



# The Fleet Foot



\$2.00

Volume 32 Issue 8

Newsletter of the Gulf Winds Track Club

Sept. 2007



**Erica Smith runs the Track Series at  
Maclay School**



Casey Perkins, Bonnie Wright, Tom Perkins, Adriana Echeverri, Rick Parker, Lisa Echeverri, Paige Parker and Karen McBroom at the Muddy Buddy Event



Seeley Lovett on a roll!  
At Tri the Parks  
Flovilla, GA



33rd ANNUAL BILLY BOWLEGS 5K  
FORT WALTON BEACH, FL  
KAREN 23:41 WINSTON 23:02

Winston Howell (Old Reb)  
completed his 33rd straight Billy  
Bowlegs 5K.

**P.R's**

<b>Bev Hand</b>	51:06	St. George 5K
<b>Willow Shanti</b>	15:42	Midsummer 3K
<b>Jacque Myers</b>	7:01	1mile, Tour de Pain
<b>Lilly Unger</b>	45:36	Bushwacker 5K -1st 5K
<b>Travis Covert</b>	5:54.9	BOT mile
<b>Tenley Kiger</b>	8:23.42	BOT mile
<b>Wayne Kevin Kiger</b>	8:34.78	BOT mile
<b>Linda Johnson</b>	7:47:92	BOT mile

**So Who Won?**

**Sarah Dugas won July's \$50 gift certificate to Kool Beanz Cafe.**

**August winner, May Lou Manausa, is going to take her grandkids to the movies with her AMC movie passes.**

**Have you been putting off that home project long enough? You will be out of excuses when you win September's givaway of a Lows \$50 gift certificate.**

**Grand Prix Standings through the Melon Run are in the July/August issue. The next update through the Women's Distance Festival will be in the October issue.**

**Ultras**

**Hot to Trot 8 hour**

Jack McDermott 51 miles 1st male  
Gary Griffin 47 miles 3rd Male

**Triathlon Results**

**We missed Grady Smith's Gulf Coast Half Ironman race of 4:43:18. Congratulations Grady!**

6-20-07- Memphis in May Triathlon,  
**Seeley Lovett**-4th age group, 5th overall female

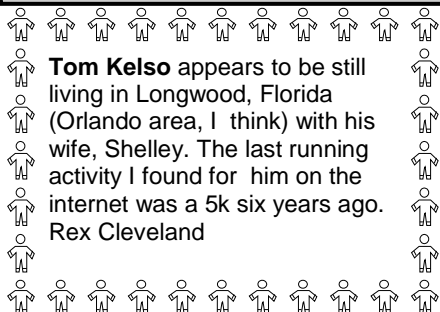
6-23-07-Tri the Parks Triathlon Series, Flovilla, GA  
**Seeley Lovett**-2nd overall female

7-15-07-Chattanooga Waterfront Triathlon, Chattanooga, TN  
**Seeley Lovett**-1st age group  
**Mary Jane Tappen**-6th age group  
**Jeff Bowman**-16th age group

8-18-07 Georgia Veterans Triathlon Veterans Park, Cordele, GA  
2nd Masters Male: **Hamp Stoutamire**  
4th Male 35-39: **Travis Miller**

**Women's Distance Festival Pre-registration and packet pickup.**

Thursday, September 13, 6-8 pm at Po Boys on Village Square Blvd. (next to Premier Fitness). Come by to register for the race and meet the FSU Men's and Women's track coaches as well as some of the FSU runners. Refreshments provided!



**Tom Kelso** appears to be still living in Longwood, Florida (Orlando area, I think) with his wife, Shelley. The last running activity I found for him on the internet was a 5k six years ago.  
**Rex Cleveland**

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**How not to Rob a Bank**

**Study Your History:**

Don't try to stick up the First National Bank of Northfield, Minnesota. Jesse James tried it 111 years ago, and the townsfolk took just seven minutes to kill two and capture three of his gang. Nobody tried again until 1984, and the customers chased the guy down. They're tight with their dollar, those Minnesotans.

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

Sept.	12	David and MJ Yon
Oct.	10	Keith Rowe

GULF WINDS TRACK CLUB  
**June 13, 2007 Business Meeting**  
 Hosted by Beth Alexander

**Board/GWTC Members** present: **Beth Alexander, Peg Griffin, David and Mary Jean Yon, Charlie Yates, Gene Opheim, Judy Alexander, Joe Dexter, Bill Lott, Tim Unger, Sara Cleveland, and Jay Silvanima.**

**Mary Jean Yon** called the meeting to order at 7:38 PM and quorum was established. The May minutes were reviewed. A motion was made, seconded and passed by unanimous vote to accept the minutes as presented.

**REPORTS:**

**Race Director Coordinator – Charlie Yates** reported Shaw's 5 miler is planned for 9/15. This is the same date as the Women's Distance Festival, which is a Grand Prix event. Charlie may suggest another open date to Shaw such as 9/1. Springtime 2008 is schedule for 3/29, which is the same weekend as FSU Relays meet. **Coach Braman** said he is not able to change the FSU meet. Charlie wanted all to know of the potential conflict. **Bill Lott** pointed out that 10/6 is Parents' weekend at FSU which has a 5K associated with it. Also, Homecoming is on 10/27 therefore FSU Cares will be scheduled on that same day. This is usually the date for Boston Mini Marathon and the Sundberg 5K.

**Race Director – Jay Silvanima** presented a preliminary budget for the Tallahassee Marathon. He is considering a local charity next year possibly a land acquisition group. Jay wants to add the half marathon to Grand Prix as well as prize money for the half to attract additional runners. He was advised to work through the

Grand Prix Committee to get on next year's schedule. **David Yon** added he did not think adding prize money for the half would attract more runners. **Gene Opheim** reasserted his belief that races should benefit running related activities.

**Triathlete Report – Sara Cleveland** reported 60 triathletes attended their first meeting. They will continue to meet on the third Monday of every month at Po Boys on Village Square Blvd to discuss business and hear speakers. They are currently working on their webpage. Discussion included how to handle their money. Gene is willing to help handle their finances. Information about insurance and the best way to cover the triathletes is still being researched.

**Clothing Coordinator – Beth Alexander for Margarete Deckert** received 50 hats from T Formation: 10 black, 20 blue and 20 off-white. Cost was \$9.15/hat. She sold 12 hats at \$10 each.

**Newsletter - Beth Alexander for Fred Deckert** Fred is still trying to find out why our Fleet Foot mailing varies from one day to over two weeks. He has no definitive answer, but the Post Office sent out a message to its branches. This message was circulated on gwinds. He would appreciate feedback on delivery of the July/August issue to determine if there was any problem.

**Racing Team Report – Tim Unger** reported the Club's team at the Gate to Gate run received eagle trophies for the 10<sup>th</sup> straight year. Quite a few runners had excellent races including **Sheryl Rosen** who placed second overall female, **Joey Zinn** won the men's race, **Tim Unger** was the first Master, and **Bill McGuire** was the first Grand Master. There are no more team races until 9/15. Tim will try to order singlets with cross-country teams instead of waiting until January.

**Awards/Grand Prix Committee – Tim for Lisa Unger** no report.

**Treasurer's Report – Gene Opheim** reported that the Club has \$63,312, which is \$2313 less than last month. There is no accurate figure for the Chenoweth Fund this month.

**Idea Committee:** Gene reported the last two results of his Idea Committee, which was comprised of **Gene, Nadine Dexter, and Bob Keller**. First, GWTC will conduct a prize drawing each month for the rest of 2007. The drawings will be made from the membership list. The total budget will be \$300. A motion was made, seconded and passed by unanimous vote to accept this-

idea. And second, GWTC will provide/grant up to 6 running clubs in the area schools with a total budget for 2007 of \$1800. The group would meet twice per week for 4 months and Gene proposed paying coaches or coordinators \$300/semester. A motion was made, seconded and passed by unanimous vote to accept this idea. Gene explained the Champions program in Leon County elementary and middle schools. **Bob Keller** is a regular participant in this program and will be attending the summer planning meetings. He will see how Gulf Winds could get involved.

**Website Committee Report – David Yon** reported a Volunteer Spotlight section is added to the website. **Andy Roberts** has designed a search feature for the web site that will search race results by name.

**Chenoweth Fund – David Yon** reported the Committee would like to donate \$1000 to the Leon High School team for warm up suits. A motion was made and seconded. After discussion the motion was unanimously approved. David also reported that the Pot Luck Bash earned \$200.

**Membership – Peg Griffin** reported there are currently 801 members represented by 450 households. A total of 38 new households joined the Club as a result of the original mailing membership drive. \$300 remains from this donation.

**Training Committee – Nadine Dexter** no report.

**Equipment – Joe Dexter** turned in checks from rental fees for equipment.

**Lecture Series – Mary Jean Yon for Fred Deckert** reminded us the next lecture will feature **Eric Draper** on July 27 at Myers Park.

**OLD BUSINESS: Judy Alexander** provided a list of items needed for the FinishLynx timing system including a wireless starter gun and software. The total cost is \$2900. A motion was made, seconded and passed by unanimous vote to purchase the equipment required.

There was a motion to adjourn at 9:13 PM, which was seconded and passed by unanimous vote.

The next board meeting will be held on July 11, 2007 hosted by **Fred and Margarete Deckert**. These minutes have been reviewed and accepted by the Board.

**Beth Alexander**, Secretary.

**GULF WINDS TRACK CLUB  
July 11, 2007 Business Meeting  
Hosted by Fred and Margarete Deckert**

**Board/GWTC Members** present: **Fred and Margarete Deckert, Beth Alexander, Peg Griffin, David Yon, Charlie Yates, Gene Opheim, Judy Alexander, Nadine Dexter, Bill Lott, Lisa Unger, Keith Rowe, Tom Perkins, and Jay Silvanima.**

**Bill Lott** called the meeting to order at 7:42 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 corrected.

**NEW BUSINESS: Gene Opheim** pointed out that no budget was received yet for Miccosukee Madness. **Tom Perkins** said he would not ask the Club for any money. He mentioned that canned food would be collected for Second Harvest Food Bank. Each runner should bring 2 cans. Those over 18 will also be charged \$6.00. Gene reminded Tom of the \$2 discount for preregistered Club runners.

**REPORTS:**

**Race Director Coordinator – Charlie Yates** reported that **Jeff Nielsen** received his permit for the Prefontaine 5K on September 29. **Bill Lott** announced that the FSU Cross Country Invitational meet for high school and middle schools is scheduled for September 22.

**Race Director – Jay Silvanima** presented a revised budget for the Tallahassee Marathon. He has increased prize money, and changed several deadlines. He has formed a relationship with the Greenways and Trails Foundation as a charity, and asked that the proceeds of the marathon be split between the Foundation and the Leukemia and Lymphoma Society (LLS). Currently, there are no sponsors, but Jay will send out proposal letters to potential donors. Gene asked if Jay were amenable to discussion about charities and the split of the money. Jay was fine with less money being contributed to LLS. Gene reminded Jay about the discount for preregistered Club race participants. The motion was made to accept Jay's budget, seconded, and past unanimously. Jay opened registration on [Active.com](http://Active.com) on July 8th. **Peg Griffin** received a thank you note from the LLS regarding contribution from the 2007 marathon. **Lisa Unger** submitted her budget for the Women's Distance Festival (WDF). She has no sponsorship this year. She is encouraging middle school teams to enter and run. She received \$35.00 from a

Mexican restaurant she will use as a door prize. She proposes proceeds go to the Club. However if the WDF raises more than \$400, Lisa would like 50% donated to the Chenoweth Fund designated for female runners sponsored by the WDF and the remaining half to the Club. A motion was made to accept her budget as presented, seconded and passed by unanimous vote.

**Treasurer's Report – Gene Opheim** reported that the Club has \$59,445, which is \$3867 less than last month; the Chenoweth Fund has \$16,110. Gene presented the budget for the Club through June. He believes next year Bonnie should ask for a budget for The Kids Triathlon. Gene does not see any problem with meeting our income goals for the year. And, we are on target with our expenses half way through the year. We are over budget in equipment due to the expenses approved last month for the FinishLynx. He recommends a bigger membership budget next year since more money was spent this year on bumper stickers and new flyers. The June drawing was completed by Peg. The winner is **Sarah Dugas**. She can be notified, but since the gift certificate was for Kool Beanz, he is still waiting to see if they will open after the fire before presenting it. A new restaurant will be chosen if their opening is delayed.

**Training Committee – Nadine Dexter** reported she is still attempting to make contact to get permission to use the FSU track for the Beginning Running class. Until then she cannot make flyers or advertise. Julie is gearing up for a 15K training class for Turkey Trot. It will meet at the YMCA in Southwood on Wednesdays beginning in September. The Monday night group will continue to meet informally at Winthrop Park. The FSUCares 5k is scheduled for October 21 at 5 pm.

**Equipment – Judy Alexander for Brian Corbin** discussed options for updating the FinishLynx timing system. She reviewed the expenditures for the system's repair from the previous 3 months for the timing system. Judy pointed out we also may want to purchase our own copy of Hy-Tek software for use with the system to provide results in large, pre-seeded meets. The only copy of the software available to us now is licensed to Lincoln High School, which makes it imperative that Lincoln be at the event being timed with that software. GWTC would purchase the software (\$698) from Hy-Tek and be licensed (\$1000/year) as an ITC, Independent Timing Company, by Hy-Tek. Judy discussed adding the licensing fee as a line item in the budget. This brought up discussion about how much money the Club should invest in this timing system, and how we

could recoup some of these expenses. The software is used for specific track and cross-country meets but is not imperative for all events. There was a discussion about charging a fee to use this equipment, as we do for use of our other equipment for road races. It was also noted that long hours are spent at meets timing events and perhaps some of the fee collected should go to the operators of the equipment. A motion was made and seconded to buy the software and pay the \$1000 license fee for one year but not add as a line item. It was also decided to begin charging \$300 to use the equipment and a policy will be developed for this. Judy was asked to investigate how the club can recoup the license fee and repair costs over time and report those findings to the board at the August meeting. The motion was passed with one nay vote.

**Membership – Peg Griffin** reported there are currently 816 members represented by 454 households.

**Racing Team Report – Lisa for Tim Unger** no report.

**Awards/Grand Prix Committee – Lisa Unger** sent out the initial letters to Hall of Fame members announcing their Club membership fee is waived. The 2008 Grand Prix application process closes July 31. The Committee meets on August 5 to discuss a preliminary schedule for next year.

**Website Committee Report – David Yon** thanked **Judy Alexander** for writing the Volunteer Spotlight section.

**Lecture Series – Fred Deckert** reminded us the next lecture would feature **Eric Draper** on July 27 at Myers Park.

**Triathlete Report – Tom Perkins for Sara Cleveland** reported the next Tri Club meeting is July 16 at Po Boys in Killlearn.

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

**Clothing Coordinator –Margarete Deckert** has sold 3 more hats for a total of 15.

**Newsletter - Fred Deckert** Fred discussed the possibility of an August newsletter. But after a number of factors were considered, there will not be one.

**OLD BUSINESS: Nadine Dexter** passed around a Northeast Chronicle that had the article about Gulf Winds in it.

There was a motion to adjourn at 9:16 PM, which was seconded and passed by unanimous vote. The next board meeting will be held on August 8, 2007 hosted by **Joe and Nadine Dexter**. These minutes have been reviewed and accepted by the Board.

**Beth Alexander**, Secretary.

## Times Remembered

*Mary Jean Yon*

Make sure you look closely at the cover of this month's Fleet Foot. Is that an adorable picture or what? Our newsletter editor, Fred Deckert, snapped that shot during Week # 6 of the Summer Track series and it truly evokes the epitome of happiness. Whether it's the adorable outfit, the effortless glide around the track or the fact that nobody else is around to challenge our cover girl...we may never know what put that smile on her face. But I must tell you, she has inspired me to rant about another topic that should be important to all of us...getting kids to run!

Say what you will about the graying of the track club. We know we're getting older. We know some of our most intense age group competitions take place in the Masters and Grand Masters age categories. But we also know it's time to bring some youth into our sport to make sure somebody continues this fine tradition. Gulf Winds works hard to make this happen. The Summer Track series is one example. Other examples of youth outreach include: Miccosukee Madness, the Prefontaine races, SMIRF's, the Chenoweth Fund and the Kent Vann Partners in Excellence Awards.

Truth be known, the message goes beyond just getting kids to run. And it seems it's not just runners and walkers that worry about kids and their health these days. Sad but true, a large percentage of kids under age 12 are either overweight or obese. To say we'd like to see more kids running is just a small piece of the overall puzzle. Any increase in physical activity in general might be a more realistic goal and guess what? It's on the way!

As Florida schools settle back into the groove this month, one noticeable change will occur in the elementary schools. Daily physical education (PE) classes will be reinstated for all kids in grades K-5! Now I have to ask...is it just me or is life more complete with memories of PE classes to flash back to? I still remember Ms. Littleton at Augusta Raa as though it were yesterday. She would give us lemon drops if we consistently dressed out in those oh so flattering jumpsuits that we rolled up in oh so many ways in an attempt to cope. And let us not forget the Presidential Physical Fitness

Challenge we did each year! Whoops! Maybe kids don't need all of those memories. But hey...30 minutes of PE a day for five days each week? I'm all over that!

Perhaps if that spark ignites, we might even see some action on a recent motion that your Board passed which is also geared towards encouraging physical activity in the schools. In June, the Board voted unanimously to fund up to six "running clubs" in area schools that are separate and more low key than the usual cross country and track teams. To do this, we're looking for a few interested folks to organize an after-school running group to simply spread the joy of the sport. We have an excellent summer tradition of teaming up with the City of Tallahassee to put on the Summer Track Series that draws 100 kids who run races of all lengths and produce Kodak moments similar to our Fleet Foot cover shot this month. But what happens once the school year begins? If it doesn't work out for somebody to land a spot on the cross country team, then perhaps Gulf Winds can provide another alternative. Is this an idea with merit? I guess we'll find out. If this is something that appeals to you and you see the potential to be that certain inspirational someone for some young runner, please let me or any Gulf Winds Board member know!

One last thought to ponder before you venture off to enjoy the month of September. Just as we worry about the younger population not being fit, the Road Runners Club of America has the same fears about adults carrying around excess weight and not exercising enough. In order to raise awareness about the importance of daily physical activity, this worthwhile national association (of which we are members) is sponsoring RRCA Run @ Work Day and encouraging people to include a mere 35 minutes of exercise into our daily lives. People all over the U.S. will be encouraged to run (or exercise) before work, during lunch or immediately following their work day on September 21, 2007. For more information, visit RRCA's web site at [www.RRCA.org](http://www.RRCA.org).

See you at the races, which are now scheduled in abundance as we move into fall! Perhaps this is the best overall opportunity to make a difference. So, bring a friend! Bring a kid! Change a life. See you there!

M.J.

**The Fleet Foot  
Newsletter of the Gulf Winds Track  
Club**

**Editor: Fred Deckert**, 893-9739,  
freddeckx@comcast.net

**Columnists: Jane Johnson, Sheryl Rosen**

**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. **Deadline: 18th of month previous to publication.** Questions, contact the editor.

**Advertising Payments:**

Full Page-\$50, Half Page – \$28, 1/4 Page-\$16, Run twice, no changes – \$46, \$25, \$14 each. Yearly rates: \$400, \$225, \$125. Letter-size centerfold race flyer-\$100.

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, freddeckx@comcast.net

**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

**VOLUNTEER CORNER**

Judy Alexander



**Volunteer Spotlight – August**

Volunteerism is a very personal thing. Some people love to jump in with both feet and fill every spare moment; others prefer to dip their toes in and test the water gradually with smaller jobs of a more finite nature. Both types of volunteer spirit are necessary and appreciated by race directors and club officials alike!

People who know this month's featured dynamic duo, **Joe and Nadine Dexter**, will tell neophyte volunteers not to be intimidated by what they're about to read. It should take a small army to do all that this couple does and there is no job, big or small, they won't do.

**JA:** How long have you been a member of GWTC & what positions have you held in the club, including races directed/co-directed?

**JD:** I have been a GWTC member since 1984 (I believe). I have been Race Director Coordinator, Equipment Manager, Elected Board Member (Directors at Large), and President 1993-94. I have directed the following: Humanatee 5K, Palace Saloon 5K, Beat the Clock 5K, Black Bear 5K, Spirit of Gymnastics 5K, TLH Marathon/1/2 Marathon, Panther Prowl 5K, The Big Chill 5K, Springtime Tallahassee 10K, Flash 12K,

Railroad 5K, Wakulla Library 5K & 1 Mile, FSU Cares 5K, St. Marks Trail Biathlon, Temple Israel 5K, St. Marks Trail 5K, FSU VS UF 5K, Miccosukee Greenway Biathlon, Rails to Trails 5K & 1 Mile and several others, whose titles escape my memory.

**ND:** I joined in 1994 after I ran the Echo 5K in Killbuck. I was thrilled! I have been a board member for 3 years. I was the race director for Temple Israel 5K in 1999, 2000 and have been directing the FSUCares 5K since 2000. I have been teaching a running class since the Fall of 2000 when I pulled together a training group for the FSUCares 5K. Joe and I co-created the Bootcamp running classes (2006) in the spring to mirror the beginning running class in the fall. I have been a water stop, traffic control and finish line volunteer for many races through the years. Plus, we have all the GWTC equipment living in our garage and at times I have filled in for the official equipment manager, Joe, when he was not here. I have been helping Joe since 1999 with the equipment. This usually means talking to race directors before the race, helping them with all the particulars of the race, like the flyer, advertising, awards, food, finish line crew, volunteers, registration, and of course designing the 5K course. We load up the GWTC trailer and haul the equipment out to the race, run the race or help out, then load it back up and return it to our garage to be shelved.

**JA:** What is the most memorable volunteer job you've done for the club?

**JD:** Volunteering to be the Equipment Manager, through which I met my wife, Nadine.

**ND:** Training new runners in my beginning running class.

**JA:** What drives you to want to take on such time-consuming activities?

**JD:** I have the "TYPE A" personality and an overwhelming drive to accomplish things and try to make others happy.

**ND:** I want to share with others what I have found. An ability to make something of myself with my own determination. With some encouragement and good coaching I was able to run any distance race despite how fast or slow I may be. But more than the physical feat is the internal feeling of accomplishment that I was doing something right for myself which spilled over into my personal and professional life.

**JA:** What are some of the most important things to keep in mind when volunteering?

**JD:** You may or may not get the thanks you

want or deserve, so you need to accept that. Very few people will realize the amount of time and/or effort you put into the volunteer work, so do it for yourself, not just for them.

**ND:** Make sure the person in charge of the event you are volunteering for knows how much time you have to commit and what your job preferences are. That way, both of you will get the most of your volunteer experience.

**JA:** What would you tell someone else to encourage him/her to volunteer?

**JD:** The satisfaction that you helped things to go smoothly, helped out others (race directors in particular) and helped runners to have a pleasant experience is a strong and positive reward. Volunteering allows you to see running from a very different perspective.

**ND:** That you get that good feeling of giving back to the running community.



### Attention beginning Triathletes and runners who want to learn to swim!

Area Tallahassee Aquatic Club will be offering a fall Masters Swimming program from August 13 - November 2007.

Practices are Mon, wed, & Fri from 5:30-6:30 am. If interests develop there will also be a lunchtime group.

> Practices will be held at Trousdell Aquatic Center and the cost is \$108.00 per season plus the cost of registering with Florida Masters.

Swimming instructor will be on deck for stroke instruction and workouts. New swimmers welcome.

For more information please contact Shantel or Frances at 891-3994. See ya in the pool!



## GWTC Merchandise

Shirts are all \$10  
New GWTC blue "muscle" and regular tank tops  
"License" plates are \$5 each.

Contact: Margarete Deckert 893-9739

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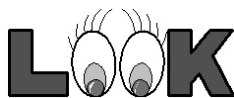


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### Discounts for GWTC members



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).

**Katie Sherron. Math and Economics Tutor.** Graduate student with 7 years experience working with elementary, high school, and college students. Resume and/or references upon request. \$25/hr for GWTC members. Call 574-6366.

**Yvonne's Groom-n-Go.** 321-1333, mobile small dog grooming. 10% off regular prices.

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: [freddeckx@comcast.net](mailto:freddeckx@comcast.net). 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.

**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.



#### Half Marathon and Monday Running Group

August-October Mondays, 6pm, Winthrop Park (meet in back parking lot by the playground).

Informal, non-structured group... any pace, any distance, all welcome. Some participants will be following a half-marathon training plan (to be provided), but this is not a requirement for joining the group. Be prepared for the heat. Bring your own water or sports drink. Course map provided on group list=> <http://groups.yahoo.com> (enter winthroprun for the name of the group). The goal is the Boston Mini Marathon, October 27th.

#### 15K Turkey Trot Training Group

September-November Wednesdays, 6pm, Southwood YMCA

Use this group to improve your running and boost your distance from a 5K to 15K. A training plan, maps, flyers and more information will be published in the near future.

#### Triathlete Training & Contacts

**Triathlon events:** Jeff Bowman - awesometri@hotmail.com, Bob Keller - bobdutri@aol.com

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

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

Master's swim 11:40 AM Monday thru Friday - Trousdell Pool, daily fee gets you a lifeguard in the stand.

**Social Events:** [www.gulfwinds.org](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.bfastrathlon.org](http://www.bfastrathlon.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  
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**Lilly Unger guiding Ray Hanlon and Jim Varley home on the final lap of the BOT mile**



**No help needed for Queen Josephine Newton at the BOT !**

A guy goes into a bar with a German shepherd dog and sits down at the counter. The bartender says, "You can't bring that dog in here!" The guy says, "This is a Seeing Eye dog!" The bartender says, "Well, okay, then I guess it can stay."

After a while, the man and the German shepherd get up to leave. As they're going out the door, another man with a Chihuahua is coming in, and the first man says, "The bartender won't like you bringing that dog in here, but just tell him it's a Seeing Eye dog and then it'll be okay." The second man looks dubiously at his tiny Chihuahua, thinks a few seconds, thanks the first man, and goes in.

The bartender says, "Hey! You can't bring that Chihuahua in here!" The man stares straight ahead and exclaims, "What! They sold me a Chihuahua?!"



### 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 [freddeckx@comcast.net](mailto:freddeckx@comcast.net)**. Special thanks to Charlie Yates for the race information.

#### Sept.

**01 Midnight Chase 5K/1M Fun Run.** Panama City. Nancy Dingus 850-763-6891

**08 Sickle Cell 5K/1mi.** 8 a.m. Gaither Gym. Velma Pernermon Stevens 222-2355.  
[www.sicklecellfoundation.org](http://www.sicklecellfoundation.org). Flyer p. 20, July/Aug. issue.

**08 Emerald Coast Triathlon, Duathlon, Aqua bike.** Panama City.  
[www.emeraldcoastevents.org](http://www.emeraldcoastevents.org). Jerry Lynch 850-784-9542.

**\*15 Women's Distance Festival 5K/1M.** 8 a.m. Optimist Park. Lisa Unger,  
[ungertl@juno.com](mailto:ungertl@juno.com). 562-2901.

**22 FSU Habitat for Humanity 5K.** 9 a.m. Tully Gym, FSU. [Seren Evans at president@fsuhabitat.org](mailto:SerenEvans@fsuhabitat.org).

**\*29 Prefontaine 5K. 9 a.m.** Silver Lake Recreation Area. Jeff Nielsen 459-8859,  
[dobieman@comcast.net](mailto:dobieman@comcast.net).

#### October

**6 FSU Parents Weekend 5K.** 7:30 a.m. College & Copeland. [PCoryell@admin.fsu.edu](mailto:PCoryell@admin.fsu.edu).  
644-6717.

**6 2nd Annual St. George Island Oyster Spat 5K.** 8 a.m. At the public park.  
Angela Troy 850-927-2604

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

**13 Semper Fi 5K.** 9 a.m. Leach Center, FSU. Scott Cunningham [src04f@fsu.edu](mailto:src04f@fsu.edu)

**13 Emerald Coast Triathlon, Duathlon, Aqua bike.** Panama City. Jerry Lynch 850-784-9542. [www.emeraldcoastevents.org](http://www.emeraldcoastevents.org).

**13 Walk for Wishes 5K Run/Walk.** 8:30 a.m. Tom Brown Park.  
[walkforwishes@hotmail.com](mailto:walkforwishes@hotmail.com).

**20 Victorious Egret 5K for Habitat.** 8:30 a.m. Porter Sink Faulk Drive boat ramp (off US 27) Joe Donoghue. [jfd007@comcast.net](mailto:jfd007@comcast.net) 893-7880.

**20 Run for Rover 5K/1M.** Thomas University, Thomasville, GA, 8 am, contact Thomasville-Thomas County Humane Society at (229) 228-0613.

**21 FSU Cares 5K,** FSU College of Medicine. 5 pm. Contact Nadine Dexter at [nadine.dexter@med.fsu.edu](mailto:nadine.dexter@med.fsu.edu) or 878-7880.

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

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

#### November

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

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

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

**17 Baby Power for Autism Research 5K.** 9 a.m. 1410 Market St.

Scott Cunningham, src04f@fsu.edu

**\*22 Turkey Trot 15K/10K/5K/1M.** 8 a.m. Southwood. David Yon 425-6671, 668-2236 or david@radeylaw.com.

Nov 24 Swine Time Festival 5K, Swine Time Fairgrounds, Climax, GA, 8 am.

Visit the GWTC website at [www.gulfwinds.org](http://www.gulfwinds.org) for the latest information on area events and GWTC.

**Please send race information and flyers to [freddeckx@comcast.net](mailto:freddeckx@comcast.net), preferably in MS Word.**

#### Gulf Winds Track Club 2007 Grand Prix Series Schedule

10	September 15	WDF	5K
11	November 3	Xmas Connection	5K
12	November 22	Turkey Trot	15K

#### Gulf Winds Track Club 2007 Kids Grand Prix Series Schedule

5	September 15	WDF	5K or 1M
6	November 3	Xmas Connection	5K
7	November 22	Turkey Trot	5K or 1M

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## Rain, Rain, Don't Go Away

By Sheryl Rosen

My coworker darted to her car through the raindrops and puddles. I, on the other hand, smiled at the onslaught and strolled to my vehicle after work, eager to get my feet into Asics and hit the flooded trails.



Time and time again, I find runners look at the world – including precipitation – a bit differently. To people not of the farming or gardening variety, rain is a small nuisance. To runners, the recent summer showers mean not only relief to the thirsty crops and zinnias, but also a cool reprieve from the heat and a chance to feel like a kid playing in the rain again.

Watch a four-year-old in a downpour, and he or she will splash about and delight in the water and ensuing mud. While most adults have lost this zeal, most runners have retained it. Rain doesn't hole us up indoors – save the dangers of lightning of course. It doesn't make us skip our workout and summon excuses. Rain dampens everything but our moods as we tromp through the fields and roads like the unafraid kids we all used to be.

Runners happily nurture a multitude of delusions, whether inflating our estimated pace or assuming injury won't strike. However, the perception of strength and invincibility runners can feel when running in the rain is real, even if the actual invincibility isn't. As everyone else bolts for shelter, runners can take pride in weathering the storm and enjoying a type of run the less adventurous miss. (I call

this the adversity factor. It's the same lure as runs with obstacles, like the Prefontaine 5K, and the same lure as long distances.)

The feeling one receives from running in the rain is different than in other conditions, such as cold, heat, or wind.

Consider this:

The trails **look** markedly different in a deluge. There is never a better time to have the trail or sidewalk to yourself than while it's raining, since most other people will abandon their workout.

The trails **sound** different. Other than the obvious noise of water hitting leaves or one's heavy shoes sloshing through a puddle, the scene is quiet, perhaps even as sleepy and peaceful as dawn.

The trails also **feel** different. Physically speaking, the once sandy ground is packed and the once hard clay or dirt is more like a mud pit. The footing is slippery, so we adjust our stride accordingly. If it's hot, running in the rain also makes us cooler, but if it's cold, it makes us colder.

Emotionally, at least for me, the rain is a happy kind of solemnity, a lonely peace akin to absorbing a breathtaking view without caring no one is there to share your awe.

## Featured Feet – Elizabeth Kelsey

**Childhood ambition:**  
My childhood ambition varied: I wanted to be a farmer, a veterinarian, an advertising executive, or a writer.

**Fondest running memory:** Running a PR at the Palace Saloon 5K and then meeting a sweet guy as we both reached for the last beer in the cooler.

**Wildest Dream:**  
To quit my office job and become a full-time novelist!

**Proudest running memory:**  
Feeling strong and well as I crossed the finish line of the Tallahassee Marathon.

**Current occupation:**  
Copywriter and editor at PATLive.

**If money were no object, what occupation would you choose:**  
I would remain in graduate school for the rest of my life.

**Indulgence:**  
I am a great believer in indulgences and I have too many to list; however, they include massages, hummingbird cake, champagne, and crappy fashion magazines (I'm pretty ashamed of this last treat, though, and I only resort to it in the direst of circumstances).



**Favorite non-running hobby:**  
I have two favorite hobbies: writing fiction and cooking.

**Favorite book:**  
Two books tie for first place: Jane Eyre by Charlotte Brontë and Confessions of a Failed Southern Lady by Florence King.

**Running inspiration:**  
GWTC is my inspiration – my running took on an entirely new dimension when I joined the club. Previously, I never thought I would enjoy running with others but now, I can't imagine hitting the trails alone.

**Perfect Day:**  
I know this must sound terribly prosaic, but after waking up at 4:45 a.m. several days this week to get to swim practice on time, and after looking at the pile of work that's currently on my desk, a perfect day would be for me to remain in bed past 8:00 a.m. I would wake to find the latest issues of In Style and Vogue on my doorstep. Then, someone would arrive to give me a massage and bring me trays of hummingbird cake and champagne at regular intervals (see "Indulgences").

**Biggest Challenge:**  
Remaining patient through a stubborn case of plantar fasciitis.

There was once a young man who wanted to become a great writer and to write stuff that millions of people would read and react to on an emotional level, cry, howl in pain and anger, so now he works for Microsoft, writing error messages.

Two men took the test to qualify for a job and both men answered nine out of ten questions correctly, but they gave the job to the first man: he answered Question No. 10 "I don't know" and the other man answered it, "Neither do I."

## Featured Feet – Grady Smith

### Childhood ambition:

When I was growing up playing sports I thought professional athletes had a greatest job in the world; they got paid to do what they loved. I wanted to be an Atlanta Braves pitcher.

### Fondest Running Memory :

I have two. A few years ago I met some of my tri geek buddies (Hamp, Brecht and Jeff) at Forest Meadows for a run. It had been raining on and off all night and by the time we got started so did the rain again. That didn't stop us, we just ran in the rain through the mud puddles chatting away the whole time. By the time we got done we were soaked to the bone and couldn't have been happier. My second took place last year when my Ironman training partner Hamp and I finished our first 22 mile training run. I had never run that far before, but after that run I truly felt I was going to be able to finish the Ironman.

### Wildest Dream:

To run down Thomas Drive knowing I was about to win Ironman Florida.

### Proudest running memory:

Running across the finish line at Ironman Florida (2006) and have Mike Reilly announcing, "Grady Smith you are an Ironman." It gives me chills just thinking about it.

### Current occupation:

State Employee for the Florida Fish and Wildlife Conservation Commission

### If money were no object, what occupation would you choose:

I have always loved to cook but I knew being a professional chef would take away from my family time, so I would want to be



a personal chef so I could make my own hours.

### Indulgence:

Honey - it's great on just about everything.

### Favorite non-running hobby:

Swimming and Biking

### Favorite book:

For inspiration *It's only a Mountain*: Dick and Rick Hoyt, story by Sam Neal. For leisurely reading *Angels and Demons* by Dan Brown

### Running Inspiration:

I am inspired by the challenged athlete with special needs. They embrace every day with a smile on their face and not a care in the world. When I see them in training or at races it warms my heart that they don't let their disabilities inhibit them from participating in the sport they love.

### Perfect Day:

Start the day with a long run on the beach, followed by open water swim in the ocean. Then spending the day with my wife Susan and son Rylie enjoying the beach and pool. After dinner taking a family walk along the waters edge, reflecting on the day and enjoying the spectacular views of the sunset.

### Biggest Challenge:

To reach my potential as an athlete

**Race Report-BMW of Chattanooga  
Waterfront Triathlon  
Seeley Lovett, July 15, 2007**

I decided to add the Chattanooga Waterfront Triathlon to my racing schedule this summer after a tumble off my bike in May forced me to adjust my training and racing plans. Including this race wasn't a hard decision because I'd heard many positive comments about it. The fact that it served as the Southeast Regional Championships and a qualifier for 2008 Short Course World Championships meant the competition would be top notch and I welcomed the challenge to race against some of the best triathletes in the southeast.

My fiancée, **Manny Gutierrez**, and I arrived in Chattanooga the Friday afternoon before the race. Saturday was reconnaissance day. Race headquarters was downtown, right along the Tennessee River. We were curious to explore the downtown area due to the coverage

Chattanooga had received in the *Tallahassee Democrat*. "How can Tallahassee be more like Chattanooga?" we wondered as we began looking around. Downtown certainly made an impression. It looked much "revitalized" with an abundance of restaurants, a beautiful aquarium and art museum, minor league baseball stadium, busy pedestrian bridges, and a popular walking path along the riverbank. I picked up my race packet which included a pretty substantial goody bag, complete with a drawstring satchel, water bottle, high quality t-shirt, and a number of product samples! I was also given instructions for the swim, which was a time trial start on a point-to-point course in the river.

After picking up my packet, we drove the bike course on Highway 27. The route headed out into the tall green Tennessee mountains. I could feel my car's engine having to work on the inclines... this would be the antithesis of a Florida bike course! After getting a preview of the next day's challenge, we headed back to the hotel to rest up and grab something to eat. Race day began early Sunday morning. After getting my stuff organized in the transition area and warming up on my bike, I headed for the shuttle buses taking the participants to the swim start. The buses were running ahead of schedule, and I missed my designated bus. No worries, however, as once I got to the staging area (the UT-Chattanooga practice football field), we waited around for over an hour until the race began. While it was fun to people watch, the delay made me nervous about my

nutrition and hydration. In addition, time trial starts can be hard to gauge, because you never know exactly when your race will start.

Fortunately, my age group was one of the first waves to go, so I didn't have too long to wait once things got rolling. Fellow Gulf Winders, **Jeff Bowman** and **Mary Jane Tappen** started out in the second half, and I was able to wish them luck before I started.

The word was that the previous year's lightning fast swim times were due to the strong current of the river, but we weren't so lucky this year! Coming out of the water, racers were pulled onto a dock, ran up the dock, then a ramp, and then stairs before entering the grassy transition area. There was a large crowd of supportive spectators and an exceptionally loud announcer cheering us on...it created a very exciting atmosphere!

Coming into the transition area after the swim, I noticed many bikes were still racked...a good sign. We had the entire left lane of the highway to race on the bike leg, which was great. Traffic was not too bad and all of the cars stayed in their designated lane. Despite the demanding hills, the bike course was beautiful. Again, as I entered the transition area after the bike, I noticed there was only one bike on my rack...another good sign. I began the 10K run feeling strong and ready. Recon of the out-and-back course prepared me for the toughest part, the first mile. After exiting the transition area, we quickly began climbing a rather long hill. Once we crested the hill, we had to run up a flight of stairs, eventually ending on the Riverwalk. A mile and a half into the run, rigor mortis set in, and my legs decided they were finished racing. All the coaxing, pleading, and praying was not enough to overcome my calorie deficit and poor hydration. This made for a very long running leg! However, seeing my fellow triathletes out on the course made the time pass quickly, as did the cheering crowds that lined the downhill finish.

Despite my less than stellar performance, I am excited about participating in this race next year. It was well organized, the volunteers were strong in number and enthusiasm, the course was safe and well-marked, the goody bag was full of keepers, and the competition was first rate. Until our wonderful city can reroute a river and gather a mountain range, Chattanooga has much to offer.

For more information about this race, go to [www.team-magic.com](http://www.team-magic.com). Triathletes can compete as individuals or as a part of a relay team. The race sold out early this year, despite the addition of 200 slots. So be sure to sign up early!

**Race Directing - Lisa Unger, 8/6/2007**

Running a race has taken on whole new meaning as I begin planning my second year as Race Director of the Women's Distance Festival. Nine years ago, running a race meant huffing and puffing and hoping to make it to the finish line. Now, "running" the race means preserving the integrity of GWTC's only annual race that focuses on women by coordinating volunteers, designing t-shirts and awards, organizing finances, preparing refreshments and so many other details that pop up at the last moment. There really is no way to compare the two very different activities of participating and administrating, but many of the words and phrases used to describe each are the same!

In order to run a successful race and achieve a PR or win an award, a participant must plan ahead and train for the goal. In order to put on a great event that all participants enjoy, a race director must also start planning months in advance of the race date. Participants arrive at the race location early on race day morning and enjoy the company of other runners before, during and after the event. A race director arrives at the race location even earlier than the participants, but also gets to enjoy working with other great people who make the day so worthwhile and memorable. After participating in a hard race, feelings of exhilaration and exhaustion intermingle. I experienced similar feelings after the 2006 WDF event concluded and we were headed home. Since it would be very hard to answer the question of which I would rather do, participate or direct, I consider myself very fortunate to be able to do both.

Planning the 2006 WDF and completing all of the preparations was a great experience. I was so fortunate to have a dedicated co director, **Jo Lena Pace**, who brought many great ideas to our race as well as much assistance with the preparation. Last year I made notes and created a time line for all of our activities. This year we have been following the same schedule. We found that some of our ideas worked really well while others were just too hard to manage for so many participants. There are many details that for 2007 we are simply repeating exactly what we did in 2006. But there are also many details that we are definitely doing differently this year! All in all, it was such a great experience in 2006 that there was no way I could not want to do it again in 2007. Luckily, Jo Lena agrees.

This year the 5k and 1 mile are GWTC Grand Prix and Kids' Grand Prix races so we hope participation will be increased by members competing for points. However, this year we did not obtain any outside sponsorship money. Last year we had an advertised benefactor that we

had hoped would generate more interest in participating in our race. This year we have simplified that concept by using GWTC and the Chenoweth Fund as the sole benefactor of this annual club race. Last year we had many entry fee options that became confusing at the race day registration table. Luckily, we also had AWESOME and experienced registration volunteers who handled the confusion and chaos like champs! This year we streamlined the pricing structure and hope that it will help alleviate some of the stress on our registration volunteers.

So, now it's just about a month from race day and Jo Lena and I are well on the way to firing the starting gun. Having a year of experience and knowledge behind us, plus the notes of what went well and what did not from last year has made the planning and execution of tasks much more relaxed and orderly this year. We have learned that certain tasks can be handled in advance while others must wait until just before the event. For instance, awards and t-shirts have been designed and ordered weeks in advance of the event so that the limited and crucial time closer to race day is left free for organizing volunteers, stuffing pre registration packets and coordinating refreshments.


We are now at a point of coordinating volunteers and hoping for pre registrations to arrive in the mail. There are many volunteer positions that desperately need to be filled. Many of our volunteers enjoy the best of both worlds by completing their volunteer duties and also running in the race. If anyone is interested in helping with the 2007 WDF on Saturday, September 15, please contact **Lisa Unger** or **Jo Lena Pace**. Another way interested runners can help is to pre register. Our scoring and membership miracle worker, **Peg Griffin**, seems to have a magic wand that she waves and scores are produced, but that is an illusion. Peg works many hard hours to input registrants and score a race. The burden is definitely reduced by increased pre registration.

No matter, from which perspective you look at it—participation or administration-- running the WDF race is a great experience that benefits the director, volunteers, runners and Gulf Winds Track Club.

**Webmonster notes:**

Lisa Unger is one of those GWTC volunteers who, once given a job, tackles it with a cool thoroughness that completely hides the nervousness underneath. She has been a leader on the Grand Prix Committee for a number of years and a real "doer" at the

*(Continued on page 25)*



**Tallahassee Women's 5k and 1 Mile Race**  
Distance Festival

**September 15, 2007** **Tallahassee, Florida**

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**Date and Time:** Saturday, September 15, 2007  
**5K Women** start at 8:00 a.m. E.D.T. ♦ **5K Men** start at 8:10 a.m. E.D.T. ♦ **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, E. Indian Head Drive, Tallahassee; USATF Certified 5K; FL06045DL

**Entry Fee:**


Early Registration (postmarked by or before 9/10/07)	\$12.00	<b>\$2 Discount for Pre-registered GWTC Members</b>
Race Day Registration	\$15.00	
No shirt option	\$10.00	
1 Mile (incl. goodie bag for kids aged 14 and under)	\$7.00	
→ Make checks payable to Gulf Winds Track Club		

**Awards:** **1 mile:** Awards to the top 10 female and top 10 male finishers  
**5k:** First two females and first male overall plus female and male masters, and three-deep in five-year age groups

**For More Information:** Lisa Unger, [ungertl@junio.com](mailto:ungertl@junio.com), (850)562-2901  
 or visit the Gulf Winds Web site at [www.gulfwinds.org](http://www.gulfwinds.org)

Door Prizes  
from  
San Miguel  
Mexican  
Restaurant!!

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**Tallahassee Women's Distance Festival Entry Form**  
(please print clearly)

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

Name \_\_\_\_\_ Age (on 9/15/07) \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Male  Female  Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_


Address \_\_\_\_\_

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

5k \$ \_\_\_\_\_ shirt size: S M L XL (circle one)

1 Mile \$ \_\_\_\_\_

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 \_\_\_\_\_

### Freedom Springs Triathlon 7/4/2007

**FST07 Kids Race**  
**Overall Girl**

- 1- Kristy Sweeney 22:16
- 2- Emma Garner 25:31
- 3- Kara Redford 26:36

**Overall Boy**

- 1- Scott Fortier 19:43
- 2- Caden Ewing 21:25
- 3- Thomas Howell 22:44

**8 & under Girl**

- 1- Casey Whittington 30:19

- 2- Julianna Heuchan 31:09
- 3- Ella Swigler 34:11

- 9-10 Girl**
- 1- Abigail Arndt 30:22
  - 2- Cayton Walker 30:47
  - 3- Savannah McDonald 33:09

**Continued Page 28**

*Tallahassee, FL*

## **Gulf Winds Track Club**

### **GWTC Beginning Running Class - Fall 2007**

**Welcome** to our Beginning Running Class. My name is **Nadine Dexter** and my Co-leader is **Joe Dexter**. We are members of Gulf Winds Track Club, the sponsor of this event. If you have any questions about running, or this class, feel free to ask either of us anytime during this 8-week session. You can e-mail me at [ndexter@fsu.edu](mailto:ndexter@fsu.edu) or [jdexter@fsu.edu](mailto:jdexter@fsu.edu). You can also call us at 878-7880 at home or 766-2614.

We also have three experienced group leaders who will be co-leading our sessions. They are: **TJ Cutchins**, the Intermediate group leader, **Joe Dexter**, the Advanced group leader, and myself the beginning running group leader. There will also be other GWTC training leaders who will be assisting with the class.

We will meet every **Wednesday at the FSU track for 8 weeks starting September 5, 2007 and ending October 24, 2007, from 6:30 to 7:30 p.m.** If you follow the training plan that is provided for you, you will be able to complete the 5K distance by the end of the course.

Each session will start with a warm-up and light stretching. We will have a guest speaker for about 10 to 15 minutes, and then do our workout, a cool down, and stretches. It is important to warm up before stretching. If you come late, please warm-up with a quick walk before you start stretching or running, and then just jump in with the group.

**The goal of this group is:** (1) to have fun (2) improve fitness and (3) complete a 5K. In order to do this it is important that you run a minimum of 3 days a week, and for best results, 4 days a week. The closer you follow the training plan handout, the easier it will be for you to complete the 5K. There is also a training log included with the handout.

**What to bring to running class:** water bottle, sports drink (optional), towel, sports watch (optional) with stop watch option for keeping track of running time, sunscreen and/or visor.

**What to wear:** comfortable running attire. Synthetic fabrics are recommended over cotton. Fast drying cool materials such as coolmax are recommended.

**Running shoes.** If you do not have running shoes, I recommend going to a specialty store and getting some advice. We recommend Shaw From's store, *Shaw's Athletics* at Market Square. Wear your old shoes to the store and tell them that you are in this running class.

### Breakfast on the Track Mile at Maclay School R.D's Wright Family 8/18/2007

1	MICHAEL	MARTINEZ	41	M	4:48.04	54	KEVIN	ODONNELL	47	M	6:13.33
2	JOHN	ROBIDA	27	M	4:51.03	55	CAMERON	WONG	13	M	6:14.82
3	PATRICK	SWAIN	14	M	4:51.42	56	SCOTT	HEATH	36	M	6:14.94
4	CONNOR	SWEENEY	16	M	4:56.22	57	WARREN	EMO	54	M	6:15.69
5	JAY	WALLACE	43	M	4:57.86	58	LINDSEY	SANDERS	15	F	6:22.57
6	AUSTIN	STEVENS	14	M	5:02.18	59	RON	CHRISTEN	61	M	6:23.95
7	PATRICK	GRIFFIN	16	M	5:03.13	60	GARY	CATO	51	M	6:27.86
8	JUSTIN	DICKIESON	22	M	5:05.35	61	CHRIS	SUMNER	28	M	6:28.41
9	ZACH	GALLOWAY	27	M	5:09.33	62	DALE	SMITH	54	M	6:29.75
10	FRITZ	STOPPELBEIN	21	M	5:09.97	63	JOHN	FALK	29	M	6:32.71
11	TONY	GUILLEN	38	M	5:10.50	64	JACK	RUTHSTRUM	11	M	6:33.11
12	TIM	UNGER	47	M	5:10.92	65	JOSH	CUSHING	11	M	6:36.32
13	REID	VANNOY	49	M	5:11.39	66	TIM	BREWTON	52	M	6:38.12
14	BRIAN	CORBIN	40	M	5:12.51	67	NANCY	LAUX	45	F	6:40.72
15	SARAH	DOCTER-				68	RACHEL	DUERR	25	F	6:43.85
		WILLIAMS	43	F	5:12.91	69	ALLYSON	ALONSO	13	F	6:46.48
16	ARTHUR	WILLIAMS	16	M	5:16.52	70	JESSICA	BEYER	12	F	6:46.90
17	ETHAN	ROSENBLUM	16	M	5:17.61	71	TOMA	WILKERSON	38	F	6:48.68
18	EMILY	NESS	17	F	5:18.13	72	JOE	DEXTER	61	M	6:49.16
19	BILL	MCCORD	44	M	5:20.20	73	ITHEL	JONES	53	M	6:50.12
20	HOBSON	FULMER	51	M	5:23.07	74	ELIZABETH	KELSEY	31	F	6:51.84
21	SAM	MCMANAMA	17	M	5:30.91	75	RICK	ASADOURIAN	48	M	6:51.88
22	MICHAH	ADRIAN I	29	F	5:31.34	76	ANTHONY	STEPHENS	11	M	6:53.46
23	JERRY	MCDANIEL	53	M	5:35.02	77	ELLEN	SIEGEL	47	F	6:53.55
24	KATIE	SWAIN	17	F	5:35.45	78	MICHAEL	KLUMP	53	M	6:56.30
25	BILL	MCGUIRE	60	M	5:36.18	79	CAITLIN	RIDGEWELL	17	F	6:56.58
26	CARLY	THOMAS	13	F	5:37.71	80	SUMMER	ROBINSON	11	F	6:57.74
27	LISA	JOHNSON	25	F	5:38.17	81	RICK	PARKER	42	M	6:59.79
28	JAY	SILVANIMA	47	M	5:38.66	82	JOLENA	PACE	35	F	7:00.57
29	TOM	RATLIFFE	59	M	5:40.75	83	BRADY	KIDD	12	F	7:03.02
30	MIKE	LABOSSIERE	41	M	5:40.80	84	LINDSEY	WELCH	12	F	7:03.47
31	CHRIS	FIORE	13	M	5:47.02	85	JACQUE	MEYER	50	F	7:06.16
32	WILL	HENDERSON	13	M	5:47.52	86	AUTUMN	WABLE	12	F	7:08.14
33	CRIS	WILLIAMS	45	M	5:49.50	87	DAVID	DARST	64	M	7:08.46
34	MIKE	SIMS	55	M	5:49.91	88	BLAINE	THOMAS	10	M	7:15.84
35	CRAIG	WILLIS	56	M	5:50.02	89	KATHY	LINDSAY	48	F	7:18.27
36	ALICIA	FENLEY	15	F	5:51.13	90	AMANDA JOY	BURGESS	22	F	7:18.83
37	TAYLOR	VAN WINKLE	16	M	5:51.93	91	LISA	UNGER	39	F	7:20.54
38	DANNY	MANAUSA SR	37	M	5:52.35	92	MARSHALL	HENDLIN	11	M	7:20.85
39	BILL	PERRY	59	M	5:53.36	93	MEGAN	GLADDEN	13	F	7:21.06
40	ZAC	WHITE	13	M	5:54.15	94	MELISSA	ZAPATA	28	F	7:22.19
41	SHELBY	SALIMONE	15	F	5:54.59	95	CHAD	MANAUSA	11	M	7:22.44
42	TRAVIS	COVERT	12	M	5:54.91	96	CYNDA	COVERT	15	F	7:25.50
43	DAVID	ROBINSON	12	M	5:56.06	97	NANCY	WIDENER	58	F	7:26.63
44	DAVID	YON	51	M	5:57.41	98	DAVID	FARNSWORTH	56	M	7:31.37
45	KEITH	GATES	26	M	5:59.92	99	KARA	CRUMP	11	F	7:33.62
46	KENDALL	COLLINS	13	M	6:01.11	100	BRENNA	CROWE	12	F	7:33.87
47	SHANNON	JACOBS	32	M	6:01.66	101	MARYJEN	YON	51	F	7:34.54
48	KIRSTEN	BAGGETT	49	F	6:02.99	102	DANNY	MANAUSA JR	9	M	7:35.40
49	LILY	WILLIAMS	13	F	6:04.24	103	JOHN	RAKESTRAW	70	M	7:35.97
50	DILLON	RUTHSTRUM	13	M	6:05.21	104	LANA	SWEENEY	53	F	7:37.23
51	LIZ	GARCIA	16	F	6:09.90	105	ALYSSA				
52	JOE	DONOGHUE	60	M	6:12.85		YAMBOR-MAUL		12	F	7:39.30
53	CECELIA	WILLIAMS	11	F	6:13.00	106	WILLOW	SHANTI	37	F	7:40.79

107	CARLOS	ZAPATA	62	M	7:41.25
108	JOHN	YAMBOR-MAUL	7	M	7:44.45
109	RICHARD	ZEIGLER	48	M	7:44.84
110	ANGELA	SCHRIFT	27	F	7:44.96
111	BRUCE	LYNN	60	M	7:46.99
112	LINDA	JOHNSON	43	F	7:47.92
113	SIERRA	ROBINSON	11	F	7:51.44
114	ALEXANDRA	WALLACE	9	F	7:54.84
115	JIMMY	BAGGETT	8	M	7:55.25
116	PERHA	VARLEY	63	F	7:56.26
117	JESSICA	PEARSON	12	F	8:07.39
118	WES	BRUNER	52	M	8:08.73
119	BOB	KELLER	73	M	8:14.18
120	LAUREN	MCBROOM	11	F	8:16.45
121	ALEX	BOWMAN	6	M	8:17.84
122	MATTHEW	MCBROOM	7	M	8:22.20
123	CHARLES	FUTCH	65	M	8:22.75
124	TENLEY	KIGER	11	F	8:23.42
125	DAVID	VAN WINKLE	50	M	8:29.83
126	WAYNE	KIGER	8	M	8:34.78
127	MARK	PRIDDY	52	M	8:46.09
128	RUTH	JONES	56	F	8:48.64
129	DAWN	JIMENEZ	42	F	8:51.17
130	LONNIE	SALIMONE	45	M	8:53.90
131	KATHY	DUNNIGAN	49	F	8:54.71
132	NADA	SCOTT	54	F	8:57.75
133	ROBERT	MORRIS	75	M	9:00.58
134	SUSAN	CORNWELL	58	F	9:01.16
135	MIKE	SCHNEIDER	70	M	9:06.86
136	SKIP	NIELSEN	57	M	9:15.65
137	GABRIEL	SPRINGER	6	M	9:17.15
138	BILL	DEGRUMMOND	73	M	9:18.13
139	SHELBY	HANSON	11	F	9:32.01
140	BLAINE	PARKER	7	M	9:37.59
141	PAT	BRUNER	49	F	9:45.87
142	MARY	MANAUSA	69	F	9:57.64
143	NADINE	DEXTER	48	F	10:05.06
144	HUNTER MARIE	PARKER	9	F	10:17.78
145	MARGARETE	DECKERT	74	F	10:18.56
146	KAREN	SMITH	58	F	10:29.27
147	ISAIAH	SPRINGER	8	M	10:34.89
148	REBECCA	CHO	16	F	10:44.81
149	THOMAS	STEPHENS	8	M	10:45.86
150	MEGAN	JONES	10	F	10:52.58
151	RAY	HANLON	64	M	10:55.92
152	JAMES	VARLEY	67	M	10:56.90
153	LILLY	UNGER	4	F	11:00.13
154	JOSIE	BAGGETT	5	F	11:10.40
155	ARTHUR	WARD	73	M	11:18.20
156	TERRY	MASSA	49	F	11:25.06
157	JOHN	ALDERSON	80	M	12:26.75
158	DAWN	BROWN	58	F	12:32.55
159	PAULA	KIGER	42	F	12:39.39
160	JERE	MOORE	75	M	13:20.73
161	JOSEPHINE	NEWTON	81	F	13:26.31
162	BEVERLY	HAND	67	F	13:47.28
163	CHARLES	YATES	82	M	15:24.17



**Karen Smith at the BOT mile**

*(Continued from page 21)*

Summer Track meets on Thursday night. She is a detail person who puts the time and effort into her work to make sure things go according to plan. A little over a year ago she was taken by surprise when asked if she would be willing to direct the Women's Distance Festival. Thank goodness she said yes. This race, like so many of the GWTC races is a special one. It honors the achievements and spirit of women in the sport of running. We don't have another one like it. I expect this race will flourish under Lisa's leadership and persistence. As a way of encouraging others to jump into new challenges, I asked Lisa to tell her story. And what a treat to read just how much she enjoyed it in her story above.

**Stride and Ride 5K 8/11/07**  
**Dixie Mayo Teel, R.D.**
**Midsummer Night 3K 8/3/07**  
**Shannon Sullivan R.D.**

1	Tony	Guillen	M 38	19:10	1	Christian Minor	M	20	09:11
2	Anthony	Rose	M 27	20:04	2	Michael Martinez	M	41	09:52
3	Jason	Bazemore	M 24	22:08	3	Kyle Larson	M	21	10:06
4	Brad	Lewis	M 48	22:10	4	John Robida	M	27	10:10
5	Joel	Piotrowski	M 37	22:18	5	Charles Kemeny	M	32	10:32
6	Shannon	Jacobs	M 32	22:35	6	Fritz Stoppelbein	M	21	10:40
7	Nancy	Laux	F 45	23:12	7	Tony Guillen	M	38	10:46
8	Josh	Somerset	M 34	25:04	8	Jeremy Greenwald	M	14	10:48
9	Thurmon	Cutchins	M 47	25:50	9	Hamp Stoutamire	M	41	11:04
10	Sean	Sullivan	M 36	26:27	10	David Yon	M	51	11:26
11	Emma	Good	F 33	26:32	11	Zach Galloway	M	27	11:34
12	Scott	Brantley	M 34	26:53	12	Forrest Boone	M	19	11:37
13	Wendy	Somerset	F 33	27:02	13	Don Smith	M	27	11:38
14	Kelly	Sullivan	F 35	27:19	14	Bill McGuire	M	59	11:40
15	Charles	Everett	M 48	27:45	15	Mike Sims	M	55	11:40
16	Jason	Lewis	M 29	28:29	16	Jason Bazemore	M	24	11:57
17	Chari	Wester	F 48	28:37	17	Scott Cunningham	M	21	12:03
18	Gareth	Williams	M 47	28:44	18	Craig Willis	M	56	12:12
19	Austin	Hill	M 27	28:54	19	Arthur William	M	15	12:14
20	Anthony	Champion	M 33	29:30	20	Keith Gates	M	26	12:24
21	Michele	Brantley	F 38	29:31	21	Rusty Sykes	M	31	12:28
22	Charles	Edwards	M 53	29:47	22	Julie Clark	F	45	12:30
23	Kelsey	Barbee	F 22	30:39	23	Tec Thomas	M	55	12:39
24	Bob	Keller	M 73	30:51	24	Olivia Swedberg	F	23	12:42
25	Richard	Addison	M 53	30:53	25	Ryan Fitzgerald	M	28	12:50
26	Aubrey	Posey	F 32	31:01	26	Brad Lewis	M	48	13:02
27	Patrick	Jeffries	M 44	32:13	27	Lance Love	M	14	13:07
28	Erin	White	F 37	32:55	28	Brent Moody	M	22	13:12
29	Michelle	Barcy	F 23	33:14	29	Clark Evans	M	23	13:17
30	Jeanette	Black	F 27	33:35	30	Nancy Bruner	F	22	13:26
31	Eirin	Lombardo	F 32	34:16	31	Mike Boll	M	43	13:35
32	Robert	Morris	M 75	34:17	32	Hannah Williams	F		13:38
33	Missy	Sullivan	F 32	34:32	33	John Kelly	M	49	13:58
34	Mickey	Pickler	M 45	34:40	34	Steve Gould	M		14:01
35	Mary Lee	Cunill	F 26	34:42	35	Brandon Purcell	M	21	14:10
36	Dianne	Dearduff	F 48	34:47	36	Tim Brewton	M	52	14:12
37	Will	White	M 0	34:58	37	Carl Huang	M	49	14:20
38	Emily	Webster	f 0	35:25	38	Myron Herring	M	48	14:21
39	Lilly	Hurt	F 25	38:33	39	Keith Rowe	M	45	14:22
40	Clint	Mayo	M 25	40:30	40	Jo Lena Pace	F	35	14:23
41	Neil	White	M 0	41:33	41	Brad Diesburg	M	26	14:28
42	Ed	Graham	M 60	43:24	42	Neil Stout	M	23	14:34
43	Kelsey	Morris	F 12	46:35	43	Bill Cobb	M	43	14:40
44	Robert	Morris	M 49	46:35	44	Will Jacobs	M	26	14:43
45	Cragin	Mosteller	F 32	46:44	45	Andy Hough	M	12	14:55
46	Allison	Edwards	F 52	47:42	46	David Resvehr	M	31	15:02
47	Jere	Moore	M 75	51:10	47	Julie Novak	F	29	15:03
					48	Tim Rawlins	M	19	15:05
					49	Tara Kazmirski	F	28	15:08
					50	Brook Pace	F	28	15:09
					51	Beth Alexander	F	32	15:11
					52	Chas Silcox	M	12	15:28
					53	( u n k n o w n )			15:30
					54	Doug Smith	M	35	15:31
					55	Louise Bruner	F	51	15:33
					56	Craig Bruner	M	51	15:34

57	Katie Fojtik	F	20	15:39	118	Mike Sims	M	25	20:00
58	Willow Shanti	F	37	15:42	119	Mike Sims	M	54	20:01
59	"Glenn Burhans, Jr "	M	40	15:44	120	Jamey Ivey	F	25	20:01
60	David Luck	M	25	15:50	121	Dru Roycik	M	25	20:03
61	Patrick Finar	M	46	15:52	122	Kathleen Butler	F	47	20:11
62	Clint Watkins	M	64	15:57	123	Terry Butler	M	54	20:12
63	Seth Coffin	M	37	16:06	124	Melissa Luck	F	25	20:21
64	Ace Haddock	M	37	16:06	125	Courtney Lipscomb	F	21	20:23
65	Joe Duncan	M	27	16:07	126	Joey Harrison	M	27	20:26
66	Eric Riley	M	44	16:13	127	( u n k n o w n )			20:28
67	Casey Perkins	M	22	16:17	128	( u n k n o w n )			20:28
68	( u n k n o w n )			16:32	129	Joshua Mallow	M	21	20:38
69	( u n k n o w n )			16:32	130	Melissa Isaacs	F	22	20:38
70	Phoebe	F	12	16:39	131	Ren, Rothenburger	F		20:42
71	Rachel Greenwald	F	14	16:40	132	Kim Hulse	F	27	20:43
72	Chester Goodman	M	12	16:47	133	Joey Schuetz	M	55	20:47
73	Kari Crowder	F	35	16:47	134	Sarah Diesburg	F	25	21:08
74	( u n k n o w n )			16:49	135	Jordan Wilson	F	24	21:13
75	Amy Antimucci	F	31	16:55	136	Mackenzie Chesnutt	F	10	21:19
76	Mark Priddy	M	52	17:00	137	Carol Hendrix	F	48	21:20
77	Martha Lang	F	29	17:03	138	Rosalie White	F	12	21:29
78	Alicia Deckert	F	30	17:07	139	Neil White	M	11	21:30
79	Richard Ziegler	M	48	17:08	140	Will White	M	10	21:30
80	Gene Opheim	M	60	17:13	141	Rich Blankenship	M	50	21:31
81	Denise Howard	F	30	17:17	142	Margarete Deckert	F	74	21:43
82	Waymond King	M	45	17:18	143	Sarah Adams	F	31	22:16
83	Beth Culley	F	42	17:18	144	Renelle Randell	F	48	22:41
84	Raymond Adlun	M	40	17:28	145	Kathy Scrivener	F	40	22:48
85	Ruth Jones	F	56	17:49	146	Ray Hanlon	M	64	22:48
86	Salim Talib	M	57	17:49	147	Erin White	F	37	22:50
87	Emily Webster	F	28	17:53	148	Rebecca Jane White	F	9	22:50
88	Marc Dickieson	M	54	17:56	149	Sabrina Bozek	F	23	22:53
89	Holly E Sikes	F	26	17:57	150	James Eminger	M	5	22:57
90	Mindy Brown	F	27	17:57	151	Jessica Bazemore	F	26	22:58
91	Jerry Chesnutt	M	56	18:08	152	Cana Nudi	F	51	22:59
92	Jessica Harrison	F	27	18:10	153	Melanie Bradley	F	28	23:00
93	John Jasinski	M	50	18:10	154	Maria Williams	F	45	23:23
94	Bradford Baughley	M	40	18:12	155	Betty Decker	F	49	23:26
95	Michael Baggett	M	41	18:39	156	Dianne Douglas	F	54	23:35
96	Benny Hill	M	52	18:42	157	Rita Schuetz	F	53	24:38
97	Dazzia Thoney	F	24	18:45	158	Melanie Matthews	F	33	24:39
98	Faith Lenze	F	16	18:45	159	Gaye McLanahan	F	38	24:45
99	Kathy Dunnigan	F	49	18:48	160	( u n k n o w n )			24:45
100	Lauren Lipton	F	23	18:48	161	( u n k n o w n )			25:08
101	Jon Webb	M	24	18:48	162	Marie R	F	23	25:21
102	Chris Flores	M	27	18:50	163	Sarah Handke	F	29	26:21
103	Julia Haggerty	F	29	18:54	164	Scott Taft	M	32	26:21
104	"Vincent Paul, Jr "	M	10	18:57	165	Cameron Taft	M	6	26:22
105	Ronnie Evans	M	32	19:01	166	Kim Norman	F	43	26:44
106	Lisa Robinson	F	26	19:11	167	Don Douglas	M	61	26:49
107	Sarah Fox	F	24	19:15	168	Sharon Lenzo	F	50	27:06
108	( u n k n o w n )			19:19	169	Carol Miller	F	38	27:13
109	Nada Scott	F	54	19:21	170	Josephine Newton	F	81	27:16
110	Tiffany Anderson	F	35	19:23	171	Christine Councilman	F	38	27:51
111	Alice Buford	F	42	19:24	172	Mia Randell	F	10	29:20
112	( u n k n o w n )			19:26	173	Phil King	M	51	29:36
113	Andrea Vitunas	F	25	19:26	174	Liz Johnson	F	55	30:10
114	Claire Ellis	F	14	19:28	175	Jere Moore	M	75	31:11
115	Jamie Foley	F	25	19:29	176	Charlie Yates	M	82	31:32
116	Lynn Schuster	F	47	19:41	177	Bryan Jordan	M	36	32:17
117	( u n k n o w n )			19:51	178	Brenda Merritt	F	27	32:17

Continued from page 22

**Freedom Springs  
Triathlon 7/4/2007**

		3- Lisa Weis	79:29		
		<b>45-49 Female</b>		<b>55-59 Male</b>	
		1- Connie Clark	86:32	1- Jerry Armstrong	62:56
		2- Karen Munoz	89:51	2- Dale Nash	63:01
		3- Theresa Sullivan	92:00	3- Terry Presnell	67:00
		<b>50-54 Female</b>		<b>60-64 Male</b>	
<b>11-12 Girl</b>		1- Robin Frydenborg	74:09	1- George Palmer	69:23
1- Grace Underhill	29:40	2- Marti Kirkland	74:22	2- Andy Wall	72:05
2- Shelby Hall	29:53	3- Bonnie Wright	79:32	3- Henry Williford	72:59
3- Chloe Gordon	29:54				
		<b>55-59 Female</b>		<b>65+ Male</b>	
<b>8 &amp; under Boy</b>		1- Billie Medder	84:58	1- Tom Daly	70:34
1- Ben Garner	26:42	2- Mona Musgrove	103:35	2- Roger Sprandel	70:39
2- Daniel Sweeney	26:48			3- Chuck Law	88:33
3- Tristan Conn	29:51	<b>60-64 Female</b>			
		1- Carole Thomopson	73:38	<b>Specialty Awards</b>	
<b>9-10 Boy</b>				<b>Female First Timer</b>	
1- Chase Harris	24:13	<b>65+ Female</b>		Olivia Swedberg	66:40
2- John Parson	25:30	1- Gwen Sprandel	87:10	<b>Male First Timer</b>	
3- Shane Hunt	26:40			Kyle Herman	66:05
		<b>13-15 Male</b>		<b>Female Fat Tire</b>	
<b>11-12 Boy</b>		1- John Mattice	67:10	Danielle Fason	88:09
1- Trevor Touchton	24:11	2- Kyle Harris	73:06		
2- Tyler Gardner	27:49	3- Colin Abbey	77:45	<b>Male Fat Tire</b>	
3- Garrett Blanton	29:24			Douglas Hernandez	69:54
		<b>16-19 Male</b>		<b>Petite Plus</b>	
<b>FST07 Adult Race</b>		1- Jonathan Corley	77:06	Elizabeth McLain	83:21
<b>Overall Female</b>		2- Andrew Underhill	78:26	<b>Clydesdale</b>	
1- Helen Libby	59:12	3- Lee Becker	85:52	Russell Frydenborg	65:45
2- Stephanie Liles	59:25	<b>20-24 Male</b>		<b>Female Master</b>	
3- Allison Moon	63:35	1- Terrell Ormson	65:16	Lorraine Austley	67:32
		2- Kyle Herman	66:05	<b>Male Master</b>	
<b>Overall Male</b>		3- Brent Moody	9:05	Michael Weyant	55:20
1- Kiko Centrone	53:50	<b>25-29 Male</b>		<b>Female Grandmaster</b>	
2- Kevin Porter	54:08	1- Nathaniel Weinert	62:52	Robin Frydenborg	74:09
3- Grady Smith	54:41	2- Nathan Garris	67:01	<b>Male Grandmaster</b>	
		3- Dwight Dempsey	69:48	Scott Ewing	54:48
<b>16-19 Female</b>		<b>30-34 Male</b>		<b>Female Great Grandmaster</b>	
1- Lisa Sawicki	66:16	1- Ashley Folkes	57:27	Carole Thompson	73:38
2- Nikki Sanguiliano	92:34	2- James Thompson	58:54	<b>Male Great Grandmaster</b>	
3- Kaitlun Crandell	92:39	3- Travis Blanton	64:26	George Palmer	69:23
		<b>35-39 Male</b>		<b>Relays</b>	
<b>20-24 Female</b>		1- Brecht Heuchman	58:24	<b>Female</b>	
1- Olivia Swedberg	66:40	2- Tim Walker	61:11	Jayroe	65:02
2- Nancy Bruner	70:36	3- Chirs Mareno	62:38	<b>Mixed</b>	
3- Hillary Allegretti	72:36	<b>40-44 Male</b>		Bocoman/Holmes	53:01
		1- Michael Weyant	55:20	<b>Male</b>	
<b>25-29 Female</b>		2- Hamp Stoutamire	59:38	Taylor/McEachin	64:40
1- Brooke Pace	65:06	3- Jim Phillips	59:43		
2- Heidi Thompson	68:09	<b>45-49 Male</b>			
3- Christine Sanchez	69:35	1- Steve Parker	59:07		
		2- James Stinson	64:56		
<b>30-34 Female</b>		3- James Graner	66:42		
1- Tracey Baranowski	65:14	<b>50-54 Male</b>			
2- Elizabeth Harwood	69:15	1- Scott Ewing	54:48		
3- Sara Cleveland	75:55	2- Alan Swigler	59:49		
		3- Russell Frydenborg	65:45		
<b>35-39 Female</b>					
1- Beverly Fair	68:48				
2- Kathy Middleton	66:01				
3- Kate McFall	66:32				
<b>40-44 Female</b>					
1- Lorrane Ausley	67:32				
2- Missy Terry	71:08				

### Summer Track Series Cumulative Results June 7 through July 26

#### Cumulative Results Athletes aged 10 and older - Winners in Bold

			100M	200M	400M	800M	1 mile	2 mile	5K	Total
<b>FEMALE Overall</b>										
First Name	Last Name									
<b>Kirsten</b>	<b>Baggett</b>	F	5	6	8	8	10	8	10	55
Kim	Thomas	F	10	10	10	5		6	8	49
Carly	Thomas	F	6	8	6	10		10		40
Jacque	Meyers	F	8	5	5	3	5			26
Lisa	Unger	F		3		2	6	4	5	20
Ann	Bowman	F			4	4	8			16
Beth	Alexander	F	2	2			3	5	4	16
Jo Lena	Pace	F			1		4		6	11
Amy	Springer	F	3	4					1	8
Willow	Shanti	F		1			1	3	2	7
Cece	Williams	F				6				6
Jamie	York	F	4							4
Jessica	Kemeny	F			3					3
Laura	Reardon	F						3		3
Sarah	Dugas	F					2			2
Bev	Hand	F						2		2
Megan	Jones	F	1							1
Summer	Lillie	F				1				1
Paula	Kiger	F						1		1
<b>MALE Overall</b>										
First Name	Last Name									
<b>Fritz</b>	<b>Stoppelbein</b>	M	5	6	8	10	6	8	6	49
Scott	Hartsfield	M	10	10	10	5				35
Hobson	Fulmer	M	3	3		6	5	6		23
Bill	Tharpe	M	8	8	6					22
Tony	Guillen	M						10	10	20
Tarik	Noriega	M	6	5	4	2				17
Jared	Black	M		4			10			14
Jay	Wallace	M	0		5	8				13
Craig	Willis	M			2	3	3	2	3	13
Tim	Unger	M			1	4	4	3		12
Hamp	Stoutamire	M						5	5	10
Michael	Martinez	M					8			8
Reid	Vannoy	M							8	8
David	Yon	M						4	4	8
Michael	Springer	M	2	2	3					7
Ithel	Jones	M				1	1		2	4
Dave	Rogers	M	4							4
Mike	Boll	M					2		1	3
Bill	McGuire	M		1				1		2
Gary	Cato	M	1							1
<b>6 &amp; Under</b>										
<b>Alex</b>	<b>Bowman</b>	M	X	X	X	X	X			5
Zachary	Kemery	M	X	X	X					3
Gabriel	Springer	M	X	X	X	X	X		X	5
Alexander	Changes	M			X					1
<b>Josie</b>	<b>Baggett</b>	F	X	X	X	X	X		X	6
Olivia	Borschel	F	X	X	X	X		X	X	6

Quinn	Changes	F	X		X					2
Caroline	Delegal	F				X		X	X	3
Lily	Geyer	F	X							1
Saige	Kemeny	F	X	X	X					3
Hannah	Springer	F	X	X	X	X		X	X	5
Lilly	Unger	F	X	X	X	X	X	X	X	7
Karys	Whitaker	F	X							1
Shania	Cromartie	F			X					1
<b>7-9</b>										
Jimmy	Baggett	M	X	X	X	X	X		X	6
Joseph	Dewar	M	X	X						2
Dylan L.	Jones	M	X	X	X		X	X	X	6
Seth	Kemery	M	X	X	X					3
Wayne	Kiger	M	X	X		X	X	X	X	6
Isaiah	Springer	M	X	X	X	X	X		X	6
John	Yambor-Maul	M	X	X	X	X	X	X	X	7
Brandon	York	M	X	X						2
Caroline	Campbell	F	X			X		X		3
Mary K.	Delegal	F	X			X		X	X	3
Elizabeth	Delegal	F				X		X	X	3
Anna	Kemp	F				X				1
Alexandra	Wallace	F	X	X	X	X			X	5
Caroline	Willis	F	X	X		X		X	X	5
<b>10 - 14</b>										
Carly	Thomas	F	10	10	10	10		10		50
Megan	Jones	F	6	7	6	6	10			35
MacKenzie	Chesnutt	F			8					8
Jamie	York	F	8							8
Cece	Williams	F				8				8
Tenley	Kiger	F		7						7
Jacob	Kemp	M			10	10	10	10	10	50
Blaine	Thomas	M	6	5	6	8		8	8	41
Vincent	Dewar	M	6	8	8	6				28
Kyle	Parsons	M	6	10						16
Michael	McGuire	M		6						6
<b>15-18</b>										
Jared	Black	M		10			10			20
<b>20 - 24</b>										
Fritz	Stoppelbein	M	10	10	10	10	10	10	10	70
<b>25 - 29</b>										
Jessica	Kemeny	F		10	10					20
Summer	Lillie	F				10				10
Sarah	Dugas	F					10			10
Laura	Reardon	F						10		
<b>30 - 34</b>										
Amy	Springer	F	10	10	10	10	10		10	60
<b>35 - 39</b>										
Kim	Thomas	F	10	10	10	10		10	10	60
Lisa	Unger	F	6	8	5	6	8	8	6	47
Willow	Shanti	F		6	4	4	5	6	5	30
Ann	Bowman	F			8	8	10			26

Jo Lena	Pace	F			6	5	6		8	25
Kelly	Garland	F	8							8
Taylor	Parsons	M		6						6
<b>Tarik</b>	<b>Noriega</b>	M	10	10	10	10	10			50
Michael	Springer	M	8	8	8	8	8		8	48
Tony	Guillen	M						10	10	20
<b>40 - 44</b>										
<b>Kirsten</b>	<b>Baggett</b>	F	10	10	10	10	10	10	10	70
Beth	Alexander	F	8	8	8	8	8	8	8	56
Lori	Nolen-Kemp	F			6	6				12
Paula	Kiger	F						6		6
<b>Scott</b>	<b>Hartsfield</b>	M	10	10	10	8				38
Mike	Boll	M			6	6	8	8	8	36
Jay	Wallace	M	8	8	8	10				34
Hamp	Stoutamire	M						10	10	20
Michael	Martinez	M					10			10
Bobby	York	M		6						6
Steve	Gould	M	6							6
<b>45 - 49</b>										
<b>Betty</b>	<b>Dewar</b>	F		10	10	8				28
Susan	Stephens	F	10			10				20
Tim	Unger	M			10	10	10	10		40
Reid	Vannoy	M							10	10
<b>50 - 54</b>										
<b>Jacque</b>	<b>Meyers</b>	F	10	10	10	10	10			50
<b>Ithel</b>	<b>Jones</b>	M	5	8	10	8	8	6	8	53
Hobson	Fulmer	M	8	10		10	10	10		48
Dave	Rogers	M	10		8	6	6		10	40
David	Yon	M						8		8
Gary	Cato	M	6							6
<b>55 - 59</b>										
<b>Jeanne</b>	<b>O'Kon</b>	F	10	10	10	10	10			50
<b>Craig</b>	<b>Willis</b>	M	8	8	8	10	10	10	10	64
Bill	Tharpe	M	10	10	10					30
<b>60 - 64</b>										
<b>Bill</b>	<b>McGuire</b>	M		10				10		20
<b>65 - 69</b>										
<b>Bev</b>	<b>Hand</b>	F		10	10	10	10	10		50
Charles	Futch	M	10	10	10	10		10		50
<b>70 - 74</b>										
<b>John</b>	<b>70 - 74 Rakestraw</b>	M				10	10	10	10	40
<b>75 - 79</b>										
<b>Robert</b>	<b>Morris</b>	M					10	10	10	30
<b>85 - 89</b>										
<b>Rosalie</b>	<b>Myers</b>	F	10	10						20

**Firecracker 5K at Greensboro,  
7/4/07**

1	Tony	Guillen	18:05	51	Richard	Addison	30:12
2	Jack	McDermott	18:33	52	Anna Marie	DiSalvo	30:21
3	Felton	Wright	18:57	53	Kathy	Dunnigan	30:48
1	Tony	Guillen	18:05	54	Cayln	Reber	31:19
2	Jack	McDermott	18:33	55	Tamara	Stringer	31:44
3	Felton	Wright	18:57	56	Thomas	Zaccardi	32:15
4	Hobson	Fulmer	19:21	57	Travis	Jones	32:31
5	David	Yon	19:37	58	Glen	Alexander	33:15
6	Mike	Sims	19:46	59	Clayton	Moore	33:27
7	Mark	McCarra	21:10	60	Debby	Alexander	33:15
8	Julie	Clark	21:51	61	Emily	Wilgenbusch	35:48
9	Jamie	Joanos	21:47	62	Diane	Douglas	35:52
10	Fran	McLean	21:50	63	Mandy	VanLandingham	35:58
11	David	DiSalvo	21:55	64	Ray	Handley	35:59
12	Myron	Herring	22:17	65	Rebecca	Cathey	36:09
13	Dennis	Keane	22:29	66	Lori	Cathey	36:11
14	Guy	Anglin	23:00	67	Anna	Wilgenbusch	36:20
15	Tim	Brewton	23:06	68	James	Wilgenbusch	36:21
16	Nancy	Laux	23:17	69	Lezlie	Sims	36:51
17	Jay	Silvanima	23:18	70	Greta	Peacock	36:59
18	Rusty	Sykes	23:40	71	Karen	Zaccardi	40:12
19	Nick	Yonclas	23:44	72	Braden	Cathey	41:46
20	Michael	Wright	23:55	73	Terry	Collins	42:03
21	Heather	Wilgenbusch	23:56	74	James	Keane	42:36
22	Kelley	DiSalvo	23:59	75	Don	Douglas	43:47
23	Keith	Gates	24:04	76	Sarah	Diesbury	45:23
24	Tom	Patterson	24:27	77	Marie	Ratchford	45:27
25	Pat	Finan	24:37	78	Dave	Reiber	49:09
26	Phil	Anderson	24:52	79	Janeu	Jones	49:22
27	Kathryn	Holland	24:55	80	Lynn	Jones	49:22
28	Hal	Davis	25:00	81	Shirley	Clark	49:23
29	Brad	Diesbury	25:01	82	John	Canetta	50:02
30	Ithel	Jones	25:36	83	Sandra	Tyre	50:05
31	Bret	Miller	25:40	84	Alice	Tyre	51:23
32	Carter	Hickman	25:46	85	Jere	Moore	51:50
33	Bert	Fletcher	25:51	86	Charles	Yates	52:57
34	John	Rakestraw	25:54	87	Wayne	Kiger	52:57
35	Buck	Muler	26:03	88	Paula	Kiger	52:58
36	John	Hazleton	26:07				
37	Vernon	Barber	26:21				
38	Howard	Medina	26:25				
39	Autumn	Woble	26:27				
40	Kevin	Woble	26:56				
41	Carlton	DiSalvo	27:08				
42	Bonnie	Hazleton	27:09				
43	David	Farnsworth	27:20				
44	Amy	Antimucci	27:33				
45	Emma	Dugger	27:37				
46	Chari	Wester	27:53				
47	Harriet	Moore	28:05				
48	John	Moore	28:38				
49	Susan	Fitzgerald	28:43				
50	Cale	Wheeler	29:57				

**St. George Island Sizzler 1M  
6/23/2007 Hobson Fulmer, R.D.**

1	Zack	Reinert	M	10	07:49
2	Brianna	Hodges	F	11	07:59
3	Michael	Mcguire	M	12	08:25
4	James	Sewell	M	40	09:15
5	James	Sewell	M	12	09:16
6	Keyton	Bielecky	M	10	09:37
7	Abby	Schuyler	F	8	10:00
8	Matthew	Simmons	M	5	10:08
9	Elizabeth	Richmond	F	29	11:00
10	Erin	Lee	F	23	11:04
11	Jessica	Schuyler	F	11	11:06
12	Sarah	Brown	F	25	11:10
13	Lilly	Unger	F	4	11:38

14	Josie	Baggett	F	5	12:18
15	Katy	Plant	F	9	12:28
16	Kimi	Plant	F	38	12:34
17	Christy	Simmons	F	33	12:56
18	Chris	Noles	M	6	13:01
19	Orion	Van Oss	M	8	13:33
20	Mackie	Hempel	F	54	13:35
21	Brent	Meyer	M	27	13:41
22	Russell	Walker	M	24	14:17
23	Andrea	Meyer	F	28	14:18
24	Carly	Grubbs	F	25	14:42
25	Vickie	Whaley	F	29	14:43
26	Linda	Simmons	F	56	15:31
27	Sheri	Schuyler	F	39	15:35

**St. George Island Sizzler 5K  
6/23/2007 Hobson Fulmer, R.D.**

1	Jasen	Fulghum	M	23	17:02
2	Brian	Goddin	M	33	18:24
3	Tim	Unger	M	47	18:58
4	Fritz	Stoppelbein	M	21	19:04
5	Ross	Hempel	M	18	19:28
6	Bill	McGuire	M	60	19:35
7	Rick	Hempel	M	47	19:37
8	Karl	Hempel	M	55	20:07
9	Anthony	Rose	M	27	20:20
10	Jerry	McDaniel	M	53	20:22
11	Karl	Hempel	M	13	20:38
12	Jane	Johnson	F	48	20:41
13	Jay	Silvanima	M	47	20:45
14	Andrew	Pope	M	33	21:41
15	Will	Thompson	M	29	21:44
16	Shelton	Ansley	M	55	21:58
17	Kirsten	Baggett	F	40	22:03
18	Clark	Evans	M	23	22:10
19	Brant	Foster	M	46	22:26
20	Zach	Bender	M	22	23:05
21	Curtis	Walker	M	60	23:09
22	Ian	Brazier	M	30	23:14
23	Byron	Hempel	M	15	23:37
24	Michael	Boll	M	43	23:50
25	Chris	Bowmar	M	19	24:00
26	Billy Joe	Smiley	M	38	24:10
27	Kerry	Gilmore	M	23	24:11
28	Harold	Geick	M	38	24:14
29	Frankie	Warren	F	16	24:21
30	Steve	Hira	M	26	24:22
31	John	Kelly	M	49	24:25
32	Tim	Brewton	M	52	24:29
33	Luis	Bejarano	M	41	24:40
34	J. Gordon	Shuler	M	45	24:54
35	Nick	Yonclas	M	63	24:54
36	Thomas	Shuler	M	42	24:54
37	David	Baczewski	M	18	25:08
38	Steven	Baczewski	M	49	25:08
39	Jay	Bidwell	M	40	25:12
40	Sinue	Brito	M	19	25:24
41	Sarah	Hempel	F	46	25:27
42	Gary	Griffin	M	57	25:40
43	Tom	Thorpe	M	41	25:45

44	Gretchen	Kainz	F	36	25:51
45	Nicki	Holley	M	29	25:55
46	Liv	Warren	F	49	26:03
47	Ron	Gilbert	M	41	26:04
48	Jim	Tully	M	60	26:12
49	Lisa	Unger	F	39	26:21
50	Gene	Parsons	M	47	26:24
51	Jensen	Reinert	F	18	26:29
52	Autumn	Wable	F	12	26:33
53	Alfred	Bea	M	51	26:39
54	Cindy	Geick	F	38	26:39
55	Rhonda	Kenyon	F	48	26:41
56	Amelia	Kirbo	F	18	26:51
57	Charles	Everett	M	48	26:56
58	April	Bidwell	F	40	27:15
59	Lydia	Miles	F	34	27:27
60	Michele	Rowe	F	47	27:28
61	Keith	Rowe	M	45	27:29
62	Lexy	Parsons	F	12	27:48
63	Deborah	Ansley	F	51	27:50
64	Pam	Breza	F	47	28:16
65	William	Bender	M	18	28:30
66	Mary	Holley	F	47	28:37
67	Sharon	Hester	F	36	28:44
68	Emma	Dugger	F	44	28:47
69	Shaun	Donahoe	M	63	29:03
70	Jackie	McDaniel	F	52	29:25
71	Linda	Johnson	F	43	29:27
72	Robert	McNeal	M	45	29:27
73	Katie	Walker	F	58	29:29
74	Jerry	Taunton	M	60	29:37
75	Kevin	Wable	M	39	29:55
76	Richard	Dugger	M	64	30:05
77	Willow	Shanti	F	37	30:12
78	Russ	Petrucka	M	0	30:35
79	Richard	Addison	M	53	32:05
80	Sarah	Baczewski	F	20	32:13
81	Frances	Gilbert	F	39	32:59
82	Cindy	Bielecky	F	49	33:16
83	Marysue	Fussell	F	29	33:52
84	Mickey	Pickler	M	45	33:53
85	Wendy	Dulin	F	21	33:54
86	Jamie	Sneed	F	21	33:58
87	Shelly	Paasoren	F	22	34:08
88	Thomas	Zaccardi	M	54	34:48
89	Debby	Alexander	F	46	35:27
90	Carol	Nemati	F	46	35:28
91	Glen	Alexander	M	51	35:29
92	Melanie	Niehus	F	35	35:45
93	Jimmy	Baggett	M	8	37:00
94	Eirin	Lombardo	F	32	37:41
95	Marsha	Allen	F	35	37:44
96	Roberta	McClosky	F	44	37:45
97	Rosalyn	Barber	F	50	37:58
98	Nancy	Hilliard	F	44	38:37
99	Karen	Zaccardi	F	58	40:45
100	Todd	Risk	M	36	41:09
101	Ed	Graham	M	60	42:19
102	Malan	Simmons	F	7	42:28
103	Matthew	Simmons	M	5	42:50
104	Michael	Simmons	M	31	42:50
105	Don	Douglas	M	60	44:55
106	Bev	Hand	F	67	51:06

**Gulf Winds Track Club Membership Application**

Today's Date \_\_\_\_\_ Gender: Male \_\_\_\_\_ Female \_\_\_\_\_

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Street \_\_\_\_\_ Apt# \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Membership: Individual \_\_\_\_\_ Family \_\_\_\_\_ (list additional family members):

Additional Family Member(s) Name	Gender	Date of Birth
_____	_____	_____
_____	_____	_____
_____	_____	_____

Membership Dues: Individual \$20.00; Family: \$25.00	\$ _____
Chenoweth Endowment Fund Contribution (optional): *	\$ _____
Send my newsletter via first class mail (\$5.00-optional)	\$ _____
Total Amount Enclosed:	\$ _____

\*Go to [www.gulfwinds.org](http://www.gulfwinds.org) for more information on Chenoweth Fund

For information on Gulf Winds Triathletes, go to [gulfwindstri@comcast.net](mailto:gulfwindstri@comcast.net)

**(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.

Primary Member Signature: \_\_\_\_\_

Other Member Signature(s): \_\_\_\_\_

Membership expires Dec. 31. Pro-rated dues: **Apr-Jun:** \$16.25; \$20.00 (family); **Jul-Sep:** \$12.50; \$15.00 (family); **Oct-Dec:** \$23.75; \$30.00 (family) Oct-Dec. dues includes next year. **Check here and add \$5.00 first class mail.** \_\_\_\_\_

I would like to volunteer to help with GWTC events. Check box :	<input type="checkbox"/>
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**Mail to: GWTC Membership, P.O. Box 3447, Tallahassee, FL 32315**



**Tim Brewton, Beth Alexander, Myron Herring at the Midsummer Night 3K**



**Clark Evans at the Midsummer Night 3K**



**Chris Williams slips by Mike Sims at the BOT mile**



**Return of the Road Warrior - Wes Bruner**



Casey

Midsummer

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

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