



# The Fleet Foot



\$2.00

Volume 31 Issue 9 **Newsletter of the Gulf Winds Track Club**

Oct. 2006



**Jane Johnson and daughter Kara Newell run the Miccosukee Madness 8K together**

**Herb Wills Hall of Fame story by David Yon on Page 16**

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### Upcoming Grand Prix Races

**Oct. 28 Boston Mini (Half marathon)**

**Nov. 11 Veteran's Day Classic 10K**

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**Awards Form on page 22**



Left  
Bob Aszalos celebrates his return from Iraq with a #7 finish



Steve Barraco , Miccosukee Madness 8K



Nadine Dexter leads Mikela Ross to the Sickle Cell finish



Sickle Cell Master Winners Nancy Laux and Mike LaBossiere



Joey Vannoy at the Pre 5K



Jay Silvanima, new Marathon Director at the Pre 5K

<p><b>Notables</b></p> <p><b>Greg Waddell</b> 3:23 Park City Utah Marathon  <b>Jack McDermott</b> 2:59/4th place at the Tupelo marathon.</p> <p><b>Jax Beach Run 5M</b>  <b>Tim Unger</b> 31:37, 3rd Master  <b>Sheryl Rosen</b> 34:13 3rd Overall  <b>Hobson Fulmer</b> 34:47 2nd G.M.</p> <p><b>Sickle Cell 5K</b>  <b>Nancy Laux</b> 23:38 P.R. 1st Master</p> <p><b>Felton Wright</b> completed the Pikes Peak marathon</p>	<p><b>Coosa River Challenge AL</b></p> <p>Trail running, mountain biking, hiking, rapelling down an 80foot cliff, swimming a river with shoes on, kayaking, archery, a mud pit crawl, jumping off a 15 foot lock into the river etc.</p> <p>Co-ed teams - combined age 80+          4th - <b>Judy Chin and Randy Hanna</b>          5th - <b>Bonnie Wright and Tom McHaffie</b></p> <p>Female teams - combined age - 80          4th - <b>Lisa and Adrianna Echeverri</b>          1st mother/daughter.</p> <p>Male teams 80+          8th - <b>Cass Vickers and Tim Warfel</b></p> <p>Overall female individual  <b>Jane Johnson</b></p>
<p><b>New Members 8/14—9/21</b></p> <p><b>Jack Brennan</b>  <b>Elizabeth Beane</b>  <b>Katie Sherron</b>  <b>Tamika Brown</b></p>	<p><b>Natalie Jones</b>  <b>Ellen Tuttle</b>  <b>Aaron Doheny</b></p>
<p>The Tallahassee Marathon has a new director, Jay Silvanima, and the race date is now Feb. 4.</p>	

A Message from the Editor

Beginning this month we are starting a new column. We are searching for old members who've dropped out of sight. This month it's titled:

*“Where are Bill deGrummond and Mark Herman?”*

The missing person or anyone who knows them is invited to write back with specifics. Many of our old members have moved or pursued new interests, but we want you to know that you're always part of GWTC and our thoughts. So, write back, Bill, Mark, or anyone who's tracking them! And, we will be looking for new “missing persons” each month. Write in your own and we'll track them down ASAP!

Fred Deckert

### Another Message!

We will also be starting a "Letters" column next month. The letters can be to the editor or to the club members in general. We'll devote a maximum of one page, so try to be brief and to the point (and nice?). Let us know what's on your mind. Compliments make us feel good, but criticism makes the FF good. We reserve the right to edit for space and content.

Fred D.

#### **GULF WINDS TRACK CLUB August 9, 2006 Business Meeting Hosted by Fred and Margarete Deckert**

**Board/GWTC Members** present: **Tom Perkins, David and Mary Jean Yon, Beth Alexander, Charlie Yates, Fred and Margarete Deckert, Joe and Nadine Dexter, Bill Lott, Peg and Gary Griffin, Terry Ryan, Terry Massa, Lisa Unger and Jeff Nielson.**

**Tom Perkins** called the meeting to order at 7:47 PM and quorum was established. The July minutes were reviewed. A motion was made, seconded and passed by unanimous vote to accept the minutes as revised.

**New Business:** All nominations for 2007 officers are submitted to **Bill McGuire**. **Jeanne O'Kon** is one of Bill's nomination committee members.

**Lisa Unger** reported that **Tim Unger** wishes to screen the **Tim Simpkins** movie on DVD filmed by an FSU graduate student at the Breakfast on the Track. She will check with **Gary Droze** about a room.

#### **REPORTS:**

**Race Director – Jeff Nielson** presented the budget for the Prefontaine 5K. A motion was made to approve his budget as presented which includes 50% of net race proceeds to the Chenoweth Foundation and 50% to the St. Francis Wildlife. The motion was seconded and approved unanimously. In an effort to

raise additional funds for St. Francis Wildlife, he will set up a donation bowl at the registration table. Jeff explained he will have a staggered start this year with the cross country teams beginning first, followed by the remaining runners. **Lisa Unger** presented her budget to date for the WDF. She has estimates, but will revise it as necessary when all sponsors are secured and t-shirt quotes received. **JoLena Pace and Linda Vannoy** are providing much help. **Tom Perkins** announced he will speak to the Panhellenic Association to talk about volunteering and running races this year for the point system they have set up. **Race Director Coordinator – Charlie Yates** reported Shaw has cancelled his 8K on 9/2. Trek or Trot is on 10/21 at YMCA in Southwood. He is working currently on the calendar for 2007.

**Training Committee – Nadine Dexter** announced that new flyers and information for the Beginning Running Class are complete and uploaded to our website. She receives 2 emails per day and a phone call every other.

**Equipment – Joe Dexter** turned in several checks, including the check for \$75 from the Capital City Ride for Hope from TMH. **Tom Perkins** announced an anonymous donation of \$1000 for a new clock was secured.

**Treasurer's Report – Bonnie Wright** no report.

**Membership – Peg Griffin** reported that there are currently 703 members represented by 397 households.

**Chenoweth Fund – David Yon** no report.

**Clothing Coordinator – Margarete**

**Deckert** reported 3 separate sales: 5 tags at Shaw's, 2 tags and a calendar by Fred, and an ad in the Fleet Foot by **Nancy Laux**.

**Newsletter – Fred Deckert**  
no report.

**Grand Prix Committee – Lisa Unger for**

**Paul Ahnberg** reported 3 items to change in the Grand Prix Policy Statement: Add an age group to include 85 years and older creating a separate group for the 80-84 year old group. Include a line in the Grand Prix Race Qualification Statement about the age group change. Add a line item of information titled "contact information" on the Grand Prix Race Qualification Statement. All three changes were included in one motion, seconded, and passed by unanimous vote.

**Racing Team Coordinator – Lisa Unger for Tim Unger** reported the Jacksonville Beach Run, a 5 mile event, will be 8/26.

**Sheryl Rosen** is recruiting runners for a women's team.

**Social Coordinator – David Yon** reported that Music Fest for the Turkey Trot will be on 11/19. Also, **Joe Dexter** is considering a duathlon on 9/2 as a social event. The date is open now.

**Lecture Series – Michael Pasquier**  
no report.

**Loose Ends:** Tom and David have contacted potential race directors for the Marathon.

There was a motion to adjourn at 9:01 PM, which was seconded and passed by unanimous vote. The next board meeting will be held on September 13, 2006 hosted by **Terry Ryan**.

These minutes have been reviewed and accepted by the Board.

**Beth Alexander**, Secretary.

**GWTC Board Meetings 7:30 p.m.**

**Oct. 11 David and Mary Jean  
Yon 668-2236**  
**Nov. 8 Joe and Nadine  
Dexter 878-7880**

**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**

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david@radeylaw.com

**Secretary**

Beth Alexander 668-0101  
Alexander\_ke@msn.com.

**Treasurer**

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**Membership**

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**Past Presidents**

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phiers@comcast.net

**Articles/Race Results for Democrat**

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**Clothing Coordinator**

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fdeckert1@juno.com

**Social Coordinator**

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klindsay@govserv.com

**Lecture Series**

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**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**

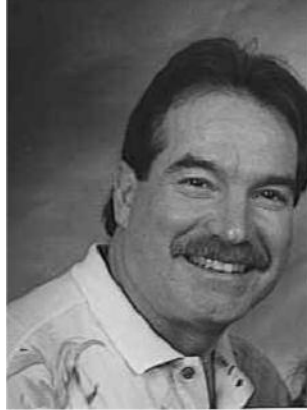
**Change of Address**

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 Tom Perkins

ELECTIONS ARE HERE!! Well, not yet, but almost here. If you would like to participate in the innermost sanctums and learn the GWTC secret handshake, then here is your chance. I truly believe that the club benefits from a constant flow of new people and ideas. This is what keeps the club operating at such a high level compared to other organizations that get bogged down and implode. New board members bring energy and fresh perspectives. Contact Bill McGuire at 562-2295 or [bmcquire31@comcast.net](mailto:bmcquire31@comcast.net) before the October 11, 2006 GWTC Board meeting to put your name or a member of your choice on the ballot (remember to get their permission)

Our own **Herb Wills**, Co-Director of the Palace Saloon 5K, was recently inducted into the FSU Sports Hall of Fame. (I didn't even know he played field hockey.) During the introduction by **Gene Deckerhoff**, Herb acknowledged his association with Gulf Winds Track



Club. I quickly wanted to disavow any association between Herb and GWTC, but Brian Corbin tackled me before I could get to the podium. Herb's wit is faster than his feet now. We often run together and banter and trade jokes. His knowledge of running and track and field may be, at least locally, without peer. He is a valuable fixture at

track meets as an announcer where he educates the crowds on meet, county, and state records for various events. On behalf of Gulf Winds Track Club and myself, congratulations, Herb!  
*(David Yon's report on Herb is on page 16)*

**Lisa Unger** is looking for volunteers for the October 7, 2006 Women's Distance Classic 5K/1M race. Please call this first-time race director and offer your services. Lisa has always done a fantastic service for our club at various behind-the-scene activities. She is now stepping into the spotlight. Contact her at 562-2901 or [ungerTL@juno.com](mailto:ungerTL@juno.com).

### Thomas R. Perkins - Realtor®

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Cell: (850) 264-4595

Email: [tomperkins51@yahoo.com](mailto:tomperkins51@yahoo.com)

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### 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](http://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](http://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](http://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](mailto:fdeckert1@juno.com). Your product or service need not be running-related.

### Training Groups/Weekly Events

**Intervals:** Tuesdays, 6:30 pm 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](mailto:kellys@dfmc.org).

**Sundays at 7:30 am:** 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](mailto:awesometri@hotmail.com), Bob Keller - [bobdutri@aol.com](mailto:bobdutri@aol.com)

**Cycling:** go to <http://www.cccyclists.org/roadsched.php3> for Capital City Cyclist training rides.

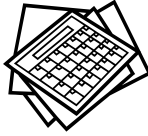
**Swimming:** Master's swim 5:30 AM Monday thru Friday - Myers Park Pool, monthly fee gets you a coach on deck.

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](http://www.gulfwinds.org) for more club info, and to join GWTC.

### **Multi-Sport Clubs & Contacts:**

- USA/World Race Calendar by State - [www.trifind.com](http://www.trifind.com)
  - Beaches Fine Arts Triathlon Series, Jacksonville FL. - [www.bfastriathlon.org](http://www.bfastriathlon.org)
  - Clermont Triathlons - [www.triflorida.com](http://www.triflorida.com)
  - John Boyle Races - [www.cuattheraces.com](http://www.cuattheraces.com)
  - Exclusive Sports Marketing Races - [www.palmtreesportsclub.com/](http://www.palmtreesportsclub.com/) (Publix Family Fitness Weekends)
  - Set-Up Inc., Triathlons in the NC,SC,GA area - [www.set-upinc.com](http://www.set-upinc.com)
  - Charleston Triathlon Club, South Carolina, [www.awod.com/gallery/probono/ctc/](http://www.awod.com/gallery/probono/ctc/)
  - Nature Coast Sprint Triathlon Series, [www.drc911.com/triathlon.htm](http://www.drc911.com/triathlon.htm)
  - Blue Sky Sports, Triathlons in the North / Central Georgia Area, [www.tribluesky.com/](http://www.tribluesky.com/)
  - Great Smoky Mountain Triathlon Club, [www.gsmtc.com](http://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](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.

#### October

**\*7 Women's Distance Festival 5K/1M.** 8 a.m. Optimist Park. Lisa Unger, ungerl@juno.com, 562-2901. [jolenapace@nettally.com](mailto:jolenapace@nettally.com) See page 19

**7 5K Ramble(Walk/Run).** Alzheimers benefit. 11a.m. 4475 Buck Lake Rd. Lori Abbey 386-2778 or 776-0552.

**7 Walk for Wishes 5K Run/Walk.** 8:30 a.m. 661 West Jefferson Street. jag03@fsu.org. See page 27

**14 Pine Run 20K.** 9 a.m. Int. Paper Co. Southlands Forest, Bainbridge, GA. Contact: David Yon dyon@radeylaw.com. See page 18

**21 More than a Hammer 5K.** 9 a.m. Tully Gym. smc03f@garnet.acns.fsu.edu

**21 Run for Rover 5K/1M Fun Run.** 8 a.m. Thomas University, Thomasville, GA. 229 228-0613.

**28 Forest Festival 5K.** Perry, FL. 8:30 a.m. Donna Breer 850 584-8733 or Kathy Brooks 668-3174. forestfestival@perry.gulfnet.com.

**28 Boston Mini Marathon.** 8 a.m. Commercial bank, Boston, GA. Brad Johnson, bradjohnson@bankcb.com 229 226-3535.

**28 Alan Sundberg Jr. Memorial 5K.** 8 a.m. Maclay Gardens. Bill Sundberg. billsundberg@yahoo.com. See page 25

#### November

**4 FSU Parents Weekend 5K.** 7:30 a.m Wescott Building. Patti Coryell 644-6717, pcoryell@admin.fsu.edu.

**4 Albertson's Christmas Connection 5K.** 8:30 a.m. Albertsons, 3521 Thomasville Rd. robert.higgins@albertsonslc.com. See page 20

**11 Veteran's Day Classic 10K.** 9 a.m. Bainbridge Coll. Bainbridge, GA. Liv Warren 229 253-0508, livwarren@hotmail.com

**18 FSU Cares 5K.** 8 a.m. Medical School. Nadine Dexter 878-7880.

**\*23 Turkey Trot 15K/10K/5K/1M.** 8 a.m. Southwood. David Yon 425-6671, 668-2236 or www.gulfwinds.org/turkeytrot.

#### December

**\*2 GWTC 10M/5M.** 8 a.m. Jackson Bluff Road , approx. ½ mile west of Cap. Circle. Judy Alexander 383-1361, jalexander98@comcast.net. Page 23

**2 Jingle Bell Run.** Call and Monroe. 6:45 pm. Shannon Sullivan 576-3338

**\*9 Tallahassee Ultra.** 7 a.m. Wakulla Springs S.P. Gary Griffin runlong@nettally.com. See page 21

\* Indicates GWTC event.

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

<p><b>2006 Grand Prix Events (Adult)</b></p> <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><b>Kids Grand Prix</b></p> <p>Jan. 14 Bowlegs 5K</p> <p>Feb. 11 Cookie 5K or 1M          Apr. 1 Springtime 1M          May 6 Meals 5K</p> <p>Jun. 24 Sizzler 5K or 1M          Aug. 12 Breakfast 1M</p> <p>Oct. 7 Kids GP 1M          at Women's Distance Festival</p> 
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<p><b>MERRILL LYNCH</b></p> <p>Global Private Client Group          215 South Monroe Street          Suite 300          Tallahassee, Florida 32301</p> <p>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</p>		<p><b>M. Felton Wright, CFM, CFP</b>          First Vice President - Investments</p> <p>Wealth Management Advisor</p> <p><b>Naomi G. Weaver</b>          Senior Associate</p> <p><b>Judy Mott</b>          Senior Associate</p>
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**GWTC Member Quiz** - send answers to freddeck@juno.com or 893-9739. Winner gets GWTC bandana or car tag.

1. Which member has appeared on the most FF covers in the past 10 years ? 1996 thru this issue.
2. Which member was a collegiate wrestling champion?
3. Which member/s were Olympic competitors?
4. Which local author wrote a book on a UF college runner based on his own experience?
5. Which member flew with a backpack powered glider?
6. Which members ran in Antarctica?

**Kids Bible Quiz (Ans. Page 14)**

1. What fur did Adam and Eve wear?
2. What did Adam and Eve do when they left the garden?
3. Why could no one play cards on the ark?
4. Where did Noah hit the first nail on the ark?
5. What is Holy Water?

**Home Quiz (Ans. Page 15)**

1. What is all over the house?
2. What runs all around the house without moving?
3. What's the largest room in the world?
4. When is a door not a door?
5. When does the window pane blush?

**Back of the Pack  
"It's the Season for  
Doping"  
Jack McDermott**

Participants in the ancient Greek Olympics ate sheep's parts to increase their strength. Fortunately, we have more edible alternatives today, but with BALCO, the Internet, and more sophisticated drugs – the only thing proliferating faster than ways to cheat are the excuses. The following are my favorite

12 excuses for failing a drug test:

**1. Floyd Landis --- American Cyclist ---** First he had "abnormally high testosterone" (*Sounds like a bad-pick up line*), to drinking whiskey, to dehydration, to cortisone shots, to thyroid medicine. It is amazing this guy could get out of bed! I think he should stick with the "Jack Daniels defense," and say he was suffering from a hang-over.

**2. The 2002 Austrian Olympic Skiing Team ---** Was found with blood transfusion devices in their hotel room. Claimed they were removing blood to treat it with ultraviolet light. Didn't I see this on Star Trek? Unless you are a vampire, you shouldn't need ultraviolet radiation treatment.

**3. Zach Lund – U.S. Skeleton Team ---** He was taking an anti-baldness prescription. First of all --- he is already bald (*the medicine must not work*), and why are there stimulants in anti-baldness medicine? It makes your hair grow faster?

**4. Lenny Paul --- English Bobsledder ---** He ate spaghetti with meat sauce from steroid-injected cattle. Sorry, Lenny, you should have chosen the vegetarian alternative. If cattle are injected with steroids, how come they are so slow?

**5. Adr Van Der Poel – Dutch Cyclist ---** He claimed he ate "pigeon pie," made from his father-in-law's racing birds. So the pigeons were doping? And wouldn't you eat the slowest pigeons first? Wait a minute --- what are you doing eating pigeons? This makes the sheep parts sound tasty.

**6. Tyler Hamilton --- American Cyclist --** Claimed a vanishing twin, when his blood showed signs of somebody else's DNA. Vanishing integrity is more like it. I could



blame a lot on my vanishing twin – the evil Jack. I think a better excuse would be his mom passed him tainted blood *in utero*.

**7. C.J. Hunter --- American Shot-putter ---** He claimed his positive steroid tests came from tainted iron supplements. As a character witness he produced Victor Conte, president of BALCO. Whoops.

**8. Javier**

**Sotomayor --- Cuban High Jumper ---** He claimed he was framed by the CIA. The same CIA that bungled the Bay of Pigs invasion, the Iran-Contra scandal, and couldn't stop the 9/11 attacks, somehow managed to secretly taint your urine sample? Doubtful.

**9. Justin Gatlin – American Sprinter -** -- He claimed a masseuse with a grudge rubbed steroid cream on his legs. It reminds me of a film we had to watch during freshman orientation --- never accept a massage from a stranger.

**10. Rafael Palmeiro -- Baseball Player ---** Tested positive for nandrolone after having his wife give him a B-12 shot. Rafael, haven't you ever heard of Flintstones Vitamins? You don't need a syringe!

**11. Aleksey Lesnichiyy --- Belarusian high jumper –** tested positive for clenbuterol after taking an "illegal cough syrup." Where do you get illegal cough syrup?

**12. Robert Fazekas – Hungarian Discus Thrower –** Stripped of medal after his urine sample was too small. There were also allegations of an "artificial urine producing machine." (*Who has the patent for that?!*). Claims he suffers from Paruresis – a disease where people are unable to urinate under observation. Who comes up with these diseases?

**My solution:** Make it all legal: amphetamines, steroids, and most important of all – sheep parts. *Bon appetite!*

***The Perfect Mile is a Perfect Account*  
Sheryl Rosen**

There's something special about the mile distance, as the book points out. Something tidy. Something dramatic that the brevity of sprints and the sometimes anti-climax of distance events lack. And there's an unmistakable allure about covering those four laps in less than four minutes.

**Neal Bascomb's *The Perfect Mile: Three Athletes, One Goal, and Less than Four Minutes to Achieve It* (2004)** is a thoughtfully written account of the quest of three men – England's **Roger Bannister**, Australia's **John Landy**, and America's **Wes Santee** – to be the first to run the mile in less than four minutes.

It's no secret Bascomb is a former journalist. It's his unbiased, documentarian-like approach to the story that bolsters his credibility and gives the reader a rich experience – but an experience free from the embellishment and idolatry with which sports accounts are often dripping. Instead of heroic hyperbole, Bascomb weaves information from the runners themselves and those who knew them with excerpts from sports journalism from the likes of the *Daily Mail*, *Athletics World* and *New York Herald Tribune*. The reader is enticed with a mix of telling details from first-hand accounts and the observation, praise, and criticism exalted by 1950s sportswriters.

Although Bascomb gives brief accounts of both the athletes' childhoods and lives following their running feats, the bulk of the book pertains to the events of 1952 to 1954. The reader is taken back to a time before the ubiquitous professional athlete with trainers and sponsorships. Bascomb tells the story through each athlete's triumphs and defeats, not one at a time, but intertwined as if in real time as the story weaves from continent to continent in order to follow the three runners' individual



pursuits. This kind of writing may seem schizophrenic at first as the reader adjusts to jumping between the lives of the milers. However, I quickly adjusted and found the segment transitions seamless.

In telling the story of the various training regimens and track meets the men endured, Bascomb maintains the milers'

humanity. The runners are not simply the times they run, but complex people. From the failures the runners experience during the 1952 Olympics in Helsinki, Finland to the drama of the ultimate showdown in 1954, the readers learn of the men's lives off the track, such as Bannister's work as a medical student and Santee's less than ideal home life. While the various newspaper headlines Bascomb mentions give roots to the impacts of the runners' achievements, it's the description of Santee's frustration with his lack of compensation or Landy's unwillingness to admit injury that takes the reader into the milers' minds.

Finally, one of the most surprising qualities of the book is that it does not end with Bannister's historical sub-four-minute run. It is not just about the numbers, but the idea that one must run against competition greater than the clock alone. The real climax of the book occurs during the "Mile of the Century" run in Vancouver that pitted **Bannister** against **Landy**. Bascomb does great justice to its historical significance without undue overemphasis.

If one doesn't mind weaving narrative, *The Perfect Mile* is a perfect account of determination, triumph, defeat, and the interplay between nations in the race to the finish tape in less than four magical minutes.



### Featured Feet Joe Dexter

**Childhood ambition:** To be a vegetable farmer.

**Fondest Running Memory:** Watching my son, James, compete for the Lincoln High School cross country team for four years.

**Wildest Dream:** To start another family and have two or three more children.

**Proudest Running Memory:** Was it winning the Claude Pepper Holiday Senior 5K, December 2001, or was it meeting President Jimmy Carter at a five miler in Plains, Georgia? He tapped me on the shoulder before the race and said, "I hope you have a great run." (I ran my 5 mile PR in under 30 minutes.)

**Biggest Challenge:** Living these past two and one-half years when a doctor told me I only had about six months to live. Nadine saved my life.

**Perfect Day:** Up before dawn, running in the woods at the crack of dawn, biking to breakfast and back, working out at the gym, an afternoon swim and in the late afternoon working on a project at the house.

**First Job:** Setting pins in a bowling alley at night and getting up early to deliver the Keynoter newspaper in Key West.

**Indulgence:** Lobster

**Last Purchase:** A townhouse for my 85 year old mother.

**Favorite Movie:** Mondo Canni - a look at our bizarre world.

**Running Inspiration:** Watching 300-plus runners cross Tennessee Street in the July heat, 1982. The next day I started running.

#### Kids Bible Quiz answers

1. Bearskin
2. They raised Cain
3. Noah sat on the deck
4. On the head
5. Water with the Hell boiled out of it

## Featured Feet Nadine Dexter

**Childhood ambition:** To be an astronaut. My dad worked for Martin/Marietta on the Saturn 5 rockets that they were building for NASA and my earliest memory is watching the test rockets shooting off at the Vandenberg Air Force base in California. I also was a huge Star Trek nut and loved Mr Spock. I wanted to be just like him. Unfortunately my poor vision made me make other choices.

**Fondest running memory:** During the 2004 Tallahassee Marathon (which was my first marathon ever) I was at mile 24 and losing energy. I looked up and saw my sweet husband Joe coming to run me in. He knew I was in trouble and came out to rescue me. I suddenly got a burst of energy that he somehow transmitted to me and was able to get those final 2.2 miles in. I was never so glad to see anyone in my life. I also by some sort of miracle won first place in my age group at my first marathon. Amazing!

**Wildest Dream:** To own my own business that helps people who are looking for good reliable health information make some important decisions about their health care.

**Proudest running moment:** When I finished my second marathon (2005) in Sequim Washington with both of my parents, my sister and Joe (after he ran the 1/2 marathon) were at the finish line.

**Biggest Challenge:** Finding time to read!

**Perfect Day:** Sleeping in to 7AM then running a 7 mile run at the beach. Breakfast of French toast. Swimming at the beach or walking on the beach reading and resting all day. Watching movies or playing games with friends at the beach.

**First Job:** Working as a bus girl at the NCO club in Bitburg West Germany at the Bitburg Air Force base in the summer of 1977.

**Indulgence:** Chocolate and homemade chocolate chip cookies.

**Last Purchase:** A Sony laptop computer for Joe for school this fall. I got a great deal on it!

**Favorite Movie:** Independence Day

**Running Inspiration:** My husband, Joe. The fact that he stayed involved in the local racing scene despite his medical condition while undergoing treatments. (Joe ran a 1/2 marathon in Sequim, WA while still in treatment just to keep me company at the marathon!) His awe inspiring toughness that helped his friend (Joe ran the last 23 miles with Dan) Danny Fortunas run the Leadville 100 mile race (and finish) is still mind boggling. Joe's iron will to live life to its fullest regardless of everything he has endured keeps me going. When I am tired or sore I just think of him and I get my second wind. That's my Joe, my running inspiration!

### Home Quiz answers

1. The roof
2. A fence
3. Room for improvement
4. When it's ajar
5. When it sees the weather strip

**Mr. Wills, Please Walk to this Hall**  
David Yon

In a gesture that was long overdue, **Herb Wills** was invited to walk down the red carpet that leads to the Florida State University Hall of Fame, making him the only person in both the GWTC and FSU Hall of Fame. The 2006 inductees into the FSU Hall of Fame brought the total number of members into this exclusive group to approximately 231 members with Herb becoming only the 22<sup>nd</sup> member inducted from the track and field program. The elaborate ceremony in the University Center before a very large crowd was moderated by **Gene Deckerhoff** and, in addition to Herb, the 2006 class included **Wanda Burns** (women's basketball), **Rhett Dawson** (football), **Jonathan Johnson** (baseball), and **Skip Young** (men's basketball). A short video clip was shown for each entrant and Herb's was very well done, tracing his career from before high school to his current duties as director of the Palace Saloon 5K. Coaches **Dick Roberts**, **Terry Long** and **Bob Braman** were all there to see one of FSU's best distance runners of all time get some very deserved recognition. It will probably not surprise you to know that, while well-written and delivered, Herb's thank you presentation was the shortest of all the inductees. Below is the write up that FSU provided for Herb's induction. (I believe that at least the 5,000 record has been broken by **Lemoncello** when he ran 13:53.42 at a meet in Arkansas.)

**Herb Wills Track and Field**  
Homegrown track star **Herb Wills** was one of the most accomplished distance runners in Florida State high school



history and he wasted no time in getting his Seminole career started. Wills won four individual Metro Conference Championships as a freshman in 1978 in one of the most dominating performances in Metro track history. He followed that by winning FSU's Outstanding Distance Runner honors

in 1979 along with the title of U.S. Junior 10,000 meter cross country champion.

Wills would go on to set school records in the 5,000 and 10,000 meters outdoors and 3,000 meters, 5,000 meters, and 2 mile indoors. He placed fourth in the 10,000 meters at the NCAA national championships in 1980 and followed that with a 16th place individual finish at the NCAA cross country championships in 1981. He finished his FSU career having earned All-America honors four times over the span of three years. However, his competitive career was not over as he became one of the top amateur distance runners in the country. He just missed making the U.S. Olympic Team as a marathoner in 1984, but bounced back at age 28 in 1989 to become the first American finisher at the Boston Marathon. Wills' name can still be found throughout the FSU record books including his school records in the indoor 3,000 meters (8:04.10) and 5,000 meters (14:00.10) that have stood for over 25 years.

He has continued his close connection to both Florida State and Tallahassee over the years by combining his passion for mathematics and athletics as a tutorial specialist to current FSU student-athletes.

### Marathon Training Jane Johnson

*I am not a marathon expert, and my training regimens are anything but scientific. However, when I was trying to get confidence to run my first marathon, I genuinely appreciated hearing how other people achieved their marathon goals. So here are ten insights I have gained .*



1. Commit to the race you decide to run physically, mentally, and emotionally. For me, this is more important than any other aspect of marathon training or racing. Training for and running a marathon will take your body, mind and spirit to places they really don't want to go. You will be pushing yourself beyond your physical comfort zone, contradicting what you know to be sensible standards. You may reach points of discouragement and self-doubt that create an overwhelming urge to quit, or downgrade your goals. It's really important to acknowledge that upfront and prepare for it.

The physical commitment to a marathon is obvious. If you want to run a 26.2 mile race well, you should commit to a training regimen that will give you the endurance and strength to achieve your goal.

The mental commitment is less obvious, but equally important. For most runners, the physical training is the simplest piece. But to train effectively, it's also critical to tackle your goal like a math problem and calculate what you have to do in order to get to where you want to be on race day.

The emotional commitment is the extra "edge" that allows you to exceed your expectations and run beyond yourself. It's a physiological fact that your body will be stretched to its capacity somewhere around 20 miles. You will feel physically whipped, mentally defeated and the best way to keep yourself motivated and on pace is to summon those emotions that separate the ordinary from the extraordinary – things like: courage, determination, fortitude. Those

are the emotional muscles that can take you to the next level – a level that rational thinking can't get to because it isn't rational. Those emotional muscles can be cultivated and strengthened just like your physical muscles. I run many "micro-marathons" before I actually toe the line in a race, by going all out for the last 100 yards of my morning run like it's the last mile of the marathon and I am about to break 2:50 or applying the same tactics in the pool, on my bike and even doing yard work. Yes, they're crazy mental games, but they really work for

me!

2. Find a group to train with. The camaraderie experienced by running in groups is priceless and it makes the training much more enjoyable. It's likely that you will run harder and farther in a group than you would on your own, but be careful not to get too caught up in other people's training programs if they are very different from what you have planned.

3. Give yourself at least three months to train for your event. Many people prefer a longer window, but if you are already fit and maintaining a regular running schedule of 20-30 miles a week, I think you are much more likely to sustain an overuse injury by extending your marathon training program beyond three months. If you are starting from little or no running base, allow no less than 6-9 months to train for a marathon.

4. Once you've decided on the race you want to run, get out a calendar or training log and back up three months from that date and calculate how you can take whatever the distance of your normal long run is up to what you want your longest training run to be no less than two weeks before your marathon. This is part of the mental commitment. It's simple math based on steadily increasing distance over time.

5. When the length of your longest run is about 15 miles, use every other weekend as a "rest and recovery" weekend. While you increase the length of your longest run every other weekend, don't run more than 12-13 miles for your

*Jane (Continued on page 26)*



## The 2006 Pine Run Bainbridge, Georgia 30<sup>th</sup> Annual

Sponsored by:

International Paper  
Bainbridge, Georgia

Gulf Winds Track Club  
Tallahassee, Florida

- Date: Saturday, October 14, 2006
- Time: 9:00 a.m. EST (8:00 a.m. CST) – Registration begins at 8:00 a.m. EST in the pavilion at the Headquarters area.
- Place: International Paper's Southlands Forest, 6.75 miles south of Bainbridge, Georgia, off Highway 97 South.
- RUN Distance: 20,000 meters
- Course: Start and finish by the Headquarters area, Southlands Forest. Four miles of course on pavement, remainder on dirt roads winding through 16,000 beautiful acres of forest land maintained by International Paper. Each mile is marked and aid stations will be set at 3, 6, and 9-mile points.
- Entries: **Entry fee is \$10.00 for all competitors.** Entries permitted until 8:45 a.m. EST on the day of the race. No pre-registration is required.
- Age Divisions: Male and Female: 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-55, 56 and over.
- Awards: T-shirts to all finishers. Awards to first five males, first five females, and first two in each male and female category. No participant receives more than one award.
- Dressing Facilities: Dressing (no showers) and toilet facilities available at Headquarters building.

Bring picnic lunch to enjoy on the grounds.

*Tallahassee Women's Distance Festival 5K*

**Date and Time:** Saturday, October 7, 2006. The 5K Women start at 8:00a.m. E.D.T. and the 5K Men start at 8:10 a.m. E.D.T. The 1 Mile race begins at 9 a.m. E.D.T. Pre-race Registration and Packet Pick-up start at 6:45 a.m.

**Place and Course:** Race starts and finishes at Optimist Park, Tallahassee, E. Indian Head Drive.

**Entry Fee:** Early Registration (by or before 9/30)

5K - GWTC Members \$10.00; Non-members \$12.00; \$7.00 no shirt

1M - GWTC Members \$5.00; Non-members \$7.00

**Race Day Registration**

5K - GWTC Members \$12.00; Non-members \$15.00; \$8.00 no shirt

Make checks payable to: **Gulf Winds Track Club**

Take advantage of a \$3.00 discount on Race Day Registration fees for either distance by bringing a donation for the Brehon House. See the list of suggested donation items at [www.gulfwinds.org](http://www.gulfwinds.org)

**Post-race Refreshments:** Gatorade, water, bagels and fruit donated by local vendors

**Awards:** Male and Female Overall/Master/three-deep in five-year age groups.

**For Additional Information:** Lisa Unger, [ungertl@juno.com](mailto:ungertl@juno.com), (850)562-2901 /Jo Lena Pace, [joenapace@nettally.com](mailto:joenapace@nettally.com) (850) 544-0628 or visit the Gulf Winds Web site at <http://www.gulfwinds.org>

**Mail** entry with payment to: **Women's Distance Festival c/o Lisa Unger, 4122 Wiggington Road, Tallahassee, FL 32303**

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ DOB: \_\_\_\_\_  
(on 10/7/06)

Male/Female Phone# \_\_\_\_\_ e-mail \_\_\_\_\_

Address \_\_\_\_\_

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able, physically fit and properly trained. I assume any and all risks associated with this event including but not limited to falls, contact with other participants, effects of weather, including high heat and/or humidity, and traffic and the conditions of the roads, all such risks being known and acknowledged by me. I agree to abide by all the decisions of the race officials relative to my ability to safely complete this run. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. Knowing these facts and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge all Gulf Winds Track Club race officials, volunteers and all sponsors including their agents, employees, assigns, or anyone acting on their behalf from any and all claims or liability for death, personal injury or negligence or carelessness on the part of the persons named in this waiver. The Release and Waiver extends to all claims of every kind and nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants full permission to Gulf Winds Track Club and/or agents authorized by them to use any photograph, videotapes, motion picture or any other record of this event for any legitimate purpose.

Signature (parent if under 18) \_\_\_\_\_ date \_\_\_\_\_

The **4**<sup>th</sup> Annual  
**Albertsons'**  
**CHRISTMAS CONNECTION 5K**  
 RUN\*/WALK & FAMILY FUN DAY



**SATURDAY, NOVEMBER 4, 2006**  
**7:30AM REGISTRATION**  
**8:30AM RACE**  
**3521 THOMASVILLE ROAD**  
 (ALBERTSONS #4428)  
**\$10 PRE-REGISTRATION**  
**\$15 DAY OF RACE**

**REGISTRATION**

LAST NAME \_\_\_\_\_ GENDER M \_\_\_ F \_\_\_ AGE \_\_\_\_\_  
 FIRST NAME \_\_\_\_\_ RUNNER \_\_\_ WALKER (NO RUNNING) \_\_\_  
 ADDRESS \_\_\_\_\_ TSHIRT SIZE: S M L XL XXL  
 \_\_\_\_\_ AMOUNT ENCLOSED \$ \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ EXTRA DONATIONS \$ \_\_\_\_\_  
 PHONE \_\_\_\_\_

**MAIL REGISTRATION, CHECK OR MONEY ORDER & SIGNED WAIVER BY 10/28/06 TO: ALBERTSONS 4428, ATTN: ROBERT HIGGINS  
 3521 THOMASVILLE RD, TALLAHASSEE, FL 32309 (850) 893-5166**

WAIVER: In consideration of your acceptance of my entry as a participant in the 2006 Albertsons Christmas Connection Run, 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 Catholic Charities of North Florida, its officers and directors, members or representatives and all volunteers and others promoting or assisting in anyway the promotion or organization of the Albertsons Run, which may arise from my participation in these races on November 4, 2006 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 or 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.



CHRISTMAS  
 CONNECTION

\_\_\_\_\_  
 SIGNATURE IS REQUIRED TO PARTICIPATE  
 (PARENT OR GUARDIAN MUST SIGN IF UNDER 18)



FOR INFORMATION ABOUT CHRISTMAS CONNECTION OF TALLAHASSEE, CALL 850.222.2180 OR VISIT WWW.THECHRISTMASCONNECTION.ORG



**GWTC Annual Awards**

GWTC annually presents eight awards to recognize the outstanding accomplishments of its members. The Grand Prix Committee is currently accepting nominations for the 2006 Annual Awards. The deadline to submit a nomination is November 30, 2006. The Awards will be presented at the Annual Awards Ceremony along with the Grand Prix awards in January, 2007. To nominate any deserving club member, please complete an Annual Awards Nomination Form and submit to any Grand Committee member: Lisa Unger, Jeanne O'Kon, David Yon, Paul Ahnberg and Jackie McDaniel. The Grand Prix Committee will select the 2006 Recipients from the nomination forms received by the nomination deadline date of November 30, 2006.

**Gulf Winds Track Club  
Annual Award Nomination**

**DON'T DELAY!**

The deadline to be sure your nomination gets considered is November 30, 2006

I, \_\_\_\_\_

Wish to nominate \_\_\_\_\_

For the Annual Award of \_\_\_\_\_

I can be contacted at: \_\_\_\_\_

Notable accomplishments of this person include:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

This person deserves this award because:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

You do not have to prepare or give a speech for your nominee. Simply give the committee all the great reasons your nominee should win! However, if you would like to present for your nominee, please let us know. I am willing to present this award at the Annual Awards Ceremony if the candidate is selected: Y N

**SUBMIT NOMINATIONS VIA E-MAIL TO THE ANY AWARDS COMMITTEE MEMBERS:**

Lisa Unger: [ungertl@juno.com](mailto:ungertl@juno.com); Paul Ahnberg: [runhikebird@comcast.net](mailto:runhikebird@comcast.net);  
Jeanne O'Kon: [okonj@tcc.fl.edu](mailto:okonj@tcc.fl.edu); Jackie McDaniel [mcdanieljackie@hotmail.com](mailto:mcdanieljackie@hotmail.com);  
David Yon: [david@radeylaw.com](mailto:david@radeylaw.com)

**OR MAIL IN TIME TO BE RECEIVED BY THE 11/30/2006 DEADLINE TO:**

LISA UNGER  
4122 WIGGINGTON RD  
TALLAHASSEE, FL 32303

All past award recipients are listed on [www.gulfwinds.org](http://www.gulfwinds.org)



**10 Mile Challenge & 5 Mile Race  
& Tiny's Bar-B-Q Extravaganza**  
Both races Grand Prix this year!

**NOTE: COURSE CHANGE**

Proceeds benefit Tallahassee Area Crew - Raffle - Door Prizes - Quick Results

Date/Time: Saturday, December 2, 2006, 8:00 AM  
(10:00 cutoff-contact race director below for early start)  
Place: Park on Jackson Bluff Road behind Tiny's Bar-B-Q (1/2 mile off Capital Circle)  
Awards: Top Overall Male/Female/Masters, 3-Deep in 5/10-Year Age Groups  
Post-Race Party: INSIDE Tiny's! Delicious Bar BQ Available (see below) BYOB in a cup  
Course: Challenging out-and-back on asphalt & clay roads  
More Info: Judy Alexander, [jalexander98@comcast.net](mailto:jalexander98@comcast.net) 850-383-1361

Name: \_\_\_\_\_ Age on 12/2/06: \_\_\_\_\_ DOB: \_\_\_\_\_

M / F (Circle one) Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_@\_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Shirt:  None  Small  Med  Large  XL

	<u>Before 11/27</u>	<u>After 11/27</u>	<u>Race Day</u>
Registration Fee:	_____ \$16	_____ \$18	_____ \$20
No T-Shirt	_____ \$11	_____ \$13	_____ \$15

No. of Tiny's BBQ Plates (Sandwich/Side/Drink): \_\_\_\_\_ + \_\_\_\_\_ plates @ \$3 each

Total Amount Enclosed: \$ \_\_\_\_\_

Sign waiver below & mail with check payable to GWTC to: Judy Alexander  
REGISTRATION also AVAILABLE AT [www.active.com](http://www.active.com) 3432 Robinhood Road  
Tallahassee, FL 32312

WAIVER: In consideration of your acceptance of my entry as a participant in the GWTC 10-Mile Challenge & 5-Mile Race, 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 GWTC 10-Mile Challenge & 5-Mile Race, which may arise from my participation in the these races on December 2, 2006, 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 or legal guardian if under 18 years.

### The Eighth Annual Alan C. Sundberg, Jr. Memorial 5K Run

Saturday, October 28, 2006 at 8:00 a.m., Maclay Gardens

- 5K Run through Maclay Gardens
- Free Skin Cancer Screening
- Awards Ceremony
- Support Skin Cancer Awareness – And Help Save Lives!!



**Alan C. Sundberg, Jr.**  
**July 1964 – January 1998**

The race start time is 8:00 a.m. The entry fee is just \$12.00 and includes a race T-shirt. All proceeds will be donated to the Florida Skin Cancer Foundation. The



FSCF was founded in 1996 and is dedicated to educating Floridians about the dangers of prolonged exposure to the sun. For more information about the race or the Foundation, please contact William L. Sundberg at 850/402-3000.

#### THE EDGE DANCE AND FITNESS

Now Offers



#### FITNESS/PILATES

*Increase your endurance, flexibility and stability*

Monday/Wednesday 5:30 PM

Saturday 11:00 AM (All classes are one hour.)

1184D Capital Circle, NE (Across from Tom Brown Park)

Call 386-7254 Or Come Try A Class!!

Instructors are Runners Nancy Grissom, Juanice Hagan

**The Eighth Annual Alan C. Sundberg, Jr. Memorial 5K Run**  
**Sponsored by the**  
**Florida Skin Cancer Foundation**  
**Saturday, October 28, 2006 – 8:00 a.m.**  
**At Maclay Gardens**




---

**Alan C. Sundberg, Jr. Memorial 5K Run Entry Form & Waiver**

Name \_\_\_\_\_

Age on 10/28/06 \_\_\_\_\_ Sex: M F

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

T-shirt Size: Medium Large X-Large

Entry Fee: \$12.00, T-shirt included. Your entry fee will benefit the Florida Skin Cancer Foundation. Make checks payable to the Florida Skin Cancer Foundation, and mail with this form to FSCF, P.O. Box 5867, Tallahassee, FL 32314. For more information, please contact William L. Sundberg at 850/402-3000.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able, physically fit and properly trained. I assume any and all risks associated with this event, including but not limited to falls, contact with other participants, effects of weather, including high heat and/or humidity, traffic and conditions of the roads, all such risks being known and acknowledged by me. I agree to abide by all the decisions of the race officials relative to my ability to safely complete this run. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. Knowing these facts and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge all race officials, volunteers and all sponsors including their agents, employees, assigns or anyone acting on their behalf from any and all claims or liability for death, personal injury or negligence or carelessness on the part of the persons named in this waiver. This release and waiver extends to all claims of every kind and nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants full permission to the Florida Skin Cancer Foundation and/or agents authorized by them to use any photographs, videotapes, motion picture or any other record of this event for any legitimate purpose.

Date \_\_\_\_\_

Signature (parent or guardian must sign if entrant is under 18) \_\_\_\_\_

# Nancy S. Laux

Broker Associate, CRS, GRI



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*Jane (Continued from page 17)*

long run on the alternate weekends. This strategy gives your legs and your mind time to recover from your long runs.

6. Get a map and elevation chart of the marathon race course. I like to study the elevation and route of a marathon course and project how I will feel at each point. This prepares me for tough parts of a course (like heartbreak hill in Boston – which can really break your heart if you aren't prepared by fueling and backing off sufficiently before you get there.)

7. Don't leave your marathons on the road. I think overtraining is more harmful to your performance than under-training. There is no magic length to the longest run before a marathon. My longest marathon training run is 2 ½ hours (I measure time, not distance). I like to do at least three runs at that length. That's based on a projected finish of just under 3 hours, if your goal is a 4-hour finish time, your longest run should be adjusted proportionately.

8. If you don't already cross train, start. It's not only an injury prevention strategy – allowing you to increase your

cardiovascular capacity without pounding your running muscles - but it also helps you gain total body fitness. Upper body and abdominal strength can really help during the last miles of a marathon.

9. Choose a race that will provide crowd support or an interesting route that helps the miles go by faster. Don't underestimate the advantage that distractions along the course can give you mentally.

10. Maintain a regular stretching regimen. Marathon training can really tighten up your hamstring and calf muscles, which can shorten your stride and eliminate the vertical lift in your foot strike. (Jane's unedited account is on [www.gulfwinds.org](http://www.gulfwinds.org))

#### **Jane Johnson's Marathon record**

1<sup>st</sup> female 1996 & 1997 Jacksonville, 2000 Tucson, 2005 Dupont National Forest 2<sup>nd</sup> female 1995 Jacksonville and 1999 New Orleans

2<sup>nd</sup> master 1999 New York City, 3<sup>rd</sup> master 2001 Chicago, 4<sup>th</sup> master 2006 Austin, 5<sup>th</sup> master 2004 Boston, 6<sup>th</sup> master 2003 Boston

Chi Omega Sorority hosts their 3<sup>rd</sup> Annual

## WALK-FOR-WISHES

Benefiting the Make-A-Wish Foundation

Saturday, October 7<sup>th</sup>

**\$15.00 adults, \$12.00 students (includes T-Shirt)**

Registration at 7:30 a.m., 5K race begins at 8:30 a.m.

Start and finish will be at the Chi Omega house,  
661 West Jefferson Street

For more information and/or to register online visit

[www.gulfwinds.org](http://www.gulfwinds.org) OR [walkforwishes@hotmail.com](mailto:walkforwishes@hotmail.com)

**Prefontaine 5K Forest Run  
Silver Lake 9/23/2006  
Jeff Neilsen R.D.**

1	Gary	Droze	M 45	17:24	22	David	Cox	M 48	20:55
2	Michael	Martinez	M 40	17:52	23	Donald	Smith	M 27	21:00
3	Jay	Wallace	M 42	18:09	24	David	Chrzan	M 0	21:08
4	Eric	Smith	M 34	18:25	25	Jerry	McDaniel	M 52	21:16
5	Carl	Nordhielm	M 43	18:53	26	Mike	La Bossiere	M 40	21:24
6	Tim	Unger	M 47	19:03	27	Julia	Hempel	F 15	21:25
7	Bill	McCord	M 44	19:09	28	Jeff	Doherty	M 48	21:26
8	Marquies	Richardson	M 17	19:18	29	Keith	Rowe	M 45	21:30
9	Tony	Guillen	M 37	19:22	30	Jane	Johnson	F 47	21:33
10	Jack	McDermott	M 37	19:50	31	Aaron	Doheny	M 18	21:33
11	Fritz	Stoppelbein	M 20	19:54	32	Jay	Silvanima	M 46	21:39
12	Stephanie	Liles	F 34	19:59	33	Riley	Doherty	M 14	21:47
13	Charles	Galloway	M 57	20:04	34	Chris	Sumner	M 27	21:50
14	Amy	Paine	F 25	20:07	35	Chuck	Booker	M 56	21:51
15	Tom	Ratliffe	M 58	20:09	36	Don	Dietrich	M 49	21:52
16	Mike	Sims	M 54	20:10	37	Craig	Willis	M 55	21:59
17	Kati	Gosnell	F 26	20:18	38	Bob	Asztalos	M 47	22:04
18	Douglas	Covert	M 42	20:29	39	Chuck	Davis	M 45	22:17
19	Zach	Galloway	M 26	20:34	40	Fran	McLean	F 48	22:18
20	Mike	Weyant	M 40	20:47	41	Brant	Foster	M 45	22:25
21	John	Matthews	M 36	20:52	42	Bill	Perry	M 58	22:41
					43	Jon	Ahliquist	M 54	22:41
					44	Jeff	Kuperberg	M 46	22:48
					45	Ronald	Christen	M 60	23:00
					46	Gary	Cato	M 50	23:02
					47	Warren	Emo	M 53	23:04
					48	Wray	Pace	M 34	23:21

49	Guy	Anglin	M 63	23:27	105	Shianne	Huffman	F 17	28:43
50	Kirsten	Baggett	F 39	23:35	106	Jimmy	Lee	M 37	28:44
51	Dale	Smith	M 53	23:36	107	Bert	Wilkerson	M 39	28:50
52	Andy	Randall	M 37	24:23	108	Allana	Marchand	F 24	29:06
53	Jim	Taylor	M 49	24:23	109	Ellie	Sell	F 11	29:12
54	David	Yon	M 50	24:25	110	Peggy	Primicerio	F 48	29:37
55	Tommy	Risk	M 0	24:28	111	Luke	Kallschmidt	M 10	29:39
56	Tim	Brewton	M 51	24:28	112	Carson	Nennsteil	M 9	29:52
57	Albert	Weaver	M 14	24:39	113	Gordon	Morgan	M 59	29:57
58	Connie	Clarke	F 44	24:40	114	Mark	Beaudoin	M 48	30:06
59	Julie	Clark	F 44	24:43	115	Sherrri	Croom	F 30	30:10
60	Bill	Davis	M 54	24:55	116	Jo Lena	Pace	F 34	30:15
61	Steven	Stolting	M 47	24:56	117	Michele	Rowe	F 46	30:16
62	Nancy	Laux	F 44	25:03	118	Mike	Schneider	M 69	30:24
63	Rodney	Reams	M 37	25:05	119	Stephen	Veliz	M 37	30:25
64	Joe	Dexter	M 60	25:06	120	Yvonne	Michaud	F 49	30:27
65	Chris	Myrick	M 13	25:10	121	Lillie	Summer	F 25	30:28
66	Gatlin	Nennsteil	M 7	25:22	122	Jack	Brennan	M 37	30:34
67	Joey	Vannoy	M 13	25:32	123	Mary	Stutzman	F 58	30:42
68	Reid	Vannoy	M 48	25:33	124	Tom	Perkins	M 55	30:44
69	Dontrell	Perryman	M 16	25:36	125	Brent	Johnson	M 47	30:49
70	Crawford	Conrad	M 11	25:45	126	Michael	Baggett	M 40	30:50
71	John	Hazelton Jr	M 13	25:46	127	Diana	Caldwell	F 50	30:53
72	Toma	Wilkerson	F 37	25:53	128	Jackie	McDaniel	F 51	31:07
73	Ithel	Jones	M 52	26:12	129	Amy	Starkey	F 30	31:20
74	David	Darst	M 63	26:27	130	John	Morrill	M 54	31:22
75	Carlos	Zapata	M 61	26:33	131	Richard	Ziegler	M 47	31:27
76	John	Hazelton Sr.	M 46	26:35	132	Marguerite	McCauley	F 36	31:30
77	Ronald	Thomas	M 34	26:40	133	Zachary	Buchholz	M 11	31:33
78	Grady	Enlow	M 46	26:56	134	Lenore	McWey	F 35	31:45
79	Josh	Vandergrift	M 15	27:00	135	Mackenzie	Chesnutt	F 9	31:49
80	Lana	Sweeney	F 52	27:02	136	Richard	Addison	M 52	32:06
81	Clint	Watkins	M 63	27:04	137	Susan	Cornwell	F 57	32:19
82	Jerry	Chesnutt	M 56	27:13	138	Maria	Vives	F 33	32:26
83	Nancy	Widener	F 57	27:15	139	Kay	Posey	F 52	32:28
84	Don	Bryan	M 45	27:20	140	Robin	Adams	F 38	32:29
85	John	Falk	M 28	27:23	141	Thomas	Croom	M 31	32:34
86	Melissa	Zapata	F 27	27:31	142	Melissa	Griffin	F 40	32:38
87	Janine	Thomas	F 40	27:31	143	Wallace	Randell	M 53	32:56
88	Bill	Hunter	M 56	27:32	144	Luke	Liles	M 10	33:18
89	Nicholas	Plott	M 0	27:33	145	Dave	Watson	M 56	33:23
90	Jim	Huffman	M 41	27:35	146	Sondra	Lee	F 38	33:31
91	Ian	Haseldon	M 0	27:42	147	Charles	Futch	M 64	33:48
92	Jim	Lane	M 49	27:46	148	Nada	Scott	F 53	34:42
93	George	Kolp	M 61	27:52	149	Nadine	Dexter	F 47	34:54
94	Terry	Tenold	M 57	27:54	150	Christine	Stabley	F 30	34:58
95	Bonnie	Wright	F 50	28:04	151	Liz	Ulm	F 35	35:59
96	Martha M.	Kutter	F 28	28:10	152	Vincent	Dewar	M 9	36:15
97	Perha	Varley	F 62	28:12	153	Elizabeth	Peskin	F 29	36:37
98	Jacque	Myers	F 50	28:18	154	Lynn	Schuster	F 47	37:06
99	Beth	Alexander	F 42	28:22	155	Dawn	Brown	F 57	37:23
100	Linda	Pitts	F 47	28:24	156	Elenita	Gomez	F 33	37:26
101	Emily	Ketring	F 32	28:31	157	Willow	Shanti	F 36	38:23
102	Sean	Selvig	M 21	28:37	158	Richard	Harvey	M 26	38:37
103	Britt	Thomas	M 50	28:40	159	Arthur	Ward	M 73	38:41
104	Amanda	Caudill	F 0	28:42	160	Bernice	Mercer-Lewis	F 46	39:44

161	Richard	Deadman	M 64	39:44	169	Mary	Buchholz	F 44	44:01
162	Cynthia	Christen	F 53	40:18	170	Betty	Dewar	F 48	45:47
163	Michelle	Brookes	F 43	41:20	171	Josephine	Newton	F 80	46:20
164	Lisa	Morrill	F 51	42:10	172	Tamika	Brown	F 26	46:51
165	Charlie	Mesing	M 51	42:52	173	Rosalie	Myers	F 85	54:36
166	Cana	Nudi	F 50	42:55	174	Margarete	Deckert	F 73	57:09
167	Llana	Seay	F 35	43:41	175	Charlie	Yates	M 81	57:58
168	Kyle	Buchholz	M 9	44:01	176	Jere	Moore	M 74	57:59

**Prefontaine 5K Forest Run Silver Lake 9/23/2006 Gary Droze R.D.**

**Scholastic Runners**

**Top 20 Males**

**Top 20 Females**

1	Joseph	Franklin	Godby	16:45.50	1	Alicia	Fenley	Maclay	20:26.05
2	Tyler	Price	Wakulla	16:50.49	2	Katy	Swain	Maclay	21:03.74
3	Whitney	Strickland III	NFC	17:13.87	3	Shelby	Salemore	Maclay	21:41.69
4	Levon	Hoomes	Lincoln	17:34.15	4	Lindsey	Sanders	Maclay	21:56.12
5	Patrick	Swain	Maclay	18:00.52	5	Sydney	Nutting	Wakulla	22:11.11
6	Kurt	Dietrich	Lincoln	18:15.38	6	Nikki	Sanguiliano	Lincoln	22:12.59
7	Tyrone	Bynum	Godby	18:18.52	7	Georgia	Mitchell	Lincoln	22:13.88
8	Sean	Griffin	Maclay	19:00.62	8	Courtney	Whitehead	Lincoln	22:53.23
9	Dean	Sanders	E Gad	19:08.61	9	Sarah	Sorensen	Aucilla	22:58.26
10	Tyler	Council	NFC	19:09.15	10	Alexandra	Scanameo	Maclay	23:02.66
11	Dean	Nordhielm	Indep.	19:15.94	11	Tristan	Sorensen	Aucilla	23:14.42
12	Denael	Shaw	E Gad	19:20.11	12	Caitlyn	Crandall	Lincoln	23:21.06
13	Roger	Michaud	Lincoln	19:26.45	13	Kelbe	Beck	Lincoln	23:21.40
14	Tyler	Endicott	FL High	19:27.95	14	Ruby	Perez	FL High	23:45.49
15	Garrett	Dykes	Lincoln	19:28.81	15	Erin	Fraser	NFC	23:47.52
16	James	Van Horn	Lincoln	19:31.55	16	Olivia	Sorensen	Aucilla	23:50.89
17	Zachary	Tower	Lincoln	19:53.06	17	Lauren	White	JP II	23:59.24
18	Austin	Stevens	Maclay	19:53.93	18	Andreia	Fenley	Maclay	24:05.65
19	Holden		Maclay	20:00.10	19	Michnela	Roccanti	Aucilla	24:07.10
20	A. J.	Thompson	Godby	20:01.57	20	Deidre	Brockwell	JP II	24:35.86

**Sickle Cell 5K Run at Jake Gaither Park 9/9/06**

1	Chris	Gregory	19	M	17:36	17	Jon	Kerr	19	M	23:37
2	Hobson	Fulmer	50	M	19:23	18	Nancy	Laux	44	F	23:38
3	David	Cox	48	M	19:44	19	Andrea	Simmons	12	F	23:43
4	John-Pere	Agua	35	M	20:46	20	Desmond	Williams	23	M	23:50
5	Mike	LaBossiere	40	M	20:55	21	John	Showalter	47	M	23:59
6	Summer	Shepherd	13	F	21:05	22	Joyce	Harold	17	F	24:13
7	Bob	Aszalos	47	M	21:22	23	Genesis	Martinez	13	F	24:28
8	Brian	Cardman	44	M	21:46	24	James	Dunigan	18	M	24:36
9	Aaron	Baldree	29	M	22:20	25	Ryan	Coisson	21	M	24:39
10	Travis	Walker	27	M	22:24	26	George	Graham	24	M	24:40
11	Chase	Kurland	13	M	22:58	27	Chuck	Davis	45	M	24:42
12	Loranne	Ausley	42	F	23:05	28	Jenny	Vasek	22	F	24:44
13	Nick	Nichols	62	M	23:06	29	Toma	Wilkerson	28	F	24:54
14	Katie	Payne	13	F	23:17	30	Jack	McDermott	37	M	24:54
15	Robert	Draper	16	M	23:30	31	Eric	Feely	13	M	25:22
16	Terry	Ryan	57	M	23:32	32	Jimmy	Ledford	50	M	25:25

33	Julia	Draper	13	F	25:26	89	Amber	Alford	28	F	33:37
34	Carly	Thomas	12	F	25:29	90	Dawn	Mackland	35	F	33:39
35	Allyson	Alonso	12	F	25:30	91	Christopher	Doredant	15	M	33:46
36	Dillon	Ruthstrom	12	M	25:44	92	Martin	Treveno	36	M	33:47
37	Andrew	Clem	24	M	25:51	93	Vihrent	Dewar	4	M	34:18
38	Ben	Davis	30	M	26:00	94	Vicky	Bernal	54	F	34:54
39	Emmett	Reid	12	M	26:03	95	Emily M.	Davis	13	F	34:59
40	John	Falk	28	M	26:06	96	Arthur	Ward	72	M	35:17
41	Lacey	Langston	13	F	26:07	97	Mark A.	Jack	37	M	35:19
42	Jimmy	Huffman	41	M	26:09	98	Dawn	Brown	57	F	35:34
43	Charles	Ervin	63	M	26:14	99	Ian	Willis	12	M	36:36
44	David	Darst	63	M	26:25	100	Betsy	Johansen	48	F	36:41
45	Stacy	Boessel	34	F	26:26	101	Alex	Bowman	6	M	37:48
46	Lois	Shepherd	44	F	26:30	102	Ann	Bowman	38	F	37:49
47	Jerry	Chesnutt	55	M	26:37	103	Nic	Jensen	11	M	37:56
48	Lisa	Unger	38	F	26:52	104	Unknown1				38:00
49	Kodi	Keefer	13	M	26:59	105	Ed	Graham	59	M	39:09
50	Amaris	Noguera	20	F	27:06	106	Betty	Dewar	48	F	40:00
51	Laura	Gorham	12	F	27:25	107	Sandy	Damouni	21	F	40:14
52	Amanda	Caudill	17	F	27:30	108	Miranda	Raines	21	F	40:15
53	Rachel	Wirgav	16	F	27:31	109	Christi	Berrey	22	F	40:15
54	Larry	Austin	54	M	27:44	110	Ulysses	Jennings	49	M	40:34
55	Anna	Wirgav	15	F	27:45	111	Callie	Rasmussen	20	F	41:05
56	Shanne	Huffman	17	F	27:46	112	Jessica	Hawkins	21	F	41:24
57	Jasmine	Jenkins	13	F	27:47	113	Bernice	Lewis	46	F	41:42
58	Chris	Hawkins	44	M	27:58	114	Ruby M.	Nugent	23	F	43:21
59	Summer	Lullie	25	F	28:08	115	Ashley	Mitchell	22	F	43:22
60	Janice	Hawkins	44	F	28:19	116	Alicia	Mitchell	20	F	43:23
61	Monique	Manns	39	F	28:20	117	Robin	Parker	31	F	43:56
62	Eyler	Davison	13	M	28:23	118	Josephine	Newton	80	F	44:30
63	Astrid	Martinez	11	F	28:33	119	Unknown2				44:32
64	Pete	Kerwin	53	M	28:41	120	Unknown3				48:17
65	Rachel	Pye	17	F	28:45	121	Dorothy S.	Jean	22	F	48:17
66	Jamie	Barnes	25	F	28:50	122	Unknown4				48:19
67	Susan	Ledford	43	F	29:44	123	Claudia	Navas	22	F	48:19
68	John	Ohlin	50	M	29:44	124	Sarah	Brinkley	18	F	48:20
69	Krystal	Davis	12	F	29:53	125	Jarlynn	Johnson	23	F	48:38
70	Michael	Riley	50	M	29:58	126	Unknown5				48:39
71	Lawrence	Pillers	16	M	30:18	127	Unknown6				48:41
72	Kay	Posey	52	F	30:38	128	Ashley	Green	18	F	50:22
73	Emmanuel	Uwaibi	52	M	30:50	129	Jere	Moore	74	M	50:37
74	Rhianna	Green	19	F	31:12	130	Charley	Yates	81	M	50:37
75	Candace	Williams	13	F	31:16	131	Susan	Burroughs	44	F	51:29
76	Melissa	Oliphant	18	F	31:36	132	Angela	Baker	29	F	53:01
77	Jesse	Edwards	39	M	31:57	133	Amelia	Parnell	27	F	53:02
78	Ethan	Bonnell	12	M	32:04	134	Nzingu	Smith	19	F	53:04
79	Amanda	Uwaibi	17	F	32:07	135	Samaria	Bailey	20	F	53:05
80	Cameron	Ohlin	11	M	32:18	136	Unknown7				53:58
81	Diana	Hunter	30	F	32:33	137	Wayne	Kiger	7	M	57:53
82	Mickey	Pickler	44	M	32:40	138	Unknown8				57:54
83	William	Dewar	51	M	32:41	139	Unknown9				57:55
84	Stephen	Bailey	21	M	32:49	140	Paula	Kiger	41	F	57:56
85	Robert	Morris	74	M	32:54	141	Aisha M.	Ganzy	29	F	59:01
86	Nandi	Smith	13	F	33:10	142	Kimber	Redfern	18	F	59:50
87	Nadine	Dexter	47	F	33:24						
88	Mikela	Ross	8	F	33:25						

**Miccosukee Madness 8K  
Miccosukee Greenway  
8/26/06 Mike Sims, Tom  
Perkins R.D.'s**

1	Adam David Churchill	M 25	29:49	52	Clark Evans	M 22	43:55
2	Art Remillard	M 32	30:13	53	Sean Bower	M 42	44:03
3	Vince Molosky	M 27	30:14	54	Unknown		44:19
4	Tony Guillen	M 37	31:12	55	Ronald Thomas	M 34	44:28
5	Reid Vannoy	M 48	31:40	56	Ken O'Neal	M 46	44:29
6	Bill McCord	M 43	32:02	57	Lyndsey Hornbuckle	F 27	44:33
7	Steve Barraco	M 51	32:06	58	Clint Watkins	M 63	44:47
8	Fritz Stoppelbein	M 20	32:27	59	Lana Sweeney	F 52	44:56
9	Charles Kemeny	M 31	32:45	60	Keri White	F 21	44:58
10	Kati Gosnell	F 26	33:29	61	Beth Alexander	F 42	45:05
11	Jim Phillips	M 41	33:37	62	Vinny Cassidy	M 17	45:33
12	Tom Ratliffe	M 58	33:45	63	Ithel Jones	M 52	45:47
13	Douglas Covert	M 42	33:55	64	Pete Kerwin	M 53	46:03
14	Jay Silvanima	M 46	33:57	65	David Darst	M 63	46:20
15	Jack Mcdermott	M 37	34:27	66	Sandra Canada	F 43	46:25
16	Michael Quiggins	M 34	34:54	67	Lynn Powell	F 41	46:34
17	Craig Willis	M 55	35:06	68	Lee Becker	M 15	47:24
18	Mike La Bossiere	M 40	35:07	69	Christy Carson	F 37	47:38
19	Jane Johnson	F 47	35:40	70	John Falk	M 28	47:42
20	Kara Newell	F 22	35:40	71	Bert Wilkerson	M 39	47:51
21	David Cox	M 48	35:58	72	Amanda Burgess	F 21	47:52
22	Chuck Davis	M 45	36:08	73	Sunny Montas	F 31	48:05
23	Jeff Doherty	M 48	36:14	74	Jacque Myers	F 49	48:32
24	Craig Bruner	M 50	36:35	75	Mae Cleveland	F 66	48:38
25	Dana Stetson	M 49	36:45	76	Burt Von Hoff	M 54	48:51
26	Trey Beard	M 31	37:36	77	Martha Middlebrooks	F 28	48:59
27	Jeff Bowman	M 44	37:42	78	Debi Fadool	F 43	49:07
28	Chris Sumner	M 27	38:11	79	Sarah Earnhardt	F 27	49:12
29	David Yon	M 50	38:41	80	Jill Page	F 26	49:22
30	Jon Ahlquist	M 54	38:58	81	Bruce Lynn	M 59	49:43
31	Guy Anglin	M 63	39:02	82	Mary Stutzman	F 57	49:56
32	Dale L. Smith	M 53	39:07	83	Greg Jones	M 45	49:57
33	Aaron Bauldree	M 29	39:16	84	Unknown		49:59
34	Gary Cato	M 50	39:22	85	Unknown		50:00
35	Adam Hammond	M 25	40:10	86	Mike Schneider	M 69	50:30
36	Christy Pardieck	F 27	40:30	87	Stacie Smiley	F 32	52:20
37	Vanessa Escalara	F 16	40:41	88	Erik Fenniman	M 29	52:27
38	Billy Joe Smiley	M 37	40:42	89	Lenny Ceci	M 45	52:30
39	Sarah Pienkos	F 25	41:02	90	Jan Blue	F 52	52:36
40	Tim Brewton	M 51	41:22	91	Jill Ashoo	F 30	52:37
41	Joe E Dexter	M 60	41:27	92	Desiree Fenniman	F 28	52:43
42	Elizabeth Beane	F 32	41:51	93	Susan Cornwell	F 57	54:02
43	Rex Cleveland	M 67	42:11	94	Robin Adams	F 38	54:18
44	Lisa Echeverri	F 40	42:28	95	Kay Posey	F 52	54:19
45	Luis Bejarano	M 41	43:08	96	Richard Ziegler	M 47	54:24
46	Olivia Swedberg	F 22	43:08	97	Michelle Ledbetter	F 40	54:50
47	Marisa Jones	F 27	43:17	98	Willow Shanti	F 36	55:18
48	Harry Raysin	M 51	43:36	99	Ruth Jones	F 55	55:42
49	Thurmon Cutchins	M 46	43:45	100	Margot Palazesi	F 52	57:39
50	Kirsten Kinsley	F 34	43:47	101	Nada Scott	F 53	58:25
				102	Nadine Dexter	F 47	59:04
				103	Arthur B. Ward	M 72	63:29

**Miccosukee Madness 5K  
Miccosukee Greenway  
8/26/06 Mike Sims, Tom  
Perkins R.D.'s**

1	Christian	Minor	M19	16:05	50	Kevin	Bradberry	M14	21:48
2	Tommy	Noyes	M21	16:42	51	Justin	Rosenthal	M13	21:49
3	Tyler	Price	M17	17:09	52	Alicia	Fenley	F 14	21:51
4	Whitney	Strickland III	M15	17:25	53	Richard	Mann	M14	21:53
5	Levon	Hoomes	M17	17:38	54	Albert	Edwards	M13	21:54
6	Will	Stanford	M13	17:45	55	Don	Dietrich	M49	22:21
7	Robert	Beazley	M16	17:51	56	Keith	Martin	M17	22:21
8	Reynolds	Griner	M18	17:52	57	Austin	Gonzalez	M15	22:25
9	Matthew	Mizereck	M14	17:58	58	Brad	Givens	M17	22:29
10	Jared	Black	M18	18:13	59	Jennifer	Hillis	F 18	22:36
11	Eric	Smith	M34	18:15	60	Nikki	Sanguiliano	F 16	22:40
12	Connor	Sweeney	M15	18:28	61	Lisa	Sawicki	F 17	22:40
13	David	Twitcheil	M15	18:38	62	C	Laster	F 0	22:41
14	Kurt	Dietrich	M15	18:40	63	Lindsey	Sanders	F 14	22:46
15	Dominic	Nichols	M16	18:48	64	Brian	Post	M17	22:54
16	Sean	Griffin	M16	18:55	65	Brad	Williams	M17	22:55
17	Daniel	Doan	M0	19:11	66	Christine	Dion	F 19	23:00
18	Patrick	Lutz	M15	19:14	67	Connie	Ji	F 16	23:02
19	Garrett	Dykes	M15	19:27	68	Stephanie	Davis	F 17	23:03
20	Jana	Stolting	F 14	19:29	69	Richard	Stonebreaker	M17	23:07
21	Tyrone	Bynum	M15	19:52	70	Anna	Busby	F 16	23:13
22	Cody	Vincent	M15	19:55	71	Kyler	Ward	M16	23:15
23	Aaron	Carillos	M17	20:04	72	Alex	Taylor	M13	23:16
24	Tyler	Endicott	M17	20:08	73	Ryann	Matthews	F 21	23:18
25	James	Vonthom	M16	20:10	74	Scott	Kelly	M15	23:18
26	Amanda	Quick	F 18	20:20	75	Mallory	Alonso	F 15	23:25
27	Roger	Michaud	M16	20:24	76	Ismael	Sangare	M17	23:29
28	Ethan	Rosenblum	M15	20:28	77	Michael	Andrews	M16	23:34
29	Blair	Strickland	M12	20:35	78	Sydney	Nutting	F 15	23:35
30	Holden	Dickeson	M17	20:36	79	Kaitlyn	Crandall	F 17	23:40
31	Kenny	Turner	M14	20:39	80	Casey	Fort	M16	23:40
32	Nick	Fiore	M18	20:39	81	Jordan	Garcia	M15	23:42
33	Zachary	Tower	M15	20:40	82	James	Mc Glynn	M17	23:43
34	Tyler	Teagle	M14	20:41	83	David	Flowers	M17	23:43
35	Drew	Edwards	M15	20:49	84	Colin	Forrestall	M15	23:50
36	Gervarious	Byrd	M17	20:51	85	Ryan	Sweeney	M14	24:04
37	Patrick	Dennis	M15	20:51	86	Chris	Ellan	M24	24:06
38	Scott	Hampp	M16	20:58	87	Georgia	Mitchell	F 14	24:09
39	Katy	Swain	F 16	21:05	88	Ryan	Smith	M15	24:17
40	Alfred	Thompson	M16	21:10	89	Shelby	Salimone	F 14	24:23
41	Kaley	Matthews	F 19	21:29	90	Adam	Kovach	M18	24:36
42	Bill	McGuire	M59	21:31	91	Kellen	Denny	M15	24:39
43	Ben	Jackson	M16	21:33	92	Chad	Heckman	M33	24:41
44	Jarin	Whalley	M15	21:34	93	Jim	Taylor	M49	24:42
45	Harrison	Ausley	M14	21:37	94	Martin	Trevino	M36	24:44
46	Taylor	Van Winkle	M15	21:39	95	Laura	Cullen	F 19	24:46
47	Brian	Williams	M16	21:40	96	Robert	Draper	M16	24:50
48	Emily	Ness	F 16	21:41	97	Caitlin	Ridgewell	F 16	24:50
49	Tommy	Vanture	M16	21:46	98	Donovan	Geradine	M15	24:53
					99	Tyler	Erickson	M13	24:54
					100	Xin	Guan	F 16	24:54
					101	Erin	Fraser	F 15	24:55
					102	Travis	Black	M15	25:10
					103	Woody	Harvey	M17	25:18
					104	Calvin	Smith	M37	25:20
					105	Drew	Duncan	M17	25:24

106	Alexandra	Scanameo	F 14	25:27	162	Kaye	Jaynes	F 39	29:48
107	Seth	Coffin	M36	25:29	163	Ashlee	Pitts	F 17	29:58
108	Zack Ernst	M	15	25:33	164	Linda	Pitts	F 47	30:00
109	Martin	Landrito	M17	25:40	165	Cynda	Covert	F 14	30:13
110	John	Showalter	M47	25:40	166	Danielle	Jackman	F 14	30:21
111	Steven	Stolting	M47	25:41	167	Yvonne	Michaud	F 49	30:29
112	Dustin	Geradine	M11	25:44	168	Tanya	Jenkins	F 29	31:02
113	Ryan	Byrd	M16	25:47	169	Ryan	Burk	M34	31:21
114	Chase	Mamatey	M16	25:51	170	Melissa	Jackman	F 14	31:25
115	Ruby	Perez	F 17	25:53	171	Michael	Baggett	M40	31:26
116	Helena	Reid	F 12	25:55	172	Trimmel	Gomes	M21	31:28
117	Keith	Ritulski	M17	25:56	173	Lisa	Robinson	F 25	31:46
118	Ace	Haddock	M36	25:58	174	Vicki	Erwin-Wilson	F 43	32:02
119	Jackie Vanl	Laningham	F 14	25:59	175	Sondra	Lee	F 37	32:03
120	Joey	Vannoy	M13	25:59	176	Cayce	Hook	F 17	32:03
121	Rebecca	Saitz	F 24	26:00	177	Jeremy	Harrell	M14	32:05
122	Rodney	Reams	M37	26:03	178	Shannon	Walden	F 16	32:06
123	Annika	Silverman	F 15	26:04	179	Amy	Antimucci	F 30	32:15
124	Kayla	Rady	F 16	26:05	180	Liz	Fredrickson	F 16	32:16
125	Cecilia	Printy	F 16	26:05	181	Nicole	Price	F 17	32:22
126	Deidre	Brockwell	F 14	26:05	182	Rene	Michaud	M12	32:33
127	Christy	Forsyth	F 19	26:09	183	Glen	Miller	M48	32:46
128	Alden	Enlow	M15	26:21	184	Christine	Yannett	F 29	32:50
129	Neil	Autrey	M43	26:22	185	Casey	Hammond	F 23	32:52
130	Lauren	White	F 16	26:39	186	Roxanne	Haynes	F 21	32:57
131	Taz	Dorsey	F 15	26:40	187	Bill	Dobson	M52	33:05
132	Amanda	Gonzalez	F 17	26:45	188	Jill	Reis	M16	33:13
133	Sarah	Proctor	F 15	26:50	190	Casey	Malone	F 17	33:21
134	Stephanie	Post	F 0	26:56	191	Kenny	Price	M13	33:23
135	Ali	Murray	F 0	26:57	192	Ryan	Harvell	M15	33:26
136	Kathleen	Ogden	F 16	27:11	193	Chris	Becker	M51	33:40
137	Andreia	Fenley	F 17	27:12	194	Joshua	Crow	M12	33:47
138	Jim	Huffman	M41	27:14	195	Ethan	Bonnell	M12	33:54
139	Landon	Pugh	M24	27:34	196	Billy	Groff	M17	34:00
140	Caren Lee	Parslow	F 13	27:39	197	Randy	Dumm	M50	34:29
141	Jim	Mcneal	M32	27:43	198	Christopher	Martin	M18	34:44
142	Melissa	Zapata	F 27	27:48	199	Deande	Dorant	M0	34:46
143	Drew	Donnelly	M16	27:54	200	Reggie	Farque	M38	35:01
144	Bridge	Wilson	M10	27:56	201	Salim	Talib	M57	35:07
145	Adreane	Echeverri	F 14	28:00	202	Crystal	Dowd	F 24	35:11
146	Jimmy	Lee	M37	28:02	203	Chris	Doredant	M15	35:13
147	Kodi	Keefer	M13	28:10	204	Sydney	Wasdin	F 14	35:50
148	Bailey	Glazer	F 14	28:19	205	Ray	Hanlon	M63	36:07
149	Amy	Murray	F 13	28:20	206	Will	Morris	M17	36:16
150	Hailey	Baldwin	F 13	28:21	207	Aimin	Wen	F 43	36:22
151	Anne	Wirgau	F 15	28:39	208	Laura	Kelley	F 46	36:53
152	Rachel	Wirgau	F 16	28:42	209	Caitilin	Harrison	F 14	38:47
153	Shianne	Huffman	F 17	28:42	210	Jessica	Olney	F 34	39:06
154	Joanna	Forsyth	F 15	28:52	211	Matthew	Olney	M42	39:08
155	Erin	Saha	F 15	28:53	212	Melissa	Becker	F 21	42:52
156	Nordian	Brown	F 16	28:55	213	Andrew	Bean	M27	42:53
157	Kirsten	Mcllrath	F 24	29:04	214	Gavin	Laver	M13	42:59
158	Stephen	Veliz	M37	29:06	215	Jere	Moore	M74	49:15
159	Jerry	Chesnutt	M56	29:07	216	Lauren	Sproull	F 27	50:49
160	Scott	Anderson	M13	29:08	217	Terry	Knowlton	F 28	50:49
161	Julia	Yang	F 16	29:22					

**Miccosukee Madness 3K  
8/26/06 Mike Sims, Tom  
Perkins R.D.'s**

1	Brian	Bowden	M 12	11:39	53	Jordan	Cason	F 13	17:46
2	Raleigh	Clarke	M 16	12:19	54	Astrid	Martinez	F 11	17:47
3	Riley	Doherty	M 14	12:33	55	Aimee	Pragle	F 27	17:48
4	Joshua	Bridgeman	M 14	12:36	56	Tammie	Goss	F 37	17:55
5	Summer	Shepherd	F 13	12:47	57	Mark	Hash	M 44	17:59
6	Zach	White	M 12	13:04	58	Chris	Eichler	M 14	18:17
7	Courtney	Whitehead	F 15	13:37	59	Andy Bob	Fadool	M 13	18:20
8	Will	Harvey	M 15	13:40	60	Jennifer	DeGrace	F 25	18:27
9	Katie	Payne	F 13	13:40	61	Gregory	Miller	M 13	18:28
10	Rachel	Givens	F 11	13:53	62	Lindsey	Welch	F 11	18:29
11	Phillip	Hough	M 12	13:57	65	Mackenzie	Chesnutt	F 9	18:32
12	Chris	Myrick	M 13	13:58	66	Carrie	Graham	F 13	18:33
13	Erin	Kenney	F 13	13:59	67	Rachel	Capps	F 15	18:33
14	Chase	Kurlander	M 13	14:12	68	Brady	Kidd	F 11	18:35
15	Allyson	Alonso	F 12	14:14	69	Chelsi	Hamilton	F 11	18:35
16	Julia	Draper	F 13	14:18	70	Bailey Ann	Harper	F 13	18:36
17	Will	Henderson	M 12	14:30	71	Wyatt	Harvey	M 11	18:44
18	Christopher	Fiore	M 12	14:46	73	Jill	Gustafson	F 38	18:52
19	Will	Baldock	M 13	14:48	74	Holly	Brooks	F 13	18:54
20	Genesis	Martinez	F 13	14:49	75	Kristen	Ahlquist	F 13	19:11
21	Lia	Lombardi	F 11	14:53	76	Youngik	Suh	M 30	19:23
24	Dillon	Geradine	M 12	14:56	77	Kathleen	Brooks	F 44	19:24
25	Bobby	Nelson	M 13	15:03	78	Megan	Konyndyk	F 11	19:25
26	Cameron	Wong	M 11	15:13	79	Spencer	Cason	F 10	19:25
27	Allison	Bowden	F 10	15:20	80	Mell	Cason	M 52	19:27
28	Laura	Welch	F 45	15:28	81	Michael	Mcguire	M 11	19:27
29	Nick	Dietrich	M 9	15:28	82	Zach	Buccholz	M 11	19:30
30	Carly	Thomas	F 12	15:28	84	Clara	Kramer	F 11	19:36
31	Mark	Dietrich	M 51	15:31	85	Madison	Farris	F 11	19:37
32	Andrea	Simmons	F 12	15:32	86	Vincent	Dewar	M 9	19:41
33	Don	Dietrich	M 49	15:36	87	Kathy	Barnett	F 49	19:52
34	John	Farris	M 13	15:37	88	Jessica	Pearson	F 11	20:08
35	Kel	Farris	M 54	15:38	89	Alex	Bryson	M 13	20:17
36	Caitlyn	Chrisco	F 15	15:47	90	Ryan	Miller	M 13	20:17
37	Jean	Shuman	F 12	15:53	93	Alexander	Bowman	M 6	20:51
38	Brandon	Bachtel	M 12	15:53	94	Kate	Bassett	F 13	21:31
39	Jonathan	Nelson	M 11	16:02	95	Dean	Washington	M 0	21:33
40	Aaron	Bauldree	M 29	16:18	96	Devon	Lynn	M 14	21:33
41	John	Ervin	M 12	16:24	97	Melanie	Hartsfield	F 14	22:46
42	Cameron	Ohlin	M 11	16:30	98	Sam	Hyde	M 13	23:11
43	Marshall	Hendlin	M 10	16:32	99	Katherine	Resavage	F 5	23:36
44	Rasheed	Cherry	M 13	16:34	100	Betty	Dewar	F 48	24:39
45	Michelle	Macdonald	F 15	16:49	101	Lindsey	Murkerson	F 7	24:46
46	David	Stupski	M 13	16:50	102	Alexis	Spain	F 12	25:25
47	Devin	Kelly	M 0	16:52	105	Morgan	Phillips	F 10	27:41
48	Autumn	Thomas	F 12	17:01	106	Mitch	Phillips	M 7	27:55
49	Dakota	Geradine	M 11	17:03	107	Lori	Lynn	F 35	28:05
50	Ali	Wingate	F 11	17:11	108	Connor	Lynn	M 10	28:07
51	Cynthia	Howell	F 16	17:32	109	Marie	Aguirre	F 43	28:10
52	Christopher	Hash	M 11	17:46	112	Wayne K	Kiger	M 7	33:02
					113	Paula	Kiger	F 41	33:02
					114	Cheslyn	Donaldson	F 9	34:39
					115	Hannah	Brackett	F 10	34:48
					116	Drew	Owen	M 19	37:22
					117	Cameron	Massa	M 17	37:31
					118	Terry	Massa	F 48	37:32

### Grand Prix Status through Prefontaine 9/23/06

<u>Overall Female</u>					Breanna	Bruner	10	3	41
Stephanie	Liles	33	7	180	Lily	Williams	11	2	40
Kirsten	Baggett	39	8	123	Georgia	Mitchell	13	2	40
Julie	Clark	44	6	92	Allison	Clarke	14	1	12
Jane	Johnson	46	5	85	Jenny	Johnson	12	1	12
Fran	McLean	48	5	77	Maria	Coukoulis	12	1	12
Christy	Pardieck	27	6	68	Adreane	Echeverri	13	1	12
Sheryl	Rosen	21	3	67	Nikki	Anderson	14	1	6
Connie	Clarke	44	6	66	<u>15-19 Female</u>				
Sarah	Docter- Williams	41	2	60	Kelly	Savery	17	1	20
Kara	Newell	21	2	60	Whitney	Alexander	15	1	20
Kathy	Lindsay	46	5	47	Kaitlyn	Crandall	16	1	20
Loranne	Ausley	42	4	44	<u>20-24 Female</u>				
Nancy	Laux	44	4	22	Sheryl	Rosen	21	3	55
Sarah Earnhardt	Dugas	27	2	18	Kara	Newell	21	2	40
Seeley	Lovett	29	1	17	Megan	Pettifor	21	2	30
Judy	Alexander	44	2	16	Amanda	Burgess	20	2	27
Lisa	Johnson	24	1	15	Lisa	Johnson	24	1	20
Nancy	Widener	56	3	13	Alexis	Newell	23	1	15
Bonnie	Wright	50	2	12	Kristine	Isom	21	1	15
Elizabeth	Kelsey	29	2	12	<u>25-29 Female</u>				
Lisa	Whitworth	35	1	11	Christy	Pardieck	27	6	115
Kaitlyn	Crandall	16	1	11	Elizabeth	Kelsey	29	6	87
Jacque	Myers	49	1	7	Sarah Earnhardt	Dugas	27	4	59
Toma	Wilkerson	36	1	7	Rita	Tweed	29	5	57
Kelly	Savery	17	1	7	Melissa	Zapata	26	2	30
Yvonne	Gsteiger	48	1	5	Seeley	Lovett	29	1	20
Jo Lena	Pace	33	1	5	Jill	Page	25	1	20
Lisa	Unger	38	1	5	Martha M	Kutter	27	1	15
Penny	Isom	43	1	3	Jessica	Kemeny	26	1	12
Jessica	Kemeny	26	1	3	Tamika	Brown	25	1	12
Diana	Jones- Ellis	49	1	3	Rebecca	Falk	27	1	8
Melissa	Zapata	26	1	3	<u>30-34 Female</u>				
Beth	Alexander	41	1	3	Stephanie	Liles	33	7	140
Angela	Dempsey	37	1	3	Jo Lena	Pace	33	8	122
<u>1-9 Female</u>					Sara	Cleveland	33	3	47
Mackenzie	Chesnutt	8	5	87	Maria	Vives	32	1	12
Lilly	Unger	3	4	49	Amy	Brown	33	1	12
Lauren	Peavy	8	3	44	<u>35-39 Female</u>				
Cheslyn	Donaldson	9	3	40	Kirsten	Baggett	39	8	160
Katie	Whitworth	8	1	20	Janine	Thomas	39	7	89
Cecelia	Williams	9	1	20	Lisa	Unger	38	5	69
Caroline	Campbell	6	1	10	Willow	Shanti	36	6	40
Laura	Ceci	3	1	8	Sherrrie	Peavy	37	4	38
<u>10-14 Female</u>					Marguerite	McCauley	35	4	32
Melissa	Jackman	14	8	98	Toma	Wilkerson	36	2	27
Danielle	Jackman	14	7	94	Melissa	Rudd	38	2	25
Erin	Fraser	14	4	70	Lisa	Whitworth	35	1	20
Cynda	Covert	14	3	42	Robin	Adams	37	2	18

Angela	Dempsey	37	1	15	Ruth	Jones	54	6	66
Marisol	Roberts	35	2	12	Nada	Scott	52	5	38
Barbara	Auger	38	2	10	Jan	Blue	51	2	20
Ann	Bowman	37	1	10	Cynthia	Christen	52	3	18
Birgit	Cromartie	35	1	8	Vicky	Bernal	54	4	18
Sondra	Lee	37	1	6	Margot	Palazesi	51	2	12
Jennifer	Winegardner	37	1	6	Kay	Posey	52	1	12
Lena	Juarez	36	1	2	Kathy	Flippo	52	2	8
<b><u>40-44 Female</u></b>					Angie	Goodman	51	1	8
Julie	Clark	44	6	110	Dianne P	Douglas	52	2	8
Connie	Clarke	44	7	106	Sue	Kelly	54	1	8
Beth	Alexander	41	9	82	<b><u>55-59 Female</u></b>				
Nancy	Laux	44	5	62	Nancy	Widener	56	6	115
Loranne	Ausley	42	4	62	Mary	Stutzman	57	7	112
Sarah	Docter- Williams	41	2	40	Susan	Cornwell	56	8	104
Judy	Alexander	44	3	31	Dawn	Brown	57	8	80
Penny	Isom	43	3	28	Marsha	Vaile	56	4	54
Sherri	Jackman	42	2	16	Emily	Ruddell	59	2	22
Lisa	Echeverri	40	2	16	Janice	Hochstein	55	1	20
Paula	Kiger	41	2	12	Karen	Smith	57	1	12
Susan	Ledford	42	2	12	Christie	Koontz	56	1	6
Lisa	Cox	40	1	10	Gloria	Crittenden	57	1	4
Sandra	Canada	43	2	10	<b><u>60-64 Female</u></b>				
Barbara	McKibben	43	1	6	Perha	Varley	61	4	80
Dawn	Jimenez	40	1	6	Pheona	Kaiser	63	2	35
Sue	Bickford	40	1	4	<b><u>65-69 Female</u></b>				
Nancy	Donovan	40	1	2	Mae	Cleveland	66	6	120
Kirsten	Anderson	41	1	2	Mary Lou	Manausa	67	3	42
<b><u>45-49 Female</u></b>					Dot	Skofronick	68	1	15
Jane	Johnson	46	5	100	<b><u>70-74 Female</u></b>				
Fran	McClean	48	7	97	Margarete L	Deckert	72	4	80
Kathy	Lindsay	46	6	89	<b><u>75 + Female</u></b>				
Jacque	Myers	49	6	72	Josephine K	Newton	79	6	120
Nadine	Dexter	47	7	62	Rosalie	Myers	84	7	115
Diana	Jones- Ellis	49	3	33	<b><u>Overall Male</u></b>				
Chris	Savery	47	3	26	Michael	Martinez	40	9	173
Terry	Massa	48	5	26	Carl	Nordhielm	43	9	166
Sissi	Carroll	47	2	25	Jared	Black	17	7	133
Yvonne	Gsteiger	48	2	24	Tim	Unger	46	8	119
Michele	Rowe	45	2	16	Eric	Smith	33	6	91
Linda	Avant	48	1	15	Bill	McCord	43	8	86
Kathy	Dunnigan	47	1	8	David	Yon	50	6	73
Dianne	Dearduff	46	1	6	Jay	Wallace	41	4	70
Pam	Breza	45	1	6	Levon	Hoomes	16	2	60
Debby	Alexander	45	1	6	Tony	Guillen	37	5	41
Cathy	McCarty	49	1	4	Felton	Wright	48	6	36
Mary Jane	Tappen	48	1	2	Reynolds	Griner	17	2	35
<b><u>50-54 Female</u></b>					Dean	Nordhielm	16	1	20
Bonnie	Wright	50	8	150	Tom	Ratliffe	58	2	18
Jackie	McDaniel	51	7	96	Fritz	Stoppelbein	20	2	14
Mary Jean	Yon	50	6	92	Jack	Mcdermott	36	2	14

Greg	Waddell	39	1	13	Casey	Perkins	20	2	30
Hobson	Fulmer	50	1	9	Clark	Evans	22	2	24
Jeff	Nielsen	48	2	8	James	Dexter	21	1	20
Mike	La Bossiere	39	1	7	Chris	Dexter	24	1	12
Jay	Silvanima	45	1	7	<u>25-29 Male</u>				
Reid	Vannoy	47	1	5	Donald	Smith	26	4	80
Mike	Weyant	40	1	5	John	Falk	27	6	79
Charles	Kemeny	30	1	5	Chris	Sumner	26	5	74
Craig	Willis	54	1	3	Joe	Crook	26	4	55
Jerry	McDaniel	52	1	3	Maroun	Beyrouthy	29	3	50
Andy	Roberts	38	1	3	Michael	Pasquier	25	1	20
David	Cox	47	1	3	Gabriel	Giordano	28	1	15
<u>1-9 Male</u>					Phillip	Claiborne	25	1	12
Nick	Dietrich	9	4	80	<u>30-34 Male</u>				
Jimmy	Baggett	6	3	47	Eric	Smith	33	6	120
Jeff	Auger	9	3	42	Scott	Heath	34	8	115
Joshua	Liles	6	2	30	Charles	Kemeny	30	2	35
Chad	Manausa	9	2	27	Brian	Burch	31	2	30
Alexander	Bowman	5	2	18	Jobst	Elster	33	2	25
Wayne K	Kiger	6	2	16	Ronald	Thomas	34	1	15
Colbi	Hopkins	7	1	10	Chad	Heckman	32	1	15
Chris	Lindsay	9	1	6	Damian	Wilson	32	1	10
Luke	Ceci	6	1	4	<u>35-39 Male</u>				
Zach	Roberts	7	1	2	John	Matthews	35	9	121
<u>10-14 Male</u>					Tony	Guillen	37	5	100
Luke	Liles	10	4	62	Mike	La Bossiere	39	6	80
Jamie	Wright	12	3	47	Stephen	Veliz	36	5	47
Travis	Black	14	2	40	Chad	Henry	36	4	45
Joey	Vannoy	12	2	40	Andy	Roberts	38	3	44
Travis	Covert	11	2	35	Jack	McDermott	36	2	30
Michael	McGuire	11	2	25	Greg	Waddell	39	1	20
Patrick	Dennis	14	1	20	Travis	Miller	36	1	12
Nicholas	Minno	11	1	20	David	Ensley	36	2	10
Davis	Clarke	11	1	15	Jeff	Bryan	38	1	10
<u>15-19 Male</u>					Jimmy	Lee	36	1	8
Jared	Black	17	7	125	Mark	Delegal	38	1	6
Michael	Dobson	15	6	87	Jack	Brennan	36	1	4
Reynolds	Griner	17	2	40	Hayden	Dempsey	38	1	4
Levon	Hoomes	16	2	40	<u>40-44 Male</u>				
Brad	Givens	17	3	28	Michael	Martinez	40	9	146
Aaron	Doheny	17	1	20	Carl	Nordhielm	43	9	143
Thomas	Lynch	19	1	15	Bill	McCord	43	8	109
Dean	Nordhielm	16	1	15	Jay	Wallace	41	4	55
Jeff	Givens	19	1	12	Douglas	Covert	41	5	44
Chase	Mamatey	15	1	10	Chuck	Davis	44	6	40
Cameron	Massa	16	1	8	Mike	Weyant	40	4	36
Andrew	McWilliams	15	1	8	Mike	Boll	41	6	34
Christopher	McGuire	16	1	8	Frank	Rudd	42	3	18
<u>20-24 Male</u>					Sean	Phelps	42	2	16
Fritz	Stoppelbein	20	4	80	Keith	Rowe	44	4	14
Daniel	Scheller	23	2	30	Cris	Williams	44	1	6
					Robert	McNeal	44	1	4

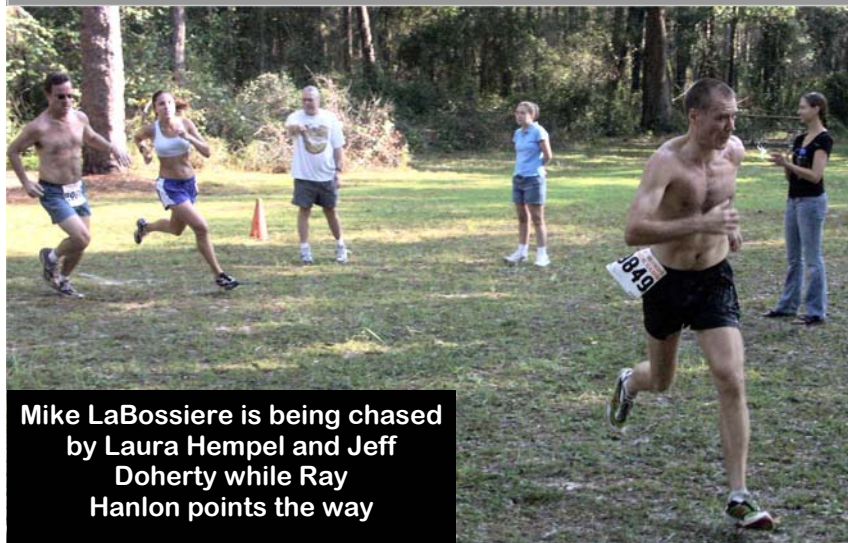
Sean	Bower	41	2	4	Tom	Ratliffe	58	8	155
Rob	Dearduff	40	1	4	Terry	Ryan	57	7	76
Bennett	Chesser	42	1	4	Bill	McGuire	58	4	62
Grea	Bevis	44	1	2	Gordon	Morgan	59	9	60
<b><u>45-49 Male</u></b>					Gary	Griffin	56	3	43
Tim	Unger	46	8	160	Jerry	Chesnutt	55	6	42
Felton	Wright	48	6	92	Chuck	Booker	55	3	37
Jay	Silvanima	45	7	86	Joe E	Dexter	59	4	34
David	Cox	47	7	73	Joe	Donoghue	58	3	33
Gary	Cato	49	6	48	Terry	Tenold	56	4	32
Jeff	Nielsen	48	2	27	Rob	Cunningham	57	2	18
Jeff	Kuperberg	45	3	26	Jerry	Ongley	58	1	15
Robby	Turner	47	4	22	Bruce	Lynn	58	2	14
Daniel	Fortunas	45	2	18	Bill	Perry	57	1	12
Reid	Vannoy	47	2	17	David	Farnsworth	55	1	8
Myron	Herring	46	2	14	Dennis	Hitchens	55	1	6
Jimmy	Ledford	49	3	14	Warren	May	58	1	2
Paul	Peavy	46	2	10	Gene	Opheim	59	1	2
Bob	Asztalos	46	1	10	<b><u>60-64 Male</u></b>				
Matthew F	Minno	46	1	10	Guy	Anglin	62	7	113
Timothy	Hoomes	47	1	8	Ronald	Christen	60	6	107
Richard	Ziegler	46	1	8	Clint	Watkins	63	8	87
Reg	Perry	46	1	6	George S	Palmer	61	7	83
Glen	Alexander	49	1	6	Maynard	Sweeley	61	6	74
Harry	Detwiler	46	1	4	David	Darst	62	8	69
Steven	Stolting	47	1	4	Carlos	Zapata	60	7	50
Bill	Hollimon	45	1	2	Nick	Yonclas	62	2	26
David	Voorting	45	1	2	Charles R	Futch	64	2	10
Scott	Savery	48	1	2	Ray	Hanlon	62	3	10
<b><u>50-54 Male</u></b>					Shaun	Donahoe	62	1	4
David	Yon	50	8	138	Mark	Hillis	63	1	2
Mike	Sims	53	9	119	David E	Smith	61	1	2
Jerry	McDaniel	52	7	95	<b><u>65-69 Male</u></b>				
Craig	Willis	54	8	93	Rex	Cleveland	66	8	160
Warren A	Emo	52	8	64	Mike	Schneider	68	8	107
Hobson	Fulmer	50	3	50	John	Rakestraw	69	7	105
Dale L	Smith	52	4	26	James	Story	65	1	10
Tim	Brewton	50	4	24	<b><u>70-74 Male</u></b>				
Rick	Givens	54	2	14	Arthur B	Ward	72	9	122
Mark	Dietrich	50	4	12	Bob	Keller	71	6	120
Richard L	Addison	51	3	10	Robert	Morris	74	8	117
Bud	Fennema	50	1	8	Jere	Moore	73	6	63
Ithel	Jones	51	2	8	Bill	de Grummond	71	2	35
Alfred	Bea	50	1	6	James	Skofronick	74	2	20
Shannon	Sullivan	51	1	4	<b><u>75 + Male</u></b>				
Ed	Claiborne	51	1	4	Charlie R	Yates	80	7	135
Pete	Kerwin	53	1	2	John	Alderson	79	1	20
Wes	Bruner	51	1	2					

**55-59 Male**

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



**Sickle Cell 5K Start**



**Mike LaBossiere is being chased by Laura Hempel and Jeff Doherty while Ray Hanlon points the way**



**Maria Vives**

**Kay Posey**

**Robin Adams**

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](http://www.gulfwinds.org) for more information on the Fund.

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

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

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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.