



The Fleet Foot



\$2.00

Volume 33 Issue 7

Newsletter of the Gulf Winds Track Club

Jul/Aug 2008



John Robida wins the Pot Luck Bash 4M at Forest Meadows



The new home of the GWTC trailer & equipment. US Storage Center 1406-G, Capital Circle, N E Unit N-9.

Attendees; Kevin French –proprietor, Bill Lott, Tim Unger and Mary Jean Yon.



Dave Rogers introduces the "Fire on the Track" film at Movie Night



The audience for Prefontaine Movie Night at Premier Health & Fitness

2008 Gate to Gate team victory

I always thought I would feel like I'd be done leading the GWTC racing team when I could not score for the team anymore. The reality of barely being a possible scoring member for a GWTC "B" team actually left me feeling a lot different than I thought it would. I'm certainly more fired up than ever to get the GWTC racing team moving again.....So much so that the GWTC board has approved a ridiculous request I made to buy more "Trailahassee" team racing singlets this year!!! This response from the board-- despite the fact that I already spent ALL the team racing money on Pizza, Brats and Beer--has me thinking I could stay with the team recruiting thing a bit longer.... Doesn't take much effort to prod some of our outstanding talent to run for the GWTC racing team with the success we have enjoyed. I just need to make the move from the starting line to the grill more often to see what will really bring people out to race for GWTC.....Summer Beach Run August 23 Jacksonville anyone?????

The second year of the "new" Gate to Gate 4.4 mile event was another major success for the race hosts, the 96th Services Squadron. Improvements to the Memorial Day event included a fantastic kid's water park area and multiple entertainment options happening at the same time near the start finish area. Cox Cable installed temporary big screen TV's in several locations around the party pavilions that scrolled through the nearly 1500 individual race results. Computer inquiry stations were set up so individual results could be found while the race sponsor's food and fun was enjoyed.

GWTC brought the largest road team ever assembled to keep the GWTC team eagle streak alive. The streak was never in jeopardy as the 2008 team became the 6th team to win the overall team title. GWTC is back to .500 having won six of the twelve Eglin AFB events entered. I am encouraged and truly impressed by all the quality runners that came out for this race from Tallahassee to run for GWTC. Special thanks to Chef **Mike Powhida** for doing the Post-Post race party set-up and cooking when the Air Force base security decided we could not get set up early. Thanks also to **Mark Priddy** who came up with some post race party photos that tell a much better story about the 2008 GWTC team victory than I can! Mark's photos entitled "Fun at Gate to Gate" from the "photos" section of our web page pretty much tell the story for the following winners.

23rd Annual Gate to Gate 4.4 Mile Run Eglin AFB, Florida May 26, 2008

*****Open Team Results*****

1. GULF WINDS TRACK CLUB = 1:38:48*

Joey Zins*	(22:27)	-- (Overall)
John Robida*	(24:17)	-- (2nd AG)
Jay Wallace*	(24:19)	-- (1st Master)
Tina Biedenham*	(27:45)	-- (2 nd Overall)
Mike Martinez	(25:18)	(3 rd Master)
David Altmaier	(25:32)	(3 rd AG)
Tim Unger	(25:49)	(1 st AG)
Brian Corbin	(26:18)	(1 st AG)
Bill McCord	(26:28)	(3 rd AG)
David Yon	(27:55)	(1 st AG)
Andrew Roberts	(28:07)	
Stephanie Liles	(28:27)	(3 rd Overall)
Hobson Fulmer	(28:28)	(2 nd AG)
Sheryl Rosen	(28:33)	(1 st AG)
Bill McGuire	(29:12)	(1 st AG)

David Landis	(29:19)	
James Dexter	(29:22)	
Zach Galloway	(29:37)	
Fritz Stoppelbein	(30:09)	
Judy Alexander	(34:44)	(1 st AG)
John Kelly	(36:17)	
Joe Dexter (AKA Captain America)	(36:18)	
Lisa Unger	(37:53)	
Mary Jean Yon	(39:14)	
Lynn Powell	(41:06)	
Thomas Zaccardi	(43:00)	
Mark Priddy	(45:05)	
Marisol Roberts	(50:12)	
Nadine Dexter	(52:56)	
Sallie Kelly	(62:33)	

2. NWFTC = 1:41:52

Jay Thomson -- (24:16)	James Frazier -- (24:38)
Joshua Ramos -- (26:16)	Anna Hallex -- (26:42)



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GWTC Web Site - www.gulfwinds.org

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Upcoming Grand Prix Races 2008

June 28 S.G.I. Sizzler 5K

GWTC Board Meetings 7:30 p.m.

July	9	Peg Griffin
Aug.	13	Judy Alexander

Gulf Winds Track Club May 14, 2008 Board Meeting Hosted by Gene Opheim

Present: **Mary Jean and David Yon, Sheryl Rosen, Peg Griffin, Bill Lott, Judy Alexander, Joe Dexter, Mark Priddy, Charlie Yates, Fred Deckert, Keith Rowe, Gene Opheim, and Jay Wallace**

Mary Jean called the meeting to order at 7:47 p.m. Quorum was established.

The board reviewed the April minutes. A motion was made, seconded and passed by unanimous vote to accept the minutes as presented.

New Business

Mary Jean appointed **Jay Wallace** to fill the vacancy on the board created by **Nadine Dexter's** departure. A motion was made to approve Jay as a new board member. The motion was seconded and approved by a unanimous vote.

Sheryl raised the question of whether the club should preserve or dispose of minutes and other board meeting documents in her possession dating back to 1995. The board discussed whether the club should keep documents for a certain number of

years and throw the rest away or scan them all. David and Peg volunteered to review this material and scan all the minutes and other documents worth preserving. The board agreed the agendas and other miscellaneous documents can be thrown away.

School Grants Report – Mary Jean for Mae Cleveland

Mae sent in a report that grant activity is slowing down as the school year winds down.

Treasurer's Report – Gene Opheim

Gene reported the club has \$73,173 which is an increase of \$7,312 for the month. The Chenoweth Fund has \$15,750, which is an increase of \$22. The Palace Saloon 5K netted \$4,693 – \$1,900 more than expected – due to the large turnout.

Newsletter Report – Fred Deckert

Fred distributed the final newsletter survey results to the board. The item with the biggest reader interest is the race calendar. The most common complaint is that the minutes are old by the time they go to print. Fred suggested we try to approve minutes between board meetings to permit more timely publication. The board discussed the feasibility of this given the timeframe between board meetings and the newsletter publication deadline. The board agreed to attempt to approve the minutes in time for the newsletter deadline, which would mean minutes would be published one month earlier than what is presently being published. Judy also suggested placing a notice in the Fleet Foot that the minutes are available online sooner than in print.

Lecture Series Report – Fred Deckert

Fred secured May 29th for the upcoming movie night featuring a **Steve Prefontaine** film titled "Fire On The Track." After that, a short **Tim Simpkins** film that was locally made will be shown. The event will be held at Premier Fitness Center.

Clothing Report – Fred Deckert for

Margarete Deckert

Margarete sold one Gulf Winds hat this month.

Race Coordinator Report – Charlie Yates

Charlie informed the board that Lee's Place would like to revive their 5K. It is tentatively scheduled for March 21, 2009. He also noted the Melon Run has been rescheduled from June 14 to June 21, which conflicts with the Run for One, Run for All. The Hot to Trot and SGI Sizzler are also sharing June 28.

Equipment Report – Joe Dexter

Joe will be moving to Orlando in 3 weeks.

Mary Jean is trying to find a new equipment director. Until she finds someone to take over, she suggested **Bill Lott** keep the electronics and the club rent a storage unit for the rest of the equipment. She found a unit at U.S. Storage Center for \$89 a month. The number of non-club events the equipment is used for may have to be decreased until a new equipment director takes over. Mary Jean also asked Joe to let her know who has already contacted him about using the items and who he uses for repairs. She will follow up with him. A motion was made to approve rental of the storage unit until the club can find an alternate location. The motion was seconded. It passed unanimously.

Training Report – Joe Dexter for Nadine Dexter

Joe reported a total of 72 people joined the running boot camp, and 68 completed the graduation 5K. He also mentioned **T.J. Cutchins** e-mailed all boot camp participants to invite them to the Gulf Winds member appreciation social May 15.

Website Committee Report – Peg Griffin

Peg reported **Andy Roberts** has improved the search field for the race results.

Chenoweth Fund Report – David Yon

The Chenoweth Committee received 4 funding requests. **Joe Franklin's** father requested \$650 to help with travel expenses for two post-season meets; **Bob Thomas** requested \$500 to help cover travel costs for the Raa Middle School running club's trip to the middle school state championship; the Tallahassee Trailblazers asked for \$1,000 to help at-risk youth travel to meets; and **Bonnie Wright** requested \$500 to help pay for the Red Hills Kids Triathlon. A motion was made to fund all of the requests. The motion was seconded and passed unanimously. David also reported plans are on track for the June 7 Potluck Bash, which benefits the Chenoweth Fund.

Membership Report – Peg Griffin

The club has 903 members in 497 households.

Before the meeting concluded, Mary Jean told the board of an e-mail she received from Lieutenant **Judi Davison** of the Tallahassee Fire Department. Judi is establishing a fire department memorial foundation and asked if Gulf Winds would donate or sell the wooden sculpture in front of Forest Meadows to the fire department. **Terry Ryan** was the Gulf Winds member who acquired the sculpture, which commemorates the firefighters who died on Sept. 11, 2001. Gene motioned that if Terry is okay with it, the club would donate the

sculpture to the Tallahassee Fire Department. The motion was seconded and approved unanimously. **Judy Alexander** volunteered to follow up with Terry.

A motion to adjourn was made and seconded. The motion passed unanimously at 8:53 p.m.

Sheryl Rosen, Secretary

Due to popular demand, we are now publishing the most recent Board minutes, see below. Also due to popular demand we have two "personal adventure articles, see David Rogers' and Bruce Lynn's stories on pages 16 and 18.

**Gulf Winds Track Club
June 11, 2008 Board Meeting
Hosted by Fred and Margarete Deckert**

Present: **Fred and Margarete Deckert, Mary Jean and David Yon, Sheryl Rosen, Peg Griffin, Bill Lott, Judy Alexander, Brian Corbin, Mark Priddy, Tim and Lisa Unger, Charlie Yates, Keith Rowe, Gene Opheim, Jay Silvanima, Nancy Stedman-Laux, Kathy McDaris, Lisa Cox, Gail Stansberry-Ziffer, and Jessie Eason**

Mary Jean called the meeting to order at 7:35 p.m. Quorum was established.

The board reviewed the May minutes. A motion was made, seconded and passed by unanimous vote to accept the minutes as presented.

New Business

Judy presented a check for \$2,132.50 – 25% of the Springtime race proceeds – to volunteer Gail Stansberry-Ziffer and Jessie Eason, president of Raising a Healthy Child. The funds will buy holiday gift cards for disadvantaged teens.

Awards Committee Report – Lisa Unger

Lisa presented the Awards Committee's revisions to the grand prix guidelines. The committee suggested renaming the kids grand prix as the youth grand prix. Committee members also clarified the guidelines to indicate runners age 14 and under will be scored only in the youth grand prix. The suggested revisions also make clear that for races that offer both a

1-mile and 5K, youth grand prix points will be awarded for either distance unless the youth grand prix schedule specifies a certain distance. (However, if the child chooses to compete in both then he/she will receive grand prix points for the 1-mile race only.)

The board briefly discussed whether runners under 15 years old should be able to run in the adult grand prix.

A motion was made and seconded to approve the revisions as presented. The motion passed with 12 in favor and 1 opposed.

Racing Report – Tim Unger

The GWTC team won 1st place at the Gate-to-Gate race. More than 30 club members participated, and the post-race party was a success.

Tim asked the board for funds to order more racing singlets for racing team members. Some of the singlets will go to Margarete to sell. The existing singlets have gone quickly because of high participation in team racing. A motion was made to allocate \$1,120, which is enough to purchase 80 singlets. The motion was seconded. It passed unanimously.

Nancy suggested including GWTC sports bras. She and Margarete agreed to look into costs and Tim agreed to include any purchases into his printing/screening order to add the GWTC logo.

Triathlete Report – Kathy McDaris and Lisa Cox

Kathy reported Bob McDonald is now leading the GWTC Tri Club. The club has 45 members. Membership dues are currently \$10, but the fee will need to increase next year in order to cover insurance costs for multiple members by family memberships. Lisa inquired about updating the tri section of the GWTC website, and Peg said to send her text to post.

Race Director Report – Judy Alexander, Springtime 10/5K

Springtime netted a total of \$8,530.01.

Race Director Report – Jay Silvanima, Tallahassee Marathon

Jay submitted a budget to the board. It includes \$3,500 for chip timing and higher registration fees to help pay for the timing. Board members briefly discussed chip timing and conveyed their support for the concept. A motion was made to approve the budget as presented. It was seconded. The motion passed unanimously.

Treasurer's Report – Gene Opheim

Gene reported the club has \$71,279, which is a decrease of \$1,894 for the month.

The Chenoweth Fund has \$13,521, which is a decrease of \$2,228. Also, Gene collected the money from the bounced check at the Palace Saloon 5K.

Lecture Series Report – Fred Deckert

The May 29th movie night was successful with 49 attendees.

Clothing Report – Margarete Deckert

Margarete is coordinating with Tim for the singlets. Board members noted many club members don't know clothing items are for sale. Mary Jean suggested posting a note on the front page of the website to draw members' attention. Margarete also reported Joe Dexter sold 2 shirts.

Race Coordinator Report – Charlie Yates

Charlie informed the board of several new and rescheduled races: Greeks in the Streets 5K July 12, Alligator Lake 5K August 23, the resurrected Pine Run at Tall Timbers October 11, FSU Habitat for Humanity 5K November 1, and the Engineers Without Borders 5K November 15.

Equipment Report – Bill Lott

Bill will chair an equipment committee until a new equipment manager is found. **Tim Unger, Kevin French, and Sarah and Jude Dugas** will also help. Bill found a unit of adequate size at U.S. Storage Center for \$99 a month, which can accommodate the trailer and all of the remaining equipment.

Chenoweth Fund Report – David Yon

David reported the Pot Luck Bash broke even. It was the hottest in memory. Also, David received a request from Gary Droze for \$1,000 to hire staff to help supervise youth runners participating in the SMIRF (Summer Mornings Include Running & Fitness) program this summer. Gary found a donor who will give the Chenoweth Fund \$500 to assist, so the fund's net cost would be \$500. A motion was made and seconded to approve the \$500 net donation. It passed unanimously.

Membership Report – Peg Griffin

The club has 952 members in 523 households.

A motion to adjourn was made and seconded. The motion passed unanimously at 8:53 p.m.

Sheryl Rosen, Secretary

These Minutes have not been approved by the GWTC Board

**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

Times Remembered Mary Jean Yon

What is it that defines a champion? Sure, we all know what the dictionary says. But what is it that goes into the making of a track & field champion? Take the FSU Men's team for example. They recently entered the NCAA Outdoor Championship in Des Moines, Iowa as two time national champs and decidedly won their third consecutive national title in a manner most impressive to all. What is it that makes a team like that so consistently successful? Is it having a coach like **Bob Braman**? Perhaps. The team certainly could not have done it without a coach, but somehow I suspect there is more to it than that. There is a mix of talent, determination and desire woven together to create a team of athletes that simply won't quit.

If you venture out to the next Gulf Winds grand prix race, Breakfast on the Track on August 16 at the Maclay track, you'll probably see a lot of talent, determination and desire there too. **Felton and Bonnie Wright** came up with this novel idea in 1998 and thought torturing runners with the opportunity to run the infamous "mile on the track" would be a nice change of pace for many of us distance runners. The results have been revealing, if not astounding. Back in 1998, 111 runners showed up at the inaugural race ready to demonstrate their speed. Over the years, participation grew to a peak of 192 milers in 2006 and has consistently drawn well over 100 runners each year. The race is run in heats so that runners compete against others of similar ability. In any of those years, one could see the same determined spirit that the champions possess. Do these runners credit coaches? Maybe. Certainly **Gary Droze** is willing to tailor his Tuesday interval sessions during the summer months to help runners prepare for the mile competition. Of course another great motivator for GWTC runners is the grand

prix competition. Grand prix points certainly have been known to bring out the competitor in many a runner and the mile is no exception. Regardless of where you find the motivation, I suggest you show up at the Maclay track on August 16th and experience the fun for yourself. You won't be disappointed.

Hometown champions are fun to watch. National champs are even better. But the top prize comes every four years when champions from all around the world gather for the summer Olympics. This summer brings us the Games of the XXIX Olympiad in Beijing, China. Track and field athletics have proven to be one of the most popular and publicized sports on the Olympic program. One of 28 featured sports, athletics has been featured at every Olympics since 1896. Look for NBC to broadcast the games August 8-24 entirely in high definition television. It should be thrilling to watch. And yes, we all know that having the Olympics in China will not be without controversy from a variety of sources. But when all is said and done, one can only hope this year's Olympic slogan of "One World, One Dream" succeeds in calling upon the world to unite in the Olympic spirit.

Our club has been fortunate to claim an Olympian or two as members and to be able to watch as various other collegiate track stars make their way to competition at this level. It makes you wonder how many others are destined for this moment in the sun, doesn't it? Think about that as you watch all those cute kids run the 40 meter "diaper dash" at the summer track series. Or perhaps there's a star among the masses at this year's Breakfast on the Track. That talent, determination and desire will always be what unites the beginner with the professional, regardless of the final destination.

M.J.



GWTC Merchandise

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

Contact: Margarete Deckert 893-9739



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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 or 850-514-2132 (Tallahassee).

Pro Fitness Consultants Multi-Sport/Triathlon and Personal Training, 10% off regular prices. Contact Rolando or Claritza, 297-1300.

Tallahassee Massage Therapy; Brett A. Pace L.M.T. (MA #0010284), 681-2122; Sports massage for rehabilitation and prevention; \$5 off half hour price, \$10 off full hour price.

Ivan Glymph, The Fitness Edge. ACSM & USCF certified, 656-1299; 10% GWTC discount on all services: personal training, testing, exercise prescription, cycle coaching & more

Shaw's Athletics, 1415 Timberlane Rd (Market Square), 893-5597 10% off running shoes with cash or check; 5% with credit card; returns for store credit only.

Intelligent Internet Strategies New web-hosting accounts - 20%; Web site development or makeover - 10%; All electronic marketing activities - 5%. 894-1095. iistrategies.com

Mark Campbell, Licensed Massage Therapist. Certified Personal Trainer. 10% off to Gulf Winds Members.

Responsible, fun babysitter, reasonable rates, has taken TMH Babysitting Course: Call Whitney Alexander 383-1361.

Denise A. Carafano, LMT (MA-27475) 445-2250. Deep Tissue/Swedish Massage (Chair massage available, also) 35 minutes @ \$30 & 10% off.

Goodfinds, Second Hand Furniture & Collectibles **Cassandra C. Shepherd, Proprietor.** 3100-A South Adams Street, Tallahassee, FL 32301. 850/402-3100. GWTC members will get the royal treatment at GOODFINDS.

Dr. Wallace Randell, Northampton Animal Health Clinic. 2910 A-12 Kerry Forest Parkway, Tallahassee, FL 32309, 668-8031. 10% discount on professional services.

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

www.joykeyphotography.com.

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.

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. 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 Bill Lott (blott@nettally.com) or Gary Droze 668-2373 (work) 942-7333 (home) email gdroze@maclay.org.

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.

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. **(closed till June 2008 for renovations!)**
Master's swim 11:40 AM Monday thru Friday - Trousdell Pool, daily fee gets you a lifeguard in the stand.

Social Events: www.gulfwinds.org for more club info, and to join GWTC.

Multi-Sport Clubs & Contacts:

- USA/World Race Calendar by State - www.trifind.com
- Beaches Fine Arts Triathlon Series, Jacksonville Fl. - www.bfastrathlon.org
- Clermont Triathlons - www.triflorida.com
- John Boyle Races - www.cuattheraces.com
- Exclusive Sports Marketing Races - www.palmtreesportsclub.com/ (Publix Family Fitness Weekends)
- Set-Up Inc., Triathlons in the NC,SC,GA area - www.set-upinc.com
- Charleston Triathlon Club, South Carolina, www.awod.com/gallery/probono/ctc/
- Nature Coast Sprint Triathlon Series, www.drc911.com/triathlon.htm
- Blue Sky Sports, Triathlons in the North / Central Georgia Area, www.tribluesky.com/
- Great Smoky Mountain Triathlon Club, www.gsmtc.com
[North Florida RRCA Rep](http://www.geocities.com/rrca_north_florida) michael.s.bowen@gmail.com
Michael Bowen North Florida State Representative, RRCA
3365 Adrian Road, Pensacola, FL 32504
H - (850) 308 1953 C - (850) 375 9277
http://www.geocities.com/rrca_north_florida



Race Calendar

Please note: Most of the events below are not organized by or affiliated with Gulf Winds Track Club. **Grand Prix Events are underlined.** Confirmed events are in **bold**. * Indicates a GWTC event. CT=Central Time. Entry forms may be at local stores, races and GWTC meetings. If no state is listed, it is Florida. **Verify information** before traveling; errors, omissions and changes do occur. If not listed, area code



is 850. **To list races (no charge), send details to freddeckx@comcast.net.** Special thanks to Charlie Yates for the race information.

July

*03 **Summer Track #5. Rescheduled!**

04 Firecracker 5K. 7:30 a.m. Greensboro. Kiwanis Club, P.O. Box 97, Greensboro, FL 32330. Entry form, page 17.

04 Freedom Springs Tri. 7 a.m. C. T. Blue Springs Recreation Park, Marianna. Terry Edwards (850) 557-0522, fst1@bellsouth.net.

*10 **Summer Track #5** 6:45 p.m. Maclay School Track. See June 5.

12 Greeks in the Streets 5K Run/Walk. 9:30 a.m. FSU Union Green, off Woodward. <http://gettinggreeksinthestreets.googlepages.com/home>.

*17 **Summer Track #6** 6:45 p.m. Maclay School Track. See June 5.

19 Critter Run 5K (Penguin). 6 p.m. C.T. Dothan, AL. Larry Dykes, drcprez@yahoo.com, (334) 792-6021.

*24 **Summer Track #7** 6:45 p.m. Maclay School Track. See June 5. .

*31 **Summer Track #8** 6:45 p.m. Maclay School Track. See June 5. Final event.

August

09 MDA Stride & Ride 5K/26.2M Bike. 8/9a.m. Maclay School Track. Dixey Mayo Teel 545-0848 dixey@dixeymayoteel.com

09 19th Annual Run for Love Evening Run 5K/1M run/walk. 7:45 p.m., 7:15 for 1M. Abraham Baldwin College Tennis Ctr. , Tifton, GA. ernlang@friendlycity.net <http://www.runningintheusa.com/HostedRaces/08/ga0809a.pdf>

09 Jacksonville Triathlon Series Sprint #3.

16 Breakfast on the Track Mile. 7:45 a.m. Maclay School. Wright family 386-3500.

23 Miller Landing Madness 8K/5K/3K (XC). 8 a.m. Elinor Klapp Phipps Park (1.3 miles west on Miller Landing Road). Mike Sims 514-3424 or Tom Perkins 894-2019. Flyer page 22.

30 Crystal River Triathlon Series Sprint #3.

September

06 Red Cross Hurricane 5K Run/Walk. 8 a.m. Esplanade/Southwood Office Complex. [Robin Lotane](mailto:Robin.Lotane), 566-2650.

06 Emerald Coast Triathlon, Duathlon. Aqua bike. Panama City. 7:30 a.m. CST. www.emeraldcoastevents.org, Jerry Lynch 850 784-9542.

13 Sickle Cell 5K/1M. 8 a.m. Gaither Gym, Velma Pennermon Stevens, 222-2355. www.sicklecellfoundation.org.

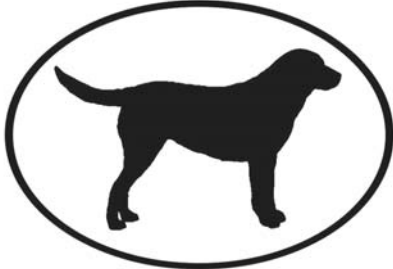
*20 **Women's Distance Festival.** 5K/1M. 8 a.m. Optimist Park. [Lisa Unger](mailto:Lisa.Unger), 562-2901.

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

Visit the GWTC website at www.gulfwinds.org for the latest information on area events and GWTC.

Send race info & flyers to freddeckx@comcast.net, preferably in MS Word.

Gulf Winds Track Club 2008 Grand Prix Series Schedule		
August 16	Breakfast on the Track	1M
Sept. 27	Prefontaine	5K
Oct. ?	FSU Cares	5K
Nov. 27	Turkey Trot	15K
Dec. 6	Ten Mile Challenge	10M
Gulf Winds Track Club 2008 Kids Grand Prix Series Schedule		
Aug. 16	B.O.T.	1M
Nov. 27	Turkey Trot	5K or 1M



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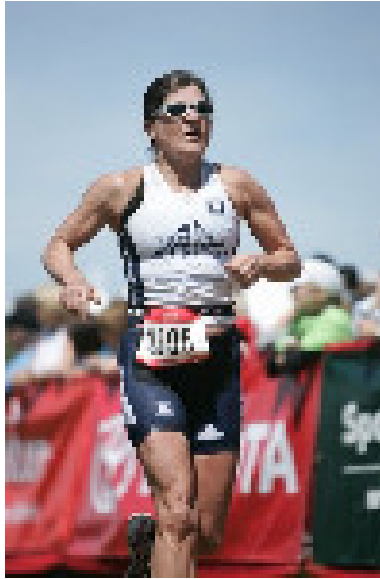
Featured Feet – Mary Jane Tappen

Childhood ambition:

To be a teacher. I grew up around lots of kids and loved to hang out in the school supply section of stores. I also coached kids when I was in high school and college. I never remember a time when I didn't want to either be teaching or coaching kids. Children for the most part are still eager to learn and are able to have fun. I like being around them, they inspire me to want to keep growing and will always teach me if I listen and watch.

Fondest Running Memory:

I have many but I will share two: I was running the last leg of a 440 yard relay in a high school track meet, just prior to being handed the baton I heard my Dad yell, "Go Mary." My Dad was a very busy man and rarely showed up for athletic events with the exception of football games. He was not happy that I wanted to run track. When I first joined the track team the school didn't have a girls' track team (prior to Title IX) and I worked out with the boys. My father tried to sway me to play tennis instead, much more acceptable for a girl, by buying me the first metal tennis racket made, a T-2000. So, I compromised and joined both teams; I'd run to track practice after tennis practice. Anyway, there he was watching me run. I am pretty sure that was my fastest 110 yards ever. After finishing I turned to find him and he was gone. That night when he got home he said, "You're pretty fast for a girl." After that day he never complained about my running. He did attend several of my athletic events after that meet and only complained if I didn't win and loved to bug my brothers by daring them to race me around the neighborhood. My junior year he joined the high school athletic boosters and supported our first girl's track team. Second: I was running into the transition area after the bike at last year's Alcatraz triathlon and I heard my daughter Jenny yell, "Get out of the way my Mom is coming." There was a camera crew hanging out in the "old ladies" section in the back bike racks, probably waiting on the leading pros to finish. Well, they weren't moving and Jenny gave them a piece of her mind. They quickly moved just as I



turned the corner to rack my bike. As I ran out Jenny and I shared I love you's. She has always been my greatest racing fan and incredibly supportive.

Wildest Dream:

Well I rode some of the courses in the Alps at the tour and touched **Lance Armstrong** after he had just finished winning his third tour so I would have to say riding a horse (that hasn't been drugged) in the Kentucky Derby.

Proudest running memory:

Running in the 2 mile relay in the 1973 winter track championship. I was the only girl in the meet and the guys let me run with them.

Our team was in second place overall before the relay, which was the last race of the meet. I was the third leg. The third leg of the other team that was leading the race and the meet got confused because I was out there so long (220 indoor cinder track) and he ran an extra lap which enabled our team to win and we won the meet. So, being the slowest leg on the team ended up being the greatest advantage. I still have the championship jacket (From 35 years ago).

Current occupation:

Deputy Chancellor for K-12 Curriculum, Instruction, and Student Services for the state of Florida.

If money were no object, what occupation would you choose?

Teach in the Peacecorps or a school crossing guard (still plan and hope to do both).

Indulgence:

Traveling to fun places to race. How fortunate we all are to run, work out, and travel for fun and health; so many others for so many reasons can't.

Favorite non-running hobby:

Cycling and swimming

Favorite book:

"Ghost Soldiers" written by Hampton Sides, an account of "one of the most daring exploits of World War II." This book was my last gift to my father and it ended up being one of his greatest

(Continued on page 15)

Featured Feet – Tyler Price

Childhood ambition:

Not sure I ever had one, just wanted to be a kid I guess.

Fondest Running Memory:

Breakfast on the track 2001, winning my age group and winning the fastest father-child with my dad.

Wildest Dream:

Run in the 5000m final in the Olympics, win the French Open, and go out on a date with Maria Sharapova.

Proudest running memory:

I was proudest to be able to compete my senior year in high school with my dad as my coach in cross country.

Current occupation:

Student-Athlete

If money were no object, what



occupation would you choose?

I don't know, maybe teach history somewhere and coach tennis and track. Or just be a rock star!

Indulgence:

I'm a little young to have too many indulgences. (Or so my mom says...)

Favorite non-running hobby:

Playing guitar

Favorite book:

The Harry Potter Series

Running Inspiration:

Dad.

Perfect Day:

Getting up early, doing a hard workout then going back to sleep, and partying all night.

Biggest Challenge: Not being too hard on myself but Coach Hoover is working on that.

(Continued from page 14)

gifts to me. The last time I saw him he handed it back to me. I placed it on the end table and didn't open it to read until after he left. When I did I found hand written notes from him recording his and my uncle's participation in the invasion.

Running Inspiration:

Life. I like participating in it and running provides a sense of freedom. Maybe remembering how few female runners were accepted when I started; how uncomfortable my running made people. My neighbors used to try to give me rides home when they saw me out running and relatives used to try to talk me out of going running.

Perfect Day:

Hanging out with my kids and grandson Daniel. The best is when Daniel sleeps over and comes in and wakes me up and we go out and take a walk together before the neighborhood wakes up and he plays in his favorite ditch while I drink my morning coffee.

Biggest Challenge:

Trying to be patient with life, others, and myself. Better appreciating everyone.

Putting It on the Line: A Study of Life's Challenges -Dave Rogers, The Summer of 2008

I'd like to attempt to share with you my thought on the single issue of inspiration. I feel it, and you feel it, each time we put our toe on the starting line of a track or a road race course.

Why do we do this crazy thing? Why do we push ourselves to the very limit of our natural ability? When I was in the best shape of my life as a young runner, the common underlying theme that recurred at some point during each and virtually every race was "Stop This Madness." Don't torture yourself another step. And yet, the lure of the test called me back. For decades it has continued to beckon me.

I'm fortunate to be able to claim that as my years passed, an incredible and fortunate metamorphous occurred within me. Rather than desiring to quit the race, I found myself pushing even harder. The inner struggle in me seemed to be gone. The change, though gradual, was so profound that it eventually consumed all of me. Not only were my races more focused, my work was more deliberate, and my love for my wife and family became more intense. I began to make an honest attempt to be kinder to the people around me and appreciate them for their qualities that I had previously ignored. My grass became greener and my life was better as a result.

Some good friends have requested that I author a series describing the unusual race starts that we have produced over the years. Truth is, we've had some doozies! However, in attempting to accommodate that request, I found it difficult to separate the inspiration behind a particular race start from that all encompassing inspiration of life itself. So, I thank you in advance for indulging me as you read the following stories. My desire is that your life will become rich, as mine has, by appreciating the words of a good friend.

*"I come that they may have life, and that they may have it more abundantly."
On your mark, get set, GO!*

SIX GUN START: Or more accurately, three guns with two bullets each...

"I want to practice one more time," my wife Carmen said. "No, it's too late," I replied. "People are already showing up." I should have listened!

We were about to have the 6th Annual Run for the Pies that served as a fund raiser for the Miccosukee Volunteer Fire Department. This race was not like the copy-cat version of the run for the pies in Jacksonville that offered frozen pies from Publix. No sir; we had 100 homemade pies that the women of our community baked for the event. A local farmer donated a truck load of watermelons for the runners outside the top hundred.

Since it was the sixth time we were producing this event, I wanted to include the runners in a six count cadence of the start by yelling, "On-Your-Mark-Get-Set-GO!" In front of me was a table holding three 12 gauge shotguns, each loaded with two shells, with the safety on. Carmen stood beside me holding six clay targets. The plan was for me to call out the signal "pull," Carmen was to throw the first target; I'd pick up the first gun, shoot the target, and the runners would holler out "ON." I'd then put the first gun down, call out "pull," pick up the second gun, and as I shot, the runners would holler out "YOUR," and so on.

I never anticipated that the target thrower and the runners would get caught up in the excitement of this challenging start. I got to call out the signal "pull" for only the first target, and from that point on, all hell broke loose. The targets started flying faster and faster as the crowd screamed out, "On your mark, get set, go!" with considerable speed and great gusto.

Each time I'd pick up the next gun, the target was already in the air, a bit further away than the one before. My plan of calling for each clay disc was by then long out-the-window, and I was getting increasingly less time to make each successive shot. By the time we got to the sixth target, the "GO" target, the crowd was in a frenzy and Carmen was so excited that she hooked the throw into a live oak tree to her right. I'd guess that a shotgun shell loaded with number eight bird shot has about a hundred or so individual lead projectiles. As I leaned over the gun table and squeezed off that last round, a single piece of lead touched the target and broke it in half a split second before it crashed into the oak tree.

Be careful about including the runners in any start. They are an excitable bunch right before a race and become hard to predict. Oh, and by all means, if your wife wants to practice one more time, you best do it!

The way of a fool is right in his own eyes: but he that hearkeneth unto counsel is wise.

Running Puzzle

Find each of the following words.

RACE MILE INTERVALS PRONATION GRANDPRIX
 SINGLET TRAINING OVERSTREET TRACK VO2MAX
 STOPWATCH PALACE FINISH ORTHOTICS
 MYSTERY WORD: FOOD OF AUGUST 16

T R P G C B Z D Y R E M L Q T F R H N A K I G
 A N I O D E T A F A S G R T R A I N I N G R G
 R L R I I C N D O O V E R S T R E E T K S E S
 O G E C A L A P S F S T O A T C A I W W S M G
 R A R H F T A N L R A C E H I T A I N I T A C
 E S R A G N E T T N H F S E S T I S R T O S W
 M S K A N K N L P A N C A K E S N G S C P T N
 I R T S F D R A G H C E P T T E E V T O W E I
 T A S I I I P L V N U R U N T L X F D H A R S
 G R A A N T A R G R I A D R E I R A S R T T G
 N T S A I S F T I S X S N B T M L K M A C G A
 I I X E S L N R F X E N A R S S S C T 2 H I S
 R T D R H O O S L A V R E T N I F A T D O R T
 P T S T I I X R N D R S G N F S T R A T S V A
 S C I T O H T R O K E L T R F I B T R E R X R
 N O I T A N O R P E X R S A S R E E H O R T A

Welcome to our new July Members!

Anna	Annino	Susan	Kaempfer	Anisa	Shashaty
Ben	Betts	Gloria	Keeney	James	Shashaty
Ben	Betts	Sarah	Kirchberg	Jessica	Shashaty
Jennifer	Betts	Dave	Koppenhaver	Leah	Shashaty
Parker	Betts	Jennifer	Little	Liz	Shashaty
Michael	Billmeier	Luke	Little	Ray	Shashaty
Michelle	Brooks	Ryan	Little	Becky	Shepherd
Lynette	Brown	Terry	Maul	Nick	Shepherd
George	Desloge	Jamie	Michalowski	Tara	Stalnaker
Annelise	French	Karen	Munoz	Brett	Templeton
Kevin	French	Philip	Munoz	Alyssa	Yambor-Maul
Nicole	French	B. J.	Nelson	Jodi	Yambor-Maul
Steven	French	Blaine	Parker	John	Yambor-Maul
Carrie	Griffin	Hunter	Marie Parker	Bobby	York
Scott	Hartsfield	Paige	Parker	Brandon	York
Chiayna	Jones	Rick	Parker	Jamie	York
Joseph	Joseph	Roger	Register		
Al	Kaempfer	Sam	Sevor		

Beach Blast 4/26/08 - Bruce Lynn

For me the race lived up to its name, it was held at the beach and it was a blast. I haven't raced a full triathlon in almost two years except for a relay in 07, so I was feeling the anticipation of a newbie as the date of the race grew closer. Leaving at 4:30 AM, **Tony Guillen** and I rode through the small towns of Jackson County, seeing just an occasional pickup truck with fishermen, as we made our way to the coast. This was my first time going to Mexico Beach and as the sky turned lighter we were hit with that familiar salt smell. As we unloaded our gear, yes triathletes are known for gear and gadgets as opposed to our running brethren shorts, shoes, shirt and a hat, I felt like we were participating in a Tallahassee race rather than Gulf County, a Gulf version of Red Hills without the hills. I knew many more people than I didn't know.

The organizers offered four races, Sprint and Olympic triathlon and Sprint and Olympic duathlon. I opted for the Sprint triathlon dubbed by Tony as the Fun Run or Kiddie race. He claimed he was getting more for his money with the Olympic distance, I was happy just to finish. We experienced optimal race conditions with flat seas, very little wind on the bike and warm but not blistering temperatures on the run.

The swim was a triangle shaped course with one loop for the Sprint and two loops for the Olympic distance. Navigating the last section of the swim was tricky because the sun was directly in your eyes but even more of a challenge for the Olympic distance because they had to do two loops. The bike course was well laid out with a short ride down US 98 and a longer ride north on which I saw very few vehicles. I thought I saw a bottle exchange (water stop) on the way back but it turned out to be a cyclist with a flat tire and a pickup truck of folks watching him change his tire. The run was through neighborhoods with a roving water station. A volunteer was driving a 4 wheeler loaded with water and handing out bottles to those in need. I was grateful even though the water could have been colder. I explained the abandonment of equipment rule to her. Abandoned Equipment: No participant shall leave any equipment or personal gear on the race course. Any violation of this Section shall result in a variable time penalty. Equipment is anything from a water bottle to a shirt or a hat, and the officials will penalize you. When I explained the rule, this kindly volunteer stopped and picked up discarded water bottles. Such dedication.

All good things must come to an end and I finished, making a promise to myself to train harder for the next race and headed for the awards ceremony. What a spread, 2 kegs of beer, pizza, hot dogs and shrimp. As we waited for the awards, **Mary Jane Tappen** discovered that if you walked back and forth you could make your cell phone jump from one time zone to another (OK it doesn't take much to entertain me). The race directors started calling out age groups and it was hard to find someone from Tallahassee who didn't collect hardware.

I highly recommend this series to newcomers or an experienced triathlete. Flat, fast course, enthusiastic volunteers and first class amenities including beer. I am signing up for the September race, a great way to end the 2008 season.

Runner's Commandments by Joe Kelly

1. Don't be a whiner. Nobody likes a whiner, not even other whiners.
2. Walking out the door is often the toughest part of a run.
3. Don't make running your life. Make it part of your life.
4. During group training runs, don't let anyone run alone.
5. Keep promises, especially ones made to yourself.
6. When doing group runs, start on time no matter who's missing.
7. The faster you are the less you should talk about your times.
8. Keep a quarter in your pocket. One day you'll need to call for a ride.
9. Don't compare yourself to other runners.
10. All runners are equal, some are just faster than others.

Volunteer Corner - Judy Alexander

GWTC consists of fabulous athletes of all abilities, all of whom share a common love of running, walking, swimming, biking and simply being active in general. We watch as many of the children in our Club go from being passengers in jogging strollers to contributing members in their own right. Some of these youngsters hop out of bed on the weekends and work many hours to help make GWTC events more successful, all this before most of their peers have peeked out from under the covers! Their pay? The feeling of accomplishment that comes from knowing they have provided a helping hand and an encouraging word...and perhaps a few of the hours required for scholarship eligibility. This month's Spotlight is on six awesome offspring who are but a few of those we see at events on a regular basis. Although they are different ages and have different interests, there are some very similar themes in their answers to the following questions:

1. Why do you like to volunteer, especially at GWTC events?
2. What is your favorite volunteer job? Favorite event?
3. How did you first get into volunteering for GWTC? Are you a runner/triathlete yourself?
4. Please add anything else about yourself that is interesting/unique.
5. How old are you, what grade are you in and how long have you been volunteering?



Cheslyn Donaldson (daughter of Beth Alexander, former GWTC Secretary):

1. The people are very nice and I like to encourage runners while they are racing. I like to get the encouragement when I run too.
2. Passing out candy to little children. Palace Saloon is my favorite event since it was my first 5K, but I don't really work it. I do pick up flip tops at Palace from cans for Jacque's[Myers] mom to collect.
3. My mom made me go to the 10 Mile Challenge when she didn't have anyone to watch me. I got to pass out water with fun people at an aid station. Yes (Cheslyn is a runner and triathlete.)
4. Even though I am very afraid of spiders, I love watching scary movies.
5. I am 11 years old, will begin 6th grade in August, and have volunteered for almost 3 years.



Alex Wallace (daughter of Jay Wallace, current GWTC board member):

1. I like to help out just for the sake of helping out. I like to be able to feel mature and that I can be trusted.
2. None of them are my favorite. I like to help at everything.
3. I started volunteering when my dad asked if I wanted to help out at the FSU Cares 5-K last year. I wanted to see what it was like so I took a shot at it. Turns out, it wasn't too

bad and every other time he asked me to help out, I always said yes. I am a runner/triathlete myself..

4. I play the piano. I'm very artistic and love to draw.

5. I am going into fifth grade. I've been volunteering for about 1 year now I am 10 years old.

(Note: She helped with the water station at mile 25 of the Tallahassee Marathon in 2006 and at the registration tables in 2007 and 2008... so she's been volunteering for nearly 3 years. She helped with the 2007 10 Mile Challenge – registration and finish line – and the Red Hills Kids' Tri as well.)



Calvin Vannoy (son of Reid & Linda Vannoy, Palace Saloon 5K co-raced directors)

1. I volunteer because I like to keep up with and support the local running scene. Since I've found that recently I haven't been able to run myself, volunteering is about as close as I can get to it.

2. I like working water stops. They never get boring with the constant filling and handing action, and if you muff a hand off, you get to see someone get soaked. My favorite race would have to be the Turkey Trot, because that's the only road race I've run in the past couple of years.

3. I first got into volunteering at GWTC races to get the 75 volunteering hours I needed to earn the Bright Futures Scholarship. Since my dad is a runnin' fool and goes to lots of races, I'd just tag along to work a water stop or something while he ran. I continued volunteering after completing the 75 hours because it was a nice change of pace to see the race from a different perspective than running in it. I run myself - formerly for Chiles High School, and now just to keep myself sane.

4. I'm not all that interesting, I just kind of run a lot and regularly attend school. I'll be attending the University of Florida this upcoming school year.

5. I'm an 18 year old graduate of Chiles High School, and I've been volunteering at GWTC events for the past 4 years.



Max Corbin (son of Brian Corbin, former GWTC Membership Chairman)

1. I like the people I volunteer for.

2. Directing traffic/runners and cheering. And my favorite event is Springtime.

3. My step-mom likes me to help, and I do it from the goodness of my heart.

4. I play soccer and golf and I'm a bachelor in Tallahassee.

5. Age: 17, grade: 12, volunteering: 10+ years.



Samantha Corbin (daughter of Brian Corbin)

1. I like to help others, and it's good to have volunteer hours for school.
2. Helping with the finish line or registration. And my favorite event is Springtime.
3. My family is a part of GWTC, and since I don't like to run, I do my part by volunteering.
4. I'm a part of Mu Alpha Theta, an honors math club at Chiles High School.
5. Age: 15, grade: 10, volunteering: 6 yrs.



Whitney Alexander (daughter of Judy Alexander, current board member)

1. I like to volunteer at GWTC events because GWTC is like family to me. I know everyone who is there, everyone says "hi", and there is a general feeling of love for the sport.
2. Probably my favorite volunteer job, which is hard for me to choose since I love volunteering in any way I can, is registration or a water stop. At registration you get to visit with the runners and other volunteers, you get caught up in the hustle and bustle of t-shirts, and money, and forms, and you realize that the race could

not have gone on without your help. At water stops I get to use my genetically given talent of yelling – ha ha - to cheer on the runners as they pass, while providing them with a cool refreshing cup of water. Being able to see all of my friends, and the people who care about me and cheering them on really makes a race and volunteering worthwhile to me. Because both of these jobs can be accomplished at any event, I don't have a favorite, just as long as I can serve those who are participating.

3. I first got involved in volunteering at races when my mom introduced me to the fact that if I didn't want to run, I didn't have to, but there were other alternatives to racing/running events, like volunteering. I must have been 8-9 years old when I first starting handing out water at water stops. I have been a runner off-and-on for the past 11 years. (I think I completed my first real race when I was 6 or 7) Lately, I have been more of a runner than a volunteer, but during the past two years I have mostly volunteered.

4. I just graduated from high school and will attend the University of North Texas in the fall, and some of my favorite memories of Tallahassee will be races and volunteering and being with all the GWTCers I love. I also attribute the fact that I received an Honorable Mention in the category of Youth Volunteer of the Year several years ago to all of the wonderful races and volunteer opportunities afforded me by GWTC.

5. I am 17 years old, a graduate of Lawton Chiles High School, and have been volunteering for as long as I can remember.

(Note: Whitney started handing out water and pulling T-shirts at races when she was 5 years old.)

GULF WINDS TRACK CLUB presents MILLER LANDING MADNESS 8K/ 5K/ 3K CROSS COUNTRY RUN

When: August 23, 2008

Where: Elinor Klapp Phipps Park (1.3 miles west on Miller Landing Road) **Time:**
8K/ 5K starts at 8:00 a.m., 3K starts at 9:00 a.m.

Entry Fees: **Age 18 and under:** Minimum of 2 cans of food.

Over Age 18: \$8.00 donation and **minimum** of 2 cans of food.

No T-shirt option: \$6.00 donation and **minimum** of 2 cans of food.

*All donated food items go to Second Harvest Food Bank for distribution.

Mail entry to: Miller Landing Madness, 3674 Uncle Glover Road, Tallahassee FL 32312 *Please do not mail entries after August 16, 2008.

* If mailing entry, please bring your food items on race day.

PACKET PICK UP: Register and/or pick up your packet **early** at **MoMo's Pizza, 1410 Market Street**, from 4:00-7:00 p.m. on Friday, August 22.

Race Day Registration begins at 6:30 A.M.

All races will be run on trails. Ruppshirts is providing t-shirts for all runners under 18.

High school age and middle school age club teams may compete for **team awards**. The meet will be scored in a standard cross country format for teams. Coaches will be required to collect team cards and turn in results to the scorer's table. Scoring forms will be supplied to coaches on race day. Every participant will be required to fill out a waiver and have it signed.

All monetary proceeds for this event will be donated to the GWTC Chenoweth Fund. For more information about the Chenoweth Fund or Gulf Winds Track Club, go to our website: www.gulfwinds.org

Name: _____ Age on 8-23-2008 _____ Circle one: M F
Address: _____ (City, Zip) _____
Phone Number: _____ E-Mail address: _____

Which race? (circle one) 8K 5K 3K
T-Shirt Size: Ch Large Adult S M L XL

High School age Club name (5K only) _____

Middle School age Club name (3K only) _____

WAIVER: In consideration of your acceptance of my entry as a participant in the 2008 Miller Landing Madness Races I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property against Gulf Winds Track Club, its officers and directors, members or representatives and all volunteers and others promoting or assisting in anyway the promotion or organization of the Miller Landing Madness, which may arise from my participation in the these races on August 23, 2008 or while traveling to or from the event. I am hereby releasing or by the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of the liability without fault. My participation is voluntary and done at my own risk. I understand that running a road race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I attest that I am physically fit and sufficiently trained for the competition of this event. I fully understand I am forever giving up in advance any right to sue or make claims against the parties I am releasing if I suffer injuries and damages even though I do not know to what extent those injuries and damages might be and am voluntarily assuming the risk of such injuries and damages. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. I have read and understand everything written above and I voluntarily sign this agreement.

Signature (If under 18, must have parent's signature)

For more info, contact Mike Sims (514-3424) or Tom Perkins (894-2019).

**Potluck Bash 4M (Time Estimation
Trail Run) Forest Meadows
David Yon R.D.**

1	John Robida	M 28	0:23:00	54	Judy Alexander	F 46	0:33:19
2	Gary Droze	M 47	0:23:11	55	Jessica Kemeny	F 28	0:33:23
3	Tyler Price	M 19	0:23:42	56	Lisa Cox	F 43	0:33:35
4	Vince Molosky	M 28	0:23:49	57	Rachel Duerr	F 26	0:33:52
5	Tim Unger	M 48	0:24:29	58	T J Cutchins	M 48	0:34:56
6	Michael Martinez	M 42	0:25:02	59	Joe Dexter	M 62	0:35:10
7	Sarah Docter-Williams	F 44	0:25:09	60	Chris Sumner	M 28	0:35:23
8	Steve Barraco	M 53	0:25:26	61	Tim Brewton	M 53	0:35:31
9	Tony Guillen	M 39	0:25:34	62	Rick Asadourian	M 48	0:35:53
10	Bill McCord	M 45	0:25:59	63	Tom Taylor	M 44	0:36:04
11	Reid Vannoy	M 50	0:26:11	64	Ann Guillen	F 39	0:36:05
12	Fritz Stoppelbein	M 22	0:26:24	65	Beth Alexander	F 44	0:36:26
13	Michael Kennett	M 34	0:26:30	66	Michael Boll	M 44	0:36:37
14	Hobson Fulmer	M 52	0:26:36	67	Robin Borschel	F 37	0:36:39
15	Felton Wright	M 51	0:26:40	68	Jimmy Lee	M 39	0:36:40
16	Joel Piotrowski	M 38	0:26:48	69	Clint Watkins	M 65	0:36:56
17	Jay Silvanima	M 48	0:26:48	70	Robert McNeal	M 46	0:37:09
18	Paul Hoover	M 57	0:26:56	71	Kathy Lindsay	F 49	0:37:16
19	Andy Roberts	M 41	0:27:06	72	George Palmer	M 63	0:37:16
20	David Yon	M 52	0:27:24	73	Michael Flanigan	M 39	0:37:17
21	Bill McGuire	M 61	0:27:31	74	Jobst Elster	M 36	0:37:21
22	Jason Graham	M 28	0:27:37	75	Lisa Unger	F 40	0:37:22
23	Mike Sims	M 56	0:27:38	76	Susan McDonough	F 40	0:37:23
24	John McBroom	M 41	0:27:52	77	Jerry Chesnutt	M 57	0:37:36
25	Sheryl Rosen	F 24	0:27:55	78	Alexandra Pearson	F 15	0:37:39
26	James Dexter	M 23	0:28:10	79	Kara Taylor	F 18	0:37:40
27	Jane Johnson	F 49	0:28:18	80	Brian Rode	M 25	0:37:48
28	Gary Griffin	M 58	0:28:34	81	John Rakestraw	M 71	0:38:17
29	Dave Borschel	M 43	0:28:34	82	Sarah Dugas	F 29	0:38:53
30	Craig Willis	M 56	0:28:45	83	Michelina Messina	F 27	0:39:06
31	Joey Vannoy	M 15	0:29:12	84	Rick Ashton	M 61	0:39:20
32	Dana Stetson	M 51	0:29:30	85	Mike Sigrist	M 16	0:39:41
33	Andrew Pope	M 34	0:29:32	86	Jacque Myers	F 51	0:39:45
34	Olivia Swedberg	F 24	0:30:11	87	Lisa Echeverri	F 42	0:39:50
35	Frank Rudd	M 44	0:30:17	88	Stuart Wolcott	M 54	0:40:04
36	Angela Dempsey	F 39	0:30:22	89	Katie Yaun	F 28	0:40:09
37	Warren Emo	M 55	0:30:31	90	Bobby York	M 43	0:40:20
38	Jerry McDaniel	M 54	0:30:32	91	Amy Starkey	F 32	0:41:24
39	Julie Clark	F 46	0:31:03	92	Maynard Sweeley	M 63	0:41:51
40	Joe Donoghue	M 61	0:31:06	93	Richard Ziegler	M 48	0:42:07
41	Hayden Dempsey	M 40	0:31:16	94	Bonnie Wright	F 52	0:42:10
42	Ron Christen	M 62	0:31:35	95	Karen McBroom	F 39	0:42:11
43	Brant Foster	M 47	0:31:37	96	Thomas Zaccardi	M 55	0:42:14
44	Buddy Levins	M 54	0:31:47	97	Linda Johnson	F 44	0:42:32
45	Jason Bowman	M 38	0:31:48	98	Scott Kelly	M 17	0:42:53
46	Greg Martin	M 46	0:31:59	99	Tyler Unger	M 17	0:42:53
47	Jason Dimitris	M 37	0:32:08	100	Barbara O'Donnell	F 46	0:43:03
48	Myron Herring	M 49	0:32:34	101	Mark Priddy	M 52	0:43:26
49	Nancy Laux	F 46	0:32:37	102	Sondra Lee	F 39	0:43:29
50	Stephanie Barraco	F 24	0:32:41	103	Joe Crook	M 29	0:43:35
51	Keith Berry	M 51	0:32:47	104	Vanessa Demeter	F 25	0:43:38
52	Christy Pardieck	F 29	0:33:00	105	Linda Levins	F 55	0:43:44
53	Sissi Carroll	F 49	0:33:06	106	Ellen Crook	F 22	0:43:45
				107	Brianna Hodges	F 12	0:43:46
				108	Will Thompson	M 30	0:43:46
				109	Bruce Lynn	M 61	0:44:08
				110	Susan Hansen	F 17	0:44:51

Bash (Continued on page 28)

Grand Prix Guidelines

I. Scoring/Eligibility

Only GWTC members who have paid their membership dues on or before the date of the race are eligible to be scored for the Youth Grand Prix and the Grand Prix competitions. Nonmembers may, however, join the club on the day of a race and be eligible for points for that race forward

Children aged 14 and under as of January 1 of the Grand Prix year will be scored in the Youth Grand Prix. Participants aged 15 and older as of January 1 of the Grand Prix year will be scored in the Grand Prix.

The Annual Awards committee will work with Race Directors to resolve irregularities on a case by case basis where participants cannot verify the completion of a race, such as unofficial early starters, assisted finishers and participants who run an erroneous course.

The first 10 male and first 10 female finishers in open competition who are at least 15 years of age at designated races will receive points as follows:

1st place, 30 points 5th place, 13 points 8th place, 7 points
2nd place, 20 points 6th place, 11 points 9th place, 5 points
3rd place, 17 points 7th place, 9 points 10th place, 3 points
4th place, 15 points

The first eight male and first eight female finishers in age divisions 15 and up at designated races will receive points as follows:

1st place, 20 points 4th place, 10 points 7th place, 4 points
2nd place, 15 points 5th place, 8 points 8th place, 2 points
3rd place, 12 points 6th place, 6 points

II. Age Divisions

A competitor's age division is determined according to their age on January 1 of the Grand Prix year. For example, if a runner is 24 on January 1, their GWTC Grand Prix age division for that entire year will be 20-24 even though they turn 25 on January 10.

Male and female age divisions are:

Youth Grand Prix:	Grand Prix
9-under, 10-14	15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 – 84 85 and up

III. Awards

To be eligible for awards, GWTC members must compete in and complete at least three Youth Grand Prix or Grand Prix races. Participants do not have to score in three races to be eligible for year-end awards.

The five runners who are at least 15 years of age with the highest point totals in open competition will receive awards in this category and will not be eligible for age group recognition.

The top 3 to 5 finishers who are at least 15 years of age (excluding top 5 open competitors) in total points for each age group will receive awards. The number of finishers in each age group to receive awards shall be determined by the Annual Awards committee based on participation in the age group.

IV. Children's Races

A child runner age 14 and under on January 1 of the Grand Prix year may earn points only in Youth Grand Prix events of 5K or less. If both a 5K and a 1-mile race are offered at a particular event, the child may choose to compete in either or both races, unless the schedule specifies a distance. However, if the child chooses to compete in both then he/she will receive Grand Prix points for the 1-mile race only.

V. Eligible races

The Awards Committee shall develop a schedule of races to be designated Grand Prix races and Youth Grand Prix races by October 1 each year. There should be 10 to 14 Grand Prix and 5 – 7 Youth Grand Prix races on the circuit each year. The Committee shall present the schedule to the Board at the October meeting for the Board's final approval. Grand Prix races shall meet the Grand Prix Race Qualification Standards stated below:

Next Page

Grand Prix Race Qualification Standards

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

1. Maintain appropriate liability insurance for the race. Such insurance shall provide coverage in an amount of at least \$500,000;
2. Agree to adopt the standards, rules and procedures in accordance with USATF guidelines;
3. Provide evidence that the course will be accurately measured and certified in accordance with USATF guidelines unless the course is an off road course or there are special circumstances that warrant a waiver of this requirement by GWTC. The Annual Awards Committee may accept an application if the certification is pending and the committee has reason to believe the course was properly measured;
4. Provide a copy of the race flier for distribution (paper and electronic) to the GWTC Race Director Coordinator at least 45 days before the race date. The flier should contain, at a minimum, the date, time, and location of the race, as well as a contact person;
5. Obtain a signed waiver that complies with the example provided by GWTC (no variance) from each race participant;
6. Offer a "No T-shirt option" for a reduced entry fee;
7. Assure that there is adequate race course supervision and traffic control to ensure the safety of the runners;
8. Demonstrate that there is a system for accurately recording the time, age, and order of finish for all race participants. If an early start is provided, demonstrate that there is a system for accurately recording the time, age, and order of finish for all early start race participants. All early start race participants must begin the race at the same time;
9. Assure there is a method for accurately identifying runners, either by race number or other method;
10. Provide at least one water stop for each 5K of distance;
11. Clearly identify mile or kilometer marks and to the extent possible provide splits at those marks;
12. Document "standard" 5-yr age divisions in accordance with GWTC's Grand Prix Guidelines for purposes of Grand Prix recognition (i.e., 9-under, 10-14, 15-19, 20-24, 25-29, etc up to age 85-over; and
13. Compile race results (preferably in Excel) as soon as possible (preferably no later than the day after the race) and submit these to the GWTC Membership Coordinator or another GWTC official designated prior to race day.

Event _____ Date of Event _____

Location _____

Authorized Signature _____ Date of Agreement _____

Race Director Information:

Name _____ Phone _____

Address _____ e-mail _____

Karen Laiche	52	1	15	Gary Droze	46	1	20	<u>25-29 Male</u>			
Bonnie Wright	52	1	15	Hamp Stoutamire	41	1	15	John Robida	27	5	100
Linda Levins	54	1	12	Charles Kemeny	32	1	15	David Altmaier	26	4	59
Cynthia Christen	54	1	10	Andy Roberts	40	3	13	Vince Molosky	28	3	45
Mary Jane Tappen	50	1	8	Tony Guillen	39	2	12	Dan Krassner	27	3	45
Kay Posey	54	1	4	Mike La Bossiere	41	2	12	Keith Gates	26	5	40
Denice Jones	52	1	2	Reid Vannoy	49	2	12	John Falk	29	3	38
				William Hillison	63	1	11	Patrick Rentz	27	3	31
<u>55-59 Female</u>				Steve Barraco	52	1	11	Chris Dexter	26	2	27
Ruth Jones	56	5	70	Tom Ratliffe	60	2	10	Phillip Claiborne	27	3	22
Mary Stutzman	59	4	62	Matthew F Minno	48	2	10	Zach Galloway	28	1	10
Nancy Widener	58	3	60	T. Alan Cox	47	1	9	Geoffrey Adams	27	1	2
Janet Hastings	56	4	38	Jared Black	19	1	9				
Susan Kelly	56	2	35	Jay Silvanima	47	1	9	<u>30-34 Male</u>			
Dawn Brown	59	4	33	Mike Weyant	42	2	8	Andrew Pope	34	6	105
Karen Zaccardi	58	3	21	Jim Wilgenbusch	39	1	7	Michael Kennett	34	2	40
Karen Smith	59	2	16	Cliff Buell	53	1	5	Charles Kemeny	32	1	20
Ginny Vargas	57	1	15	Dave Borschel	43	1	3	Manuel Constantino	30	1	12
Anne Priddy	58	1	12								
Barbara Bumgarner	55	1	10	<u>1-9 Male</u>				<u>35-39 Male</u>			
Christie Koontz	58	1	6	Alex Bowman	7	3	42	Joel Piotrowski	38	5	85
				Nate Shafer	9	2	40	Jason Bowman	37	5	59
<u>60-64 Female</u>				Jimmy Baggett	8	2	35	Tony Guillen	39	2	40
Emily Ruddell	61	3	52	Joshua Liles	8	3	33	Jason Dimitris	37	4	39
Perha Varley	63	2	35	Seth Kemeny	8	2	32	Ernesto Umana	39	3	34
Marilyn Ney	61	2	30	Matthew McBroom	7	2	18	Jack McDermott	38	2	30
Judie Kean	62	1	20	Zach Roberts	9	1	12	Scott Maier	36	2	27
				Zachary Kemeny	5	2	10	Jim Wilgenbusch	39	1	20
<u>65-69 Female</u>				Dylan Jones	8	1	10	Travis Blanton	35	1	12
Bev Hand	67	4	67	Wayne K Kiger	8	1	10	Koji Ueno	36	1	10
Mary Lou Manausa	69	3	60	Lance Mayo	9	1	10	Jimmy Lee	38	1	8
Pheona Kaiser	65	1	20	Gabriel Springer	7	2	10	Todd McMillan	35	1	8
Betsy Hutton	69	1	15	Matthew Winegardner	6	1	8	Michael Flanigan	38	1	6
				Andrew Palmer	7	1	4	David Ensley	38	1	6
<u>70-74 Female</u>				Cole Thomas	5	1	2	Todd Resavage	38	1	6
Margarete L Deckert	74	6	110								
Dot Skofronick	70	2	40	<u>10-14 Male</u>				<u>40-44 Male</u>			
				Jacob Kemp	11	3	60	Michael Martinez	42	5	95
<u>80-84 Female</u>				Marshall Hendlin	11	2	35	Andy Roberts	40	6	74
Josephine K Newton	81	5	100	Blaine Thomas	10	3	32	Jay Wallace	43	3	60
				Nicholas Minno	13	2	27	Mike La Bossiere	41	5	47
<u>85+ Female</u>				Luke Liles	12	2	23	Mike Weyant	42	4	44
Rosalie Myers	86	3	60	Jack Rutledge	12	1	15	John McBroom	40	3	37
				Davis Clarke	13	1	12	Brian Corbin	40	2	35
<u>Overall Male</u>				Nick Dietrich	11	1	12	Dave Borschel	43	3	31
Tripp Southerland	23	5	150	Perry Waddell	10	1	8	Michael Boll	43	5	30
John Robida	27	5	110	<u>15-19 Male</u>				Matthew Kennedy	43	3	26
Bill McCord	45	8	100	Scott Hastings	16	1	20	Hamp Stoutamire	41	1	15
Michael Martinez	42	4	76	Jared Black	19	1	20	Hayden Dempsey	40	2	14
Tim Unger	48	5	73	Tyler Unger	16	1	20	Frank Rudd	44	2	12
David Altmaier	26	4	58	Michael Dobson	17	1	15	Mark Delegal	40	1	12
Felton Wright	50	5	51					Stuart Haworth	42	3	12
Vince Molosky	28	3	51	<u>20-24 Male</u>				Ed Baggett	43	1	10
Jay Wallace	43	3	49	Tripp Southerland	23	5	100	Jeff Bryan	40	1	10
Jack McDermott	38	1	30	Fritz Stoppelbein	22	5	80	Douglas Covert	43	1	8
Fritz Stoppelbein	22	5	27	James Dexter	23	4	51	Rob Dearduff	42	1	4
Hobson Fulmer	52	2	26	Clark Evans	24	2	22				
David Yon	52	2	26	Frank Geraci	23	1	10	<u>45-49 Male</u>			
Brian Corbin	40	2	22	Thomas Lynch	21	1	8	Bill McCord	45	8	132
								Tim Unger	48	5	95

Jay Silvanima	47	7	82	Warren A Emo	54	1	8	William Hillison	63	3	47
T. Alan Cox	47	5	49	Richard L Addison	53	2	6	Carlos Zapata	62	5	36
Reid Vannoy	49	3	34	Wes Bruner	53	1	6	Joe Donoghue	60	3	35
Brad Lewis	48	4	34	Jim Ervin	50	1	4	George S Palmer	63	4	30
Matthew F Minno	48	4	34	Mark Priddy	52	1	4	Bruce Lynn	60	4	20
Gary Droze	46	1	20	Buddy Levins	54	1	4	Rick Ashton	61	3	16
Jeff Bowman	46	3	20	Mark Dietrich	52	1	2	Maynard Sweeley	63	2	12
Bob Asztalos	48	2	18	Bill Dobson	53	1	2	Jerry Ongley	60	1	12
Jamie Joanos	45	2	14					Nick Yonclas	64	1	10
T J Cutchins	48	3	12	<u>55-59 Male</u>				Scott Palmer	63	1	2
David Cox	49	2	10	Tec Thomas	56	4	72				
David Landis	49	1	8	Jerry Chesnutt	57	3	42	<u>65-69 Male</u>			
Kevin O' Donnell	48	2	8	Thomas Zaccardi	55	2	23	Clint Watkins	65	6	120
Andrew L Maurey	47	1	6	Steve Chandler	55	2	23	Mike De Gennaro	65	2	35
Myron Herring	48	2	6	Nick Mazza	59	1	20	Charles R Futch	66	2	30
Brant Foster	46	1	6	Rob Cunningham	59	1	20	James Varley	68	1	12
Alex Steverson	47	1	4	Karl Hempel	56	1	20	James Story	67	1	12
Bruce Timm	49	1	4	Paul Hoover	57	1	20				
				Bill Perry	59	2	19	<u>70-74 Male</u>			
<u>50-54 Male</u>				Gary Griffin	58	1	15	Bob Keller	73	7	101
Felton Wright	50	7	117	Craig Willis	56	1	12	John Rakestraw	71	5	95
David Yon	52	4	57	Pete Kerwin	55	1	12	Woody Dudley	70	4	70
Hobson Fulmer	52	4	57	Chuck Booker	57	1	10	Arthur B Ward	74	6	64
Jerry McDaniel	54	4	40	Tom Hastings	57	1	10	Bill De Grummond	73	1	12
John Kelly	50	4	40	Tom Perkins	56	1	6				
Steve Barraco	52	2	40	Terry Ryan	59	1	6	<u>75-79 Male</u>			
Cliff Buell	53	3	38	Lou Vargas	58	1	4	Robert Morris	76	5	100
Jimmy Ledford	51	4	34	David Farnsworth	57	1	2	Jere Moore	75	4	60
Gary Cato	51	3	29					James Skofronick	76	1	20
Jeff Nielsen	50	2	20	<u>60-64 Male</u>							
Bud Fennema	52	2	20	Tom Raliffe	60	6	115	<u>80-84 Male</u>			
Dale L Smith	54	1	12	Bill McGuire	60	4	70	Charlie R Yates	82	5	95
Kyle Meyer	51	1	10	David Darst	64	7	62	John Alderson	81	2	35
Keith L Berry	51	2	10	Ron Christen	62	5	60				
Alfred Bea	52	1	8	Joe E Dexter	61	4	47				

Bash (Continued from page 23)

111	Chuck Rolling	M	51	0:45:55
112	Ruth Jones	F	56	0:46:04
113	Bob Keller	M	74	0:47:37
114	Jackie McDaniel	F	53	0:48:15
115	Nada Scott	F	55	0:49:55
116	Peggy Primicerio	F	50	0:49:56
117	Heather Bochnia	F	29	0:50:11
118	Rachel Capps	F	6	0:51:18
119	Jennifer Winegardner	F	39	0:53:11
120	Robert Morris	M	76	0:53:13
121	Jamie Michalowski	F	20	0:53:42
122	Tom Perkins	M	56	0:54:40
123	Breanna Bruner	F	12	0:54:43
124	Katie Hobbs	F	27	0:54:49
125	Gary Love	M	56	0:54:51
126	Nadine Dexter	F	49	0:54:59
127	Patricia Bruner	F	50	0:55:03
128	Karen Zaccardi	F	59	0:55:10
129	David Harris	M	40	0:55:21
130	Mackenzie Chesnutt	F	11	0:55:29
131	Arthur Ward	M	74	0:55:54

132	Margarete Deckert	F	75	0:56:40
133	Cass Vickers	M	59	0:57:27
134	Josephine Newton	F	81	1:01:49
135	Patti Harris	F	39	1:03:18
136	Somer Al-Kassar	F	30	1:03:20
137	Mark Winegardner	M	46	1:10:06
138	Matthew Winegardner	M	6	1:10:07
139	Jessie Perry	F	60	1:11:03
140	Bill Perry	M	59	1:11:03
141	Bev Hand	F	68	1:14:06
142	Sherry Stafford	F	37	1:14:06
143	Jere Moore	M	76	1:16:58
144	Charlie Yates	M	83	1:26:39

Time Estimation Winners

Ann Guillen	4 seconds
Joel Piotrowskie	7 seconds
Jason Dimitris	7 seconds
Tyler Price	9 seconds
John McBroom	9 seconds

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):

<u>Additional Family Member(s) Name</u>	<u>Gender</u>	<u>Date of Birth</u>
_____	_____	_____
_____	_____	_____

Membership Dues: Individual \$20.00; Family: \$25.00	\$ _____
Chenoweth Endowment Fund Contribution (optional)*	\$ _____
Contribution - triathlon activities: (\$10.00-optional)**	\$ _____
Send my newsletter via first class mail (\$5.00-optional)	\$ _____
Total Amount Enclosed:	\$ _____

*Go to www.gulfwinds.org for more information on Chenoweth Fund.

USAT Member #: _____ USAT Family Member #: _____

**For information on Gulf Winds Triathletes, send email to gulfwindstriclub@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 :

Mail to: GWTC Membership, P.O. Box 3447, Tallahassee, FL 32315

Summer Track



Bottom photo Amy Springer, Sondra Lee, Jeanne O'Kon (part hidden), Barbara O'Donnell, Lisa Unger, ?, Ann Bowman



Gate to Gate; David Landis, Jay Wallace, Tim Unger, Joe & Nadine Dexter, Bill McGuire, John Robida
(photo by Mark Priddy)



Future Olympian?



Tripp Southerland, Brian Corbin,



Potluck
Bash
4M
start
at
Forest
Meadows

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

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