	Nick	Dietrich	M 9	07:26
129	Harry	Qualls	M 49	31:29	2	Owen	Chapman	M 11	07:26
130	Aaron	Thomas	M 16	31:30	3	Travis	Covert	M 11	07:27
131	Sherri	Jackman	F 43	31:44	4	Brandon	Rutledge	M 9	07:31
132	Thomas	Zaccardi	M 53	31:47	5	Cynda	Covert	F 14	07:57
133	Frances	Gilbert	F 38	32:05	6	Megan	White	F 10	08:02
134	Samuel	Spring	M 30	32:32	7	Melissa	Jackman	F 14	08:25
135	Amy	Brown	F 33	32:43	8	Luke	Liles	M 10	08:51
136	Marsha	Vaile	F 57	32:45	9	Lilly	Unger	F 3	14:41
137	Kimberly	Patton	F 18	32:49	10	Steve	Massa	M 50	16:13
138	Jami	Balkom	F 28	33:00	11	Cameron	Massa	M 16	16:15
139	Nadine	Dexter	F 47	33:04					
140	Christine	Yannett	F 29	33:10					

**St. George Island Sizzler 1 Mile
Hobson Fulmer, R.D.**

**Monticello Melon Run 5K
6/17/2006**

1	Nathan Haskins	17 M	17:36	52	Lisa Unger	38 F	26:00
2	Sammy Palmer	18 M	17:57	53	Fran McLean	48 F	26:02
3	Todd Smoot	44 M	18:07	54	Lynn Powell	40 F	26:03
4	Michael Martinez	40 M	18:08	55	Clark Evans	22 M	26:14
5	Tim Unger	46 M	18:21	56	Bill Blackburn	47 M	26:31
6	Felton Wright	49 M	18:59	57	Jason Weeks	16 M	26:32
7	Jack McDermott	37 M	19:32	58	Bill Hollimon	46 M	26:35
8	Jerry McDaniel	52 M	20:03	59	Sandra Canada	43 F	26:36
9	John Matthews	35 M	20:20	60	Robin Safley	42 F	26:37
10	Roger Michaud	16 M	20:20	61	John Morrill	54 M	26:42
11	Chuck Davis	45 M	20:43	62	Jacque Myers	49 F	26:45
12	Shelton Ansley	54 M	21:04	63	Crystal Walling	23 F	26:46
13	Daniel Nennstiel	35 M	21:36	64	John Obrien	50 M	26:49
14	James Tailer	12 M	21:43	65	Jackie McDaniel	51 F	26:53
15	Jamie Welborn	40 M	21:44	66	Robby Turner	47 M	26:57
16	Chad Johnson	35 M	22:09	67	Daniel Claiborne	20 M	27:02
17	Grea Bevis	44 M	22:25	68	Paul Weeks	41 M	27:09
18	Ryan Chambers	27 M	22:27	69	Tanya Patton	39 F	27:18
19	Benjamin Lindquist	35 M	22:30	70	Deborah Ansley	50 F	27:25
20	Loranne Ausley	42 F	22:35	71	Ben Ervin	43 M	27:28
21	Jeff Kuperberg	45 M	22:36	72	Kelly Gergen	49 M	27:39
22	Michael Boll	42 M	22:44	73	Toma Wilkerson	36 F	28:14
23	Don Foulke	52 M	22:50	74	Bill Cobb	42 M	28:17
24	Whitney Blackburn	17 F	23:01	75	Ralph Billings	62 M	28:19
25	Abdrew Brook	20 M	23:09	76	Mary Stutzman	57 F	28:28
26	Nick Nichols	62 M	23:11	77	Stephen Demott	38 M	28:34
27	Bill Kimmons	54 M	23:13	78	Bobby Plaines	49 M	28:39
28	Andrew Pope	32 M	23:21	79	Julia Winter	48 F	28:48
29	Ronald Thomas	34 M	23:29	80	Cody Nevels	14 M	28:50
30	Steve Rawlings	40 M	23:33	81	Katie Williams	17 F	28:50
31	Guy Anglin	63 M	23:36	82	Jacob Gray	12 M	28:52
32	Michael Roccanti	15 F	23:48	83	Sherrie Peavy	37 F	28:56
33	Joe Dexter	60 M	23:51	84	Scotty Crowe	36 M	28:57
34	Edward Claiborne	51 M	23:54	85	Debora Passetti	51 F	28:58
35	Nancy Palmer	50 F	24:00	86	Al Cooksey	58 M	29:15
36	Carl Haung	48 M	24:25	87	Mandy Self	39 F	29:16
37	Rob Dearduff	40 M	24:43	89	Alyson Lee	35 F	29:25
38	Michael Klump	52 M	24:49	90	Dianne Dearduff	47 F	29:32
39	Bradley Givens	17 M	24:57	91	Yvonne Michaud	49 F	29:34
40	Keith Berry	49 M	25:00	92	Courtney Whitlock	24 F	29:48
41	Dennis Hitchens	55 M	25:10	93	Neal Forsman	56 M	29:54
42	Christina Joost	13 F	25:14	95	Susan Ledford	43 F	30:24
43	Shelby Hanna	30 F	25:20	96	Jimmy Ledford	50 M	30:24
44	Joe Patton	40 M	25:23	97	Ken Derrickson	28 M	30:25
45	Carlos Zapata	60 M	25:28	98	April Doubrava	32 F	30:29
46	Nancy Widener	56 F	25:32	99	Jan Blue	51 F	30:31
47	Jessica Clayton	15 F	25:37	100	Robin Adams	37 F	30:38
48	Phil Barker	52 M	25:44	101	Christine Stabley	30 F	30:41
49	Rodney Palmer	52 M	25:49	102	Stephen Veliz	37 M	30:51
50	Rhonda Kenyon	47 F	25:52	103	Keith Cooksey	34 M	30:58
51	Susan Kelly	54 F	25:56	104	Scott Henley	39 M	31:09
				105	Rikki Roccanti	17 F	31:14
				106	Caren Parslow	13 F	31:14
				107	David Bradford	39 M	31:18
				109	Meggin VanHook	27 F	31:24
				110	Cristi Beshears	34 F	31:29

111	Vincent Dewar	9	M	32:15
112	David Brook	53	M	32:21
113	Nadinee Dexter	47	F	32:24
114	Angela McCune	15	F	32:29
115	Erin Fraser	14	F	32:36
116	Vickie Bradford	44	F	32:43
117	Carol Nemati	45	F	32:46
118	Valerie Reglat	40	F	32:54
120	Dale Boatwright	55	M	33:22
121	Tim Guhl	37	M	33:35
122	David Guhl	6	M	33:37
123	Hayley Winchester	31	F	33:40
124	Arthur Ward	72	M	33:47
125	Lillie Williams	13	F	33:48
127	Connie Obrien	42	F	33:56
128	Chris Anderson	49	M	34:04
129	Vicky Bernal	54	F	34:16
130	Dawn Brown	57	F	34:25
131	Julie Guhl	59	F	34:37
132	Dennis Wirth	68	M	34:48
133	Bill Guhl	64	M	34:59
134	Michelle Reinhard	16	F	35:10
135	Shianne Huffman	17	F	35:11
136	Jessica Huffman	15	F	35:11
137	Valerie Hobbs	14	F	35:12
138	Jim Huffman	41	M	35:12
139	Melissa Jackman	14	F	35:18
140	Carson Nennstiel	9	M	35:35
141	Randy Rabon	53	M	35:44
142	Holly Sanders	14	F	35:50
143	Aubrey Fitzgerald	13	F	36:00
144	Sherri Jackman	43	F	36:12
145	Debbie Nennstiel	37	F	37:03
146	Kathy Flippo	53	F	37:12
147	Kirsten Anderson	41	F	37:31
148	Lisa Morrill	52	F	38:04
149	Dianne Douglas	53	F	38:22
150	Grant Gergen	10	M	38:50
151	Rosalyn Barber	49	F	39:08
152	Robin Liford	49	F	39:34
153	Sydney Wasdin	14	F	41:10
154	Danielle Jackman	14	F	41:10
155	Fred Beshears	60	M	41:33
156	Margaret Boatwright	56	F	42:25
157	Carolyn Wright	63	F	42:25
158	Warren May	59	M	42:39
159	Keandra Tailer	11	F	43:18
160	Bonnie Wirth	66	F	43:19
162	Josephine Newton	79	F	45:23
163	Don Douglas	59	M	45:44
164	Frank Leonard	55	M	46:02
165	Nathan Tailer	8	M	47:46
166	Jere Moore	74	M	49:05
167	Charles Yates	81	M	50:01
170	Cameron Massa	16	M	52:44

**Potluck 4 Mile XC
at Forest Meadows. 6/3/06
By the Chenoweth Committee**

1	Jared Black	M	17	23:06
2	Eric Smith	M	34	23:55
3	Tim Unger	M	46	24:04
4	Keone Murphy	M	17	24:17
5	Bill McCord	M	43	24:28
6	Michael Martinez	M	40	24:44
7	Carl Nordhielm	M	43	25:06
8	Tony Guillen	M	37	25:10
9	David Yon	M	50	25:16
10	Felton Wright	M	49	25:24
11	Jeff Nielsen	M	48	25:37
12	Fritz Stoppelbein	M	20	25:42
13	Sheryl Rosen	F	22	25:58
14	Hobson Fulmer	M	50	26:13
15	Matthew Mizereck	M	14	26:23
16	Mike Sims	M	54	26:37
17	Bill Mcguire	M	59	26:46
18	Tom Ratliffe	M	58	26:47
19	Jerry McDaniel	M	52	26:51
20	Donald Smith	M	26	26:53
21	Douglas Covert	M	42	26:59
22	Jay Silvanima	M	46	27:16
23	Gervarius Byrd	M	17	27:44
24	David Cox	M	48	27:59
25	Michael Dobson	M	15	28:07
26	Craig Willis	M	54	28:10
27	Rolf Zwaan	M	43	28:16
28	Chuck Booker	M	56	28:18
29	Brant Foster	M	45	28:36
30	Alicia Fenley	F	14	28:56
31	Chad Henry	M	36	29:21
32	Gary Cato	M	50	29:22
33	Chad Heckman	M	32	29:33
34	John Matthews	M	35	29:37
35	Warren Emo	M	53	29:56
36	Maroun Beyrouthy	M	29	30:09
37	Kirsten Baggett	F	39	30:17
38	Joe Donoghue	M	59	30:28
39	Shannon Sullivan	M	52	30:33
40	Frank Rudd	M	42	30:33
41	Glenn Rudd, Jr	M	20	30:40
42	Fran McLean	F	48	30:42
43	Scott Heath	M	35	31:07
44	Julie Clark	F	44	31:21
45	Gary Griffin	M	56	31:42
46	Ronald Christen	M	60	32:03
47	Christy Pardieck	F	27	32:04
48	Connie Clarke	F	44	32:06
49	Guy Anglin	M	63	32:18

50	Loranne Ausley	F 42	32:35	104	Amanda Burgess	F 21	39:58
51	Rex Cleveland	M 67	32:39	105	Jackie McDaniel	F 51	40:15
52	Kelly Savery	F 17	32:42	106	Bruce Lynn	M 58	40:20
53	Terry Ryan	M 57	32:53	107	Kaye Jaynes	F 39	40:32
54	Andrew Scanameo	M 45	32:58	108	Robby Turner	M 47	40:45
55	Andrew Forsyth	M 20	33:00	109	Scott Mcwey	M 37	40:56
56	Gordon Morgan	M 59	33:03	110	Bob Keller	M 72	41:02
57	Alexandra Scanameo	F 13	33:09	111	Sarah Earnhardt Dugas	F 27	41:12
58	Clint Watkins	M 63	33:16	112	Lenore Mcwey	F 34	41:16
59	Chris Sumner	M 26	33:22	113	Marguerite McCauley	F 36	41:23
60	Judy Chin	F 46	33:41	114	Kendra Preugschat	F 25	41:29
61	Joe Dexter	M 60	33:53	115	Stephen Veliz	M 37	41:38
62	Maynard Sweeley	M 61	34:10	116	Bill Dobson	M 52	41:47
63	Judy Alexander	F 44	34:14	117	Jamaa Bouhaltarte	F 30	41:48
64	Nancy Laux	F 44	34:21	118	Ruth Jones	F 54	42:28
65	John Rakestraw	M 69	34:23	119	Lisa Robinson	F 25	42:38
66	Harry Detwiler	M 47	34:29	120	Danielle Jackman	F 14	43:23
67	Tim Brewton	M 51	34:32	121	Robert Morris	M 74	43:33
68	Lisa Echeverri	F 40	34:44	122	Christine Stabley	F 30	43:49
69	Joe Crook	M 27	34:57	123	Casey Perkins	M 21	43:49
70	Andreia Fenley	F 12	35:00	124	Marwan Madi	F 29	43:50
71	Sissi Carroll	F 47	35:01	125	Tom Perkins	M 54	43:51
72	George Palmer	M 61	35:05	126	Marisol Roberts	F 35	44:29
73	Terry Tenold	M 57	35:15	127	Colleen Shelfer	F 28	44:29
74	Lisa Unger	F 38	35:19	128	Clay Shelfer	M 31	44:30
75	Kathy Lindsay	F 47	35:25	129	Rita Tweed	F 29	45:21
76	Sarah Vanwart	F 0	35:26	130	Marsha Vaile	F 57	45:25
77	Nancy Widener	F 56	35:47	131	Melissa Jackman	F 14	45:54
78	David Darst	M 62	36:15	132	Jacque Myers	F 49	46:33
79	Beth Alexander	F 42	36:20	133	Nadine Dexter	F 47	47:04
80	Ithel Jones	M 51	36:30	134	Jennifer Winegardner	F 37	47:25
81	John Falk	M 28	36:35	135	Arthur Ward	M 72	47:49
82	Katinka Dijkkra	F 42	36:47	136	Cass Vickers	M 57	48:21
83	George Kolp	M 61	36:57	137	Nada Scott	F 53	48:35
84	Janine Thomas	F 40	36:58	138	Dawn Brown	F 57	48:51
85	Mary Jean Yon	F 50	37:05	139	Chris Savery	F 47	50:10
86	Bill Perry	M 57	37:06	140	Willow Shanti	F 36	50:43
87	Eric Pragle	M 32	37:14	141	Cathy McCarty	F 50	53:15
88	Manuel Ramos	M 31	37:31	142	Dianne Douglas	F 53	53:59
89	Elizabeth Kelsey	F 30	37:33	143	Cynthia Christen	F 53	56:49
90	John Morrill	M 54	37:34	144	Terry Massa	F 48	56:51
91	Carlos Zapata	M 60	37:39	145	Lauren Haskell	F 16	57:08
92	Dennis Hitchens	M 55	37:40	146	Heather Bochnia	F 27	59:18
93	Gene Opheim	M 59	37:52	147	Ray Hanlon	M 63	59:36
94	Clark Evans	M 22	37:55	148	Annemarie Chin	F 12	63:22
95	Sara Cleveland	F 33	38:02	149	Maria Coukoulis	F 12	63:26
96	Bill Hunter	M 55	38:46	150	Don Douglas	M 59	65:08
97	Jo Lena Pace	F 34	38:47	151	Charlie Yates	M 81	71:58
98	Bonnie Wright	F 50	38:54	152	Terry Meek	F 51	72:00
99	Scott Savery	M 48	39:01	153	Jere Moore	M 74	72:01
100	Mae Cleveland	F 66	39:21	154	Rosalie Myers	F 85	75:03
101	Peggy Primicerio	F 48	39:33	155	Mike Boll	M 42	75:09
102	Mary Stutzman	F 57	39:42				
103	Kathleen Ogolen	F 16	39:57				

Predicting Fun - Pot Luck 2006

David Yon

Throw away the watches, lay out a difficult course that rolls across tree shaded trails, add in a low country boil cooked by the Register Family and friends, great recipes and dishes from GWTC members, music from **Bill McGuire** and **Charlie Futch**, running pictures and videos by **Tom Scott** and you have a great setting for recognizing some of the best high school cross country and track and field athletes in the area. So good, that hopefully those kids will come away with the thought that running can be fun and can be a lifetime sport.

Each year **GWTC's Chenoweth Committee** recognizes the top male and female cross country runner and the top track and field athletes at the Pot Luck Bash. In addition to nice trophies, the committee presents four \$500 scholarships from the Chenoweth Endowment Fund. This year a total of fifteen very deserving athletes were nominated by their coaches and eleven athletes beside the overall winners were recognized by the committee. In addition to recognizing these outstanding athletes the fund helps all kinds of runners and running programs meet the financial obligations to keep their programs going. The fund has now awarded nearly \$50,000 in awards thanks to the generosity of GWTC members.

Of course for the race itself runners must discard their watches and do their best to match their predicted time for the four mile course. Amazingly, almost every year the winner nails it dead on. This year was no exception as the seasoned **Bill McGuire** predicted a time of 26:46 and then with barely another thought about it crossed the finish line in exactly that time. **Andreia Fenley** missed her time by one second to take second place and **Michael Martinez**, **Christy Pardiak** and **Charlie Yates** all missed their prediction by only three seconds. In the "straight up cross the line" competition, Leon High runner **Jared Black** continued his upward track by winning the overall race in a time of 23:06. Jared is in second place in the grand prix competition and bidding to become one of the youngest winners in grand prix history. **Sheryl Rosen** was the first woman across in a time of 25:58.

The overall male cross country winner was **Tyler Price** from Wakulla High School. Tyler became perhaps Wakulla High's best cross country runner of all time, running in the state finals and breaking 17 minutes. **Alicia Finely**, Maclay High School, was the female winner as she went undefeated in local races, placed third at state and ran 19:12 for 5K. **Laura Hempel** at Rickards High School was the top female track athlete. She was tops in the area in both the 1600 and the 3200 running 5:11.11 and 11:31.74 and placing in the top five in the state in both events. **Joe Franklin**, a very talented runner, won the male award with best times of 1:52.74 in the 800 and 4:16.95 in the 1600, outstanding times for a sophomore. He was also state champ in both events. Also recognized by

the committee were **Jonathon Blocker** (Chiles, last year's cross country runner of the year), **Kayla Parker** (Florida High, last year's track athlete of the year), **Whitney Austin** (Rickards, 800 & cross country), **Sydney Nutting** (Wakulla High, Cross country), **Deona Jones** (Cottondale, long jump), **Raven Robinson** (FAMU, 100/200/400), **Rudell Crim** (Rickards, sprints), **Gregory Harris** (Rickards, sprint), Leon 4x100), **Levon Downs** (Godby, pole vault), **Frank Grimes** (Godby, shot put).

Thanks to all who made the event possible including the record crowd of 155 finishers and maybe as many as 200 who shared in the post race festivities!

Words of Wisdom

Last week, I stated this woman was the ugliest woman I had ever seen. I have since been visited by her sister and now wish to withdraw that statement. -- Mark Twain

The secret of a good sermon is to have a good beginning and a good ending, and to have the two as close together as possible. -- George Burns

Santa Claus has the right idea: Visit people only once a year.
-- Victor Borge

Be careful about reading health books. You may die of a misprint.
-- Mark Twain

By all means, marry. If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher. -- Socrates

I was married by a judge. I should have asked for a jury. -- Groucho Marx
I have never hated a man enough to give his diamonds back.
-- Zsa Zsa Gabor

Only Irish coffee provides in a single glass all four essential food groups: alcohol, caffeine, sugar and fat. -- Alex Levine

Money can't buy you happiness .. but it does bring you a more pleasant form of misery. -- Spike Milligan

I am opposed to millionaires... but it would be dangerous to offer me the position. -- Mark Twain

Until I was thirteen, I thought my name was SHUT UP. -- Joe Namath
I don't feel old. I don't feel anything until noon. Then it's time for my nap.
-- Bob Hope

We could certainly slow the aging process down if it had to work its way through Congress. -- Will Rogers

Don't worry about avoiding temptation. . as you grow older, it will avoid you.
-- Winston Churchill

Maybe it's true that life begins at fifty ... but everything else starts to wear out, fall out, or spread out. -- Phyllis Diller

By the time a man is wise enough to watch his step, he's too old to go anywhere. -- Billy Crystal

Grand Prix Status through Sizzler 6/24/06

Overall Female

Stephanie	Liles	33	150
Kirsten	Baggett	39	93
Julie	Clark	44	81
Jane	Johnson	46	65
Kara	Newell	21	60
Christy	Pardieck	27	55
Sheryl	Rosen	21	47
Loranne	Ausley	42	44
Fran	McLean	48	43
Connie	Clarke	44	42
Kathy	Lindsay	46	38
Sarah	D- Williams	41	30
Sarah	Earnhardt Dugas	27	18
Seeley	Lovett	29	17
Judy	Alexander	44	16
Lisa	Johnson	24	15
Bonnie	Wright	50	12
Elizabeth	Kelsey	29	12
Lisa	Whitworth	35	11
Kaitlyn	Crandall	16	11
Jacque	Myers	49	7
Kelly	Savery	17	7
Nancy	Laux	44	6
Lisa	Unger	38	5
Nancy	Widener	56	5
Yvonne	Gsteiger	48	5
Jessica	Kemeny	26	3
Penny	Isom	43	3
Diana	Jones- Ellis	49	3
Beth	Alexander	41	3
Angela	Dempsey	37	3

1-9 Female

Mackenzie	Chesnutt	8	52
Lilly	Unger	3	41
Lauren	Peavy	8	32
Cheslyn	Donaldson	9	30
Katie	Whitworth	8	20
Caroline	Campbell	6	10
Laura	Ceci	3	8

10-14 Female

Melissa	Jackman	14	82
Danielle	Jackman	14	78
Erin	Fraser	14	40
Breanna	Bruner	10	35
Lily	Williams	11	20
Georgia	Mitchell	13	20

Jennifer	Winegardner	37	6
Lena	Juarez	36	2

40-44 Female

Julie	Clark	44	95
Connie	Clarke	44	71
Beth	Alexander	41	62
Loranne	Ausley	42	62
Nancy	Laux	44	38
Judy	Alexander	44	31
Penny	Isom	43	28
Sarah	Docter-		
Williams	41	20	
Lisa	Echeverri	40	16
Susan	Ledford	42	12
Lisa	Cox	40	10
Sandra	Canada	43	10
Sherri	Jackman	42	8
Dawn	Jimenez	40	6
Barbara	McKibben	43	6
Paula	Kiger	41	6
Sue	Bickford	40	4
Nancy	Donovan	40	2
Kirsten	Anderson	41	2

45-49 Female

Jane	Johnson	46	80
Kathy	Lindsay	46	74
Fran	McLean	48	62
Jacque	Myers	49	48
Nadine	Dexter	47	44
Diana	Jones- Ellis	49	33
Chris	Savery	47	26
Sissi	Carroll	47	25
Yvonne	Gsteiger	48	24
Terry	Massa	48	18
Linda	Avant	48	15
Kathy	Dunnigan	47	8
Dianne	Dearduff	46	6
Debby	Alexander	45	6
Michele	Rowe	45	6
Cathy	McCarty	49	4
Mary Jane	Tappen	48	2

50-54 Female

Bonnie	Wright	50	115
Mary Jean	Yon	50	72
Jackie	McDaniel	51	69
Ruth	Jones	54	66
Nada	Scott	52	28

Cynda	Covert	14	20
Maria	Coukoulis	12	12
Jenny	Johnson	12	12
Allison	Clarke	14	12
Nikki	Anderson	14	6

15-19 Female

Kaitlyn	Crandall	16	20
Kelly	Savery	17	20

20-24 Female

Kara	Newell	21	40
Sheryl	Rosen	21	35
Megan	Pettifor	21	30
Amanda	Burgess	20	27
Lisa	Johnson	24	20
Kristine	Isom	21	15
Alexis	Newell	23	15

25-29 Female

Christy	Pardieck	27	95
Elizabeth	Kelsey	29	72
Sarah	Earnhardt		
Dugas	27	59	
Rita	Tweed	29	57
Seeley	Lovett	29	20
Jill	Page	25	20
Jessica	Kemeny	26	12
Melissa	Zapata	26	10
Rebecca	Falk	27	8

30-34 Female

Stephanie	Liles	33	120
Jo Lena	Pace	33	87
Sara	Cleveland	33	47
Amy	Brown	33	12

35-39 Female

Kirsten	Baggett	39	120
Janine	Thomas	39	62
Lisa	Unger	38	57
Sherrie	Peavy	37	30
Willow	Shanti	36	30
Melissa	Rudd	38	25
Marguerite	McCauley	35	22
Lisa	Whitworth	35	20
Angela	Dempsey	37	15
Toma	Wilkerson	36	12
Robin	Adams	37	10
Birgit	Cromartie	35	8
Barbara	Auger	38	8
Marisol	Roberts	35	8

Vicky	Bernal	54	18
Jan	Blue	51	10
Cynthia	Christen	52	10
Kathy	Flippo	52	8
Angie	Goodman	51	8
Sue	Kelly	54	8
Dianne P	Douglas	52	8
Margot	Palazes	51	4

55-59 Female

Mary	Stutzman	57	82
Susan	Cornwell	56	80
Nancy	Widener	56	75
Dawn	Brown	57	60
Marsha	Vaile	56	54
Emily	Ruddell	59	22
Janice	Hochstein	55	20
Karen	Smith	57	12
Christie	Koontz	56	6
Gloria	Crittenden	57	4

60-64 Female

Perha	Varley	61	40
Pheona	Kaiser	63	35

65-69 Female

Mae	Cleveland	66	120
Mary Lou	Manausa	67	42
Dot	Skofronick	68	15

70-74 Female

Margarete	Deckert	72	60
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75 + Female

Rosalie	Myers	84	85
Josephine	Newton	79	80

Overall Male

Carl	Nordhielm	43	140
Jared	Black	17	118
Michael	Martinez	40	113
Tim	Unger	46	99
David	Yon	50	73
Bill	Mccord	43	70
Eric	Smith	33	61
Felton	Wright	48	36
Jay	Wallace	41	33
Levon	Hoomes	16	30
Tony	Guillen	37	29
Reynolds	Griner	17	15
Tom	Ratliffe	58	15
Greg	Waddell	39	13

Fritz	Stoppelbein	20	9
Jeff	Nielsen	48	8
Jack	Mcdermott	36	7
Jay	Silvanima	45	7
Mike	La Bossiere	39	7
Mike	Weyant	40	5
Reid	Vannoy	47	5
Charles	Kemeny	30	5
Craig	Willis	54	3
Andy	Roberts	38	3
Jerry	McDaniel	52	3
David	Cox	47	3

1-9 Male

Nick	Dietrich	9	60
Jimmy	Baggett	6	47
Joshua	Liles	6	30
Jeff	Auger	9	27
Chad	Manausa	9	15
Colbi	Hopkins	7	10
Wayne	Kiger	6	8
Alex	Bowman	5	8
Chris	Lindsay	9	6
Luke	Ceci	6	4
Zach	Roberts	7	2

10-14 Male

Luke	Liles	10	47
Jamie	Wright	12	35
Michael	McGuire	11	25
Travis	Covert	11	20
Patrick	Dennis	14	20
Nicholas	Minno	11	20
Joey	Vannoy	12	20
Travis	Black	14	20
Davis	Clarke	11	15

15-19 Male

Jared	Black	17	110
Michael	Dobson	15	87
Levon	Hoomes	16	20
Reynolds	Griner	17	20
Brad	Givens	17	16
Thomas	Lynch	19	15
Jeff	Givens	19	12
Andrew	McWilliams	15	8
Christopher	McGuire	16	8

20-24 Male

Fritz	Stoppelbein	20	40
Daniel	Scheller	23	30
James	Dexter	21	20
Casey	Perkins	20	15

Clark	Evans	22	12
Chris	Dexter	24	12

25-29 Male

John	Falk	27	67
Joe	Crook	26	55
Chris	Sumner	26	47
Donald	Smith	26	40
Maroun	Beyrouthy	29	35
Michael	Pasquier	25	20
Gabriel	Giordano	28	15
Phillip	Claiborne	25	12

30-34 Male

Scott	Heath	34	100
Eric	Smith	33	80
Charles	Kemeny	30	35
Brian	Burch	31	30
Jobst	Elster	33	25
Chad	Heckman	32	15
Damian	Wilson	32	10

35-39 Male

John	Matthews	35	94
Tony	Guillen	37	60
Mike	La Bossiere	39	60
Chad	Henry	36	37
Stephen	Veliz	36	35
Andy	Roberts	38	32
Greg	Waddell	39	20
Jack	Mcdermott	36	15
Travis	Miller	36	12
Jeff	Bryan	38	10
David	Ensley	36	10
Mark	Delegal	38	6
Hayden	Dempsey	38	4

40-44 Male

Carl	Nordhielm	43	190
Michael	Martinez	40	106
Bill	McCord	43	89
Chuck	Davis	44	38
Mike	Weyant	40	30
Mike	Boll	41	30
Douglas	Covert	41	28
Jay	Wallace	41	25
Frank	Rudd	42	18
Sean	Phelps	42	16
Keith	Rowe	44	10
Robert	McNeal	44	4
Bennett	Chesser	42	4
Sean	Bower	41	4
Rob	Dearduff	40	4
Grea	Bevis	44	2

45-49 Male

Tim Unger	46	120
Felton Wright	48	92
Jay Silvanima	45	59
David Cox	47	58
Gary Cato	49	30
Jeff Nielsen	48	27
Jeff Kuperberg	45	18
Daniel Fortunas	45	18
Reid Vannoy	47	15
Jimmy Ledford	49	14
Myron Herring	46	14
Robby Turner	47	12
Paul Peavy	46	10
Matthew Minno	46	10
Timothy Hoomes	47	8
Reg Perry	46	6
Glen Alexander	49	6
Harry Detwiler	46	4
Scott Savery	48	2
David Voorting	45	2
Bill Hollimon	45	2

50-54 Male

David Yon	50	132
Mike Sims	53	87
Craig Willis	54	81
Jerry McDaniel	52	65
Warren Emo	52	44
Hobson Fulmer	50	30
Dale L Smith	52	18
Rick Givens	54	14
Tim Brewton	50	12
Richard Addison	51	10
Bud Fennema	50	8
Mark Dietrich	50	8
Alfred Bea	50	6
Ed Claiborne	51	4
Shannon Sullivan	51	4
Pete Kerwin	53	2

55-59 Male

Tom Ratliffe	58	115
Terry Ryan	57	64
Bill McGuire	58	62
Gordon Morgan	59	50
Gary Griffin	56	43
Jerry Chesnutt	55	30
Terry Tenold	56	26
Chuck Booker	55	22

Rob Cunningham	57	18
Joe Donoghue	58	18
Jerry Ongley	58	15
Joe Dexter	59	14
David Farnsworth	55	8
Bruce Lynn	58	6
Dennis Hitchens	55	6
Gene Opheim	59	2
Warren May	58	2

60-64 Male

Guy Anglin	62	83
Maynard Sweeley	61	74
George S Palmer	61	71
Clint Watkins	63	69
Ronald Christen	60	67
David Darst	62	51
Carlos Zapata	60	32
Nick Yonclas	62	26
Ray Hanlon	62	10
Shaun Donahoe	62	4
Mark Hillis	63	2
David E Smith	61	2

65-69 Male

Rex Cleveland	66	140
John Rakestraw	69	90
Mike Schneider	68	75
James Story	65	10
Ronald Christen	60	67
David Darst	62	51
Carlos Zapata	60	32
Nick Yonclas	62	26
Ray Hanlon	62	10
Shaun Donahoe	62	4
Mark Hillis	63	2
David E Smith	61	2

70-74 Male

Robert Morris	74	102
Bob Keller	71	100
Arthur B Ward	72	90
Jere Moore	73	38
Bill de Grummond	71	35
James Skofronick	74	20

75 + Male

Charlie R Yates	80	95
John Alderson	79	20

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



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.