



# The Fleet Foot



\$2.00

Volume 31 Issue 8 **Newsletter of the Gulf Winds Track Club**

Sept. 2006



**Whitney Strickland, Connor Sweeney and Jared Black lead the Heat 1 Pack at Breakfast on the Track**

**GWTC Elections! Send your nominations for Officers and Board Members to Bill McGuire at 1978 Setting Sun Tr. Tallahassee FL 32303 or [bmcguire31@comcast.net](mailto:bmcguire31@comcast.net)**

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### Upcoming Grand Prix Races

- Sep. 23 Prefontaine 5K (trail)**
- Oct. 28 Boston Mini (Half marathon)**
- Nov. 11 Veteran's Day Classic 10K**



**LEFT—Breakfast on the Track—Heat 3A**

**Front Row  
L to R  
Gary Cato, Joe Donoghue, Terry Ryan and Cris Williams**



**Mike Boll, Chris Sumner (center) and Ithel Jones leading Heat 5 at the Breakfast on The Track**

<p><b>P.R's</b></p> <p><b>At the Firecracker 5K</b></p> <p><b>Nancy Laux</b>                    23:49  <b>Glen Alexander</b>                33:35</p> <p><b>At the Southeast Games T/F</b>  <b>Jimmy Baggett</b> 1500 meter racewalk - 12:48, 800 meter run 4:00; and turbo javelin - 27' 3"</p> <p><b>Kirsten Baggett</b> 400 meter - 1:14; 1500 meter - 6:02; 800 meter - 2:54; 5000 meter - 23:21</p> <p><b>Atlanta 8 hour run</b>  <b>Jack McDermott</b>    50.1 miles  <b>Gary Griffin</b>            45 miles</p>	<p><b>Memberships - 397 families, 703 individuals</b></p> <p><b>New Members 6-25-06 - 8-13-06</b></p> <table border="0"> <tr><td>Brant</td><td>Foster</td></tr> <tr><td>Scott</td><td>Ingram</td></tr> <tr><td>Connor</td><td>Ingram</td></tr> <tr><td>Fred</td><td>Johnson</td></tr> <tr><td>Laura</td><td>Johnson</td></tr> <tr><td>Maddie</td><td>Johnson</td></tr> <tr><td>Greg</td><td>Jones</td></tr> <tr><td>Martha Middlebrooks</td><td>Kutter</td></tr> <tr><td>Tarik</td><td>Noriega</td></tr> <tr><td>Matthew</td><td>Olney</td></tr> <tr><td>Jessica</td><td>Olney</td></tr> <tr><td>Kathy</td><td>Rodzinka</td></tr> <tr><td>David</td><td>Thompson</td></tr> </table> <p><b>How about voting for a Best Cover photo of 2005, and an all time favorite cover for the old timers?</b>  Call 893-9739 or e-mail <a href="mailto:fdeckert1@juno.com">fdeckert1@juno.com</a></p>	Brant	Foster	Scott	Ingram	Connor	Ingram	Fred	Johnson	Laura	Johnson	Maddie	Johnson	Greg	Jones	Martha Middlebrooks	Kutter	Tarik	Noriega	Matthew	Olney	Jessica	Olney	Kathy	Rodzinka	David	Thompson
Brant	Foster																										
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Tarik	Noriega																										
Matthew	Olney																										
Jessica	Olney																										
Kathy	Rodzinka																										
David	Thompson																										
<p><b><u>Last minute: Sept. 28 Owl Run 2M. 10:30 a.m. Everhart School, 2750 Mission Rd. Bill McGuire 562-2295 <a href="mailto:bmcguire31@comcast.net">bmcguire31@comcast.net</a></u></b></p>																											
<p><b>GWTC Board Meetings 7:30 p.m.</b></p> <table border="0"> <tr> <td>September 13</td> <td>Terry Ryan</td> <td>668-4373</td> </tr> <tr> <td>October 11</td> <td>David and Mary Jean Yon</td> <td>668-2236</td> </tr> </table>		September 13	Terry Ryan	668-4373	October 11	David and Mary Jean Yon	668-2236																				
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**GULF WINDS TRACK CLUB  
July 12, 2006 Business Meeting  
Hosted by Tom Perkins and  
Jeanne O'Kon**

**Board/GWTC Members present:**  
**Tom Perkins, Jeanne O'Kon, David and Mary Jean Yon, Beth Alexander, Charlie Yates, Nadine Dexter, Bonnie Wright, Bill Lott, Peg Griffin, Brian Corbin, Judy Alexander, Terry Ryan, Terry Massa and Nancy Laux.**

**Tom Perkins** called the meeting to order at 7:47 PM and quorum was established. The June minutes were reviewed. A motion was made, seconded and passed

by unanimous vote to accept the minutes as presented.

**New Business:** Jack McDermott indicated by email to the Board he is resigning as director of the Tallahassee Marathon. He does not have the time this year to commit as director. Also, other cities in Florida have marathons on President's Day weekend and refuse to move to a different date. After brief discussion, it was decided the race should go on with a new director. Several names were discussed as possible new directors. The issue was tabled until next month when Tom could report about speaking to possible candidates for the job.

**REPORTS:****Race Director – Judy Alexander**

reported she wants to donate 50% of the proceeds from the 10 Mile Challenge to the Leon Crew Team. **Nancy Laux**, a new member of the Club and fund raiser for the team, gave the Board some background information about Crew Team expenses. Nancy also said she would provide volunteers and runners for the race. A motion was made, seconded and passed with one vote in opposition to approve Judy's request. In addition, Judy announced a new venue for this race that starts at **Tiny's Barbeque**. The course will include Jackson Bluff Road and Aeon Church Road toward Silver Lake. It will continue to challenge runners and will be an out and back race with the option of a 5 mile run. **Judy, Brian, and Bill McGuire** ran the course on a Saturday morning and experienced little traffic at 8 am. Also, they found a large space for parking. Tiny's will provide a sandwich, drink and side for \$3.00 after the race.

**Race Director Coordinator – Charlie**

**Yates** reported he was contacted about races reaching Grand Prix status; he directed all inquiries to our website which has the details. The Sickle Cell office has moved and he is helping this organization obtain order. The Pine Run is still on as far as we know.

**Chenoweth Fund – David Yon**

no report.

**Membership – Peg Griffin** reported that there are currently 695 members represented by 395 households.

**Treasurer's Report – Bonnie Wright**

presented the budget for June. She caught several errors that the bank made. Kathy McDaris asked that the Red Hills triathlon move to the Club's finances. Red Hills has corporation status and pays taxes. They would need to dissolve this status before joining the Club. After much discussion, this was tabled until next month allowing Bonnie to communicate with Kathy. We also need to consult with RRCA although Red Hills brings their insurance with the triathlon.

**Grand Prix Committee –****Jeanne O'Kon** reported **Jackie**

**McDaniel** is an excellent addition to the Grand Prix committee. Christmas Connection is seeking a race director. Summer Grand Prix continues with great crowds.

**Training Committee – Nadine Dexter**

reported the new Beginning Running Group will begin September 6. She is securing permission to use the track at FSU but renovation to the track building is scheduled to commence at some point. She is lining up speakers too. Nadine reported that FSUCares race date has moved once again: now it is incorporated into Homecoming which is November 18. This is a positive change for the race. FSU wants a certified race course that does not run around the stadium.

**Equipment – Nadine Dexter for Joe**

**Dexter** turned in several checks. Joe is working on obtaining the check for \$75 from the Capital City Ride for Hope from TMH; they require a special form before payment is made.

**Social Coordinator –Beth Alexander**

**for Kathy Lindsay** reported that the Ice Cream Social at the Summer Track is July 20.

**Clothing Coordinator – Margarete**

**Deckert** no report.

**Newsletter – Fred Deckert**

no report.

**Racing Team Coordinator – Tim Unger**

no report.

**Lecture Series – Michael Pasquier**

no report.

**Loose Ends:** Tom and David announced that nominations for the 2007 Board should be turned in at the August Board Meeting.

There was a motion to adjourn at 8:56 PM, which was seconded and passed by unanimous vote.

The next board meeting will be held on August 9, 2006 hosted by **Fred and Margarete Deckert**.

These minutes have been reviewed and accepted by the Board.

**Beth Alexander, Secretary.**

**Gulf Winds Track Club**

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

**President**

Tom Perkins 894-2019  
tomperkins51@yahoo.com

**Vice President**

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david@radeylaw.com

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bwright@electro-net.com

**Directors at Large**

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Mary Jean Yon 668-2236  
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Terry Ryan 668-4373  
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**Membership**

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swimmer@nettally.com

**Equipment**

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jdexter@mail.fsu.edu

**Race Director Coordinator**

Charles Yates 385-2768  
yatesc1@earthlink.net

**Racing Teams Coordinator**

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ungerTL@juno.com

**Past Presidents**

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

**Articles/Race Results for Democrat**

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fdeckert1@juno.com

**Social Coordinator**

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klindsay@govserv.com

**Lecture Series**

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

**GWTC Web Site** - [www.gulfwinds.org](http://www.gulfwinds.org)

# Nancy S. Laux

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**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**

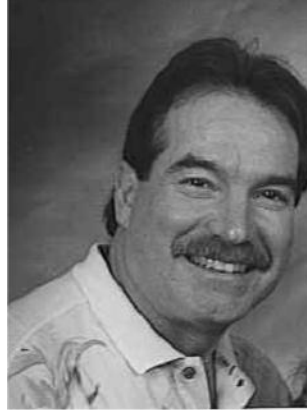
Your newsletter will not be forwarded; you must provide your new address and phone number. By mail to:  
**GWTC-MSHP, P.O. Box 3447, Tallahassee, FL 32315;** or call **Peg Griffin 893-6816.**  
e-mail at swimmer@nettally.com

**Pulpits Happen**

In Washington, D.C., they say "if you want a friend, buy a dog." In Tallahassee, we say, "if you want friends, join Gulf Winds Track Club." As a member of GWTC, you should never run alone unless by choice. There are more informal running groups within this club than you can imagine. The Early Girlz, The Fat Boys, Julies' Group, Jane's Johns, Sunday Snails, Friday Hobble, Ray's Wild Mountain Gang, Speed Workout, Kentucky Wildgirl and Friends, and Beginning Runners are just a few of the many that exist within the club. These groups vary by meeting times, places, distances, and speed. The steady constant, however, is the friendship developed while running.

What is said on the trail, stays on the trail. You can get to know someone well while training for a marathon . Two hour runs can lead to some interesting topics. It may be oxygen debt or delirium, but some of the conversations during long runs just can't be repeated.

Why be in a group? It's a great way to meet people if you are new to the running community. It is much easier to suffer in mass than by yourself. It's hard



to blow off a run if other people are waiting on you. If you want to increase your mileage, find or start your own group.

There is also safety in numbers. In our community, there have been incidents in the past that placed individual runners at risk. You should always be aware of your surroundings. It's always good to have others around if the heat or physical injuries become a factor as well. (No, I don't

mean they can laugh when I fall on the trails!)

The fall running season is starting up. Our GWTC race calendar is full of running events. If you don't run with a group, ask around at the next race you participate in. Find someone who finished at about the same pace that you did and start up a conversation. Who knows, it may be the start of a long running friendship!

**NOTE:** The Beginning Running Group will start up again on **September 6<sup>th</sup> at 6:30 p.m.** at the FSU Mike Long track. Come on out and bring a friend! See our web site at [www.gulfwinds.org](http://www.gulfwinds.org) for all the details on GWTC training groups.

**Real children's science exam answers.**

Q: Name The Four Seasons.

A: Salt, Pepper, Mustard And Vinegar.

Q: Explain One Of The Processes By Which Water Can Be Made Safe To Drink.

A: Flirtation Makes Water Safe To Drink Because It Removes Large Pollutants Like Grit, Sand, Dead Sheep And Canoeists.

Q: How Is Dew Formed?

A: The Sun Shines Down On The Leaves And Makes them Perspire.

Q: How Can You Delay Milk

Turning Sour?

A: Keep It In the Cow.

Q: What Happens To Your Body As You Age?

A: When You Get Old, So Do Your Bowels And You Get Intercontinental.

Q: Name A Major Disease Associated With Cigarettes

A: Premature Death.

Q: What Does "Varicose" Mean?

A: Nearby.

Q: What Does The Word "Benign" Mean?'

A: Benign Is What You Will Be After You Be Eight.



### 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, 6:30pm FSU Track. Planned, supervised workout for runners intent on improving in distance races. Contact John at 212-5680 (days); 656-7064 (eves) or Gary Droze 668-2373 (work) 942-7333 (home) email gdroze@maclay.org. See the Tuesday Night Speedwork album, <http://members3.clubphoto.com/john272201/221734/guest.phtml> .

**Sunday Streakers:** Sunday mornings, 7:00 a.m. at various locations. 10 miles minimum at about 9 min. per mile. Averages 8-15 people. Come join us! To get on the e-mail list to receive information on where and when the group meets contact Sue Kelly, [kellys@dfmc.org](mailto:kellys@dfmc.org).

**Sunday at 7:30 a.m.** Almost every weekend groups run from Forest Meadows around Lake Overstreet or the Phipps Property.

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



### Triathlete Training & Contacts

**Triathlon events:** Jeff Bowman - [awesometri@hotmail.com](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.

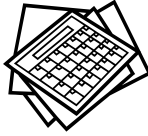
**Swimming:** Master's swim 5:30 AM Monday thru Friday - Myers Park Pool, monthly fee gets you a coach on deck.

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.

#### September

**2** Shaw's 5M/5K. Cancelled.

**9** **Sickle Cell 5K/1M.** 8:30 a.m. Gaither Park. 224-2596, 222-2355. p 17

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

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

#### October

**\*7 Women's Distance Classic 5K/1M.** 8 a.m. Optimist Park. Lisa Unger, ungerl@juno.com, 562-2901. [jolenapace@nettally.com](mailto:jolenapace@nettally.com) Pg. 22

**14** Pine Run 20K. 9 a.m. Int. Paper Co. Southlands Forest, Bainbridge, GA. Contact: David Yon [dyon@radeylaw.com](mailto:dyon@radeylaw.com)

**14** Walk for Wishes 5K Run/Walk. 8:30 a.m. Maclay S.P. [jag03@fsu.org](mailto:jag03@fsu.org).

**21** More than a Hammer 5K. 9 a.m. FSU. [smc03f@garnet.acns.fsu.edu](mailto:smc03f@garnet.acns.fsu.edu)

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

**28 Boston Mini Marathon.** 8 a.m. Boston, GA. Brad Johnson, [bradjohnson@bankcb.com](mailto:bradjohnson@bankcb.com) 229 226-3535.

**28 Alan Sundberg Jr. Memorial 5K.** 8 a.m. Maclay Park. Bill Sundberg. [billsundberg@yahoo.com](mailto:billsundberg@yahoo.com).

#### November

**4 Parents Weekend 5K.** Patti Coryell 644-6717, [pcoryell@admin.fsu.edu](mailto:pcoryell@admin.fsu.edu).

**4 Albertson's Christmas Connection 5K.** 8:30 a.m. Albertsons, Thomasville Rd. [robert.higgins@albertsonslc.com](mailto:robert.higgins@albertsonslc.com).

**11 Veteran's Day Classic 10K.** 9 a.m. Bainbridge Coll. Bainbridge, GA. Liv Warren 229 243-0508, [livwarren@hotmail.com](mailto:livwarren@hotmail.com)

**18 FSU Cares 5K.** 8 a.m. Medical School. Nadine Dexter 878-7990.

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

#### December

**2 GWTC 10M/5M. 8:30 a.m.** Jackson Bluff and Aenon Church Roads. Judy Alexander 383-1361, [jalexander98@comcast.net](mailto:jalexander98@comcast.net) (**new course**)

\* Indicates GWTC event.

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

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

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




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 2508 NORTH MONROE ST. TALLAHASSEE, FL 32303  
 Web Site: [www.wiserealty-tallahassee.com](http://www.wiserealty-tallahassee.com)

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 FAX 850 681-3591  
[mfelton\\_wright@ml.com](mailto:mfelton_wright@ml.com)



**M. Felton Wright,**  
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**Back of the Pack**  
**"Hot-to-Trot Run"**  
 By Jack McDermott  
 September 2006

My latest adventure was the Hot-to-Trot 8-Hour Run at the Clyde Shepherd Nature Reserve in Decatur, Georgia. So I guess that means I would be a marathon runner who is "Moonlighting" as an ultra runner? *(Does anyone get that joke? My humor is so stuck in the 1980s.)*

The run was an "8-hour" event, which means you run loops of roughly 1.1 miles for eight hours. Your finish result is measured by the number of completed loops, or when you drop dead, whichever comes first. The two main running groups at the event were "GUTS" and the "Darkside Running Club." Perhaps "Flabby Abs" or "The Incredible Lightness of Being" would attract more neophytes. The temperature was scheduled to zoom into the mid-90s with the heat index over 100. In retrospect, Hot-to-Walk, or Hot-to-Shuffle were more appropriate names for this event.

The only local Tallahasseean that made the trip was **Gary Griffin** with his wife **Peg**. They decided to walk the course before the race. After they finished I asked the inevitable question. "Is there any way to get lost?" Gary assured me I would be fine. Ten minutes before the start, the competition was checking out the contestants and plotting their strategy --- basically when to quit, eat hamburgers, drink beer, and heckle the contestants still on the course. Although the race featured several solid distance runners --- I was informed that I was the early speed --- the "Barbaro" of the race. Does that mean I will break my leg? If so --- I wanted to be shot, not sent through a lengthy rehabilitation.

My plan was to get an early lead while the weather was reasonable, and hang on. I would either win, or end up in the glue factory. So as the race began, I took the lead and asked the guy in second if he knew the course. He didn't. Sure enough --- only a quarter-mile in, I missed a turn, and blew



by the markers. At least 8 or 9 lead runners including Gary Griffin followed me. Whereas the middle and back-of-the-packers identified the sharp left turn, and found themselves in the lead. To his credit, Gary did eventually recognize that we were lost, and yelled for us to turn around *(I had been getting suspicious)*.

At this point the guy in second said, "I thought you knew the course." I told him I didn't know the course, which is why I was asking him. This reminds me of when my sister and her best friend Tracy got kicked off the stage in a Karaoke contest because rather than singing "It's Raining Men" they kept arguing over whether the Karaoke machine had the correct lyrics. Of course, this incident raises the question that perhaps middle-of-the-packers and back-of-the-packers are SMARTER than the lead runners. I am beginning to think that may be true.

The temperature began to soar. By Noon it was 90 degrees. Fortunately the course was mostly shaded, although I did slather tan lotion on my face to avoid being sent to the Atlanta Burn Center, which worked, although it produced a rather splotchy tan. Just before noon, in a time of 3:50, I crossed the marathon mark. It was the toughest 3:50 marathon I had done in my life. I noticed that after four hours the majority of participants were reduced to walking, which made it even tougher to pass on the single-track trail. With a comfortable lead, and a raising body temperature, I myself had been reduced to run/walking around the 6 ½ hour mark. Initially I had hoped to set the event record (50.7 miles), but the weather was taking its

*Back (Continued on page 21)*

**Not For  
Dummies, But  
Won't Make You  
Feel Like One**  
By Sheryl Rosen

The *For Dummies* series of books invaded bookstores with great rapidity several years ago. The series dominated – and still thrives – because its books dissect difficult or lengthy subject matter into easily digestible information in layman's terms. Like the masses, I have purchased a *For Dummies* manual when I needed a quick, surface-level understanding of a topic. However, when a deeper need arises, I delve into a more advanced, but understandable, volume – one that offers additional insights but not so many that I instead end up longing for the *Dummies* version.

***Nutrition for Serious Athletes*** (1999) by **Dan Benardot**, Ph.D., R.D., is a book at just that level. (The 2006 revamped version is titled ***Advanced Sports Nutrition***.) It provides the reader with a complete understanding of athletic nutritional concerns without digressing into a dissertation. Chapter titles include Assessing Body Composition, Training with Supplements, Timing of Meals and Snacks, and Eating on the Road.

**Benardot**, a Georgia State University professor, writes with ease, guiding the reader using practical language and real-life examples without dumbing down the subject matter. In fact, each chapter begins with an account from Benardot's experience as a nutritionist for various teams, including the gold-medal-winning **1996 U.S. Olympic women's gymnastics team**. The accounts, including a particularly interesting story of how the timing of one gymnast's meals affected her performance – personify the material before Benardot explains what can be somewhat complicated material in certain sections.

The manuscript's proclivity for the



practical is its greatest strength. Benardot never explains a nutrient's importance without explaining where to find that nutrient and what happens to an athlete's body lacking in that nutrient. Unlike other volumes that simply explain a laundry list of essential nutrients, ***Nutrition for Serious Athletes***

discusses useful topics like proper hydration, optimum body fat levels for different sports, and tips for choosing healthful restaurant items while traveling to and from athletic events.

Another asset of the book is its tools. Helpful charts, graphs, and lists pepper the manual. Can you calculate your resting energy expenditure? Are you curious how sports drinks compare? Do you know how your fluid intake affects your body temperature and heart rate? If not, Benardot's tools graphically explain these and other topics. The volume also includes sample pre-competition exercise and eating schedules and an appendix with a few sample meal plans and lists of food sources of essential nutrients.

The only downfall I found in ***Nutrition for Serious Athletes*** is that it is not running-centric. Although I wish the entire book were devoted to the needs of distance runners, Benardot provides both targeted information to ease the cut-to-the-chase need fulfilled by *For Dummies* books and opens the door to a more complete understanding of sports nutrition. After the book entails nutritional needs common to all athletes, a chapter titled ***Eating for Aerobic Power*** addresses nutrition for endurance sports. Then, a later section details special topics for distance runners, including overtraining, specific dietary requirements, and special concerns for

*Rosen (Continued on page 15)*

**Featured Feet – Jared Black**

**Childhood ambition:** I wanted to play pro Baseball, but that has changed

**Fondest running memory:** I remember running in the rain one time at Forest Meadows and it was a 10 mile run but I ran a few 6 minute miles to run 61 minutes and felt really good.

**Wildest Dream:** I would really like to race cars and go 200 mph just once.

**Proudest running moment:** It was the Districts race and I was ranked 5th place and only the top four make it to Regionals. There were 2 guys

out front and a pack of 4 that I was in running behind them. It all came down to the last lap and I was in third with 300 meters to go. The rest is kind of a blur I just remember going all out the last 100 meters and I came in 3rd place to go on to Regionals and beat some in-town rivals.

**Biggest Challenge:** The 30K that I ran in January was a really tough race I had never run that far before and the hills out at Old Centerville Rd. are a big challenge.

**Perfect Day:** I sleep in till 9 and do a long run with a group in the morning and have the rest of the day to lie around or have fun with friends.

**First Job:** My summer job of last year and this summer, was laying down spraycrete on pool decks and repainting them. It was hot and I was outside all day but it was fun and I had good people to work with.

**Indulgence:** I like to eat pasta a lot but you can't beat a big bowl of mint chocolate chip.

**Last Purchase:** I got a tank of gas the other day for 50 dollars or so. But I also got my summer reading book "The Kite Runner"

**Favorite Movie:** I really like Wedding Crashers and Dodge Ball. Vince Vaughn is hilarious but Animal House is my favorite older movie.

**Running Inspiration:** I get a lot of inspiration from my rivals I see them training and I know they are getting better and that pushes me harder to know that I need to catch them or stay better than them.

**Featured Feet – Kara Taylor**

**Childhood ambition:** Pediatrician

**Fondest running memory:** Going to State Championship as a member of the Chiles cross-country team my sophomore year

**Wildest Dream:**  
To compete in the Olympics

**Proudest running moment:** Panhandle Championship in 2004, when I got 15th place, PR'd, and received a medal

**Biggest Challenge:** Going to school all day long, then having practice in 90 degree + weather, going home and doing homework, eating, getting a

shower, and making it to bed at a decent time day after day after day.

**Perfect Day:** Deer hunting with my dad

**First Job:** When I was 7 years old my uncle Larry paid me 25 cents to not talk for 5 minutes on a trip to my grandma's house in Missouri

**Indulgence:** Eating chocolate

**Last Purchase:** Dippin' Dots at the IMAX theater

**Favorite Movie:** A Knight's Tale

**Running Inspiration:** My Dad, who ran with me when I first got into running and continues to run with me to this day. He is the person responsible for getting me hooked on running. I thank him very much for the days he had to pull me out of the house away from the TV to strap on my shoes and go for a run.

*Rosen (Cont. from page 13)*

females.

As I glanced at the table of contents before delving into the book, I fully intended to skip the sections for power sports like football and gymnastics. However, as I read, I found myself curious to learn how recommendations for athletes in those sports differ from the advice for runners. I ended up with more information than I needed, but the additional insight allowed me to better understand the section for runners, giving me a better knowledge base overall. That is, after all, why I chose to forego the *For Dummies* version in the first place.

## **Half Marathon Training Group**



### **Run Your First Half Marathon !**

**Mondays 6:00-7:30pm**

**August 7th – Oct 28th**

*Winthrop Park*

*\* Graduation run - Boston (Georgia)*

*Mini Marathon*

*October 28th*

Prerequisites: Participants should be able to jog continuous 5 miles on the first day.

**For more information contact: Julie Clark**

**(575-9266 or [juliecla@comcast.net](mailto:juliecla@comcast.net)).**

**A RUN FOR SICKLE CELL**

The 25th Annual Run/Walk for sickle cell anemia featuring the "Tim Simpkins One Mile Fun Run for All" is an official event during sickle cell month (September) sponsored by the Sickle Cell Foundation, Inc. with the special assistance of Gulf Winds Track Club.

**WHO CAN ENTER?**

Anyone adequately trained and in proper physical condition to run or walk 3.1 miles is welcome to participate in this event. (Signature of parent or guardian is required if participant is under 18 years of age.)

**HOW TO ENTER?**

Simply fill out and mail the enclosed entry form with a check for the appropriate entry fee made payable to: Sickle Cell Foundation, Inc., 1336 Vickers Road, Tallahassee, FL 32303.

**ENTRY FEE**

Early Registration .....	\$12.00	\$8.00 % T-SHIRT
Race Day Registration .....	\$15.00	\$10.00 % T-SHIRT
One Mile Fun Run (All Ages) .....	\$10.00	\$7.00 % T-SHIRT

**THE SCHEDULE**

The 25th Annual Run/Walk for sickle cell will be held on Saturday morning, September 9, 2006 (rain or shine). The following events are scheduled:

RACE DAY REGISTRATION .....	7:00 A.M.
WELCOME AND BRIEFING .....	8:00 A.M.
TIM SIMPKINS ONE MILE FUN RUN FOR ALL .....	8:10 A.M.
5K RUN/WALK.....	8:30 A.M.

**T-SHIRTS**

T-shirts will be available for race participants. Be sure that you register early and state your T-shirt size in the place provided on the entry form. This will assure that all participants receive a T-shirt.

**AWARDS**

Awards will be given to the top three male/female overall, first place (only) male/female master, and first and second in the following age groups:

<b>A - 0-12</b>	<b>E - 30-34</b>	<b>I - 50-54</b>	<b>M - 70+</b>
<b>B - 13-19</b>	<b>F - 35-39</b>	<b>J - 55-59</b>	
<b>C - 20-24</b>	<b>G - 40-44</b>	<b>K - 60-64</b>	
<b>D - 25-29</b>	<b>H - 45-49</b>	<b>L - 65-69</b>	

**COURSE INFORMATION**

The TAC certified course (#FL87029BH) is a fast and mostly flat loop - a good P.R. course (see map). Splits will be given at each mile mark. Thirst aid is available at the start, mid-course, and finish of the race.

**START & FINISH LINE**

The race will start and finish at the Jake Gaither Recreation Center and Golf Course located on Tanner Drive (see map).



Local support for the 25th Annual Run/Walk for Sickle Cell is provided by: Gulf Winds Track Club, Delta Sigma Theta Sorority, FAMU Athletic Department, Jake Gaither Recreation Center, Leon County Sheriff's Posse, NuDay Graphics, Pyramid Construction and Design, Sigma Gamma Rho Sorority, FitzgeraldGraphics, Tallahassee Police Department, Protection Services, Inc., Alpha Kappa Alpha Sorority, Inc., Representative Curtis Richardson and area radio and television stations.

For additional information call: (850) 222-2355 or log on to: [www.sicklecellfoundation.org](http://www.sicklecellfoundation.org)

ONLINE REGISTRATION is also available at our website

**25TH ANNUAL 5K RUN/WALK FOR SICKLE CELL & TIM SIMPKINS ONE MILE FUN RUN**

**OFFICIAL ENTRY FORM**

I will be  RUNNING  WALKING

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex:  M  F

Address: \_\_\_\_\_

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

**T-SHIRT SIZE** (check only one per entry blank please)

- Small  Medium  
 Large  Extra Large

Early Registration .....	\$12.00	\$8.00 % T-SHIRT
Race Day Registration .....	\$15.00	\$10.00 % T-SHIRT
One Mile Fun Run (All Ages) .....	\$10.00	\$7.00 % T-SHIRT

MAKE YOUR CHECK PAYABLE TO: Sickle Cell Foundation, Inc., 1336 Vickers Road, Tallahassee, Florida 32303

Release of Liability: In consideration of acceptance of this entry, I freely and voluntarily waive any and all claims for myself, heirs and assigns, and will discharge or indemnify, defend and save harmless the releases, which include the Sickle Cell Foundation, Inc. City of Tallahassee - Parks and Recreation Department, officials, sponsors and other participants from every claim, right, action to sue, lien, known or unknown to either party or any kind of which may be asserted by reason or arising out of my participation in the 5K Run/Walk. I further state that I am in proper physical condition to participate in this event.

Signature (parent or guardian if under 18 years of age) \_\_\_\_\_ Date \_\_\_\_\_



**Beginning Running Class**  
**Race Walking Class**  
(Also classes for Intermediate and Advanced Runners)

Come join us for 8 weeks of

*Come join us for 8 weeks of*

*fun and fitness!*

*Wednesdays 6:30-7:30PM*

*Sept 6 – Oct 25, 2006*

*FSU Track*

Everyone welcome – no previous experience required!  
(Note: children under 14 should be accompanied by an adult)

*Cost: \$20. Fee includes training schedule,  
experienced coaches, and trial membership to Gulf Winds Track Club.*

*Those who attend 6 of the 8 sessions will receive  
a Gulf Winds Track Club T-shirt!*

*Goal 5K events are FSUCares 5K (Nov 18<sup>th</sup>) and the  
Turkey Trot 5K/10k/15k (Nov 23<sup>th</sup>)*

*For more information contact:*

*Nadine Dexter, 878-7880 or (ndexter@mailier.fsu.edu)*

*Jeanne O’Kon, 894-2019*

*Sponsored by Gulf Winds Track Club*

**Church bulletins -  
Bellann & Fred Fitts**

These sentences appeared in church bulletins or were announced in church services:

The fasting & prayer conference includes meals.

The sermon this morning: "Jesus walks on the water." The sermon tonight: "Searching for Jesus."

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

The peacemaking meeting scheduled for today has been canceled due to a conflict.

Don't let worry kill you off - let the church help.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be tryouts for the choir. They need all the help they can get.

The rector will preach his farewell message after which the choir will sing: "Break forth into joy."

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

At the evening service tonight, the sermon topic will be "What is Hell?" Come early and listen to our choir practice.

Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

Please place your donation in the envelope along with the deceased person you want remembered.

The church will host an evening of fine dining, super entertainment and gracious hostility.

Pot luck supper Sunday at 5:00 pm - prayer and medication to follow.

The ladies of the church have cast off clothing of every kind. They may be seen in the basement on Friday after-

noon.

Ladies bible study will be held Thursday morning at 10 am. All ladies are invited to lunch in the fellowship hall after the B. S. is done.

The pastor would appreciate it if the ladies of the congregation would send him their electric girdles for the pancake breakfast next Sunday.


Low self esteem support group will meet Thursday at 7 pm. Please use the back door.

Weight watchers will meet at 7 pm at the first Presbyterian Church. Please use large double door at the side entrance.


**Downhill Mile Miller Landing Rd.**

Fritz Stoppelbein	4:57.24
Conor Sweeney	5:02.56
Hobson Fulmer	5:04.02
Doug Covert	5:04.54
Scott Hampp	5:21.95
LaiTaras Stokes	5:24.67
Tyler Endicott	5:36.41
Rocky Benjamin	5:38.35
Aaron Carillos	5:39.55
Dana Stetson	5:49.45
Brad Williams	5:55.95
Unknown	6:05.32
Alex Taylor	6:17.24
Ruby Perez	6:17.54
Seth Coffin	6:19.11
Ace Haddock	6:21.02
Martin Landrito	6:31.66
Jim Taylor	6:33.28
Robert Abellera	6:57.50
Bruce Lynn	7:01.06
Lana Sweeney	7:02.56
Jacque Myers	7:04.48
Jerry Chesnutt	7:06.83
Bill Sweeney	7:12.08
Bailey Glazer	7:39.51
Cynda Covert	7:46.76
Carrie Anne Odeneal	7:54.06
Michelle Ledbetter	7:53.42
Vince Dewar	8:02.29
MacKenzie Chesnutt	8:04.91
Casey Malone	8:25.79
Wallace Randall	8:26.98
Betty Dewar	10:39.80
Terry Massa	15:07.21
Cameron Massa	15:31.79
Jeanne O'Kon	15:32.57

*Tallahassee*  
*Women's Distance*  
*Festival 5K*  
*October 7, 2006*



Race proceeds  
benefit the



The RRCA started the Women's Distance Festival in 1979 in response to the lack of women's distance running events in the Olympic Games. Events were initially held on July 13, 1980, the date that the men's marathon was held in the Moscow Olympics. In 2006, the Tallahassee Women's Distance Festival events will focus on raising awareness of and celebrating the accomplishments of some of the most disadvantaged women in our community.

This race will benefit Gulf Winds Track Club and The Brehon Institute. The Brehon Institute offers assistance to pregnant homeless women. We believe that a woman who elevates herself from homeless to a productive member of society has achieved one of the greatest of accomplishments possible for herself and her family. For more information about the Brehon Institute, please visit [www.brehoninstitute.org](http://www.brehoninstitute.org). For more information about Gulf Winds Track Club, please visit [www.gulfwinds.org](http://www.gulfwinds.org).

This year the event will be held on Saturday, October 7, 2006. The race starts and finishes at Optimist Park in Tallahassee, on E. Indian Head Drive. Take advantage of a \$3.00 discount on Race Day Registration fees for either distance by bringing a donation for the Brehon House. Early registrants can also take advantage of this option by bringing a donation for the Brehon House and receiving a \$3.00 discount coupon for any Turkey Trot registration. Suggested donation items: Diapers of all sizes and, "wipes", Maternity clothing, Infant clothing, Washcloths, towels & other linens, Toothbrushes & tooth paste, Baby crib sheets & blankets, Household items (e.g., dishes, pots & pans), Toiletries (shampoo, soap, feminine products), Canned goods and non-perishable food items, Children's books.

For additional information please contact Lisa Unger, [ungertl@juno.com](mailto:ungertl@juno.com), (850)562-2901 or Jo Lena Pace, [jolenapace@nettally.com](mailto:jolenapace@nettally.com) (850) 544-0628. For the full text of the Women's Distance Festival story please visit the Gulf Winds Web site at <http://www.gulfwinds.org>.

*Back (Continued from page 12)*

toll. After each lap, I kept sitting on the cooler for longer periods of time, and it became tougher, and tougher to answer the bell, and start another lap. By 7 1/3 hours, I figured I could do about 3 more laps (3.3 miles) and reach 50 miles. It was difficult as there was no break in the weather, but I did make it comfortably

with about 5 minutes to spare finishing with 50.22 miles.

For winning --- I received a scepter and a crown. Well --- not exactly --- this pointy thing you stick in the ground as yard-art, and a Montrail hat. Well worth the effort. Remember during these summer months, "Hydrate, don't hallucinate."

## *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, [jolenapace@nettally.com](mailto:jolenapace@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 EDGE DANCE AND FITNESS**  
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**Monday/Wednesday 5:30 PM**

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

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Instructors are Runners Nancy Grissom, Juanice Hagan

### **BUILD A SOLID FOUNDATION** **Juanice Hagan**

As runners, we adjust our daily schedules to allow for our training runs. This becomes even more important as we begin racing season or commit to a half or full marathon. But as precious as our running time is, it is critical to our success to devote some of our training time to "core" strength training and increasing flexibility through range-of-motion exercises.

**Core Strength Training** – An article in the February 2006 *Runner's World* magazine discussed the importance of Abs Workouts and the carryover of strengthening the midsection to running. As a runner, I have found it important to add exercises to my workout program that initiate from the muscles of the abdominals, lower back, hips and buttocks. If you think about how you sit and stand, you will probably find you sink most of your weight into these areas. This causes undue stress on the muscles of the lower back and a strong lower back is critical for maximum performance in

both short and longer distance runs.

**Flexibility Exercises** – In a recent interview, prominent international runner, Jim Wharton was quoted as saying, "We now know a flexible body is a more efficient body. And the best way for runners to increase their flexibility is through range-of-motion exercises, in which you move isolated body parts quickly and gently through their natural range of motion, holding the position for no more than two seconds." Wharton further expresses that Yoga and Pilates build on this principle.

Several Gulf Wind runners introduced me to the Pilates exercises several years ago as I was training for a marathon. I had never heard of Pilates but quickly found that the goal of the Pilates method is to stress overall fitness through an exercise program that strengthens and tones muscles, improves posture, and provides flexibility and balance. Pilates is not meant to be a substitute for cardiovascular workouts and strength training exercises but is the

*Pilates (Continued on page 25)*



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**Breakfast on the Track 2006—Bonnie Wright**

This year was my first year to run Breakfast on the Track, and I mean run as in 4 laps around the newly re-surfaced Maclay Track, compared to being a co-race director, which is sometimes similar to running laps around a hamster wheel. I'm not sure which is easier. The psychologist types are always suggesting that when faced with making choices, sometimes it's easier to make a list. Here is my list on deciding if it's easier to run or direct.

<b>ACTIVITY</b>	<b>RUN 1 MILE</b>	<b>DIRECT RACE</b>
Hot	Yes	Yes
Intense	Yes	Yes
Stressful	Yes	Yes
Fun (when it's over!)	Yes	Yes
Negotiate a crowd	Yes	Yes
Work w/ diverse types	Yes	Yes
Challenging	Yes	Yes
Satisfying	Yes	Yes
Will repeat next year	Maybe	Absolutely

The decision on running vs. racing is still a toss-up, but what is clearly evident is how much fun a race is when you factor in the fabulous cheering section repeated 4 times. The runners you just cheered for are now cheering for the next group. Another favorite part of the race is running in a heat with competitors ranging in age from 3 to 80. It's exciting, and unique to a few of us who aren't speedy, to be in the front of the pack at a race for a change. This wasn't my experience, since I was next to last in my heat, but it could be next year!

Felton and I extend our heart-felt appreciation to our volunteers – My sweet mom and faithful sister (Ruth Draper and Lynn Sipay) make hundreds of pancakes. Wendy Smith and Kathy Weiss round out the food crew – which is a tough hot job. Joy Opheim, Tom Perkins, David Yon and Bill Lott are at the finish line – queuing up 202 sweaty bodies. Judy Alexander, Jane Johnson and Jeanne O'Kon at the registration/scoring – models of efficiency and concentration. Gary Droze and Maclay School – for use of the facilities!

2006 finishers      202      2005 Finishers      157

94 of 2006 finishers were under the age of 20. I think this is a good sign for the future of GWTC! Thanks to all who participated.

*Pilates (Continued from page 23)*

third element (core strength and flexibility) in the perfect balance of training for today's runner.

The movements of Pilates matwork need no equipment and can be utilized anywhere you can stretch out your body to full length. All Pilates exercises initiate from the muscles of the abdominals, lower back, hips and buttocks and focus on isolating muscles and working each area of the body individually.

In the 3 1/2 years since I incorporated Pilates exercises into my

weekly workout schedule, I have seen a reduction in running-related injuries. In addition, I run in a taller upright position, with my shoulders low and loose.

Tallahassee is fortunate to have excellent Pilates classes available in our gyms, fitness centers and dance studios. This program has existed for over 90 years and is endorsed by athletes and people in all walks of life. I hope you can find time in your busy schedules to experience for yourself the many benefits Pilates can add to your training program.

**Breakfast on the Track Mile  
Maclay School 8/12/06  
Wright Family R.D.'s**

WHITNEY	STRICKLAND	15	M	4.47	DANNY	MANAUSA	36	M	5.59
MICHAEL	MARTINEZ	40	M	4.53	CRIS	WILLIAMS	45	M	6.01
TYLER	PRICE	17	M	4.54	JUAN	DEPEAGUILA	39	M	6.02
REYNOLDS	GRINER	18	M	4.54	FRAN	MCLEAN	48	F	6.03
JAY	WALLACE	42	M	4.57	SCOTT	HEATH	35	M	6.04
JARED	BLACK	18	M	4.58	SUMMER	SHEPHERD	13	F	6.06
ERIC	SMITH	34	M	4.59	TAYLOR	VAN WINKLE	15	M	6.06
ROBERT	BEAZLEY	15	M	4.59	KIRSTEN	BAGGETT	39	F	6.11
KYLE	LARSON	20	M	4.59	ZACHARY	WHITE	11	M	6.12
MATTHEW	MIZERECK	14	M	5.01	BRAD	GIVENS	17	M	6.13
CARL	NORDHIELM	43	M	5.03	ALEX	TAYLOR	13	M	6.14
KEVAN	POST	18	M	5.07	WARREN	EMO	53	M	6.14
HOBSON	FULMER	50	M	5.07	CECELIA	WILLIAMS	10	F	6.14
TIM	UNGER	46	M	5.08	CHAD	Henry	36	M	6.15
SARAH	WILLIAMS	42	F	5.09	GARY	CATO	50	M	6.16
CONNOR	SWEENEY	15	M	5.10	ERIC	FEELY	13	M	6.17
BILL	MCCORD	43	M	5.10	JOE	DONOGHUE	59	M	6.22
HOLDEN	DICKESON	17	M	5.12	RICHARD	MANN	14	M	6.22
TONY	GUILLEN	37	M	5.12	RYAN	SMITH	13	M	6.24
PATRICK	SWAIN	13	M	5.15	ROBERT	DRAPER	15	M	6.27
DAVID	TWITCHELL	15	M	5.16	TERRY	RYAN	57	M	6.28
DOUG	COVERT	42	M	5.16	RON	CHRISTEN	60	M	6.29
TYLER	COUNCIL	17	M	5.17	DYLAN	HARRIS	16	M	6.31
FRITZ	STOPPELBEIN	20	M	5.18	CHRIS	SUMNER	27	M	6.32
SHERYL	ROSEN	22	F	5.19	TIM	BREWTON	51	M	6.32
DANIEL	DOAN	16	M	5.22	MIKE	BOLL	42	M	6.34
ETHAN	ROSENBLUM	15	M	5.22	CAITLIN	RIDGEWELL	16	F	6.35
MAX	SHEPHERD	16	M	5.24	CHRISTY	PARDIECK	27	F	6.35
LAITARAS	STOKES	17	M	5.34	CHASE	MAMATEY	15	M	6.37
DON	SMITH	26	M	5.34	JOE	DEXTER	60	M	6.42
JERRY	MCDANIEL	52	M	5.34	MARTIN	LANDRITO	18	M	6.43
AMY	PAINE	25	F	5.36	CONNIE	CLARKE	44	F	6.43
TYLER	ENDICOTT	18	M	5.39	ITHEL	JONES	52	M	6.44
JAY	SILVANIMA	46	M	5.39	TRAVIS	BLACK		M	6.45
EMILY	NESS	16	F	5.40	LUKE	STRICKLAND	10	M	6.46
PATRICK	LUTZ	15	M	5.41	GUY	ANGLIN	63	M	6.46
JOHN	MATTHEWS	36	M	5.41	REX	CLEVELAND	67	M	6.48
ANDY	ROBERTS	39	M	5.42	TYLER	ERICKSON	13	M	6.48
TOM	RATLIFFE	58	M	5.43	GEORGE	PALMER	62	M	6.48
JULIA	VOLA	20	F	5.44	CHASE	KURLANDER	12	M	6.49
AARON	CARILLOS	17	M	5.44	KATHY	LINDSAY	47	F	6.51
BRIAN	POST	17	M	5.46	JOYCE	ADAMS	52	F	6.51
KENNETH	TURNER	14	M	5.47	ERIN	KENNEY	13	F	6.52
MIKE	SIMS	54	M	5.48	ANDREA	SIMMONS	12	F	6.52
ROBERT	ABELLERA	14	M	5.50	CASEY	PERKINS	21	M	6.54
BLAIR	STRICKLAND	12	M	5.52	RUBY	PEREZ	18	F	6.55
ROCKY	BENJAMIN	17	M	5.52	DANNY	LINTON	15	M	6.57
JOSHUA	BRIDGEMAN	14	M	5.53	NANCY	LAUX	44	F	6.57
MICHAEL	LABOSSIERE	40	M	5.54	JOHN	RAKESTRAW	69	M	6.59
MEROUN	BEYROUTHY	29	M	5.57	CLINT	WATKINS	63	M	7.01
LILY	WILLIAMS	12	F	5.57	LIA	LOMBARDI	11	F	7.03
					CARLOS	ZAPATA	60	M	7.05
					RICK	ASADOURIAN	47	M	7.06
					TRAVIS	COVERT	11	M	7.08
					ERIN	FRASER	15	F	7.08
					MICK	DIETRICH	9	M	7.10
					JO LENA	PACE	34	F	7.11
					BRUCE	LYNN	59	M	7.11
					JEFF	AUGER	10	M	7.12

NANCY	WIDENER	57	F	7.12	JESSICA	OLMEDILLO	35	F	9.13
STEPHANIE	POST	15	F	7.13	ALEXANDRA	WALLACE	8	F	9.22
MARK	DIETRICH	51	M	7.13	AUCARE	STOKES	16	F	9.23
CLARK	EVANS	22	M	7.14	CASEY	MALONE	16	F	9.25
BETH	ALEXANDER	42	F	7.16	LAUREN	PEAVY	9	F	9.39
CHAD	MANAUSA	10	M	7.19	BARBARA	AUGER	38	F	9.42
ROBBY	TURNER	48	M	7.19	NADINE	DEXTER	47	F	9.48
GENESIS	MARTINEZ	13	F	7.20	DEVON	LYNN	14	F	9.48
DAVID	DARST	63	M	7.20	KAYE	JAYNES	39	F	9.49
SHANNON	WALDEN	16	F	7.21	SYDNEY	WASDIN	14	F	9.54
GORDON	MORGAN	59	M	7.21	SHERRI	JACKMAN	43	F	9.55
JIM	TAYLOR	49	M	7.23	DAWN	BROWN	57	M	9.56
MARYJEAN	YON	50	F	7.24	CHESLYN	DONALDSON	9	F	10.12
CAREN	PARSLOW	13	F	7.25	BREANNA	BRUNER	10	F	10.16
ELIZABETH	KELSEY	30	F	7.27	WES	BRUNER	51	M	10.17
JERRY	CHESNUTT	56	M	7.30	ARTHUR	WARD	72	M	10.19
BONNIE	WRIGHT	50	F	7.31	TERRY	MASSA	48	F	10.31
JANINE	THOMAS	40	F	7.32	MARGOT	PALAZESI	52	F	10.42
STEPHEN	VELIZ	37	M	7.33	T.	STOKES	10	M	11.06
JOHN	FARRIS	13	M	7.34	ALEXANDER	BOWMAN	6	M	11.21
JEAN	SHUMAN	12	F	7.34	MARIA	PARSONS	10	F	11.29
BILL	SWEENEY	52	M	7.36	WAYNE	KIGER	7	M	11.31
LAURA	GORHAM	12	F	7.36	ANN	GUILLEN	37	F	11.39
LISA	UNGER	38	F	7.37	PAM	BREZA	46	F	11.39
WHITNEY	ALEXANDER	15	F	7.38	JERE	MOORE	74	M	12.24
DANNY	MANAUSA	8	M	7.40	CONNOR	LYNN	10	M	13.14
LEITARAS	STOKES	12	M	7.41	LORI	LYNN	34	F	13.15
CHARLES	FUTCH	64	M	7.41	PAULA	KIGER	41	F	13.29
SEAN	TURNER	10	M	7.43	JOSEPHINE	NEWTON	80	F	13.51
JORDAN	CASON	13	F	7.43	LILLY	UNGER	3	F	13.58
ASTRID	MARTINEZ	11	F	7.44	MEGAN	JONES	9	F	14.13
LANA	SWEENEY	52	F	7.44	CHARLES	YATES	81	M	14.49
PERHA	VARLEY	62	F	7.45	ROSALIE	MYERS	85	F	15.02
MACKENZIE	CHESNUTT	9	F	7.48	CAMERON	MASSA	17	M	16.32
CHARLES	GALLOWAY	19	M	7.48					
KIRK	COUNCIL	13	M	7.48					
ANN	BOWMAN	37	F	7.50					
JACQUE	MYERS	49	F	7.51					
MARSHALL	HENDLIN	10	M	7.51					
ALI	LOMBARDI	9	F	7.52					
BOB	KELLER	72	M	7.54					
JACKIE	MCDANIEL	51	F	7.57					
SHERRIE	PEAVY	37	F	8.00					
RICHARD	ZIEGLER	47	M	8.09					
MADISON	FARRIS	11	F	8.09					
JOSHUA	CROW	12	M	8.14					
CYNDA	COVERT	14	F	8.14					
WILLOW	SHANTI	36	F	8.14					
MARY	STUTZMAN	57	F	8.21					
JAMIE	WRIGHT	13	M	8.23					
MELISSA	JACKMAN	14	F	8.29					
DANIELLE	JACKMAN	14	F	8.39					
JAN	BLUE	52	F	8.43					
LISA	ROBINSON	25	F	8.51					
ROBERT	MORRIS	74	M	8.51					
SUSAN	CORNWELL	57	F	8.52					
MIKE	SCHNEIDER	69	M	8.58					
MARISOL	ROBERTS	35	F	8.59					

**Tallahassee Participants at  
Crittter Run 5K , Dothan AL  
7/22/06**

Tim Unger	46	17:56 *
Jack McDermott	37	18:43
Hobson Fulmer	50	19:17 *
Geoff Likens	41	19:43
T. Alan Cox	46	21:04
Chuck Davis	45	21:10
Kim Likens	38	22:13 **
Keith Rowe	44	22:37
Herb Wills	46	23:02
Michael Boll	42	24:02
Janice Hochstein	55	24:21
Michael Novak	44	24:41

John Rakestraw	69	24:45
Luis Bejarano	41	24:59
Clark Evans	22	25:37
Mary Jane Tappen	49	27:20
Pam Breza	46	29:26
Gloria Crittenden	57	31:28
Judi Taber	49	45:10
<b>FEMALE WALKERS</b>		
Jacque Myers	49	33:36**

\* Age group winner

\*\* Overall winner

**Midsummer Night 3K  
Tallahassee Downtown  
8/4/2006  
Shannon Sullivan R.D.**

1.	Nathan Haskins	M	18	9:53	34.	Aaron Carrillos	M	17	13:10
2.	Gary Droze	M	45	10:14	35.	Kirsten Baggett	F	39	13:16
3.	Bill McCord	M	43	10:27	36.	Jensen Reinert	F	17	13:44
4.	Tony Guillen	M	37	10:34	37.	Kathy Middleton	F	38	13:45
5.	Carl Nordhielm	M	43	10:42	38.	Ed Claiborne	M	52	13:46
6.	Matt Olney	M	42	10:47	39.	Kim Likens	F		13:47
7.	Tyler Council	M	17	11:06	40.	Nancy Bruner	F	21	13:49
8.	Doug Covert	M	42	11:18	41.	Todd McMillan	M	34	13:50
9.	Holden Dickeson	M	17	11:23	42.	Connie Clarke	F	42	13:56
10.	Geoff Likens	M	41	11:32	43.	Tim Brewton	M	51	13:56
11.	Don Smith	M	26	11:33	44.	Zack Ernst	M	15	13:58
12.	Jerry McDaniel	M	52	11:34	45.	Rex Cleveland	M	67	14:09
13.	Seeley Lovett	F	29	11:38	46.	Jeff Townshend	M	31	14:26
14.	Andy Roberts	M	39	11:41	47.	Nancy S. Laux	F	44	14:27
15.	Craig Willis	M	55	11:41	48.	Julie Novak	F	29	14:34
16.	Jay Silvanima	M	46	11:42	49.	Joyce Adams	F	52	14:42
17.	Simon Serge Sablin	M	33	11:42	50.	Clark Evans	M	22	14:45
18.	Brent Moody	M	21	11:48	51.	Olivia Swedberg	F	22	14:46
19.	Stuart Touchton	M	15	11:49	52.	Harry Rayski	M	50	14:47
20.	Keith Martin	M	17	11:54	53.	Todd Royce	M	35	14:47
21.	Chuck Davis	M	45	11:59	54.	Rob Dearduff	M	40	14:53
22.	Erik Swedberg	M	20	12:03	55.	Daniel Claiborne	M	20	14:55
23.	Joan-Pere Aguilo	M	39	12:07	56.	Jo Lena Pace	F	34	14:57
24.	Tyler Endicott	M	17	12:25	57.	Joe Marino	M	34	15:07
25.	Riley Doherty	M	14	12:25	58.	Matt Parks	M	31	15:10
26.	Jeff Doherty	M	48	12:26	59.	Clint Watkins	M	63	15:11
27.	Keith Rowe	M	44	12:33	60.	Kathy Lindsay	F	47	15:16
28.	Fran McLean	F	48	12:36	61.	Dove Ernst	M	55	15:17
29.	Jim Melcher	M	32	12:37	62.	Andrew Raysin	M	18	15:18
30.	Julie Clark	F	44	12:52	63.	Kirstin Orphan	F	23	15:19
31.	John Kelly	M	48	12:56	64.	Mike Kooi	M	35	15:20
32.	Charles Beard	M	31	13:00	65.	Gene Opheim	M	59	15:25
33.	Mike Boll	M	42	13:01	66.	Louise Bruner	F	50	15:27
					67.	Katrinka Zwoor-Dijlesvoi	F	42	15:32
					68.	Ronald Thomas	M	34	15:39
					69.	Martin Lanorito	M	18	15:42
					70.	Casey Perkins	M	21	15:42
					71.	Marshall Hendlin	M	10	16:14
					72.	Beth Meggs	F	32	16:15
					73.	Jimmy Lee	M	37	16:15
					74.	George Bruner	M	23	16:18
					75.	Justin Lee	M	12	16:19
					76.	Dew Lynn	M	34	16:20
					77.	Trevor	M	11	16:21
					78.	Jackie McDaniel	F	51	16:23
					79.	Stephen Veliz	M	37	16:26
					80.	Travis Covert	M	11	16:31
					81.	Steven Key	M	8	16:32
					82.	Melanie Watson	F	43	16:33
					83.	Joy Key	F	36	16:38
					84.	Kevin Coleman	M	37	16:39
					85.	Theo Francis	M	33	16:51
					86.	Bill Cobb	M	42	16:54
					87.	Scott Hall	M	30	16:54
					88.	Kirk Council	M	13	16:58
					89.	Shannon Raysin	F	22	17:00
					90.	Sondra Lee	F	37	17:02

91. Debra Brown	F	44	17:22	149. ( u n k n o w n )		23:56
92. John Rakestraw	M	69	17:22	150. ( u n k n o w n )		23:56
93. Jeff Starkey	M	43	17:36	151. Monica Dodrill	F	27 24:07
94. ( u n k n o w n )			17:37	152. Jon Dodrill	M	30 24:07
95. Lynda Covert	F	14	17:39	153. Carol Rhodes	F	58 24:30
96. ( u n k n o w n )			17:40	154. Dianna Shu	F	40 24:37
97. Bev Touchton	F	42	17:41	155. Coleson Davis	M	5 25:14
98. ( u n k n o w n )			17:54	156. Terri Calleson	F	37 25:26
99. Danielle Jackman	F	14	18:00	157. John Daley	M	45 25:33
100. Jessica Rogie	F	27	18:00	158. Cherry A Shaw	F	39 25:44
101. Katie Sherron	F	24	18:01	159. Joseph Lewis	M	85 25:45
102. Bill Tanner	M	59	18:12	160. Don Douglas	M	60 25:49
103. David Francis	M	32	18:23	161. Grace Cauley	F	7 26:11
104. Jackson Maynard	M	31	18:25	162. ( u n k n o w n )		26:13
105. Jordan Cason	F	13	18:29	163. ( u n k n o w n )		26:26
106. Desiree Fenniman	F	28	18:36	164. Colleen Castille	F	47 27:03
107. Erik Fenniman	M	29	18:36	165. Danielle Eason	F	34 27:03
108. David M Wilson	M	38	18:38	166. Monica Greer	F	36 27:03
109. ( u n k n o w n )			18:40	167. Josephine Newton	F	80 27:32
110. Willow Shanti	F	36	18:54	168. Phil King	M	50 28:35
111. Jessica Harrison	F	26	18:57	169. Kim Nearhoof	F	47 29:13
112. Spencer Cason	F	10	19:01	170. Brenda Doster	F	39 29:13
113. ( u n k n o w n )			19:01	171. Genna Cox	F	22 29:37
114. Tom Scott	M	56	19:23	172. Tabatha Batchelor	F	22 29:37
115. Jessie Paradis	F	31	19:43	173. Pip Petrandis	F	50 29:38
116. Terri Calleson	F	37	20:04	174. Anne Moore	F	50 29:39
117. Jennifer Wilson	F	35	20:04	175. Keith A Shumans	M	35 29:50
118. Nada Scott	F	53	20:08	176. Heidi Maynard	F	37 30:10
119. Lauren Thompson	F	12	20:09	177. Charles Yates	M	81 30:47
120. Michael Baggett	M	40	20:13	178. Jere Moore	M	74 30:48
121. Debby Alexander	F	46	20:22	179. ( u n k n o w n )		31:18
122. Terri Smith	F	36	20:23	180. ( u n k n o w n )		31:18
123. ( u n k n o w n )			20:32	181. Anne Kinch	F	44 34:36
124. Andre Fodor	M	41	20:37	182. Phillip Tomberlin, Jr	M	54 34:36
125. Melissa Jackman	F	14	20:38			
126. Chloe Fodor	F	5	20:49			
127. ( u n k n o w n )			21:11			
128. Angela Pieroni	F	30	21:17			
129. Sydney Wasdin	F	14	21:20			
130. Ray Hanlon	M	63	21:21			
131. Farrel Aultman	M	36	21:36			
132. Rene Daley	F	46	21:57			
133. Terry Massa	F	48	21:57			
134. Dallas Tucker	M	9	21:59			
135. Monica Jordan	F	34	22:08			
136. Maria Sarmientos	F	43	22:11			
137. Devon Lynn	F	14	22:13			
138. Bruce Lynn	M	59	22:13			
139. ( u n k n o w n )			22:16			
140. ( u n k n o w n )			22:42			
141. Kathy Flippo	F	53	22:57			
142. Suzanne Gouger	F	35	23:08			
143. Katie Dow	F	6	23:09			
144. Ashley Aultman	F	35	23:12			
145. Dianne Douglas	F	53	23:19			
146. Cierra Davis	F	7	23:27			
147. Bill Bubsey	M		23:50			
148. Jan Bubsey	F	53	23:50			

### Freedom Springs Tri at Marianna 7/4/2006

#### Local Finishers (full results on web)

Michael	Weyant	40M	54:58
Brecht	Heuchan	36M	56:30
Stephanie	Liles	34F	56:43
James	Phillips	41M	56:52
Grady	Smith	29M	57:00
Tony	Guillen	37M	57:37
Jeff	Bowman	MxR	59:16
Ann	Bowman)		
Alan	Cox	46M	59:29
Jane	Johnson	47F	1:00:14
Craig	Bruner	50M	1:05:22
Lisa	Sawicki	16F	1:05:54

Loranne	Ausley	42F	1:08:11	22	Nancy Laux	23:49
George	Palmer	62M	1:09:01	23	John Rakestraw	23:57
Dave	Bigoney	32M	1:09:27	24	John Hazleton	24:22
	with Dana Stetson			25	Nancy Widener	24:30
Michael	Boll	42M	1:09:45	26	Clark Evans	24:52
Pete	Kerwin	53M	1:11:02	27	Harry Raysin	25:00
Julie	Clark	44F	1:11:59	28	T. Bert Fletcher, III	25:28
Randy	Hanna	47M	1:12:14	29	John Hazleton, Jr.	25:42
Scott	Lindsay	45M	1:12:21	30	Todd McMillan	25:56
Bonnie	Wright	50F	1:13:51	31	Kelley DiSalvo	26:02
Kathy	Lindsay	47F	1:15:05	32	Jacque Myers	26:28
Paul(UncleSam)Peavy		46M	1:16:29	33	Andrew Raysin	26:42
Sherrie	Peavy	37F	1:17:19	34	Shannon Raysin	26:45
Grea	Bevis	44M	1:18:18	35	Peggy Primicerio	27:08
Barbara	McNeal	50F	1:20:30	36	Mary Stutzman	27:18
Bruce	Lynn	59M	1:20:36	37	Patric Von Landingham	28:10
Jackie	McDaniel	51F	1:22:30	38	Denny VanCleve Jr.	28:20
Kathryn	Ziegler	21F	1:24:08	39	Bob Hoelzle	28:54
Beth	Alexander	42F	1:24:49	40	Richard Addison	29:01
Bob	Keller	72M	1:26:16	41	Jessica Harrison	29:04
Chuck	Law	69M	1:29:24	42	Stephen Veliz	29:08
Kimberly	Rakestraw	36F	1:33:01	43	Jan Blue	29:31
Jamaa	Bouhaltate	30F	1:35:49	44	David Underwood	29:44
Adrianna	Echeverri		1:38:47	45	Richard Ziegler	29:49
Lisa	Echeverri	40F	1:38:53	46	Thomas Zaccardi	29:57
Tom	McHaffie	48M	1:39:09	47	Ruth Jones	30:03
				48	John Davis	30:07
				49	Courtney Whitlock	30:14
				50	Jack Peacock	30:41
				51	Jorge Monreal	30:51
				52	Roger Hostetter	32:22
				53	Nada Scott	32:45
				54	Kelley Jackson	33:07
				55	Arthur Ward	33:08
				56	Glen Alexander	33:35
				57	Carlton DiSalvo	33:55
				58	Anne Draper	34:25
				59	Nicholas Karmanus	34:34
				60	Dawn Brown	35:23
				61	Knox Parker	35:57
				62	Bonnie Hazleton	35:57
				63	Anna Marie DiSalvo	36:23
				64	Greta Peacock	36:31
				65	Terri Smith	36:32
				66	Mandy Van Landingham	37:58
				67	Dianne Douglas	38:56
				68	Karen Zaccardi	40:08
				69	Deana Ponso	40:18
				70	Don Douglas	46:01
				71	Anna Wilgenbusch	48:15
				72	Heather Wilgenbusch	48:17
				73	Rosalie Myers	49:37
				74	Emily Wilgenbusch	50:04
				75	Charles Yates	51:15
				76	Jere Moore	51:17

**Firecracker 5K at  
Greensboro, FL 7/4/2006  
Greensboro Kiwanis**

1	James Cook	17:40
2	Jason Fulghum	18:29
3	Felton Wright	18:31
4	Hobson Fulmer	18:59
5	Ian McCarthy	19:09
6	Michael O'Hara	19:51
7	Jim Wilgenbusch	20:00
8	Julia Vola	20:03
9	Gavin Naylor	20:33
10	Gary Cato	22:01
11	Carl Allen	22:28
12	David DiSalvo	22:30
13	Guy Anglin	22:36
14	Nick Nichols	22:39
15	Andrew Durante	22:53
16	Tim Brewton	23:04
17	Connie Clark	23:08
18	Ronald Thomas	23:11
19	Keith Rowe	23:23
20	Thurman Cutchins	23:36
21	Howard Jemison	23:47

### Grand Prix Status through Breakfast on the Track 8/12/06

#### Overall Female

Stephanie Liles	33	150
Kirsten Baggett	39	108
Julie Clark	44	81
Christy Pardieck	27	68
Sheryl Rosen	21	67
Jane Johnson	46	65
Kara Newell	21	60
Fran McLean	48	60
Sarah Docter- Williams	41	60
Connie Clarke	44	53
Kathy Lindsay	46	47
Loranne Ausley	42	44
Sarah Earnhardt Dugas	27	18
Seeley Lovett	29	17
Judy Alexander	44	16
Lisa Johnson	24	15
Nancy Laux	44	13
Elizabeth Kelsey	29	12
Bonnie Wright	50	12
Kaitlyn Crandall	16	11
Lisa Whitworth	35	11
Nancy Widener	56	8
Kelly Savery	17	7
Jacque Myers	49	7
Lisa Unger	38	5
Jo Lena Pace	33	5
Yvonne Gsteiger	48	5
Diana Jones- Ellis	49	3
Penny Isom	43	3
Jessica Kemeny	26	3
Beth Alexander	41	3
Angela Dempsey	37	3

#### 1-9 Female

Mackenzie Chesnutt	8	67
Lilly Unger	3	49
Lauren Peavy	8	44
Cheslyn Donaldson	9	40
Katie Whitworth	8	20
Cecelia Williams	9	20
Caroline Campbell	6	10
Laura Ceci	3	8

#### 10-14 Female

Melissa Jackman	14	92
Danielle Jackman	14	86
Erin Fraser	14	55
Breanna Bruner	10	41
Lily Williams	11	40

Cynda Covert	14	32
Georgia Mitchell	13	20
Maria Coukoulis	12	12
Jenny Johnson	12	12
Allison Clarke	14	12
Nikki Anderson	14	6

#### 15-19 Female

Kelly Savery	17	20
Kaitlyn Crandall	16	20
Whitney Alexander	15	20

#### 20-24 Female

Sheryl Rosen	21	55
Kara Newell	21	40
Megan Pettifor	21	30
Amanda Burgess	20	27
Lisa Johnson	24	20
Alexis Newell	23	15
Kristine Isom	21	15

#### 25-29 Female

Christy Pardieck	27	115
Elizabeth Kelsey	29	87
Sarah Earnhardt Dugas	27	59
Rita Tweed	29	57
Jill Page	25	20
Seeley Lovett	29	20
Jessica Kemeny	26	12
Melissa Zapata	26	10
Rebecca Falk	27	8

#### 30-34 Female

Stephanie Liles	33	120
Jo Lena Pace	33	107
Sara Cleveland	33	47
Amy Brown	33	12

#### 35-39 Female

Kirsten Baggett	39	140
Janine Thomas	39	77
Lisa Unger	38	69
Sherrie Peavy	37	38
Willow Shanti	36	36
Melissa Rudd	38	25
Marguerite McCauley	35	22
Lisa Whitworth	35	20
Angela Dempsey	37	15
Toma Wilkerson	36	12
Marisol Roberts	35	12







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Heat 5. Kathy Lindsay,  
Guy Anglin, Rex Cleveland  
and George Palmer



Heat 8-9 Susan Cornwell, Mike  
Schneider, Jackie McDaniel,  
Nadine Dexter, Ann Bowman  
and Robert Morris



Heat 6A Unknown.  
Bob Keller, Sherrie  
Peavy, Willow Shanti

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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.