



The Fleet Foot



\$2.00

Volume 31 Issue 6

Newsletter of the Gulf Winds Track Club

June 2006



Lily Williams (left) is about to pass Kristen Sweeney for 1st place at the finish of the Red Hills Kids Tri in Maclay Gardens.

Contents

Minutes	4-5
President's column	7
Race Calendar	10-11
Back of the Pack	12
Featured Feet	13-14
GP Race Standards	16
Race Results	18-24
Grand Prix Status	24-26

Upcoming Grand Prix Races

June	3	Potluck 4M (trail)
	24	SGI Sizzler 5K/1M.
Aug.	12	Breakfast on the Track Mile



Brent Johnson and Bill Lott celebrate their birthdays



Ithel Jones at the Marzuq Shrine 5K



Gordon Morgan At Marzuq 5K



John Parsons (69) leads Pierce Mayheu (7) At The Red Hills Tri



Boot Camp Survivors class at Miccosukee Greenway

Other BAA Marathon Finishers

Rob Cunningham 3:51:48

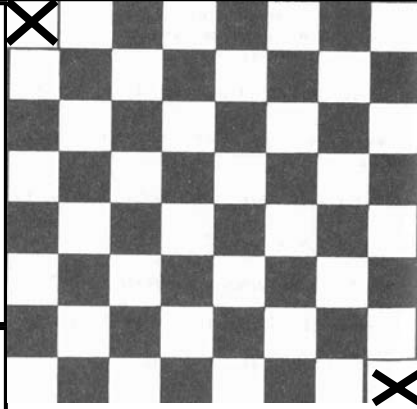
Cameron Massa took the SILVER medal in the 50 Meter competition in Tampa at Special Olympics Summer Games for Track and Field

Gary Griffin 5:52:03 at the Strolling Jim 40M race in TN
Greg Waddell 3:07:44 at Capital City Marathon, Olympia



Thanks to the Readers

Due to the responses of the last survey, we have decided to keep the present size format of the newsletter. Also, we are changing the deadline to the 18th of the month previous of publication, and will attempt delivery 3-4 days before the first of the month.
 Editor



New GWTC Members as of 4/1/06

Maroun	Beyrouthy
Charlie	Chase
Jodi	Chase
Dianne	Dearduff
Rob	Dearduff
Charles P	Ervin
Stacie	France
Reynolds	Griner
Jason	Kam
Joy	Key
Nancy	Laux
Todd	Mcmillan
Sheryl	Rosen
Kim	Shugar
Sharon	Smith
Tara	Stalnaker
Fritz	Stoppelbein
Kera	Twomey
Steve	Wallace
Valerie	Yarbrough

PUZZLE OF THE MONTH

If two opposite corners are removed, can the checkerboard be covered by dominos?
 Assume that dominos can cover two adjacent squares. The dominos cannot be placed on top of each other and must lay flat. On the original board 32 could cover the 64 Squares, now can you cover the 62 remaining with 31 dominos?
 Answer on page 12.

GWTC Board Meetings 7:30 p.m.

June 14 Beth Alexander
July 12 Tom Perkins

**GULF WINDS TRACK CLUB
April 12, 2006 Business Meeting
Hosted by Joe and Nadine Dexter**

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

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

NEW BUSINESS: **Damon Karras** presented the Board with samples of apparel and accessories embroidered with the Club's logo.

REPORTS:

Race Director – Tom Perkins announced that checks continue to come in for Springtime. **David Yon** reported that the Forest Meadows site is secured for the Pot Luck Bash on June 3. Also, **Peg Griffin** pointed out that the Meals on Wheels flyer date is incorrect. It says May 2, but should read May 6.

Race Director Coordinator – Charlie Yates announced the race calendar had no changes since last month.

Clothing Coordinator – Margarete Deckert sold 2 shirts and 3 bandanas at Springtime.

Newsletter – Fred Deckert raised three issues dealing with the Newsletter. The first was the Fleet Foot deadline for submissions now at the third Saturday of the month. The 15th is the earliest this occurs and he found it very reasonable compared to other newsletters he researched. Since many contributors to the FF do not care for the warnings about deadlines, he will no longer issue them unless he is asked. The second issue was a possible decrease in rates charged for advertising. Third, Fred asked opinions about enlarging the size of the newsletter. After discussion about each of these issues, it was concluded that as editor, Fred decides. **Paul Ahnberg**

suggested sending out a survey to the Club members to generate more opinions. Fred will place a poll in the Newsletter asking for responses.

Training Committee – Nadine Dexter announced that she has 56 paid members including a number of children in Boot Camp. The class is proceeding well. She and Joe have offered an incentive program including pens and calculators for those that turn in homework and miss only one class. May 11 is the last class which will include a party for participants.

Equipment – Joe Dexter turned in checks. He announced that 26 races have occurred already this year. He reported the float in the Springtime parade was decorated with silhouettes of two runners that lost significant amounts of weight since initiating a running program.

Treasurer's Report – Bonnie Wright presented the budget for March.

Membership – Peg Griffin reported that there are currently 648 members represented by 290 memberships. She asked about reduced entrance fees for members at races. Most races do not offer that. Tom asked Beth to check the by laws.

Chenoweth Fund – David Yon reported the committee received 5 requests for funds. 1) **Gordon Cherr** requested \$250 on behalf of a Mississippi High School cross country program in need as a result of Hurricane Katrina. The committee recommended funding this request, but only if we could be sure it was still needed and the right people located. Tim Unger offered to help. **Gordon Cherr** had advised the committee he was investigating further, but had been unable to reach the person he was communicating with about the high school uniforms. If he gets in touch with this person, he will also confirm where it goes. 2) The Chenoweth fund would like to give \$500 to the Trailblazers, a group that encourages kids to run. The Club has supported them the last 5 years. 3) The local Special Olympics branch would like \$500. Member **Terry Massa** is associated with them. 4) **Vicky Gill** needs \$399 to travel to Stanford Invitational to compete. 5) The Committee would also like to donate

\$500 to the Kids Triathlon. There was a motion to put all the requests into a single motion, which was seconded. The motion passed unanimously.

Grand Prix Committee – Paul Ahnberg reported that all Grand Prix awards are mailed now. Also there is a revised age group structure beginning 1/1/2007. Instead of lumping everyone over 75 years of age into one group, there will be groups of 5 year increments.

Racing Team Coordinator – Tim Unger reviewed the racing team schedule and results. Although he began the season as a noncompetitive, social team his teams experienced great success. The Masters took third place in the men's open division at the Azalea Trail 10K. Two teams placed at the Gate River Run: one took first overall in open men's and another placed second in the male masters division. Gate to Gate is on Memorial Day.

Social Coordinator – Kathy Lindsay no report. **David Yon** announced the Pot Luck once again will feature a low country boil.

Lecture Series – Michael Pasquier no report. **Tom Perkins** continues to work with **Len Harvey** at Premier about a weight lifting lecture for runners.

OLD BUSINESS:

David Yon reported that he met with City officials regarding the Summer Track Series. They want to continue to partner with the Club but will not require money. They recognize the Club's efforts over the years and appreciate it. They would like to provide the ribbons with their name on them. In addition, they will advertise the Series on their website.

There was a motion to adjourn at 9:00 p.m., which was seconded and passed by unanimous vote. The next board meeting will be held on May 10, 2006 hosted by **David and Mary Jean Yon**.

These minutes have been reviewed and accepted by the Board.

Beth Alexander, Secretary.

Gulf Winds Track Club

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

President

Tom Perkins 894-2019
tomperkins51@yahoo.com

Vice President

David Yon 668-2236
david@radeylaw.com

Secretary

Beth Alexander 668-0101
Alexander_ke@msn.com.

Treasurer

Bonnie Wright 386-3500
bwright@electro-net.com

Directors at Large

Judy Alexander 383-1361,
jalexander98@comcast.net
Nadine Dexter 878-7880
nadine.dexter@med.fsu.edu
Mary Jean Yon 668-2236
maryjeanyon@comcast.net
Paul Ahnberg 562-6171
runhikebird@comcast.net
Terry Ryan 668-4373
terry@thetrakker.com

Membership

Peg Griffin 893-6816.
swimmer@nettally.com

Equipment

Joe Dexter 878-7880,
jdexter@mailier.fsu.edu

Race Director Coordinator

Charles Yates 385-2768
yatesc1@earthlink.net

Racing Teams Coordinator

Tim Unger 562-2901,
ungerTL@juno.com

Past Presidents

Jane Johnson 894-1610
janeelizjohnson@hotmail.com
Paul Hiers 656-7201,
phiers@comcast.net

Articles/Race Results for Democrat

Gary Droze 942-7333,
gdroze@maclay.org

Clothing Coordinator

Margarete Deckert 893-9739
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

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:

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

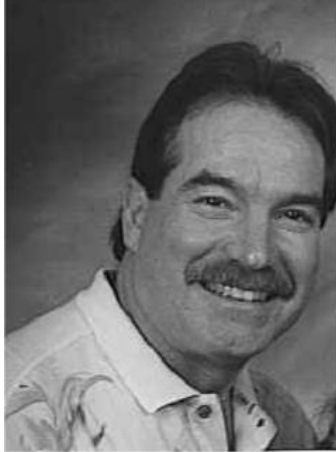
Pulpits Happen

The Summer Evening Track Meet begins Thursday, June 1. Gulf Winds Track Club and Tallahassee Parks and Recreation have again partnered to bring all of you an enjoyable evening at the Maclay School track. Starting time is 6:45 p.m. or whenever we

wander down to the starting line to begin the 40-meter dash for "runners" ages five and under. Bring your camera and be prepared to have a great evening with the family and friends.

The Potluck Four Mile trail run will be held on June 3, Saturday evening, at 6 p.m. at Forest Meadows. The run precedes a Gulf Winds social that allows club members to display their culinary talents. The Low Country Boil and the potluck spread are truly delightful and are only eclipsed by the company you share it with that night. Members of the Chenoweth Committee will present the annual Chenoweth Awards to deserving high school Cross Country and Track and Field athletes. The Chenoweth Committee is in charge of this event, and their hard work shows each year. If you can't run, please plan to come out and join us for the social.

I heard of a new way to lose weight that I'd like to share with you. I've found that while being injured, I didn't change my eating habits fast enough. I was eating



like I was running forty miles a week, but in reality, I was running to the fridge for consolation. I found myself actually living up to the name of my running group, *The Fat Boys*. I've started back slowly trying to build up my miles while diminishing some inches. But, I have grown impatient with the slow progress. So, here's the plan.

I'm going to make all the doors going into the kitchen only eight inches wide! Brilliant!

Thanks to the perseverance of Bonnie Wright, there is an outdoor shower/water fountain at Forest Meadows. Gulf Winds joined with the City of Tallahassee on this project. Bring a towel when you go for that run on the Lake Overstreet trail or the Phipps/Klapp trails. Do you have a location that needs a water fountain? Let us know and we will see if there is a solution.

The 9th Annual Pot Luck Run and Social will be held Saturday, June 3 at Forest Meadows. The run is at 6 p.m. with the Pot Luck and Social immediately following.

Please bring a covered dish for the dinner; drinks will be provided by the Club. Please call or email me with any questions. This is a one of the best social events of the year so you will NOT want to miss it! See you there!

Kathy Lindsay klindsay@govserv.com
219-3788



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.

June

1* Summer Track begins. 6:45 p.m. at Maclay Track. Thursdays for 8 weeks. Tom Perkins 894-2019 or tomperkins51@yahoo.com

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

8* Summer Track #2. 6 :45 p.m. at Maclay Track.

15* Summer Track #3. 6 :45 p.m. at Maclay Track.

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

22* Summer Track #4. 6 :45 p.m. at Maclay Track.

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

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

29* Summer Track #5. 6 :45 p.m. at Maclay Track.

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@emeraldcst.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 Dykes334 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

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

* 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> 

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



wise


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



MERRILL LYNCH

Global Private Client Group
 215 South Monroe Street
 Suite 300
 Tallahassee, Florida 32301

850 599-8978 Felton
 850 599-8924 Naomi
 850 599-8903 Judy
 800 937-0663 Toll Free
 FAX 850 681-3591
mfelton_wright@ml.com



M. Felton Wright,
CFM, CFP
 First Vice President -
 Investments

Wealth
 Management
 Advisor

Naomi G. Weaver
 Senior Associate
Judy Mott
 Senior Associate

Back of the Pack
“Boston Revisited”
 By Jack McDermott

It's that exciting time of year again --- the American Idol Finals! (*I would have made it if it weren't for that darned Simon! What does he have against yodeling?*) No, I am talking about the Boston Marathon.

The EXPO

Once again they held the expo at the World Trade Center near the docks (*can anyone say, terrorist target?*), which was about as hot as the 2004 Boston Marathon so nobody stayed very long. One interesting exhibit encouraged runners to run on a treadmill as they analyzed your stride. I was not so brave, but **Jerry McDaniel** hopped up and advertised his wares --- their advice? Take up golf.

The Red Tent/Blue Tent

One bus, two bus, red bus, blue bus – stuck in a Dr. Seuss rhyme – the one word that described this year's event was “confusion.” For the first time, the Boston Marathon tried a bifurcated start with 10,000 runners going in the first wave at Noon (*the blue wave*), while the remaining 10,000 runners left at 12:30 (*the red wave*) thus creating a new caste system at Boston requiring questions like are you blue or red?

The bus system, which had worked flawlessly for the prior 100 years, was about as organized as the New Orleans city evacuation plan as blue runners, and red runners, intermingled freely on Boston Common creating even more confusion. Contrary to the literature, there were no blue buses, or red buses, but only yellow buses that eerily resembled school buses. I personally added to the confusion by going with friends on a designated red bus, while I had a blue number. When asked about the difference, I told all the red runners on my bus that the blue buses had bathrooms, plasma TVs, and most importantly, seatbelts – and I was making a personal sacrifice by



being on their bus. Thus, I almost became the first person in the history of the Boston Marathon to be tossed from the red bus.

Not only were the best runners on the blue buses, but I have a feeling – the best bus drivers as well, as our driver attempted to break a new land-speed record on our way

to Hopkinton. Once in Hopkinton, our bus got lost, because the high school where they had traditionally dropped runners was now designated the blue area, where alas, I was in a red bus (or a yellow bus with red runners). After circling the school twice, and my bladder about to explode, we finally found the tents.

The Race

Among those from Tallahassee that I saw were **Loranne Ausley, Warren “Gramps” Emo, Jerry “Cramps” McDaniel, “Dandy” Andy Roberts, Jennifer “Salmonella” Kilinski, and Pam “Cupola” Kennedy**. After five years, we finally had good weather for the race – with the temperatures in the low 50s and overcast. Before we started I was offered sunscreen and politely declined. That was my biggest mistake apart from boarding the red bus.

I tried another trick that I had not used in two years --- I took a sharpie and had my name written on my body so those cheering could call my name. I have not tried this since the disaster of 2004 when the temperature reached 85 degrees. I did lousy, and the bystanders were less than understanding: “Come on, Jack, you didn't come to Boston to walk!” is still echoing in my mind.

Jack (Continued on page 14)

Featured Feet – Lisa Unger

Childhood

ambition: My first childhood ambition was to become a jockey, but I didn't fit the model. Also, I didn't live on a farm or have a horse. I changed my mind several times about the direction of my life, but I always come back to the same premise. I want to be happy and be able to provide for myself and my family without sacrificing so much of my time and energy that I miss the important moments.

Fondest memory: Lilly's birth on September 10, 2002.

Wildest dream: To see Lilly learn, grow and flourish in life so that she can pursue her wildest dreams.

Proudest moment: Completing the Tallahassee Marathon in 2005.

Biggest challenge: Raising a child to become a productive and self sufficient member of the community who truly wants to make the world she lives in a better place for herself and those around her.

Perfect day: A perfect day would include running a one mile event with Lilly and then going to the beach or staying home and playing in our hot tub or snuggling up together on the couch to watch movies. Most importantly, we would not waste any time worrying about chores!



First job: Line cook at Hartman's, a family restaurant and ice cream parlor. I can still remember how the entire crew hated the aqua colored polyester uniforms we were required to wear.

Indulgence: Chocolate and beer, but not necessarily in that order.

Last purchase: A central heating and cooling system for our home.

Favorite movie: My favorite movie was actually a made for TV mini series available on DVD of Stephen King's The Stand.

Inspiration: Inspiration comes from many sources for me. First, there is my mother, who persevered through some tough times but managed to maintain a positive outlook on life. Then there are the many mothers of Gulf Winds Track Club who find a way to hold full time jobs, raise their children, maintain running and/or exercise programs and still have something left to give back to the community. And now Lilly has become a great source of inspiration as she teaches me to enjoy, embrace and find value in each new day.

PUZZLE ANSWER

No, each domino must cover a black and a white space. Since both corners removed were white, there is not a compatible number of black and white squares left.

Featured Feet – Tom McHaffie

Childhood ambition:

Probably mostly to survive; my brother and sister were full-blown hippies and I was mostly scared of them, their drugs and their friends. There was a lot of crisis, I mostly wanted things to be okay.



First job: I worked for a lawn service; my boss was the brother of Satan.

Indulgence: Haagen Dazs coffee ice cream.

Last purchase: Hotel room in Panama City Beach - I partied with the early girlz! It was a blast!!!

Fondest memory: My toy 007, secret agent knife thingy that turned into a pistol - it was sooo kool!

Wildest dream: Having a father to learn from, be like and provide so many things for me that I needed.

Proudest moment: When my dear wife - who was in a lot of pain (each time) - had each of our three (rather large babies - I have a big head; not being figurative here, I have a large skinned cranium) children - and we shared the joy of their arrival together.

Biggest challenge: Hebrew; what a weird language.

Perfect day: Arise early, get out of the bed under my own power; fresh coffee; sunrise and outside-ness, beach or mountain setting would be preferred; play with the grand-daughters; a Reuben for lunch; nap; a wandering walk with the grand-daughters; Italian for dinner, feeding spaghetti to the babies and getting it all over them and me; the awe of the sunset;

Favorite movie: Finding Nemo (tough question - there's never just 'one')

Inspiration: Grace. It's the only thing that works. Nothing else fits when carried out to its logical end.

Jack (Continued from page 12)

For the most part this trick worked, although I did experience one arrant comment when a lady shouted, "Jack needs some sun screen," around mile 18. I did not get a PR, but I did get a BR (Boston Record) – running in 2:53, which is better than what I normally get which is a BS (Boston Suicide). I've had lots of BSes on that course, most of which cannot be mentioned in this column.

The highlight of the day was being interviewed by CBS-Channel 4 after the race, and I was told it would be aired at 5pm. After coming out of my coma, and telling my sister and her fiancé, we patiently watched the news. I guess I had a bad hair day because I was edited out. And keeping with tradition, several of the runners and wives (*most notably Gramps and Cramps*) met at the Atlantic Seafood Company to reflect upon the race. Boston Clam Chowder and Guinness on tap were easily a good reward for my BR.



Twenty-Third Annual FIRECRACKER 5000



WHAT: Greensboro Kiwanis Club's Twenty-fourth Annual 5000 Meter Run/Walk.

WHEN/WHERE: July 4, 2006. Registration 6:15-7:15 am. Run/Walk 7:30 am. All race participants will meet at Greensboro Town Hall for bus ride to the starting line. Greensboro is west of Quincy. From Tallahassee, take 1-10 west and exit at State Road 12.

REGISTRATION/ENTRY FEE: Pre-registration is encouraged. Please send \$20 or \$15 no Tee with entry form to Greensboro Kiwanis Club, P.O. Box 97, Greensboro FL 32330. Make checks payable to Greensboro Kiwanis Club. Registration available on race day until 7:15 am.

T-SHIRTS: All registered participants will receive a Firecracker 5000 T-shirt. **BREAKFAST/FRUIT BAR:** All participants in the race will receive a complimentary country breakfast or a trip through the fruit bar. This will be served after the race at the finish line.

AWARDS: Top three male and female runners in the overall division will receive trophies. Also, a trophy will be given to the winner of each of eleven male age divisions and six female divisions. **AGE GROUPS:** Male: 12-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64,65-69, 70+ Female: 12-14; 15-19; 20-29; 30-39; 40-49; 50-59.60+

Firecracker 5000 Individual Entry Form (Please Print)

Name _____ Sex ____ Age ____

Address: _____

City/State/Zip: _____

Phone/Email: _____

T-Shirt size: S__ M__ L__ XL__

I hereby release the Greensboro Kiwanis Club and any other person involved from any and all damages or injuries incurred or arising out of participation in the Firecracker 5000 meter run/walk. I realize I will be running on a public highway and will use due caution to avoid traffic.

Signed: _____

Grand Prix Race Qualification Standards

Whereas the undersigned has applied to have the _____ race considered as a Grand Prix Race for the GWTC Grand Prix, on behalf of the race organizers, sponsors and directors it is agreed that if the race is selected to be on the GWTC Grand Prix circuit the race directors or race organizers will:

1. Maintain appropriate liability insurance for the race. Such insurance shall provide coverage in an amount of at least \$500,000;
2. Provide evidence that the course will be accurately measured and certified in accordance with USATF guidelines unless the course is an off road course or there are special circumstances that warrant a waiver of this requirement by GWTC. The Grand Prix Committee may accept an application if the certification is pending and the committee has reason to believe the course was properly measured;
3. Provide a copy of the race flier for distribution (paper and electronic) to the GWTC Race Director Coordinator at least 45 days before the race date. The flier should contain, at a minimum, the date, time, and location of the race, as well as a contact person;
4. Obtain a signed waiver that complies with the example provided by GWTC (no variance) from each race participant;
5. Offer a "No T-shirt option" for a reduced entry fee;
6. Assure that there is adequate race course supervision and traffic control to ensure the safety of the runners;
7. Demonstrate that there is a system for accurately recording the time, age, and order of finish for all race participants;
8. Assure there is a method for accurately identifying runners, either by race number or other method;
9. Provide at least one water stop for each 5K of distance;
10. Clearly identify mile or kilometer marks and to the extent possible provide splits at those marks;
11. Document "standard" 5-yr age divisions in accordance with GWTC's Grand Prix Guidelines for purposes of Grand Prix recognition (i.e., 9-under, 10-14, 15-19, 20-24, 25-29, etc up to age 80 and over; and Compile race results (preferably in Excel) as soon as possible (preferably no later than the day after the race) and submit these to the GWTC Race Director Coordinator or another GWTC official designated prior to race day.

Event _____

Date of Event _____

Location _____

Authorized Signature _____



When only the finest will do !!



Real Life
Real Emotions
Real Art

www.joykeyphotography.com

FREE MATERNITY SESSIONS!!



Joy Key Photography

Award Winning Photographer

229~246~8620

161 Country Club Road
Bainbridge, Ga. 39819



850~694~8620

3804 Sampson Court
Tallahassee, Fl. 32312

Some Anguished English by Richard Lederer - from student papers.

A virgin forest is where the hand of man has never set foot.

When there are no fresh vegetables, you can always get canned.

Running is a unique experience, and I thank God for exposing me to the track team.

A triangle which has an angle of 135 degrees is an obscene triangle.

The Gorgons had long snakes in their hair. They looked like women, only more horrible.

The Puritans thought every event significant because it was a massage from God.

The difference between a king and a president is that the king is the son of his father, but a president isn't.

A fossil is an extinct animal. The older it is, the more extinct it is.

Abstinence is a good thing if practiced in moderation.

And these little gems;

David was a Hebrew king skilled at playing the liar. He fought with the Finkelsteins, a race of people who lived in Biblical times. Solomon, one of David's sons, had 300 wives and 700 porcupines.

The First World War, caused by the assignation of the Arch-Duck by an anahist, ushered in a new error in the anals of human history.

Red Hills Kids Triathlon 125 yd swim, 3 mile bike, 1 mile run. 5/21/06 Wright Family R.D.'s

Table with 5 columns: Rank, Name, Last Name, Gender, Time. Rows 1-50 listing participants and their times.

51	ALLISON	BOWDEN	10 F	21.02
52	SARA	HEULER	9 F	21.14
53	JOEY	VANNOY	13 F	21.19
54	LOUIE	ANDRIS	8 M	21.29
55	LUKE	LILES	10 M	21.3
56	ANNAMARIE	FOUNTAIN	10 F	21.31
57	CHAD	MINTER	8 M	21.35
58	LAURA	MENGELKOCH	7 F	21.36
59	CHESTER	GOODMAN	11 M	21.44
60	ASHLEY	FOUNTAIN	13 F	21.53
61	SYDNEY	SWEENEY	8 F	21.59
62	KATE	MURRAY	9 F	22.03
63	KATE	KROLL	13 F	22.13
64	JAMES	WHITE	11 M	22.16
65	REANNA	LEONI	10 F	22.23
66	EMILY	MARTIN	7 F	22.3
67	SPENCER	CASON	10 F	22.33
68	IAN	DIMITRI	8 M	22.37
69	MATTHEW	MARTIN	9 M	22.42
70	TRAVIS	GOIN	10 M	22.44
71	DANIELA	ECHEVERRI	12 F	23.12
72	KIMBERLY	ROGERS	12 F	23.31
73	LINDSAY	HUGHES	8 F	23.34
74	PIERCE	MAHEU	10 M	23.39
75	LAUREN	PEAVY	9 F	23.45
76	CHASE	ROWAN	12 M	24.05
77	ANGELA	FOUNTAIN	8 F	24.23
78	DALTON	VERHAGEN	13 M	24.27
79	JOSHUA	LILES	7 M	24.27
80	HUNTER	MARIE PARKER	8 F	24.33
81	MARIA	ROGERS	10 F	25
82	TORRY	WAGNER	7 M	25.14
83	NICK	TSCHIEDER	9 M	25.29
84	MOLLY	SIGRIST	8 F	25.36
85	ALEX	WAGNER	9 F	25.49
86	CHRIS	LINDSAY	9 M	26.09
87	CARSON	SWEENEY	11 F	26.12
88	GRACE ELLEN	HANNA	9 F	26.25
89	JANIE	TOOTHAKER	9 F	26.4
90	KOHL	MINTER	7 M	26.49
91	BLAINE	PARKER	6 M	27.27
92	JAMIE	GERGEN	8 M	28.05
93	JIMMY	BAGGETT	7 M	28.24
94	ALEXANDRA	WALLACE	8 M	28.25
95	JENNY	KROLL	8 F	28.53
96	ANNA	PARSONS	7 F	29.01
97	ALEXANDRA	FOUNTAIN	6 F	29.06
98	NICOLE	VERHAGEN	10 F	29.43
99	RAQUEL	LITTLEFIELD	12 F	29.48
100	THOMAS	STEPHENS	7 M	30.03
101	DAKOTA	MILLER	10 M	30.05
102	CHESLLYN	DONALDSON	9 F	31.02
103	JOEY	GERARD	6 M	33.56
104	MIKE	OLSCHLAGER	9 M	34.28

BOLD = AGE WINNERS

**Marzuq Shrine Mother's Day 5K
Maclay Park 5/13/06**

1	David Yon	M 50	18:27
2	Mike Labossiere	M 40	19:22
3	Hobson Fulmer	M 50	19:25
4	Laura Hempel	F 15	19:27
5	Karl Hempel	M 54	19:28
6	Nick Fiore	M 18	19:31
7	Simon Sablin	M 33	20:19
8	Mike Boll	M 42	22:45
9	Terry Ryan	M 57	23:16
10	Ace Haddock	M 36	23:22
11	Cody Vincent	M 15	23:25
12	Nikki Sanguiliano	F 16	23:26
13	Kaitlyn Crandall	F 16	23:26
14	John Falk	M 28	23:53
15	TJ Cutchins	M 46	23:54
16	Greg Ozbun	M 37	23:58
17	Christine Lamia	F 43	24:11
18	Brandi Campbell	F 30	24:21
19	Ithel Jones	M 51	24:24
20	Gordon Morgan	M 59	24:28
21	David Darst	M 62	24:43
22	Lisa Unger	F 38	24:54
23	Carlos Zapata	M 60	25:09
24	Kelbe Beck	F 17	25:14
25	Keith Rowe	M 44	26:13
26	Jerry Chesnutt	M 55	26:19
27	Jacque Meyer	F 49	26:22
28	George Kolp	M 61	26:31
29	Woody Dudley	M 69	27:04
30	Mary Stuzman	F 57	27:18
31	Margurite McCauley	F 36	27:30
32	Bob Keller	M 72	27:49
33	Ronald Thomas	M 34	27:55
34	Lisa Robinson	F 25	28:30
35	Courtney Whitlock	F 24	29:29
36	Mackenzie Chesnutt	F 9	29:34
37	Robert Morris	M 74	29:53
38	Jeff McDonald	M 33	29:54
39	Anthony Conticello	M 34	30:19
40	Cheslyn Donaldson	F 9	31:09
41	Jim Eisman	M 39	31:25
42	Christine Yannett	F 28	31:25
43	Nadine Dexter	F 47	31:29
44	Margarete Deckert	F 73	32:16
45	Miranda Raines	F 20	33:03
46	Barbara Crandall	F 52	33:26
47	Jim Wilkinson	M 61	33:44
48	Nickie Wilkinson	F 61	33:50
49	Vicky Bernd	F 54	34:09
50	Dawn Brown	F 57	34:25
51	Theresa Prichard	F 25	34:44

52	Letisha Bivins	F 29	34:46
53	Kirsten Anderson	F 41	34:58
54	Arthur Ward	M 72	35:11
55	Knox Parker	M 64	35:49
56	Phil Anderson	M 41	37:43
57	Tamika Brown	F 25	38:25
58	Card Not Turned In		38:44
59	Carolyn Howard	F 59	38:46
60	Judy Shapiro	F 54	39:10
61	Card Not Completed		39:35
62	Christy Clisson	F 23	44:49
63	Lauren Sproull	F 26	44:56
64	Cynthia Christen	F 53	44:56
65	Scott Lindsay	M 45	45:16
66	Sarah Bragg	F 20	45:16
67	Josephine K. Newton	F 79	45:28
68	Card Not Completed		49:37
69	J. Moore	M 74	50:33
70	Card Not Completed		51:50
71	Rosalee Myers	F 85+	52:51

**Meals on Wheels 5K at
Maclay Gardens 5/6/06**

1	Michael	Martinez	M 40	17:28
2	Jared	Black	M 17	17:38
3	Tim	Unger	M 46	17:46
4	Carl	Nordhielm	M 43	17:59
5	Eric	Smith	M 33	18:26
6	Bill	Mccord	M 43	18:26
7	David	Yon	M 50	18:33
8	Kara	Newell	F 22	18:34
9	Felton	Wright	M 48	18:42
10	Stephanie	Liles	F 33	18:46
11	Charles	Kemeny	M 31	19:17
12	Andy	Roberts	M 39	19:26
13	Mike	La Bossiere	M 40	19:31
14	Michael	Dobson	M 15	19:35
15	Tom	Ratliffe	M 58	19:37
16	Jay	Silvanima	M 46	19:42
17	Nick	Fiore	M 18	19:52
18	Bill	Mcguire	M 58	19:53
19	Jerry	Mcdaniel	M 52	19:55
20	Mike	Sims	M 54	19:59
21	Gervarious	Byrd	M 17	20:06
22	Mike	Weyant	M 40	20:17
23	Jane	Johnson	F 47	20:20
24	Chuck	Davis	M 45	20:32
25	Patrick	Lutz	M 15	20:49
26	Craig	Willis	M 54	20:55
27	John	Matthews	M 35	21:06
28	David	Cox	M 48	21:32
29	Gary	Cato	M 50	21:42
30	Dale	Smith	M 52	21:50
31	Chad	Henry	M 36	21:51
32	Kirsten	Baggett	F 39	21:56
33	Fran	Mclean	F 48	22:03
34	John	Truscott	M 61	22:05
35	Maroun	Beyrouthy	M 29	22:11
36	Christy	Pardieck	F 27	22:15
37	Ronald	Christen	M 60	22:38
38	Kathy	Lindsay	F 47	22:41
39	Scott	Heath	M 35	22:42
40	Warren	Emo	M 53	22:45
41	Mike	Boll	M 42	22:47
42	Andrew	Durante	M 24	23:00
43	Jobst	Elster	M 34	23:04
44	Terry	Ryan	M 57	23:07
45	Loranne	Ausley	F 42	23:15
46	Rex	Cleveland	M 67	23:31
47	Ronald	Thomas	M 34	23:39
48	Nikki	Sanguiliano	F 16	23:49
49	George	Palmer	M 61	23:52
50	Joe	Crook	M 27	23:55
51	Maynard	Sweeley	M 61	23:57

**Words of Wisdom, courtesy of
Jeff Bryan.**

If you were meant to run on pavement, wouldn't God have paved the Garden of Eden?

In my research of the Book of Genesis, I can find no references to "let there be pavement". Then again, what did Phil Collins know?

However, the Apostle Paul did have his experience on the Damascus Road. I have had several religious experiences during my forays onto Appalachee Parkway.

In The Revelation, John does speak of Heaven having streets of Gold. Now that would make for an interesting surface on which to run!

Wouldn't you know something like this would crop up after the DaVinci Code furor?

The editor

52	Elizabeth	Kelsey	F 30	23:58	108	William	Cobb	M 42	28:53
53	Clint	Watkins	M 63	24:01	109	Dianne	Dearduff	F 47	29:11
54	John	Rakestraw	M 69	24:05	110	Bill	De Grummond	M 71	29:16
55	Rob	Dearduff	M 40	24:07	111	Britt	Thomas	M 49	29:17
56	Christine	Lamia	F 43	24:09	112	Lisa	Robinson	F 25	29:23
57	Guy	Anglin	M 63	24:15	113	Dale	Weeks	M 59	29:28
58	Sean	Bower	M 42	24:25	114	Susan	Cornwell	F 57	29:40
59	Ed	Claiborne	M 51	24:35	115	David	Smith	M 61	29:49
60	John	Falk	M 28	24:47	116	Robert	Morris	M 74	29:56
61	Jessica	Kemeny	F 26	24:49	117	Salim	Talib	M 56	30:01
62	Terry	Tenold	M 57	24:50	118	Rita	Tweed	F 29	30:17
63	Lisa	Unger	F 38	24:53	119	Anthony	Conticello	M 39	30:30
64	Gordon	Morgan	M 59	24:56	120	Bryan	Desloge	M 46	30:35
65	David	Darst	M 62	25:00	121	Bill	Dobson	M 52	30:50
66	Nancy	Laux	F 44	25:02	122	April	Doubrava	F 32	30:56
67	Carl	Huang	M 48	25:10	123	Krysten	Claiborne	F 0	31:19
68	Carlos	Zapata	M 60	25:17	124	Susan	Ledford	F 43	31:40
69	Kelbe	Beck	F 17	25:20	125	Angie	Goodman	F 51	32:03
70	Paul	Peavy	M 46	25:22	126	Nada	Scott	F 53	32:11
71	Diana	Jones- Ellis	F 49	25:27	127	Mackenzie	Chesnutt	F 9	32:31
72	Phillip	Claiborne	M 26	25:27	128	Emily	Ruddell	F 59	32:40
73	Trenton	Henderson	M 11	25:29	129	Courtney	Whitlock	F 24	32:43
74	Dennis	Hitchens	M 55	25:30	130	Reid	Crowe	M 34	33:07
75	Bonnie	Wright	F 50	25:37	131	Nadine	Dexter	F 47	33:10
76	Sherrie	Peavy	F 37	25:51	132	Denise	Carafano	F 42	33:17
77	Beth	Alexander	F 42	25:54	133	Brandon	Hash	M 11	33:41
78	Jimmy	Ledford	M 50	25:59	134	Margot	Palazesi	F 52	34:10
79	Janine	Thomas	F 40	26:04	135	Arthur	Ward	M 72	34:17
80	Nick	Dietrich	M 9	26:12	136	Beverly	Glazer	F 0	34:59
81	Mark	Dietrich	M 50	26:13	137	T. S.	Wu	M 51	35:00
82	Jerry	Chesnutt	M 55	26:23	138	Vicky	Bernal	F 54	35:00
83	Mary Jean	Yon	F 50	26:30	139	Dawn	Brown	F 57	35:14
84	Bill	Hunter	M 55	26:31	140	Mary Lou	Manausa	F 67	36:46
85	Denny	Vancleve, Jr.	M 25	26:31	141	Cheslyn	Donaldson	F 9	37:02
86	Alexis	Newell	F 23	26:32	142	Ray	Hanlon	M 63	37:37
87	Clark	Evans	M 22	26:35	143	Kathy	Flippo	F 53	38:19
88	Mae	Cleveland	F 66	26:36	144	Barbara	Auger	F 38	38:42
89	Linda	Pitts	F 47	26:37	145	Lauren	Peavy	F 9	39:30
90	Katinka	Dijkskra	F 42	26:41	146	Judy	Shapiro	F 54	39:32
91	Jackie	Mcdaniel	F 51	26:52	147	Danielle	Jackman	F 14	40:49
92	Jo Lena	Pace	F 34	26:53	148	Connor	Hash	M 11	40:50
93	Bill	Hollimon	M 46	27:05	149	Melissa	Jackman	F 14	40:52
94	Brad	Smith	M 51	27:05	150	Heather	Bochnia	F 27	40:53
95	Elizabeth	Desloge	F 18	27:10	151	Warren	May	M 59	41:08
96	Jeff	Auger	M 9	27:11	152	Patricia	Rogers	F 61	41:27
97	Katherine	Stich	F 39	27:13	153	Dick	Rogers	M 59	41:27
98	Jacque	Myers	F 49	27:14	154	Jimmy	Baggett	M 7	42:49
99	Scotty	Crowe	M 36	27:15	155	Josephine	Newton	F 79	45:06
100	Lisa	Cox	F 41	27:17	156	Colbi	Hopkins	M 7	45:24
101	Mary	Stutzman	F 57	27:42	157	Charlie	Yates	M 81	48:59
102	Shelby	Hanna	F 30	27:43	158	Jere	Moore	M 74	48:59
103	Marshall	Hendlin	M 9	27:53	159	Katie	Gay	F 57	49:10
104	Ruth	Jones	F 54	27:54	160	Rosalie	Myers	F 84	51:11
105	Peter	Carafano	M 45	28:17	161	Wayne	Kiger	M 6	54:40
106	Maria	Whitaker	F 28	28:35	162	Paula	Kiger	F 41	54:40
107	Mike	Schneider	M 69	28:44					

**Rose City 10K, Thomasville, GA
4/29/06 Dr. James Story, R.D.**

1	JESSIE	CLOSE	47M	34:32	51	GLENN	PALMER	35 M	46:11
2	SEAN	DANIELS	24 M	34:37	52	KYLE	HARRIS	11 M	46:15
3	CHRISTOPHER	HOLLAND	20 M	34:55	53	ALBERT	ANGELES	34 M	46:16
4	MICHAEL	MARTINEZ	40 M	36:06	54	HELEN	FENNELLY	42 F	46:19
5	TIM	UNGER	46 M	36:26	55	DOUGLAS	TILLET	52 M	46:22
6	BILL	MCCORD	43 M	36:33	56	ZACK	TABB	15 M	46:24
7	CHARLIE	JOHNSON	26 M	36:35	57	GREA	BEVIS	44 M	46:32
8	TODD	SMOOT	44 M	37:21	58	CHAD	JOHNSON	35 M	46:36
9	DAVID	KNAUF	42 M	37:44	59	GAVIN	O'BRIEN	23 M	46:44
10	DAVID	YON	50 M	37:53	60	MOLLY	MILAM	31 F	46:49
11	REYNOLDS	GRINER	17 M	37:54	61	LORANNE	AUSLEY	42 F	46:52
12	ROBERT	BEAZLEY	15 M	37:54	62	TREVOR	LARSEN	40 M	46:53
13	BARBARA	JARNAGIN	41 F	38:38	63	BRANDON	CONNER	27 M	46:54
14	DAVID	TWITCHELL	14 M	38:41	64	PATRICK	BIUS	32 M	46:59
15	MELANIE	DORTCH	26 F	38:57	65	MICHAEL	PACE	56 M	47:04
16	SHERYL	ROSEN	21 F	38:58	66	JAY	DUBOSE	38 M	47:09
17	GREG	WADDELL	40 M	39:02	67	CAROLYN	MATHER	57 F	47:10
18	FELTON	WRIGHT	48 M	39:06	68	DALE	THOMPSON	48 M	47:12
19	KERRY	UNDERWOOD	42 M	39:08	69	BERRY	EARLE	53 M	47:16
20	ADONYHAM	KELLY	27 M	39:18	70	BRIAN	SZWARC	40 M	47:34
21	MASON	FENNELLY	16 M	39:54	71	BRENT	RUNYON	33 M	47:35
22	RUSTY	JONES	53 M	40:05	72	RUSS	HUNT	26 M	47:36
23	CHARLES	KEMENY	31 M	40:21	73	CHUCK	SPEIGHT	60 M	47:38
24	NATHAN	NORTON	14 M	40:28	74	REX	CLEVELAND	67 M	47:46
25	DON	SMITH	26 M	40:37	75	CONNIE	CLARKE	44 F	47:49
26	DAVID	VANN	49 M	40:40	76	KIMBLERY	PRICE	29 F	47:55
27	HOBSON	FULMER	50 M	40:45	77	ED	DEKLOET	38 M	47:59
28	AMIEE	HOLZER	30 F	41:00	78	KATIE	WILLIAMS	17 F	48:01
29	WARREN	JUSTER	39 M	41:02	79	MICHAEL	BOLL	42 M	48:22
30	MICHAEL	DOBSON	15 M	41:04	80	MARLO	HAWKINS	38 F	48:24
31	ALAN	THOMAS	47 M	41:19	81	JANICE	HOCHSTEIN	55 F	48:27
32	JOHN	deGRUMMOND	38 M	41:53	82	STEVEN	STOLTING	47 M	48:38
33	JANA	STOLTING	14 F	42:18	83	JOHN	RAKESTRAW	69 M	48:39
34	CHUCK	DAVIS	45 M	42:29	84	DERRICK	HOWELL	24 M	48:40
35	WAYNE	WHIDDON	47 M	42:52	85	JOE	GUNTER	46 M	48:53
36	ANDY	ROBERTSON	39 M	43:50	86	MATT	PAINÉ	56 M	48:55
37	TY	BARNES	17 M	43:54	87	RODNEY	DEESE	34 M	49:09
38	JOHN	MATTHEWS	35 M	43:57	88	GARY	FOURNIER	55 M	49:13
39	TRAVIS	MILLER	36 M	44:08	89	DAVID	THOMPSON	49 M	49:23
40	PATRICK	LUTZ	15 M	44:17	90	REG	PERRY	47 M	49:25
41	JOSHUA	THOMAS	17 M	44:22	91	GARETH	PYLE	27 M	49:32
42	VANNESSA	ESCALERA	15 F	44:50	92	SHAUNE	PRICE	38 M	49:56
43	TAG	WELCH	44 M	44:54	93	LORI	RAWLINGS	38 F	49:57
44	GARY	CATO	50 M	45:00	94	JOHN	KOONZ	33 M	50:07
45	WAYNE	PARMER	35 M	45:09	95	JOE	DEXTER	60 M	50:08
46	PEGGY	SIMPSON	60 F	45:39	96	STEVEN	RATZLAFF	35 M	50:12
47	ANTHONY	DOHENY	38 M	45:49	97	BILL	YAARAB	36 M	50:23
48	NICK	NICHOLS	62 M	45:54	98	DAVID	BIGONEY		50:24
49	VANN	PARROTT	34 M	46:07	99	BRIAN	NORRIS	15 M	50:29
50	MAX	BEVERLY	36 M	46:08	100	NANCY	WIDENER	56 F	50:31
					101	ROBERT	SALTER		50:32
					102	JEFF	BRINKLEY	48 M	50:32
					103	KEN	BROOKER	51 M	50:33
					104	JACK	GOUGH	75 M	50:34
					105	JIM	MUSSELWHITE	57 M	50:36
					106	UNK 1			50:48
					107	RONALD	THOMAS	34 M	50:50
					108	JOHN	VERENE	23 M	50:51
					109	RICHARD	KOENDERS	58 M	50:55

110	HAL	DAVIS	50 M	50:58	169	RICK	KERENSKY	47 M	54:18
111	GARY	DURRETT	50 M	50:59	170	BUDDY	SMITH	51 M	54:19
112	JOSHUA	AUTREY	14 M	51:02	171	CARLAS	RAMIREZ	28 M	54:25
113	JAMIE	TAYLOR SR	33 M	51:10	172	TRENT	MILLER	44 M	54:29
114	NANCY	HERRING	51 F	51:12	173	LARRY	CONNELL	43 M	54:31
115	KEN	O'NEAL	46 M	51:13	174	JEFF	JONES	47 M	54:35
116	JOHN	DANIEL	35 M	51:15	175	JENNIE	DOUGLAS	32 F	54:38
117	JIMMY	LEDFORD	50 M	51:18	176	STANN	MCLEOD	55 M	54:42
118	JESSICA	KEMENY	26 F	51:19	177	JEFF	BLACK	41 M	54:55
119	CARLY	THOMAS	32 F	51:21	178	MARY	STUTZMAN	57 F	55:09
120	JOE	CHRISTIAN	67 M	51:23	179	MARK	HILLIS	64 M	55:12
121	NANCY	BRUNER	21 F	51:24	180	CARLY-NOEL	ADAMS	21 F	55:15
122	CRAIG	BRUNER	50 M	51:25	181	CORIE	TILLMAN	30 F	55:17
123	ANTHONY	HEZEKIAH	48 M	51:26	182	JAMES	THOMAS	34 M	55:21
124	RYAN	WILKERSON	28 M	51:30	183	BONNIE	WRIGHT	50 F	55:31
125	SONIA	VICK	38 F	51:32	184	JULIE	HARRIS	40 F	55:32
126	LANCE	KOENDERS	33 M	51:33	185	TEDDY	ALLISON	30 M	55:33
127	FREDDY	WILLIS	31 M	51:38	186	ED	HELLMAN	39 M	55:34
128	ELIZABETH	KELSEY	30 F	51:39	187	TOM	WOZINSKI	48 M	55:35
129	ALMA	FREEMAN	27 F	51:40	188	JAIMIN	PATEL	13 M	55:44
130	JOSHUA	LARSEN	13 M	51:41	189	LEE	CHILDS	51 M	55:51
131	JENNIFER	SMALLWOOD	32 F	51:48	190	PERHA	VARLEY	61 F	55:54
132	CARLOS	ZAPATA	60 M	52:08	191	MELISSA	CHAMPION	41 F	55:56
133	JADA	ANASTASIA	31 F	52:16	192	NANCY	PICKETT	50 F	56:00
134	STEVE	RAWLINGS	40 M	52:20	193	LISA MAE	HARRIS	35 F	56:01
135	UNK 2			52:27	194	WILLIE	OSBORN	38 M	56:05
136	JOHN	JACOBS	38 M	52:31	195	TIMOTHY	WHITE	49 M	56:07
137	ARCH	ROBERTSON	12 M	52:32	196	RACHEL	FREEMAN	55 F	56:13
138	JIM	BREWER	29 M	52:36	197	JIM	JACKSON	63 M	56:16
139	DENNIS	LEE	57 M	52:40	198	JILL	DENNIS	41 F	56:17
140	LISA	UNGER	38 F	52:51	199	WILLIAM	COBB	44 M	56:19
141	MARK	CLANTON	42 M	52:56	200	GARY	LEDMAN	52 M	56:29
142	JENNA	LARSON	27 F	52:58	201	LARRY	KULGAR	60 M	56:31
143	BOB	BOWEN	63 M	53:00	202	JILL	HALL	25 F	56:33
144	MICHAEL	DOUGLAS	37 M	53:01	203	MARGARET	BRINKLEY	45 F	56:40
145	DENNIS	HITCHENS	55 M	53:05	204	JACQUE	MYERS	49 F	56:43
146	RICHARD	VANN	56 M	53:08	205	LISA	COX	41 F	57:06
147	BRETT	O'BRIEN	50 M	53:17	206	NANCY	HENRY	51 F	57:19
148	ANGIE	DURHAM	38 F	53:18	207	NANCY	HIERS	37 F	57:56
149	KATIE	CASS	25 F	53:21	208	BOB	HODGES	56 M	58:07
150	DEBRA	RESCOTT	47 F	53:22	209	JULIA	WINTER	48 F	58:16
151	BRIAN	RESCOTT	48 M	53:23	210	GREG	EIFORD	35 M	58:24
152	SANDRA	CANADA	43 F	53:24	211	RACHEL	COOPER	40 F	58:30
153	ADA	STEELE	46 F	53:25	212	JILL	COBB	41 F	58:41
154	MARK	STEELE	46 M	53:26	213	BRUCE	CAMPBELL	57 M	58:50
155	ELAINE	BIVINS	32 F	53:31	214	HEATHER	RENFROE	33 F	59:00
156	MAE	CLEVELAND	66 F	53:32	215	ELIZABETH	ROCKWELL	16 F	59:01
157	TIMOTHY	BURKE		53:34	216	LARRY	SMITH	53 M	59:02
158	ROBERT	MILES	34 M	53:38	217	MANDY	MAGRATH	29 F	59:03
159	FRAN	MCLEAN	48 F	53:49	218	LAURA	LILLY	16 F	59:07
160	BILL	LOTT	57 M	53:50	219	KATHY	SMITH	49 F	59:15
161	AARON	MARTIN	39 M	53:58	220	NEAL	JOHNSON	40 M	59:21
162	ALLISON	POPE	32 F	53:59	221	RICHARD	STUBBS	47 M	59:28
163	LAMAR	DICKENS	68 M	54:00	222	KRISTEN	GEE	15 F	59:31
164	SCOTT	LINDSAY	45 M	54:02	223	ANITA	RUDZINSKI	52 F	59:32
165	RICHARD	MURGO	49 M	54:08	224	SHERYL	JACKSON	38 F	59:40
166	KATE	STICH	39 F	54:09	225	JEFF	GRANBERRY	46 M	59:45
167	JOE	DAVIS	39 M	54:15	226	GEORGIA	MCINTYRE	52 F	59:52
168	NANCY	CARMICHAEL	54 F	54:17	227	BARBARA	MCKIBBEN	44 F	59:54

228	DEBORA	PASSETTI	51 F	59:56	266	MADIE	LARSEN	36 F	64:11
229	HEATHER	STROH	35 F	59:57	267	LEIGH	WHITE	37 F	64:25
230	AMY	KOENDERS	34 F	59:58	268	DOT	SKOFFRONICK	69 F	64:36
231	NORMAN	LUDECKE	42 M	60:00	269	SCOTTY	RENFROE	34 M	64:38
232	THOMAS	CRINE	63 M	60:05	270	STEVE	KELLER	53 M	65:03
233	TOM	POWELL	58 M	60:08	271	JUDY	KIRCHOFFER	68 F	65:18
234	TERRY	HURST	38 M	60:11	272	LEANNE	VOLLMER	26 F	65:19
235	KAREN	JACOBSEN	37 F	60:21	273	COURTNEY	WHITLOCK	24 F	65:20
236	BILL	deGRUMMOND	71 M	60:31	274	JEFFERY	JONES	49 M	65:21
237	SUSAN	HUTCHINSON	54 F	60:44	275	ROBIN	SMITH	46 F	65:39
238	TIM	HUNT	47 M	60:55	276	TED	CAMPBELL	55 M	65:54
239	ELIZABETH	YOUNG	36 F	61:03	277	MIRANDA	RAINES	20 F	66:22
240	ROBIN	ADAMS	37 F	61:07	278	GLORIA	CRITTENDEN	57 F	66:28
241	ROBERT	MORRIS	74 M	61:11	279	STEVE	MATHER	M	66:38
242	SUSAN	AKRIDGE		61:12	280	MARJORIE	HORNBSBY	57 F	66:41
243	ELBERT	HURST	51 M	61:17	281	CRISTEN	STORY	30 F	66:59
244	PAULINA	BREWER	26 F	61:30	282	JIMMY	CARTER	59 M	68:07
245	ROBIN	BULLARD	42 F	61:35	283	CHRISTOPHER	ANDERSON	49 M	69:07
246	ROBIN	SAUNDERS	44 M	61:36	284	LETISHA	BIVINS	29 F	70:53
247	FRED	BATES	59 M	61:38	285	VIVIAN	BOOTH	48 F	72:20
248	KELLY	SHUMATE	29 F	61:39	286	VYTO	RAZMINAS	49 M	72:33
249	HOLLY	HURST	25 F	61:51	287	VICTORIA	LIETHEN	21 F	74:54
250	RANDY	CHEW	56 M	61:52	288	SHEFFIELD	ANDERSON	45 M	76:06
251	SETH	MAXWELL	23 M	62:08	289	CORLISS	TANNER	61 F	77:06
252	LAUREL	JOHNSON	38 F	62:17	290	LISA-JAN	BAILEY	47 F	78:51
253	MICHELE	WARR	38 F	62:19	291	JAMES	LUTEN	57 M	78:54
254	RUTH	JONES	54 F	62:32	292	PAUL	WEST	50 M	78:55
255	CHARELS	FUTCH	64 M	62:55	293	BOB	TANNER	63 M	83:00
256	PEGGY	WHITLOCK	51 F	63:06	294	MICHAEL	ZIMNY	51 M	84:35
257	LANNY	NICHOLSON	65 M	63:07	295	JOANNE	CLINE	44 F	91:26
258	WILLIAM	LINDSTRAND	71 M	63:10	296	BONNIE	STARK	52 F	91:28
259	CAROL	GLEN	45 F	63:23	297	JACQUELINE	CONDRA Y	59 F	91:38
260	CURTIS	MATLIN	43 M	63:37	298	JEANNE	O'KON	54 F	91:48
261	UNK 3			63:41	299	MICHELLE	MILNES	49 F	91:58
262	ANTHONY	DAVIS	38 M	63:51	300	ANN	LOVELACE	80 F	92:00
263	SUSAN	LEDFORD	43 F	63:53	301	DANIEL	OLAJOWON		
264	TARA	STALNAKER	22 F	63:57		RICHARDSON		16 M	92:06
265	NADINE	DEXTER	47 F	64:07	302	ROSHARD	BOOTH	14 M	92:12

Grand Prix Status through Meals on Wheels 5/6/06

Overall Female				Seeley	Lovett	17	1				
				Lisa	Johnson	15	1	1-9 Female			
Stephanie	Liles	130	5	Fran	McLean	13	1	Mackenzie	Chesnutt	52	3
Julie	Clark	66	4	Elizabeth	Kelsey	12	2	Lauren	Peavy	32	2
Kirsten	Baggett	62	4	Bonnie	Wright	12	2	Cheslyn	Donaldson	30	2
Jane	Johnson	50	3	Judy	Alexander	11	1	Lilly	Unger	21	2
Kathy	Lindsay	38	4	Kaitlyn	Crandall	11	1	Katie	Whitworth	20	1
Loranne	Ausley	35	3	Lisa	Whitworth	11	1	Caroline	Campbell	10	1
Christy	Pardieck	33	3	Jacque	Myers	7	1	Laura	Ceci	8	1
Kara	Newell	30	1	Nancy	Widener	5	1	10-14 Female			
Sarah	Docter-			Lisa	Unger	5	1	Danielle	Jackman	58	4
	Williams	30	1	Beth	Alexander	3	1	Melissa	Jackman	52	4
Connie	Clarke	24	2	Penny	Isom	3	1	Erin	Fraser	40	2
Sarah	Earnhardt	18	2	Diana	Jones- Ellis	3	1	Breanna	Bruner	35	2
				Jessica	Kemeny	3	1				
				Angela	Dempsey	3	1				

Lily Williams	20	1	Penny Isom	18	2	Gloria Crittenden	4	1
Jenny Johnson	12	1	Nancy Laux	15	1			
Allison Clarke	12	1	Susan Ledford	12	2	60-64 Female		
Nikki Anderson	6	1	Lisa Cox	10	1	Perha Varley	40	2
			Sandra Canada	10	2	Pheona Kaiser	35	2
			Lisa Echeverri	10	1			
15-19 Female			Barbara McKibben	6	1	65-69 Female		
Kaitlyn Crandall	20	1	Dawn Jimenez	6	1	Mae Cleveland	80	4
			Paula Kiger	6	1	Mary Lou Manausa	42	3
20-24 Female			Sue Bickford	4	1	Dot Skofronick	15	1
Megan Pettifor	30	2	Nancy Donovan	2	1			
Lisa Johnson	20	1	Kirsten Anderson	2	1	70-74 Female		
Kara Newell	20	1			Margarete L Deckert	60	3	
Alexis Newell	15	1	45-49 Female					
Kristine Isom	15	1	Kathy Lindsay	62	4	75 + Female		
Amanda Burgess	12	1	Jane Johnson	60	3	Josephine K Newton	80	4
			Diana Jones- Ellis	33	3	Rosalie Myers	45	3
25-29 Female			Nadine Dexter	28	3			
Christy Pardieck	55	3	Jacque Myers	28	2	Overall Male		
Elizabeth Kelsey	42	3	Fran McLean	27	3	Carl Nordhielm	112	5
Rita Tweed	37	3	Chris Savery	20	2	Jared Black	77	4
Sarah Earnhardt	35	2	Linda Avant	15	1	Michael Martinez	70	5
Jill Page	20	1	Yvonne Gsteiger	12	1	Tim Unger	69	4
Seeley Lovett	20	1	Terry Massa	12	2	David Yon	66	5
Jessica Kemeny	12	1	Sissi Carroll	10	1	Bill McCord	55	5
Melissa Zapata	10	1	Kathy Dunnigan	8	1	Eric Smith	41	3
Rebecca Falk	8	1	Dianne Dearduff	6	1	Levon Hoomes	30	1
			Michele Rowe	6	1	Felton Wright	24	4
30-34 Female			Mary Jane Tappen	2	1	Tony Guillen	20	2
Stephanie Liles	100	5	50-54 Female			Tom Ratliffe	15	1
Jo Lena Pace	57	4	Bonnie Wright	80	4	Jay Wallace	13	1
Sara Cleveland	27	2	Jackie McDaniel	57	4	Greg Waddell	13	1
			Ruth Jones	44	4	Jay Silvanima	7	1
35-39 Female			Mary Jean Yon	37	3	Jack McDermott	7	1
Kirsten Baggett	80	4	Nada Scott	20	3	Mike La Bossiere	7	1
Janine Thomas	35	3	Vicky Bernal	18	4	Reid Vannoy	5	1
Lisa Unger	30	2	Jan Blue	10	1	Jeff Nielsen	5	1
Sherrie Peavy	30	3	Sue Kelly	8	1	Charles Kemeny	5	1
Melissa Rudd	25	2	Kathy Flippo	8	2	Craig Willis	3	1
Lisa Whitworth	20	1	Angie Goodman	8	1	Jerry McDaniel	3	1
Willow Shanti	20	2	Cynthia Christen	6	1	Andy Roberts	3	1
Angela Dempsey	15	1	Margot Palazesi	4	1			
Toma Wilkerson	12	1	Dianne P Douglas	2	1	1-9 Male		
Birgit Cromartie	8	1			Nick Dietrich	40	2	
Marguerite McCauley	4	1	55-59 Female		Joshua Liles	32	2	
Lena Juarez	2	1	Susan Cornwell	68	5	Jimmy Baggett	30	2
			Mary Stutzman	52	3	Chad Manausa	15	1
40-44 Female			Dawn Brown	42	4	Colbi Hopkins	14	2
Julie Clark	75	4	Nancy Widener	35	2	Alexander Bowman	10	1
Loranne Ausley	50	3	Marsha Vaile	32	2	Wayne K Kiger	10	1
Beth Alexander	46	5	Emily Ruddell	22	2	Chris Lindsay	8	1
Connie Clarke	36	3	Janice Hochstein	20	1	Luke Ceci	6	1
Judy Alexander	21	2	Karen Smith	12	1	Zach Roberts	4	1
Sarah Docter-Williams	20	1	Christie Koontz	6	1			

10-14 Male				Jeff Bryan	10	1	Rick Givens	6	1	
Jamie Wright	35	2	Mark Delegal	6	1	Richard L Addison	6	2		
Luke Liles	32	2	Hayden Dempsey	4	1	Ed Claiborne	4	1		
Joey Vannoy	20	1				Pete Kerwin	2	1		
Patrick Dennis	20	1	40-44 Male							
Nicholas Minno	20	1	Carl Nordhielm	95	5	55-59 Male				
Davis Clarke	15	1	Michael Martinez	71	5	Tom Ratliffe	100	5		
Michael McGuire	10	1	Bill McCord	69	5	Terry Ryan	43	4		
15-19 Male				Chuck Davis	32	4	Bill McGuire	42	3	
Jared Black	75	4	Mike Weyant	20	2	Gordon Morgan	36	5		
Michael Dobson	60	4	Mike Boll	20	3	Jerry Chesnutt	30	4		
Levon Hoomes	20	1	Sean Phelps	16	2	Terry Tenold	18	2		
Thomas Lynch	15	1	Jay Wallace	10	1	Rob Cunningham	18	2		
Jeff Givens	12	1	Douglas Covert	10	1	Jerry Ongley	15	1		
Andrew McWilliams	8	1	Frank Rudd	10	2	Gary Griffin	15	1		
Brad Givens	6	1	Keith Rowe	8	2	Chuck Booker	10	1		
20-24 Male				Sean Bower	4	2	David Farnsworth	8	1	
James Dexter	20	1	Rob Dearduff	4	1	Joe Donoghue	8	1		
Daniel Scheller	15	1	Bennett Chesser	4	1	Bruce Lynn	6	1		
Chris Dexter	12	1	Robert McNeal	4	1	Dennis Hitchens	6	1		
25-29 Male				Grea Bevis	2	1	Gene Opheim	2	1	
John Falk	47	3	45-49 Male				Warren May	2	1	
Joe Crook	45	3	Tim Unger	80	4	60-64 Male				
Donald Smith	20	1	Felton Wright	62	4	George S Palmer	55	4		
Chris Sumner	20	1	Jay Silvanima	49	4	Maynard Sweeley	54	4		
Michael Pasquier	20	1	David Cox	38	4	Guy Anglin	48	3		
Gabriel Giordano	15	1	Daniel Fortunas	18	2	David Darst	45	5		
Phillip Claiborne	12	1	Jeff Kuperberg	18	2	Clint Watkins	42	4		
30-34 Male				Jeff Nielsen	15	1	Ronald Christen	35	2	
Scott Heath	68	5	Reid Vannoy	15	1	Carlos Zapata	28	4		
Eric Smith	60	3	Myron Herring	14	2	Nick Yonclas	20	1		
Charles Kemeny	35	2	Gary Cato	14	2	Ray Hanlon	6	1		
Brian Burch	30	2	Jimmy Ledford	14	3	Mark Hillis	2	1		
Jobst Elster	25	2	Matthew F Minno	10	1	David E Smith	2	1		
Damian Wilson	10	1	Paul Peavy	10	2	65-69 Male				
35-39 Male				Timothy Hoomes	8	1	Rex Cleveland	100	5	
John Matthews	62	5	Reg Perry	6	1	Mike Schneider	63	5		
Mike La Bossiere	60	4	Robby Turner	4	2	John Rakestraw	60	4		
Tony Guillen	40	2	David Voorting	2	1	James Story	10	1		
Andy Roberts	32	2	Bill Hollimon	2	1	70-74 Male				
Chad Henry	22	2	50-54 Male				Robert Morris	72	5	
Greg Waddell	20	1	David Yon	100	5	Arthur B Ward	66	5		
Jack McDermott	15	1	Mike Sims	60	5	Bob Keller	60	3		
Travis Miller	12	1	Jerry McDaniel	55	4	Bill de Grummond	35	2		
Stephen Veliz	10	1	Craig Willis	53	5	James Skofronick	20	2		
David Ensley	10	2	Warren A Emo	38	5	Jere Moore	18	2		
55-59 Male				Dale L Smith	18	3	75 + Male			
Mike La Bossiere	60	4	Hobson Fulmer	15	1	Charlie R Yates	75	4		
Tony Guillen	40	2	Bud Fennema	8	1					
Andy Roberts	32	2	Mark Dietrich	8	3					
Chad Henry	22	2								
Greg Waddell	20	1								
Jack McDermott	15	1								
Travis Miller	12	1								
Stephen Veliz	10	1								
David Ensley	10	2								

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



Chris Lindsay



Grace Ellen Hanna



Cecilia Williams



Adriana Echeverri



Joey Vannoy



Daniela Echeverri



Whitney Alexander



Jimmy Baggett



Lauren Peavy

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.