



The Fleet Foot



\$2.00

Volume 33 Issue 9

Newsletter of the Gulf Winds Track Club

Oct. 2008

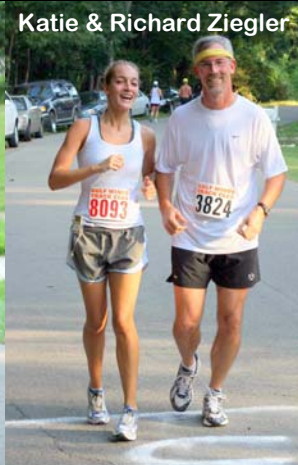


Old companions Jere Moore and Charlie Yates for their last Melon Run 5K together (see page 6 for the story.)

All Photos are from the Women's Distance Festival



Jamie Joanos



Katie & Richard Ziegler



Aubrey Posey



Lisa Johnson and Sheryl Rosen 1st and 2nd WDF



Ruth Jones



WDF Race Directors Jo Lena Pace, Lisa Unger, Lilly Unger



Herb Wills



Julie Paske

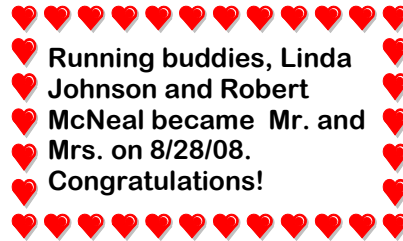


Susan Cornwell

NOTABLE

Lean Horse 100-miler Hot Springs,
SD. **Gary Griffin** 19:02
7th OV
Scott Ludwig 25:44 41st

Malissa Piersol (Auker) qualified for the Hawaiian Ironman being held Oct. 11, 2008. She took first in her age group at Ironman Kentucky this past Sunday Aug. 31



Running buddies, Linda Johnson and Robert McNeal became Mr. and Mrs. on 8/28/08. Congratulations!

Joe and Nadine Dexter

Have not let any grass grow under their feet. They have formed the CFSC Central Florida Striders Club in Orlando. Their website is: www.centralfloridastriders.org BTW, Joe is now "Dex Dexter" to the Orlando crowd. The place will never be the same!

The lecture series presents the following on Oct. 15

Running from Pain? How to reduce, recover and prevent painful nagging injuries.

Do you have a pain in your..... Foot? Back? Hamstring? Shin? Knee?

Pain is the number one reason for Americans visiting their doctors. Back pain, muscle aches and arthritis affect millions of people, limiting their daily activities and costing billions in medical care.

One of the most common ways to get injured in the field of athletics is through overused and over-trained muscles, depleted muscle nutrition or previously unresolved/unhealed injuries. When muscles are tight, weak, over-trained or fatigued they lack proper blood flow and circulation to promote healing. This is the perfect breeding ground for injury. A number of simple strategies have proven remarkably effective in relieving aches and pain. These include stretching, strengthening exercises, and self massage techniques.

Kim Ortloff, LMT will demonstrate simple stretching and rehabilitative exercises to help ease overuse injuries. She will cover the following topics:

- Simple approach to identifying the causes of pain
- Self help techniques for pain relief
- The importance of a positive attitude and healthy lifestyle
- Stretches, exercises, and massage for specific areas of pain

Be ready to participate! Come join us at Premier Health Club on October 15th at 7:30 pm. Kim will tailor her lecture to cover items of interest to you if you contact her at: kim@kimortloff.com or kortloff@earthlink.net.

Also visit: kimortloff.com & whereithurtsandwhy.com

<p>Gulf Winds Track Club P. O. Box 3447, Tallahassee, FL 32315 Area code for all phones is 850</p> <p>President Mary Jean Yon 668-2236 maryjeanyon@comcast.net</p> <p>Vice President Bill Lott 656-1273 blott@nettally.com</p> <p>Secretary Sheryl Rosen 678-787-4022 sheryl_rosen@yahoo.com</p> <p>Treasurer Gene Opheim 671-3181 geop100@hotmail.com</p> <p>Directors at Large Judy Alexander 383-1361 jalexander98@comcast.net Jay Wallace 894-1069 jwall.cc@juno.com Keith Rowe 562-4993 family@ConsultWithUs.com Mark Priddy 668-4907 markpriddy@msn.com David Yon 668-2236 david@radeylaw.com</p> <p>Membership Peg Griffin 893-6816 swimmer@nettally.com</p> <p>Equipment Kevin French 425-3407 french792@gmail.com</p> <p>Race Director Coordinator Charles Yates 385-2768 yatesc1@embarqmail.com</p> <p>Racing Teams Coordinator Tim Unger 850-921-0035 unger4122@comcast.net</p> <p>Past Presidents Tom Perkins 894-2019</p> <p>Articles/Race Results for Democrat Gary Droze 942-7333 gdroze@maclay.org</p> <p>Clothing Coordinator Margarete Deckert 893-9739 freddeckx@comcast.net</p> <p>Social Coordinator Kathy Lindsay 219-3788 klindsay@govserv.com</p> <p>Lecture Series Margarete & Fred Deckert 893-9739 freddeckx@comcast.net</p> <p>GWTC Web Site - www.gulfwinds.org</p>	<p style="text-align: center;"><u>Contents</u></p> <table> <tr><td>Minutes</td><td>4-5</td></tr> <tr><td>Jere Moore Memoriam</td><td>6</td></tr> <tr><td>President's Column</td><td>7</td></tr> <tr><td>Race Calendar</td><td>11-12</td></tr> <tr><td>Featured Feet</td><td>13-14</td></tr> <tr><td>Volunteer Column</td><td>15</td></tr> <tr><td>Quiz Answers</td><td>16</td></tr> <tr><td>Election Notice/New Members</td><td>22</td></tr> <tr><td>Race Results</td><td>23-29</td></tr> </table> <p><u>Upcoming Grand Prix Races 2008</u></p> <table> <tr><td>Nov. 9</td><td>FSU Cares</td><td>5K</td></tr> <tr><td>Nov. 27</td><td>Turkey Trot</td><td>15K 5K, 1M Kids events.</td></tr> <tr><td>Dec. 6</td><td>Ten Mile Challenge</td><td>10M</td></tr> </table> <p style="text-align: center;">GWTC Board Meetings 7:30 p.m.</p> <table> <tr><td>Oct. 8</td><td>Keith Rowe</td></tr> <tr><td>Nov. 12</td><td>Mark Priddy</td></tr> </table> <p style="text-align: center;">Gulf Winds Track Club Minutes of the Sept. 10, 2008 Board Meeting Hosted by Mary Jean and David Yon</p> <p>Present: Mary Jean and David Yon, Fred and Margarete Deckert, Judy Alexander, Tom Perkins, Mark Priddy, Keith Rowe, Kevin French, Bill Lott, Sheryl Rosen, Charlie Yates, Peg Griffin, Gene Opheim, Jay Wallace, Lisa Cox, Bob McDonald, and Jackie McDaniel.</p> <p>Mary Jean called the meeting to order at 7:34 p.m. Quorum was established.</p> <p>A motion was made, seconded and passed by unanimous vote to accept the August minutes as presented.</p> <p><u>New Business</u> Fred suggested the club should put together a yearly report chronicling annual bequests from the Chenoweth Fund, donations to non-profits from various GWTC races, and numbers of local residents affected by the club. The report could be sent to local officials, printed in the newsletter, and posted on the club website. The board discussed merits and logistics of producing an annual report. Fred volunteered to lead its creation. Mary Jean suggested he write a draft report and bring it to the board for review. Judy volunteered to work with Fred, and all agreed they should aim for the December board meeting for approval and January for publication. It was also</p>	Minutes	4-5	Jere Moore Memoriam	6	President's Column	7	Race Calendar	11-12	Featured Feet	13-14	Volunteer Column	15	Quiz Answers	16	Election Notice/New Members	22	Race Results	23-29	Nov. 9	FSU Cares	5K	Nov. 27	Turkey Trot	15K 5K, 1M Kids events.	Dec. 6	Ten Mile Challenge	10M	Oct. 8	Keith Rowe	Nov. 12	Mark Priddy
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mentioned that this information will be useful for garnering community awards, such as those given by the Tallahassee Democrat.

Nominating Committee Report – Peg Griffin

Peg submitted a proposed draft slate for the 2009 club officers and directors-at-large. The slate will be finalized next month with any additional candidates. Candidates thus far include: **president: Judy Alexander and Mark Priddy; VP: Bill Lott ; secretary: Nancy Stedman Laux and Jackie McDaniel; treasurer: Gene Opheim; directors-at-large: Julie Clark, Sarah Dugas, Tolar Griffin, Seeley Gutierrez, Keith Rowe, Jay Silvanima, Perha Varley, Felton Wright, and David Yon.**

Bob McDonald asked if it's possible to create a new voting member of the board specifically for a Gulf Winds Triathlon Club member. Board members indicated that would require a bylaws change. Instead of pursuing that change, Bob said he will announce the upcoming club elections at the next Triathlon Club meeting to see if anyone there is interested in running for a seat on the board.

Newsletter Report – Fred Deckert

Fred will include updated Triathlon Club contact info in the newsletter.

Lecture Series Report – Margarete Deckert

Kim Ortloff will speak at 7:30 p.m. Oct. 15 at Premier Health & Fitness Center on stretches for runners and ways to reduce pain. Fred will find out what topics runners want to hear about, and Kim will tailor her presentation.

Triathlon Club Report – Bob McDonald

Bob has been expanding the Gulf Winds Triathlon Club's membership. Attendance has also increased at the monthly triathlete meetings, which are held on the third Monday of each month. Meetings have included speakers on various topics.

The Triathlon Club is continuing to improve their web site, which is linked to GulfWinds.org. Bob and other club leaders are also planning to organize a flat, fast triathlon south of Tallahassee and a few duathlons as well.

Triathlon Club dues are \$10 above the general GWTC dues. Bob said they may have to raise tri dues to cover insurance costs.

Bob also gave Chenoweth Fund Committee member David Yon a request form for helping Stephanie Liles travel to the USA Triathlon Age Group Championships in Portland, OR. David will circulate the request with his committee.

Awards Committee Report – Jackie McDaniel

Jackie presented the Awards Committee's proposed 2009 grand prix schedule to the board. A

motion was made to accept the schedule as presented. It was seconded and passed unanimously.

Treasurer's Report – Gene Opheim

The club has \$79,444, which is an increase of \$11,295 for the month. The bulk of that increase is due to sponsorship funds from Capital Health Plan for the Turkey Trot. The Chenoweth Fund has \$12,501, which is an increase of \$16 for the month.

Gene reported Breakfast on the Track netted \$250.06, and 50% of that was donated to the Maclay School's track boosters. Miller Landing Madness netted \$42.50, which will go to the Chenoweth Fund.

Clothing Coordinator Report – Margarete Deckert

Margarete distributed pictures of the new club tank tops she is planning to order. She suggested ordering 25 men's reversible tanks for \$12 each and 25 women's v-neck tanks for \$13 each. Margarete will sell the tanks for \$15. A motion was made and seconded to approve the \$625 Margarete needs to complete the order. The board approved the motion unanimously.

Race Director Coordinator Report – Charlie Yates

The Bowlegs race will now take place Jan. 10, and the GWTC 30K will take place on Jan. 17. The Lee's Place 5K has been restarted. It will take place March 21. Due to the closure of Albertson's, it's uncertain whether the Christmas Connection race will happen this year.

Race Director Report – Miller Landing Madness, Tom Perkins

Tom presented the final budget. 262 runners participated in the race, and the event collected 698 pounds of food for Second Harvest. Tom said the new course needs some tweaking for next year.

Race Director Report – Pine Run, David Yon for Gordon Cherr

On behalf of **Gordon Cherr**, David presented a budget for the new Pine Run. Tall Timbers Research Station is waiving all fees for use of its property, and in exchange the race will split proceeds with Tall Timbers or the Tall Timbers Land Conservancy. A motion was made and seconded to approve the budget as presented. The motion passed unanimously.

Equipment Report – Kevin French and

(Continued on page 16)

In Memoriam: Jere Moore, age 76 died Sept. 12. Jere was beloved by many in the Gulf Winds Track Club. He was an active runner and volunteer for many years. The story below was in the Oct. 2005 Fleet Foot. (photo Dec 07 FF)

**Featured Feet
Jere Moore**

1. How long have you been running?

I started seriously, more than a lap around the block, in 1980 after I had a heart problem and the doctor said it would strengthen my heart.

2. Favorite place to run?

I have a new one, Miccosukee Meadows. Before that it was my neighborhood, wherever that was.

3. Most memorable running experience?

Finishing the 1989 Gasparilla because it proved I was still alive. I had had a heart attack after the 1988 Gasparilla and my goal was to finish it the next year. On a different level, a memorable race was a 10K in Ventura, CA, where crashing Pacific Ocean waves were spraying the turnaround.

4. Do you have any pre-race routines?

Making sure Charlie Yates is on hand and finding out what other over-70 runners are there.



5. Favorite non-running hobby?

Watching football games.

6. Occupation?

I am a retired bureaucrat (Governor's Office and Department of Revenue) and newsman (Associated Press and Florida Times-Union).

7. Personal hero(ine)?

Two: Robert E. Lee and George Washington.

8. Ideal travel destination?

It used to be New Orleans. Now it's New Jersey where our greatgrandchildren live.

9. What would you study if you went back to school for fun?

Art, don't ask why, I just always admired people who knew a lot about art.

10. Most recent book read?

America's Secret War by George Friedman. It could be subtitled "America's intelligence failures in the Global War on Terror" and should be read by everyone.

Times Remembered

Mary Jean Yon

Thirty years ago, I was a bright-eyed graduate student at FSU counting down the days before graduation and the start of life in the real world. My major (and favorite) professor gathered up his students one crisp October day and took us out to Tall Timbers, home of forestry research and the birthplace of modern fire ecology. It was a great trip because I witnessed firsthand the passion my professor had for this land management gem and I also received a great introduction to the idea that jobs and passion can blend in many meaningful ways.

Thirty years later, I find my love of the environment still going strong and darn it if I'm not back at Tall Timbers! This time I'm watching **Gordon Cherr** design a challenging yet picturesque 20K course. I'm not sure if passion is the right word to describe Gordon's feelings, but I do recognize that the man is performing his own version of a labor of love as he strives to replace our beloved Pine Run. Sad but true, Gulf Winds Track Club's Pine Run, a rollicking off-road 20K in Bainbridge, Georgia lost its venue last year as International Paper succumbed to economic pressures and put the property where the race had been held since 1977 up for sale. But dry your tears for as they say, "we gather strength from sadness and from pain" and the Pine Run at Tall Timbers 20K is an excellent case in point.

Many thanks to **Gordon Cherr** for stepping up to direct this new race on October 11. He sacrificed many weekend hours and at least two mountain bikes to bring you a course every bit as challenging and worthy of bragging as the old Pine Run. He even plans to carry forward the post race picnic which is the best outlet for those wanting to celebrate the very fact that they completed the race.

Over the years, the Pine Run spurred many a competitive challenge far greater

than simply completing the race course on any given Saturday. **Tony Kronenburg** emerged as the only person that ran every Pine Run since the inaugural race in 1977! Quite the feat, that is! And let us not forget the battle between **Mae Cleveland** and **Christie Koontz** for which of them could run more Pine Runs over the course of their running careers! Here's hoping our new home at Tall Timbers inspires similar contests if not a continuation of those already in progress.

As luck would have it, Tall Timbers just happens to be celebrating their 50th anniversary this year so there will be an extra hint of excitement in the air come race day. All race participants are welcome to tour the property and visit the Beadel House, which long ago was home to **Henry Beadel**, the man who made it all happen by leaving his entire estate to be used as an ecological research station. For more information on Tall Timbers, visit their web site at www.talltimbers.org and for a good way to get your run in and visit with both old and new friends, come run the Pine Run at Tall Timbers! Who knows, maybe we'll see **Tony, Mae and Christie** there...ready to start all over again!

In closing, here's a hot tip for you. Knowing how sore one can get after running races like the Pine Run, I find it extremely fortuitous that our next lecture series is scheduled for Wednesday, October 15th at Premier Health & Fitness Center. **Kim Ortloff, LMT** will be sharing the many wonders of stretching and strengthening exercises to help us all cope with running aches and pains. I don't know if Gordon collaborated with **Fred & Margarete Deckert** on the scheduling of this event but there truly could never be a better time to get this sort of firsthand knowledge! Details can be found on page 3 of the newsletter. Hope to see you there!

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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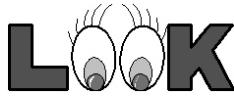
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Discounts for GWTC members



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.

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: Bob Macdonald, robertmmac@yahoo.com.

Swimming Times:

- Monday, Wednesday, Friday 5:30 AM - 6:30 AM, Tuesday and Thursday 12:30 PM - 1:30 PM, Saturday 8:00 AM - 10:00 AM @ [Trousdel](#) - ATAC masters program with coach on deck (membership fee required)
- Tuesday & Thursdays - 5:30 AM @ [Trousdel](#)
- Monday thru Friday - 11:45 AM until 12:30 PM @ [Jack McLean Pool](#) at Jack McLean Park, Paul Russell Rd.

Running Times:

- Mondays - 6:00 PM @ Winthrop Park winding through Betton Hills
- Tuesdays - 6:00 PM @ Leon High School - Interval Training
- Tuesdays - 6:30 PM @ Mike Long Track (FSU) - Interval Training
- Thursdays - 6:00 PM @ Optimist Park winding through Indian Head Acres
- Thursdays - 6:00 PM @ Forest Meadows for 5-7 miles
- Sundays - 7:30 AM @ Forest Meadows for 10 miles or more...
- Sundays - 10:00 AM @ Forest Meadows - Family run/walk.

Additional local running information can be found at <http://www.gulfwinds.org>

Riding Times:

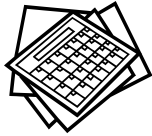
- Wednesdays - 5:30 PM @ Chaires Community Center riding 30 miles at a B-C pace

Additional local ride information can be found at <http://www.cccyclists.org>

Tri Club meetings held third Monday of each month at MoMo's Pizza at Market Place.

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.

October

11 Pine Run at Tall Timbers 7:30 a.m. Tall Timbers Research Station. Gordon Cherr scam22@aol.com. Flyer page 18 Sept. issue.

11 Oyster Spat Festival 5K. 8 a.m. St. George Is. S.P. www.OYSTERSPAT.com

18 Run for Rover 5K. 8 a.m. Thomas University, Thomasville, GA. www.rose.net/humnsoc.htm. 229 228-0613.

18 Chi Omega Walk for Wishes 5K. 9 a.m. Maclay State Park. Carrie smith walkforwishes@hotmail.com.

18 Trick or Trot 5K. 9 a.m. Southwood YMCA. Erica Grant 701-0461.

25 Boston Mini Marathon. (13.1M). 8 a.m. Boston, GA. Brad Johnson 229-224-6201, bradjohnson@bankcb.com.

25 Alan Sundberg 5K. 8 a.m. Maclay State Park. Bill Sundberg, billsundberg@yahoo.com. Flyer/info pages 18-19.

25 FSU Parents Weekend 5K. 7:30 a.m. Corner College & Copeland. Patricia Coryell 644-6717.

November

01 FSU Habitat Fall 5K. 9 a.m. Tully Gym, FSU. info@fsuhabitat.org
Iliana Tegov (201) 709-8700.

08 Albertson's Christmas Connection 5K. (tentative)

08 Veterans Day Classic 10K. 9 a.m., Bainbridge College, Bainbridge, GA. Liv Warren (229) 243-0508, livwarren@hotmail.com

09 FSU Cares 5K. 5 p.m. FSU College of Medicine. beth.alexander@med.fsu.edu
Flyer on page 19.

Nov 15, Steve G. Gey Foundation 5K Run/Walk Toward an ALS Cure.
FSU College of Law, 8 a.m., Wendi Adelson at wendiadelson@gmail.com.

15 Baby Power for Autism Research 5K. 9 a.m. 1410 Market St. Scott Cunningham. src04f@fsu.edu.

22 FAMU-FSU Engineers Without Borders Peru Project 5K. College of Eng. Pottsdamer St. Nicholas Bembridge 284-5037 222. www.eng.fsu.edu/ewb/news.html.

27 Turkey Trot 5K/10K/15K/1M. 8 a.m. Southwood. David Yon 425-6671, 668-2236 or david@radeylaw.com. *5K and 1M are Kids GP, 15K is for adults GP.*

December

***06 GWTC 10M/5M Challenge.** 8 a.m. Killlearn Lakes Elementary School. Judy Alexander 383-1361. Flyer Page 21.

06 Jingle Bell 3K. Downtown Tallahassee. 6:45 p.m. Shannon Sullivan 576-3338 or 212-5129.

13 Tallahassee Ultra 50K/50M. 7 a.m. Wakulla Springs State Park. Gary Griffin runlong@nettally.com. www.tallahasseeultra.com.

27 Last Gasp Trail Run. 12 a.m. Westgate Park, Dothan AL. Larry Dykes drcprez@yahoo.com.

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

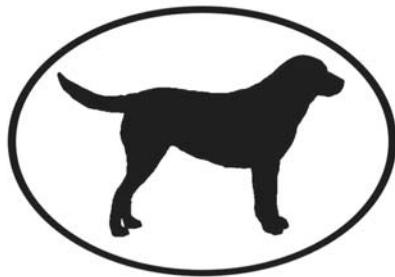
Send race info & flyers to freddeckx@comcast.net, preferably in MS Word.

Gulf Winds Track Club 2008 Grand Prix Series Schedule

Nov. 9	FSU Cares	5K
Nov. 27	Turkey Trot	15K
Dec. 6	Ten Mile Challenge	10M

Gulf Winds Track Club 2008 Kids Grand Prix Series Schedule

Nov. 27	Turkey Trot	5K or 1M
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Feature Feet Krista Killius

Childhood ambition:

I wanted to have lots of kids. I have three, Micaela, 18, Allison, 16 and Ian, 14. It turns out that is the perfect amount.

Fondest Running Memory:

I was running one of my first 5k races and was struggling. I heard my husband and kids before I saw them. They were all yelling "Run, Mommy, run!". The runners around me joined in saying "Yeah, Mommy, run!". It turned out to be my fastest 5k ever.

Wildest Dream:

To travel the world.

Proudest running memory:

Running a PR at the 2008 Boston Marathon at age 45.

Current occupation:

Personal trainer at Women's World Gym.

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

Lead singer in a rock band.

Indulgence:

Taking an afternoon nap after a long morning run. Candy, cake or anything sweet.



Favorite non-running hobby:
Gardening and reading.

Favorite book:

The Outlander series by Diana Gabaldon

Running Inspiration:

My husband and kids, who have always been supportive of my running. A more

recent inspiration has been my personal training clients who continually push themselves past their perceived physical limits. I can't expect them to push through a difficult workout if I don't push myself!

Perfect Day:

After sleeping in late, work on the morning crossword puzzle and drink coffee. Hit the beach and ride the waves on my boogie board all afternoon. Sip a fruity cocktail on the beach with my husband at the end of the day. Go out to dinner for a fabulous meal with my family. Go to sleep with all my kids sleeping in the same house!

Biggest Challenge:

Keeping up with three teenagers, work, housework, consistent training and all the challenges that go with those things.

**Featured Feet
Jim Killius**

**Childhood
ambition:**

To play quarterback
in the NFL.

**Fondest Running
Memory:**

At the age of 33, I
was finally able to
run over three miles
without stopping.

Wildest Dream:

Finishing the Boston Marathon at the age
of 100!

Proudest running memory:

Completing my first marathon.

Current occupation:

Physician. I am a radiologist specializing
in thoracic and abdominal imaging and
interventional procedures.

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

Lead guitarist in a rock band.



Indulgence:

A glass of red wine
at the end of the
day.

**Favorite non-
running hobby:**

Reading.

Favorite book:

Lord of the Rings.

**Running
Inspiration:**

My wife Krista

Perfect Day:

Awake well rested. Go for a long run.
Relax by a pool with my family and
friends on a hot summer day. Finish the
day with a BBQ and small party.

Biggest Challenge:

Maintaining a consistent running
schedule.

Our Local Marathon

The 35 annual Tallahassee Marathon & Half Marathon (Florida's oldest annually held marathon!) will be held on Sunday, February 1st, 2009. Our presenting sponsor is Capital Regional Medical Center and proceeds benefit the American Lung Association of Florida.

The least expensive rates are gone as of October 1st, but it is a very reasonably priced marathon no matter when you sign up. GWTC members also get a \$5 discount. PLUS, this year our local marathon and half marathon features ChampionChip timing!

Our guest speaker at this year's pasta dinner, which will be held at TCC, is Florida Running & Tri columnist Gary Cohen.

You can get a registration form, see the course map, and more information by going to www.tallahasseemarathon.com.

Volunteer Corner -*Judy Alexander*

As the fall racing season rolls around, race directors gear up and the search begins for volunteers. Whether you are a seasoned veteran volunteer/runner like **Lisa Unger**, our Spotlight feature this month, or you've never volunteered before, you have the opportunity to experience the feeling of having brought success to a running event. If you're a neophyte, let the race director or another volunteer know you're there to help so you can be given an assignment. Make no mistake: Volunteers, experienced or not, ARE appreciated!

Lisa Unger

When I started running I had no previous fitness experience or knowledge. It would have been very easy to get discouraged and quit before I even got started. But when I joined GWTC in 1999 and received encouragement from other club members, I remained motivated to run. Through the years I got to know many of my fellow club members and realized that I could give back to them what so many had given to me. The way I have found to repay my debt of gratitude to those who encouraged me is by helping others. Being involved has also provided me with many opportunities to display a positive example for my daughter.

Over the years I have helped with a beginning running group or two, been the club secretary (2001 – 2004), have sat on the Annual Awards committee (2002-current) and have made contributions to the Fleet Foot in monthly columns (Rave Run and Mothers In Motion) and in race reports. I have helped with the summer track series for about 5 years. I took over as Race Director of the Women's Distance Festival with the help of Jo Lena Pace in 2006. In



addition to these recurring positions, I have also helped other race directors at the Owl Run (my favorite), the Marathon, Miccosukee/Miller's Landing Madness, the Prefontaine 5k, the Red Hills Tri and others.

For me, the best part of my volunteering efforts happens on Annual Awards night. It's great to see so many people come out to support their fellow runners, enjoy some social time together and revel in the suspense that is created with the awards presentations. Later on when I hear how the kids loved their spinning trophies

or that the new socks are appreciated, it is very satisfying.

Having run in many races and now being the director of one, I realize how many people it takes to make a race successful—successful for the runners, that is. If the runners have a good time at a race, they are more likely to return in future years than if they have a bad experience. So as a race director, it is in my best interest to make my race as positive an experience as possible for all runners. One way I can do this is by making sure I have a good volunteer base, and the best way to do that is to reciprocate at the races of those who help me.

My advice to a potential volunteer is to let go of any thoughts about lack of experience or skill. The race director and the runners need friendly faces on the course to guide them along and don't care if you have ever done it before or not—they only care that you are there now!

Olympic quiz time (answers)

1. In 1924 two Finns took home 7 gold medals in running events from the 1500M through the 10K, who were they? (**Paavo Nurmi, Ville Ritola**)
2. Who was the first multiple women's medal winner, 2 gold's and a silver in 1932? She was only allowed 3 events, and wanted to do 5. She was voted the finest female athlete of 1900-1949 and won 17 consecutive golf tournaments. (**Babe Didrickson-Zaharias**)
3. This Kiwi cigarette salesman made long distance running training famous, he ran over 1000 training miles in 10 days, and his specialties were the 800 and 1500M. (**Peter Snell**)
4. This totally unknown Marine lieutenant and American Indian won the 10K in record time, the first Olympic 10K ever won by the U.S. (**Billy Mills**)
5. In 1948 this Dutch housewife won 4 gold medals in track and field, and might have won two more but she was limited to 3 individual events. (**Fanny Blankers-Koen**)
6. This German swimmer and record breaker of the women's 100M breast stroke had the first recorded "wardrobe malfunction" of the Olympics. (**Hilde Schrader**) - **it was the 200M**
7. Stella Walsh, was the winner of the 100M in 1932 for Poland and the silver in 1936 but was disqualified many years later. What was the problem? (**She was a he**)
8. Who was the first American to win the Olympic marathon? He took the silver 4 years later. (**Frank Shorter**)
9. Women were finally allowed in Olympic track and field in 1928 at distances up to 800M. Several women collapsed after the 800M and it was not allowed again intill what year? (**1960**)
10. In 1984 the women's marathon was introduced to the Olympics. who won it? (**Joan Benoit-Samuelson**)
11. In 1960 Ethiopia's Abebe Bikila won the marathon, what was most unusual about his victory? (**He ran barefoot**)
12. Jackie Joyner Kersee, greatest heptathlon winner ever, was a star on which UCLA team? (**Basketball**)
13. The Finnish winner of the 1932 3K steeplechase won in spite of what error? (**He ran an extra lap**)
14. What was the technique first used in the 1912 high jump called? (**Western Roll**)
15. This Czech in 1952 won the 5K, 10K and Marathon. It was the first time he ever ran the marathon and he broke the Olympic marathon record by over 6 minutes. He was also famous for his grimaces and groans while running. (**Emil Zatopek**)

Brian Corbin wins the free membership this month.

(Continued from page 5)

Bill Lott

Kevin asked the board whether the club should provide marking chalk and safety tape to groups that rent the equipment. Board members agreed the club should keep the supplies for GWTC races only so the club isn't paying to supply non-club races.

David asked Bill Lott if there's a machine that would help him and other race organizers put chalk down more easily at races. Bill wasn't aware of anything he thinks the club should buy.

Bill reported the Chronomix printing stopwatch is broken. He is sending it off for repairs, which he and Kevin will pay for with the equipment budget.

Website Report – Peg Griffin

Peg added a new button on the web site for past newsletters. The site is also linking to the Triathlon Club page, and the

triathletes are doing all their own page updates.

Chenoweth Fund Report – David Yon

Other than the request to help **Stephanie Liles**, David received a request from **Carl Nordhielm** for new team jerseys for the Magnolia School.

Membership Report – Peg Griffin

The club has 1,009 members in 555 households. The increase is largely due to beginning running class members and triathletes.

Training Report – Judy Alexander for Robin

Borschel & TJ Cutchins

Robin and TJ have continued the tradition of

excellence with the Beginning Running Group, and it is going strong. Over 50 participants have signed up in the first 2 weeks, and they are excited to be new runners and members of GWTC.

A motion was made to adjourn at 9:09 p.m. It was seconded and approved unanimously.

Sheryl Rosen, Secretary



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EXPERIENCED ART STAFF
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The Tenth Annual Alan C. Sundberg, Jr. Memorial 5K Run

Sponsored by the Florida Skin Cancer Foundation

Saturday, October 25, 2008

8:00 a.m. at Maclay Gardens

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

Name _____

Age on 10/25/08 _____ Sex: M F

Address _____

City/State/Zip _____

T-shirt Size: Small Medium Large X-Large

Entry Fee: \$12.00, T-shirt included.

Your entry fee will benefit the Florida Skin Cancer Foundation.

Make checks payable to the Florida Skin Cancer Foundation, and mail with this form to **FSCF, 107 W. 5th Ave., Tallahassee, FL 32303.**

For more information, please contact Bill Sundberg at (850) 402-3000 or bill@sundbergandhessman.com. Additional race applications may be downloaded at www.floridaskincancer.org

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

Signature _____ Date _____

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

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

Sat, October 25, 2008 at 8 a.m. Maclay Gardens
Free Skin Cancer Screenings • Awards Ceremony



Alan C. Sundberg, Jr.
July 1964-Jan. 1998

Entry fee is \$12 and includes t-shirt. All proceeds go to the Florida Skin Cancer Foundation – dedicated to educating Floridians about the dangers of prolonged exposure to the sun. For more info, contact Bill Sundberg at 850-402-3000 or bill@sundbergandhessman.com

See application form in this issue or download one at www.floridaskincancer.org



FSUCares
FLORIDA STATE UNIVERSITY COLLEGE OF MEDICINE



5K RACE & SILENT AUCTION

Sunday **November 9th**, 2008 at 5:00 P.M.

****Auction Immediately After the Race ****

Grand Prix Race begins at the FSU College of Medicine and ends at Warchant. All runners receive **FREE** admission to Warchant which will feature a live performance by a musical guest. Auction Items include **50% off a Kaplan Course, Rays Fan Pack, Gift Certificates to Restaurants and Gyms and Much More!**

Donate to help support

Health services including medical care, education, and counseling to underserved and underprivileged populations both locally and internationally

Registration forms can be obtained at: <http://med.fsu.edu/students/FSUCares/run.asp>

Gulf Winds Track Club Annual Award Nomination

DON'T DELAY!

The deadline to be sure your nomination gets considered is
November 30, 2008

I, _____

Wish to nominate _____

For the Annual Award of _____

I can be contacted at: _____

Notable accomplishments of this person include:

This person deserves this award because:

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

SUBMIT NOMINATIONS VIA E-MAIL TO ANY AWARDS COMMITTEE MEMBER:

Lisa Unger: unger4122@comcast.net; Mary Jean Yon: [maryjean-
yon@comcast.net](mailto:maryjean-
yon@comcast.net); Jeanne O'Kon: okonj@tcc.fl.edu; Jackie McDaniel jackiemcdaniel1@gmail.com ; Hobson Fulmer: Hobson@fairpoint.net

OR MAIL IN TIME TO BE RECEIVED BY THE 11/30/2008 DEADLINE TO:

LISA UNGER
4122 WIGGINGTON RD
TALLAHASSEE, FL 32303



Gulf Winds Track Club

Tallahassee, FL



10 Mile Challenge & 5 Mile Race

Proceeds benefit Capital City Rowers (formerly Tallahassee Area Crew)
Raffle - Door Prizes - Quick Results

Date/Time: Saturday, December 6, 2008, 8:00 AM (10AM cutoff)

(Contact race director below for early start *if athletically necessary, NOT for convenience*)

Place: Starts at Killlearn Lakes Elementary School

Awards: Top Overall Male/Female/Masters, 3-Deep in 5/10-Year Age Groups

Course: Challenging out-and-back on asphalt roads through Killlearn Lakes neighborhoods

Packet Pickup: Shaw's @ Market Square Wednesday, 12/3 from 5PM-8PM or Race Day 7-7:45AM

More Info: Judy Alexander, jalexander98@comcast.net 850-383-1361

Name: _____ Age on 12/6/08: __ DOB: _____

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

Address: _____ City _____ State ____ ZIP _____

Shirt (check one): None __ Youth Med __ Small __ Med __ Large __ XL__

	<u>On/Before 12/1</u>	<u>After 12/1</u>	<u>Race Day</u>
Registration Fee (pre-registration strongly encouraged):	\$16 _____	\$18 _____	\$20 _____
No T-Shirt	\$11 _____	\$13 _____	\$15 _____
Optional Chenoweth Running Foundation Donation	\$ _____		
GWTC Members subtract \$2 (must pre-register)			
Total Amount Enclosed:		\$ _____	

Sign waiver below & mail with check payable to GWTC to: Judy Alexander

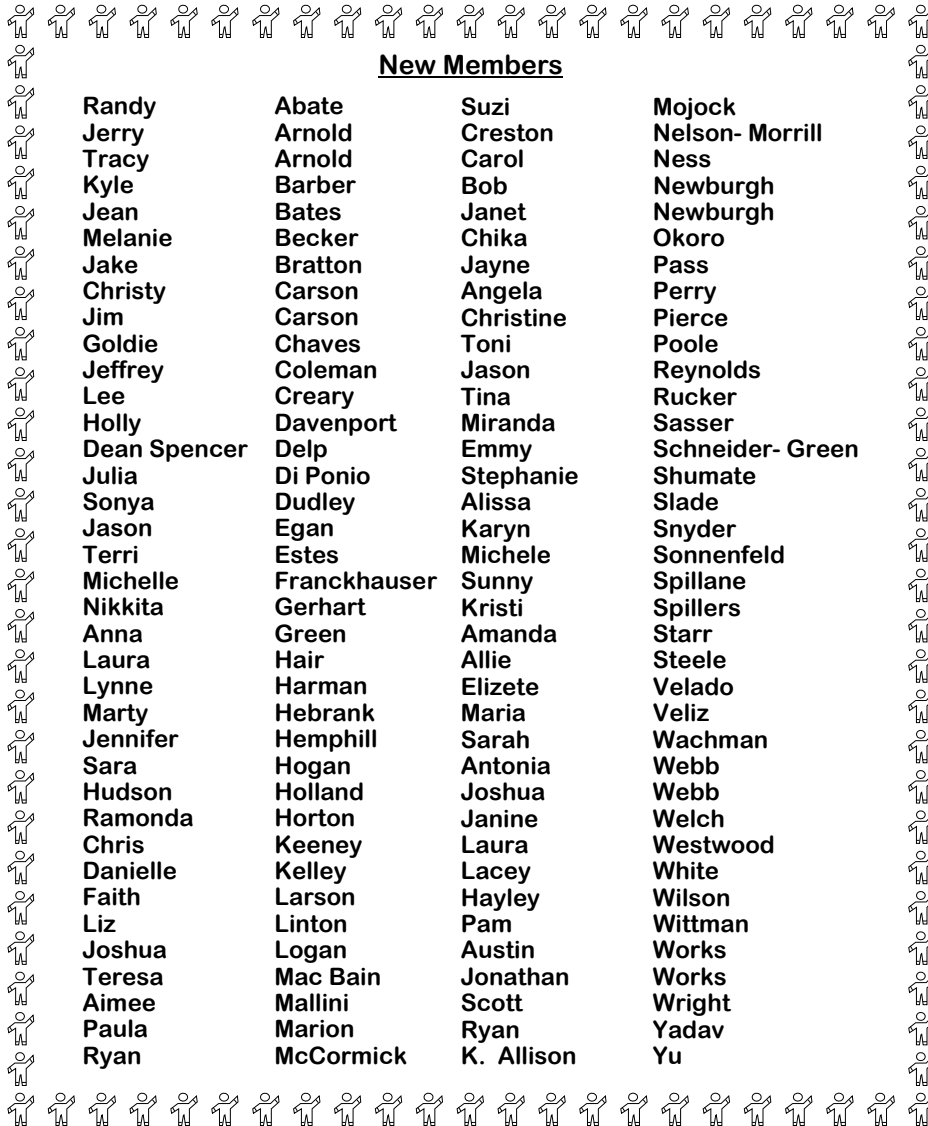
REGISTRATION also AVAILABLE AT www.active.com 3432 Robinhood Road
Tallahassee, FL 32312

WAIVER: In consideration of your acceptance of my entry as a participant in the GWTC 10-Mile Challenge & 5-Mile Race, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property against Gulf Winds Track Club, its officers and directors, members or representatives and all volunteers and others promoting or assisting in anyway the promotion or organization of The GWTC 10-Mile Challenge & 5-Mile Race, which may arise from my participation in the these races on December 6, 2008 or while traveling to or from the event, even if caused in part by the negligence or negligent actions or other fault of the parties or persons I am hereby releasing by the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of the liability without fault. My participation is voluntary and done at my own risk. I understand that running a road race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I attest that I am physically fit and sufficiently trained for the competition of this event. I fully understand I am forever giving up in advance any right to sue or make claims against the parties I am releasing if I suffer injuries and damages even though I do not know to what extent those injuries and damages might be and am voluntarily assuming the risk of such injuries and damages. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. I have read and understand everything written above and I voluntarily sign this agreement.

SIGNATURE _____ Date _____
Signature of parent or legal guardian if under 18 years of age.

IMPORTANT NOTICE!

The GWTC Nominating Committee is seeking nominations for 2009 officers and Board of Directors seats. Club members may submit nominations to any member of the Nominating Committee. Please submit your nominations for president, vice president, secretary, treasurer and directors (5 members will be elected), to Bill McGuire (bmcguire31@comcast.net); Jeanne O'Kon (okonj@tcc.fl.edu); or Peg Griffin (peggriff@nettally.com). The Committee will present a final slate to the GWTC Board at its October 8 meeting; nominations received by Wednesday, October 6, will be considered.



<u>New Members</u>			
Randy	Abate	Suzi	Mojock
Jerry	Arnold	Creston	Nelson- Morrill
Tracy	Arnold	Carol	Ness
Kyle	Barber	Bob	Newburgh
Jean	Bates	Janet	Newburgh
Melanie	Becker	Chika	Okoro
Jake	Bratton	Jayne	Pass
Christy	Carson	Angela	Perry
Jim	Carson	Christine	Pierce
Goldie	Chaves	Toni	Poole
Jeffrey	Coleman	Jason	Reynolds
Lee	Creary	Tina	Rucker
Holly	Davenport	Miranda	Sasser
Dean Spencer	Delp	Emmy	Schneider- Green
Julia	Di Ponio	Stephanie	Shumate
Sonya	Dudley	Alissa	Slade
Jason	Egan	Karyn	Snyder
Terri	Estes	Michele	Sonnenfeld
Michelle	Franckhauser	Sunny	Spillane
Nikkita	Gerhart	Kristi	Spillers
Anna	Green	Amanda	Starr
Laura	Hair	Allie	Steele
Lynne	Harman	Elizete	Velado
Marty	Hebrank	Maria	Veliz
Jennifer	Hemphill	Sarah	Wachman
Sara	Hogan	Antonia	Webb
Hudson	Holland	Joshua	Webb
Ramonda	Horton	Janine	Welch
Chris	Keeney	Laura	Westwood
Danielle	Kelley	Lacey	White
Faith	Larson	Hayley	Wilson
Liz	Linton	Pam	Wittman
Joshua	Logan	Austin	Works
Teresa	Mac Bain	Jonathan	Works
Aimee	Mallini	Scott	Wright
Paula	Marion	Ryan	Yadav
Ryan	McCormick	K. Allison	Yu

**NOTE: GRAND PRIX RESULTS ARE
IN THE SEPT. ISSUE,
OR SEE: www.gulfwinds.org**

**WDF 1 Mile Run 9/20/2008
Lisa Unger, Jo Lena Pace R.D.'s**

1	Nick Dietrich	M	11	6:04
2	Alex Bowman	M	8	6:33
3	Ana Wallace	F	8	6:56
4	Eryn Russell	F	12	7:12
5	Merlin Russell	M	51	7:19
6	Cheslyn Donaldson	F	11	7:53
7	Wayne Kiger	M	9	8:07
8	Madison Seymore	F	8	8:14
9	Steve Seymore	M	38	8:19
10	Lilly Unger	F	6	8:25
11	Samantha Haas	F	8	8:34
12	Schuyler Seymore	F	11	9:09

**Women's Distance Festival 5K
9/20/2007 Lisa Unger,
Jo Lena Pace R.D.'s**

1	David Altmaier	M	26	17:28.46
2	Joel Piotrowski	M	39	17:54.13
3	Tony Guillen	M	39	18:40.74
4	Lisa Johnson	F	26	18:51.85
5	David Yon	M	52	18:57.99
6	Sheryl Rosen	F	24	19:08.61
7	Felton Wright	M	51	19:09.00
8	Jeff Nielsen	M	50	19:23.28
9	Mike La Bossiere	M	42	19:24.77
10	Michael Kennett	M	34	19:50.66
11	Rich Bray	M	43	19:52.93
12	Andy Roberts	M	41	20:05.07
13	Herbert Wills	M	48	20:05.86
14	Jerry Mcdaniel	M	54	20:13.45
15	Bill Mcguire	M	61	20:15.43
16	Jim Carson	M	45	20:26.19
17	Lindsay Thomas	F	23	20:40.24
18	Will Thompson	M	30	20:49.56
19	Keith Gates	M	27	21:02.31
20	Brian Landman	M	46	21:09.07
21	Bill Perry	M	60	21:41.41
22	Mark Francis	M	50	21:47.89
23	Krista Killius	F	45	21:56.82
24	Ryan Yadav	M	24	21:59.57
25	Stephanie Wack	F	20	21:59.74
26	Bud Tugley	M	38	22:02.08
27	Jamie Joanos	M	46	22:07.18
28	Julie Clark	F	46	22:15.75
29	Mark Dietrich	M	53	22:36.16
30	Brad Lewis	M	49	22:58.62
31	Michael Boll	M	44	23:00.88
32	Adrienne Holland	F	23	23:15.60
33	Sissi Carroll	F	49	23:21.87
34	Fran Mclean	F	50	23:22.36

35	Nick Nichols	M	65	23:28.66
36	Seth Coffin	M	38	23:31.12
37	Joe Durrett	M	51	23:32.63
38	Laura Welch	F	47	23:57.36
39	Katy Ziegler	F	23	24:28.79
40	Kevin Brumfield	M	36	24:29.37
41	Teresa Odom	F	43	24:32.51
42	Autumn Wable	F	13	24:33.69
43	Kevin Wable	M	40	24:46.96
44	Christine Lamia	F	45	25:04.44
45	Luis Banegas	M	18	25:05.70
46	Adam Kent	M	32	25:13.33
47	Emmyline Gladd	F	19	25:14.11
48	John Rakestraw	M	71	25:23.30
49	Lauren Brumfield	F	32	25:31.30
50	Darius Mckenzie	M	37	25:40.17
51	Ann Guillen	F	39	25:50.56
52	Diana Caldwell	F	52	25:57.74
53	Carlos Zapata	M	63	26:00.98
54	Jerry Chesnutt	M	58	26:09.02
55	Dale Pearson	M	45	26:10.28
56	Beth Alexander	F	44	26:21.97
57	Jimmy Ledford	M	52	26:49.97
58	Kendra Hill	F	27	26:58.94
59	Reagan Mott- Smith	F	32	27:01.04
60	Whitney Barrentine	F	30	27:03.21
61	Jenna Altherr	F	27	27:10.47
62	Monica Mccullion	F	44	27:29.45
63	Lisa Fields	F	41	27:34.66
64	Rose Mccaffrey	F	42	27:38.07
65	Marguerite Mccauley	F	38	27:45.41
66	Perha Varley	F	64	27:53.20
67	David Nelson	M	28	27:53.67
68	Michael Shepard	M	41	27:56.64
69	Kathy Gatzlaff	F	48	27:57.25
70	Ashley Hiatt	F	25	27:57.80
71	Richard Ziegler	M	49	28:01.27
72	Alissa Slade	F	31	28:05.07
73	Jacque Myers	F	52	28:08.23
74	Lisa Truckenbrod	F	44	28:09.25
75	Sunny Montas	F	33	28:15.17
76	Susan Ledford	F	45	28:26.59
77	James Stockwell	M	67	28:29.09
78	Barbara O' Donnell	F	46	28:48.26
79	Michelle Cherashore	F	39	28:49.56
80	Marien Dimacali	F	46	28:50.54
81	Marcia Ryan	F	50	28:59.42
82	Kelli Lane	F	21	29:02.26
83	Mary Ann Carr	F	28	29:11.61
84	Tammy Pearson	F	37	29:23.11
85	Elaine Freni	F	32	29:26.18
86	Mary Stutzman	F	60	29:27.77
87	Ruth Jones	F	57	29:48.38
88	Debra K Brown	F	47	29:54.71
89	Lynmark Bantilan	M	29	29:56.91
90	Debbie Griffin- Bruton	F	54	30:10.04
91	Morgan Parr	F	22	30:11.06
92	Jeremy Billington	M	27	30:12.28
93	Barbara Bumgarner	F	55	30:17.24
94	Kona Coleman	F	21	30:21.18
95	Amy Brown	F	35	30:22.12
96	Erin Brown	F	26	30:27.41
97	Mark Clow	M	40	30:41.30

45	Inger Daniel	F	27	28:12	107	Unk		48:02
46	Jillian Duff	F	26	28:32	108	Janice Williams	F	20 48:03
47	Ed Thomas	M	47	28:37	109	Deanne Kolblomen	F	24 48:04
48	Shayna Seres	F	19	28:39	110	Tracey Little	F	24 48:05
49	Barbara O'Donnell	F	46	28:47	111	Stephanie Foster	F	21 48:37
50	Kevin O'Donnell	M	48	28:47	112	Tanjah Dawson	F	21 48:50
51	Jian Jones-Stewart	F	24	28:54	113	Shayla Clark	F	19 54:10
52	Whitney Barrentine	F	30	28:58	114	Ashley Jones	F	20 54:11
53	Michele Rowe	F	48	28:59	115	Charlie Yates	M	83 54:13
54	Robert Pearson	M	39	29:01	116	Nikkie Terryn	F	22 55:01
55	Jonah Parmelee	M	12	30:05	117	Deidra Jones	F	21 55:44
56	BK Haynes	M	47	30:09	118	Jarquella Woods	F	19 57:16
57	Bob Keller	M	74	30:10	119	Antonia Bennett	F	18 57:38
58	Rick Lay	M	46	30:14	120	Takira Baker	F	18 58:17
59	Unilna McIntosh	F	19	30:19				
60	Jessica Elliott	F	28	30:22				
61	Susan Ledford	F	45	30:34				
62	Jimmy Ledford	M	52	30:35				
63	Heather Wolbers	F	30	30:55				
64	Mary Stutzman	F	60	30:57				
65	Jim Stockdale	M	52	30:59				
66	Mark Bantilan	M	29	31:10				
67	Amber Pearson	F	29	31:23				
68	Unk			31:30				
69	Sonya Bishop	F	26	32:24	1	Chris Lake	M	20 15:53
70	Angela Perry	F	37	32:27	2	John Robida	M	28 16:37
71	Susan Cornwell	F	59	32:28	3	Hugh Jennema	M	47 16:55
72	Amanda Reyes	F	20	32:28	4	Tony Guillen	M	39 18:57
73	Melissa Oliphant	F	20	32:31	5	Felton Wright	M	51 19:03
74	Latasha Shipman	F	27	33:39	6	Maxwell Scott	M	24 19:14
75	Rikka Rellford	F	24	33:43	7	Michael Mills	M	36 19:15
76	Dorena Justice	F	16	34:51	8	David Yon	M	52 19:40
77	Andrew Wong	M	46	35:45	9	David Landis	M	49 19:41
78	Emilie Beck	F	68	35:57	10	Marc Robards	M	37 19:45
79	Avary McCoy	F	18	36:09	11	Michael Martinez	M	42 19:55
80	Samantha Mighty	F	18	36:10	12	Rick Bray	M	42 20:00
81	Robert Morris	M	76	36:32	13	Kelsey Scheitlin	F	24 20:02
82	Margarete Deckert	F	75	36:52	14	Mickey Moore	M	38 20:10
83	Batiste Sanford	M	32	36:59	15	Michael Kennett	M	34 20:14
84	Maya Callender	F	24	37:00	16	Lindsay Thomas	F	23 20:30
85	Jasmin Donaldson	F	18	37:00	17	Michael Widener	M	23 20:32
86	Courtney Heroid	F	18	37:01	18	T. Alan Cox	M	48 20:55
87	Jim Ceron	M	53	38:00	19	Brian Guthrie	M	31 21:11
88	Unk			38:08	20	Brian Landman	M	46 21:21
89	Ashley Hampton	F	18	39:33	21	Brad Lewis	M	49 21:32
90	Briana Weaver	F	18	39:43	22	Bud Tugley	M	38 21:39
91	Dwayne Justice	M	18	39:57	23	Alicia Christine	F	22 21:56
92	Tara Vincent	F	18	40:01	24	Stephanie Wack	F	20 22:06
93	Tyce Bass	F	19	40:09	25	Bryan Shoaf	M	32 22:13
94	Hope Smith	F	34	41:51	26	Jason Shiver	M	31 22:21
95	Debra Holley	F	41	43:26	27	Andrew De Mil	M	32 22:39
96	Carolyn V Collier	F	61	43:31	28	Travis Miller	M	38 22:57
97	Alexandra Oliphant	F	21	44:38	29	Chas Galloway	M	21 22:59
98	Joyce Harold	F	19	44:43	30	Greg Black	M	23 23:07
99	Raven Johnson	F	18	44:45	31	Karen Jumonville	F	36 23:08
100	Megan Moore	F	18	44:57	32	Nick Nichols	M	64 23:14
101	Ulysses Lamm	M	50	45:29	33	Joshua Logan	M	33 23:19
102	Unk			46:45	34	Bob Hannah	M	63 23:24
103	Unk			47:04	35	Tony Mahoney	M	55 23:26
104	Unk			47:17	36	Autumn Wable	F	13 23:28
105	Denise A: Tate	F	21	47:53	37	Ryan Ohlin	M	11 23:39
106	Melissa Daniels	F	21	47:54	38	Hunter Scott	M	12 23:46
					39	Matt Antworth	M	15 23:48

**Red Cross Hurricane 5K
9/5/08 Robin Lotane**

40	Seth Coffin	M	38	23:50	99	Alex Morgan	M	26	28:42
41	Eric S. Scott	M	44	23:51	100	Jennifer Fernandez	F	23	28:43
42	Connor Daughton	M	13	23:56	101	Jenny Kim	F	29	28:47
43	Andrew Orsillo	M	31	24:00	102	Steve Johnson	M	40	28:48
44	Landon Peacock	M	19	24:09	103	Christine Pierce	F	24	28:48
45	Camilo Ordonez	M	29	24:14	104	Alissa Slade	F	31	28:55
46	Nikki Fregger	F	25	24:30	105	Erin Painter	F	26	29:02
47	Kelby Dixon	F	24	24:39	106	Marcia Ryan	F	50	29:20
48	Zachary Buchholz	M	13	24:39	107	Bruce Lynn	M	61	29:29
49	Kevin Wable	M	40	24:42	108	Jackson Peel	M	32	29:33
50	Bill (william) Davis	M	57	24:43	109	Martha Middlebrooks			
51	Bill Blocker	M	40	24:50		Kutter	F	30	29:33
52	Richard Sapp	M	21	24:57	110	Michael Shepard	M	41	29:42
53	Josh Doyle	M	28	25:09	111	Amy Albee- Levine	F	32	29:48
54	Alisa Shoaf	F	35	25:11	112	Michelle Cherashore	F	39	29:49
55	Lee Snowden	M	44	25:15	113	Jason Fryar	M	34	29:53
56	Eleanor Coe	F	20	25:20	114	Curt Corniola	M	31	29:54
57	Alison Krizner	F	28	25:21	115	Carlyn Harris	F	20	29:57
58	Jeff Krizner	M	28	25:21	116	Madison Derzypolski	F	12	30:02
59	Mark Walker	M	40	25:27	117	Tom Derzypolski	M	33	30:03
60	Blaire Brown	F	19	25:28	118	Carter Lambert	M	11	30:04
61	Mairin Moore	F	20	25:28	119	Magan Bishop	F	24	30:08
62	Karin Lindh	F	24	25:37	120	Kevin Leveille	M	23	30:15
63	Nikki Allen	F	20	25:54	121	Smith Leveille	M	24	30:16
64	Ian Mott- Smith	M	27	26:00	122	Jessie Lynn	F	22	30:18
65	David Chayer	M	0	26:05	123	Kevin Langston	M	34	30:20
66	David Hess	M	29	26:06	124	Dennis Bustle	M	50	30:20
67	Kyle Buchholz	M	11	26:09	125	Javar Cross	M	25	30:27
68	Lynn Powell	F	44	26:12	126	Aaron Whitchurch	M	20	30:40
69	Frank Maroney	M	31	26:23	127	Christie Pontis	F	23	30:42
70	Mark Levine	M	25	26:28	128	Lateef Bryant	M	33	30:49
71	Sarah Murphy	F	21	26:36	129	Sharon Wynn	F	40	30:53
72	Dan Krassner	M	28	27:06	130	Harry Lucas	M	11	30:59
73	Julie Mitchell	F	22	27:14	131	Kellie O' Dare	F	31	31:22
74	Monica Mccullion	F	45	27:31	132	Michael Kalifeh	M	27	31:29
75	Katy Ziegler	F	23	27:34	133	Nancy Dyer	F	38	31:48
76	Richard Ziegler	M	49	27:34	134	Jason Hand	M	34	31:54
77	Kristin Billingslea	F	26	27:43	135	Lauren Curtis	F	24	31:56
78	Janet Hamilton	F	35	27:46	136	Nick Schrader	M	29	31:57
79	Katherine Keenan	F	34	27:49	137	Rene Casey	F	24	31:57
80	John Taylor Jr	M	47	27:50	138	Deborah Seymore	F	42	32:03
81	George Fischer	M	56	27:51	139	Corey Peterson	M	23	32:08
82	Crystal Dowd	F	26	27:57	140	Scott Vedder	M	34	32:15
83	Kathy Gatzlaff	F	48	27:58	141	Deb Phinney	F	55	32:17
84	Michelle Brooks	F	45	28:01	142	Mark Jack	M	39	32:20
85	Amit Kapedia	M	23	28:06	143	Jamie Harley	F	30	32:44
86	Carly Schrader	F	28	28:07	144	Janice Fuentes	F	25	32:45
87	Brandon Mott	M	24	28:07	145	Jennifer Harrison	F	33	32:57
88	John Ratowski	M	34	28:08	146	Marilyn Ney	F	62	33:06
89	Geoff Springer	M	32	28:10	147	Larry Ritchie	M	35	33:08
90	Kelly Flanagan	F	23	28:12	148	Frances Gilbert	F	40	33:08
91	Andrea Bebout	F	25	28:15	149	Stacy Guerin	F	37	33:09
92	Tammy Pearson	F	37	28:26	150	Liz Snowden	F	42	33:21
93	Bob Keller	M	74	28:26	151	Whitney Barrentine	F	30	33:24
94	Amy Starkey	F	33	28:27	152	Reagan Mott- Smith	F	32	33:25
95	Dale Pearson	M	45	28:30	153	Renee Flanagan	F	26	33:31
96	Inger Daniels	F	27	28:36	154	Chrissy Chayer	F	38	33:41
97	Drew Barrentine	M	7	28:37	155	Brad Copenhaver	M	37	33:43
98	Jason Barrentine	M	34	28:40	156	Mark Bantilan	M	29	33:46

40	Clint Watkins	M	65	0:45:21					
41	Karen Laiche	F	52	0:45:40	14	Lindsay Thomas	F	23	0:20:53
42	Bert Wilkerson	M	41	0:45:47	15	Bill Mcguire	M	61	0:21:17
43	David Darst	M	65	0:46:01	16	Kristin Sweeney	F	13	0:21:25
44	Bobby York	M	44	0:46:05	17	Terrell Bryant	M	17	0:21:32
45	Ann Guillen	F	39	0:46:31	18	Dievmy Duclos	M	15	0:21:33
46	Carlos Zapata	M	63	0:46:59	19	Arthur Williams	M	17	0:21:35
47	Kari Crowder	F	36	0:47:18	20	Jessie Jr. Close	M	14	0:22:09
48	Brian Black	M	29	0:47:28	21	Ben Mathers	M	17	0:22:22
49	Jenny Black	F	28	0:47:29	22	Brandon Alexander	M	17	0:22:32
50	Carla Zoda	F	42	0:47:38	23	Ian Mcrae	M	16	0:22:34
51	Mary Jean Yon	F	52	0:47:50	24	Alex Taylor	M	15	0:22:41
52	Jim Moran	M	50	0:47:53	25	Bud Tugley	M	38	0:22:46
53	Jim Killius	M	47	0:48:36	26	Deidre Brockwell	F	16	0:22:53
54	Bryan Desloge	M	48	0:48:51	27	Neil Stout	M	24	0:22:59
55	Becky Leckinger	F	45	0:49:25	28	Christine Poole	F	16	0:23:11
56	Burt Von Hoff	M	56	0:49:47	29	Daren Evans	M	16	0:23:12
57	Richard Ziegler	M	49	0:49:49	30	Tyler Marsh	M	14	0:23:19
58	Diana Caldwell	F	52	0:49:51	31	Albert Bowden	M	51	0:23:24
59	Olivia Starling	F	32	0:49:52	32	Mark Dietrich	M	53	0:23:24
60	Robin Adams	F	40	0:50:00	33	Jason Bowman	M	38	0:23:37
61	Jeff Starks	M	45	0:50:32	34	Lance Love	M	15	0:23:44
62	Marguerite Mccauley	F	38	0:50:54	35	Frank Flynn	M	49	0:23:45
63	Amy O'kelley	F	33	0:50:55	36	John Showalter	M	49	0:23:47
64	Perha Varley	F	64	0:51:16	37	Bryan Shoaf	M	32	0:23:48
65	Sarah Pienkos	F	27	0:51:37	38	Leo Welch	M	46	0:23:50
66	Laura Kelley	F	48	0:52:03	39	Todd Jones	M	15	0:23:52
67	Scott Henley	M	41	0:52:42	40	Courtney Whitehead	F	17	0:23:57
68	Carly Schrader	F	28	0:52:48	41	Shawn Morris	M	15	0:23:59
69	Ruth Jones	F	57	0:53:07	42	Tyler Erickson	M	15	0:24:25
70	Alissa Slade	F	31	0:53:23	43	Jack Rutledge	M	13	0:24:27
71	John Rabba	M	54	0:54:44	44	Sydney Nutting	F	17	0:24:27
72	Deborah Seymore	F	42	0:57:03	45	Adam Evans	M	14	0:24:32
73	Patricia Bruner	F	50	0:57:48	46	Laura Welch	F	47	0:24:37
74	Bob Keller	M	74	0:57:59	47	Dylan McClure	M	12	0:24:55
75	Nada Scott	F	55	0:58:55	48	Camilo Ordonez	M	29	0:25:06
76	Mark Kilette	M	47	1:02:42	49	Tyler Council	M	19	0:25:20
					50	Kirk Council	M	15	0:25:21
					51	Jim Taylor	M	51	0:25:26
					52	Joanna Forsyth	F	17	0:25:59
					53	Illisa Lee	F	17	0:26:02
					54	Alexandra Scanameo	F	16	0:26:02
					55	Hunter Kerce	M	16	0:26:19
					56	Lee Snowden	M	44	0:26:43
					57	Kyler McGraw	M	14	0:27:10
					58	Kevin Coleman	M	39	0:27:21
					59	Alisa Shoaf	F	35	0:27:22
					60	Cynda Covert	F	16	0:27:34
					61	Calyn Reber	F	23	0:27:55
					62	Glen Seay	M	39	0:27:55
					63	Susan Hansen	F	17	0:27:57
					64	David Melton	M	18	0:27:58
					65	Jerry Chesnutt	M	58	0:28:28
					66	Dustin Paulson	M	23	0:28:43
					67	Duane Evans	M	41	0:28:44
					68	Matt Leckinger	M	23	0:28:46
					69	Maynard Sweeley	M	64	0:28:54
					70	Daniel Alsonzter	M	24	0:29:00
					71	Monic McCullion	F	44	0:29:40

**Miller Landing Madness 5K
8/30/08 Tom Perkins, Mike Sims
R.D.'s**

1	Austin Stevens	M	15	0:17:12
2	Conor Sweeney	M	17	0:17:41
3	Andrew Orr	M	23	0:18:24
4	Brian Bowden	M	14	0:18:42
5	Jana Stolting	F	16	0:18:46
6	Connor Holcombe	M	15	0:18:54
7	Taylor Van Winkle	M	17	0:19:05
8	Christian Moore	M	15	0:19:40
9	Jacob Coates	M	15	0:19:54
10	Travis Covert	M	13	0:20:04
11	Jacob Slupecki	M	15	0:20:07
12	Jared Young	M	12	0:20:09
13	Shelby Salimone	F	16	0:20:32

72	Whitney Barrentine	F	30	0:30:33	14	Marshall Hendlin	M	12	0:14:16
73	Kearstin Rew	F	15	0:30:33	15	Allison Bowden	F	12	0:14:19
74	T. Burke	F	43	0:30:59	16	Nick Dietrich	M	11	0:14:32
75	Carsten Steinmetz	M	12	0:31:00	17	Summer Robinson	F	12	0:14:33
76	Savannah Jane Pierce	F	14	0:31:10	18	Justin Webb	M	13	0:14:34
77	Bob Steinmetz	M	52	0:31:10	19	Jarrod Luca	M	11	0:14:50
78	Ryan Whitney	M	17	0:31:11	20	Joshua Liles	M	9	0:14:56
79	Drew Barrentine	M	7	0:31:37	21	Billy Brickner	M	13	0:15:04
80	Jason Barrentine	M	34	0:31:38	22	Alex Gabordi	M	13	0:15:14
81	Ryan Harvell	M	17	0:31:38	23	Brandon York	M	10	0:15:23
82	Jennifer Hoffman	F	29	0:31:51	24	Lillian Van Winkle	F	12	0:15:25
83	Susan Shirolodo	F	34	0:32:15	25	Alexandra Wallace	F	10	0:15:30
84	Michelle Cherashore	F	39	0:32:16	26	Luke Seay	M	11	0:15:48
85	Rachel Capps	F	17	0:32:26	27	Jessica Coates	F	13	0:15:58
86	Shelby Clarke	F	16	0:32:29	28	Nick Nordin	M	13	0:15:58
87	Michael Zimny	M	53	0:32:53	29	Erin Anderson	F	13	0:16:15
88	Marcia Ryan	F	50	0:33:24	30	Nicole Heinz	F	12	0:16:19
89	Kayla Love	F	16	0:33:29	31	Ana Wallace	F	8	0:16:47
90	Jared Henderson	M	15	0:33:37	32	Jaryd Walton	M	12	0:17:06
91	Nancy Dyer	F	38	0:33:38	33	Eric Brickner	M	42	0:17:12
92	Jason Hand	M	34	0:34:05	34	Heather Hill	F	12	0:17:14
93	David Kay	M	16	0:34:06	35	Ben Munroe	M	12	0:17:15
94	Liz Gentry	F	51	0:34:12	36	Cody Ramsey	M	13	0:17:17
95	Heather Holland	F	14	0:34:22	37	Sierra Robinson	F	12	0:17:28
96	Daryl Webb	M	40	0:34:43	38	Darin Kimberl	M	12	0:17:31
97	Misty Carter	F	29	0:34:51	39	Cara Crump	F	12	0:17:31
98	Tamula Horne	F	30	0:35:50	40	Sierra Cupp	F	13	0:17:34
99	Michelle Williams	F	29	0:36:36	41	Luke Liles	M	12	0:17:36
100	Jaime Green	F	15	0:38:30	42	Whitney Barrentine	F	30	0:17:57
101	Angela Breza- Pierce	F	47	0:38:39	43	Alan Mitchell	M	61	0:18:00
102	Megan Konyndyk	F	13	0:38:39	44	Michael O'Donnell	M	37	0:18:10
103	Brooke Gentry	F	14	0:39:06	45	Christine Haddock	F	35	0:18:16
104	Christopher Snyder	M	26	0:39:10	46	Jacob O'Donnell	M	11	0:18:17
105	Karen Webb	F	32	0:39:15	47	Christine Pierce	F	24	0:18:36
106	Margarete Deckert	F	75	0:41:06	48	Joshua Barrett	M	12	0:19:09
107	Yolanda Carter	F	39	0:41:11	49	Stephen Veliz	M	9	0:19:36
108	James Varley	M	68	0:43:00	50	Rachel Shank	F	10	0:19:39
109	Corey May	F	16	0:54:20	51	Crista Hosmer	F	29	0:19:40
					52	Jonathan Logan	M	11	0:19:44
					53	Cody Riles	M	14	0:19:46
					54	Allie Horne	F	12	0:20:19
					55	Jamie York	F	12	0:20:26
					56	Kirk Mauro	M	47	0:20:30
					57	Jason Mauro	M	15	0:20:30
					58	Hannah Shank	F	13	0:20:42
					59	Shelby Smith	F	11	0:21:15
					60	David Bowman	M	4	0:21:38
					61	Justin Logan	M	9	0:21:40
					62	Shel Mcguire	F	44	0:22:00
					63	Madison Seymore	F	8	0:22:45
					64	Wayne Kiger	M	9	0:24:22
					65	Heather Merritt	F	12	0:24:38
					66	Martha Clark	F	11	0:24:39
					67	Schuyler Seymore	F	11	0:24:49
					68	Steve Seymore	M	38	0:24:50
					69	Dylan Sander	M	12	0:24:51
					70	Paige Kearley	F	10	0:26:17
					71	Ashlyn Dewit	F	10	0:26:27
					72	Paula Kiger	F	43	0:26:46

**Miller Landing Madness 3K
8/30/08 Tom Perkins, Mike Sims
R.D.'s**

1	Will Henderson	M	14	0:11:21
2	Camille Baker	F	12	0:12:45
3	Cody Stevens	M	13	0:12:54
4	Ryan Ohlin	M	11	0:13:04
5	Wil Luca	M	11	0:13:06
6	Autumn Wable	F	13	0:13:14
7	Jarad Clevenger	M	12	0:13:21
8	Blake Reese	M	11	0:13:21
9	Jordan Mauro	M	13	0:13:41
10	Blaine Thomas	M	11	0:13:45
11	Lindsey Welch	F	13	0:13:57
12	Breanna Bruner	F	12	0:14:05
13	Jacob McFarland	M	13	0:14:13

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



**Start
Of
The
Sickle
Cell
5K**



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

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