



The Fleet Foot

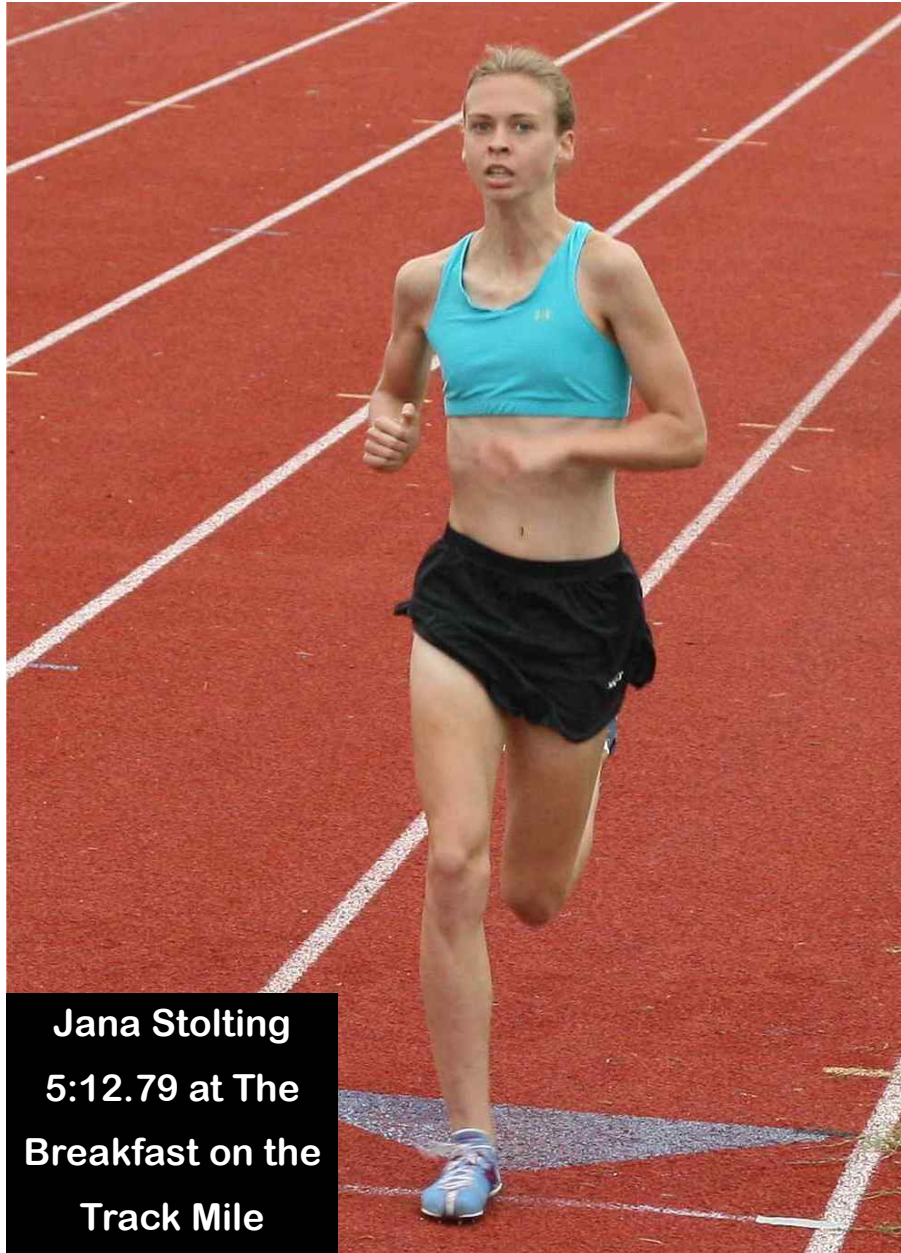


\$2.00

Volume 33 Issue 8

Newsletter of the Gulf Winds Track Club

Sept. 2008



Jana Stolting
5:12.79 at The
Breakfast on the
Track Mile



**Patrick Swain, Kyle Larson
Breakfast on the Track**



**David Altmaier, Austin Stevens
Background, Jay Wallace**



Lily Williams



Cecelia Williams Sheryl Rosen




























Kelsey Scheitlin



<p>Stroll & Roll Biathlon, 5K/13M/1M, Dothan Jeff Bowman 1st OV 61:55 Leigh Ceci 2nd AG 88:47</p> <p>Karen Gail Hand, Downland Ultra 30 Mile Challenge, West Sussex, England, 6:57:42 Gary Griffin 1st OV 48 miles in 8 hours at Atlanta Hot to Trot</p> <p>Bonnie, Felton and Jamie Wright ran 5.6M in Anchorage, Alaska. Jerri and Grace Ellen Hanna also competed the race. Felton and Randy Hanna ran the marathon and were joined at 1 mile by a bear with 2 cubs. Seems like fun!</p>	<p>New GWTC Members</p> <table border="0"> <tr><td>Aidan</td><td>Abbey</td></tr> <tr><td>Colin</td><td>Abbey</td></tr> <tr><td>Lorien</td><td>Abbey</td></tr> <tr><td>Michael</td><td>Abbey</td></tr> <tr><td>Stephen</td><td>Banister</td></tr> <tr><td>Bill</td><td>Blocker</td></tr> <tr><td>Misty</td><td>Carter</td></tr> <tr><td>Tad</td><td>David</td></tr> <tr><td>Kristi</td><td>Hampton</td></tr> <tr><td>Lauren</td><td>Hylemon</td></tr> <tr><td>Ginny</td><td>Laffitte</td></tr> <tr><td>Trey</td><td>Laffitte</td></tr> <tr><td>Bob</td><td>Macdonald</td></tr> <tr><td>Daniel</td><td>McKeague</td></tr> <tr><td>Jaira</td><td>McKeown</td></tr> <tr><td>Camilo</td><td>Ordonez</td></tr> <tr><td>Amber</td><td>Pearson</td></tr> <tr><td>Robert</td><td>Pearson</td></tr> <tr><td>Jamie</td><td>Pitts</td></tr> <tr><td>Shana</td><td>Ryberg</td></tr> <tr><td>Lee</td><td>Scarboro</td></tr> <tr><td>Alexandria</td><td>Secreast</td></tr> <tr><td>Allen</td><td>Secreast</td></tr> <tr><td>Clarice</td><td>Secreast</td></tr> <tr><td>Page</td><td>Secreast</td></tr> <tr><td>Gabbi</td><td>Spillias</td></tr> <tr><td>Robin</td><td>Spillias</td></tr> <tr><td>Will</td><td>Spillias</td></tr> <tr><td>Jerry</td><td>Stephens</td></tr> <tr><td>Lynn Ann</td><td>Tabeling</td></tr> </table>	Aidan	Abbey	Colin	Abbey	Lorien	Abbey	Michael	Abbey	Stephen	Banister	Bill	Blocker	Misty	Carter	Tad	David	Kristi	Hampton	Lauren	Hylemon	Ginny	Laffitte	Trey	Laffitte	Bob	Macdonald	Daniel	McKeague	Jaira	McKeown	Camilo	Ordonez	Amber	Pearson	Robert	Pearson	Jamie	Pitts	Shana	Ryberg	Lee	Scarboro	Alexandria	Secreast	Allen	Secreast	Clarice	Secreast	Page	Secreast	Gabbi	Spillias	Robin	Spillias	Will	Spillias	Jerry	Stephens	Lynn Ann	Tabeling
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




Steve Prefontaine Memorial

















































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) to Bill McGuire (bmcguire31@comcast.net); Jeanne O’Kon (okonj@tcc.fl.edu); or Peg Griffin (peggriff@nettally.com).



The Committee will present an initial slate to the Board for consideration at its September 10 meeting, and a final slate at its October 8 meeting. We encourage you to submit nominations prior to the September Board meeting; however, nominations received by Wednesday, October 1, will be considered.


<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 border="0"> <tr><td>Minutes</td><td style="text-align: right;">4-6</td></tr> <tr><td>President's Column</td><td style="text-align: right;">7</td></tr> <tr><td>Race Calendar</td><td style="text-align: right;">11-12</td></tr> <tr><td>Featured Feet</td><td style="text-align: right;">13</td></tr> <tr><td>Volunteer Column</td><td style="text-align: right;">14</td></tr> <tr><td>Watermelon Story</td><td style="text-align: right;">15-16</td></tr> <tr><td>Quiz</td><td style="text-align: right;">17</td></tr> <tr><td>BOT Story</td><td style="text-align: right;">23</td></tr> <tr><td>Beginners Class</td><td style="text-align: right;">24</td></tr> <tr><td>Race Results</td><td style="text-align: right;">24-30</td></tr> <tr><td>Grand Prix Standings</td><td style="text-align: right;">31-33</td></tr> </table> <p style="text-align: center;"><u>Upcoming Grand Prix Races 2008</u></p> <table border="0"> <tr><td>Prefontaine 5K</td><td style="text-align: right;">Sept. 27</td></tr> </table> <p style="text-align: center;">GWTC Board Meetings 7:30 p.m.</p> <table border="0"> <tr><td>Sept. 10</td><td>Mary Jean and David Yon</td></tr> <tr><td>Oct. 8</td><td>Keith Rowe</td></tr> </table> <p style="text-align: center;">Gulf Winds Track Club Minutes of the July 9, 2008 Board Meeting Hosted by Peg Griffin</p> <p>Present: Bill Lott, Fred Deckert, David Yon, Sheryl Rosen, Peg Griffin, Judy Alexander, Mark Priddy, Charlie Yates, Keith Rowe, Gene Opheim, Jay Wallace, Kathy McDaris, Lisa Cox, Bob McDonald, and Tom Perkins</p> <p>In Mary Jean Yon's absence, Bill Lott called the meeting to order at 7:36 p.m. Quorum was established.</p> <p>The board reviewed the June minutes. A motion was made, seconded and passed by unanimous vote to accept the minutes as presented.</p> <p><u>Treasurer's Report – Gene Opheim</u> Gene reported the club has \$69,156, which is a decrease of \$2,123 for the month. The Chenoweth Fund has \$11,966, which is a decrease of \$1,555 for the month. Gene presented the board with a comparison between the budget and actual income and expenses for the second quarter of 2008. The club is largely on target.</p> <p><u>Triathlete Report – Bob McDonald</u> Bob introduced himself to the board as the new president of the GWTC Tri Club. He has many goals for the club, including building membership, starting two new triathlons and possibly duathlons in Tallahassee, holding clinics for children interested in competing, and creating some social events for</p>	Minutes	4-6	President's Column	7	Race Calendar	11-12	Featured Feet	13	Volunteer Column	14	Watermelon Story	15-16	Quiz	17	BOT Story	23	Beginners Class	24	Race Results	24-30	Grand Prix Standings	31-33	Prefontaine 5K	Sept. 27	Sept. 10	Mary Jean and David Yon	Oct. 8	Keith Rowe
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triathletes. The Tri Club is also working on updating the web site. Tri Club meetings are the third Monday of each month at Momo's Pizza on Market Street.

Newsletter Report – Fred Deckert

Fred will include a notice in the newsletter about the election of board and officer positions for 2009 so interested members can run for office.

Clothing Report – Fred Deckert for Margarete Deckert

Three shirts and a license plate were sold.

Race Director Coordinator Report – Charlie Yates

Three races are scheduled for Oct. 11: the Run for Reading 5K, the Pine Run, which has been moved to Tall Timbers, and the Run for Rover in Thomasville. The FSU Cares 5K has settled on Nov. 9 as this year's race date. It's yet to be determined whether Albertson's will continue sponsoring the Christmas Connection 5K.

Race Director Report – Tom Perkins, Miller Landing Madness

Tom presented a budget for the race, which will now take place off Miller Landing Road. The race is Aug. 23 and benefits Second Harvest, which is a recipient of the canned foods that runners bring. A motion was made to approve the budget as presented. The motion was seconded and approved unanimously.

Equipment Report – Bill Lott

There were three rentals during the past month, and the new equipment committee handled the pickups and returns smoothly.

Chenoweth Fund Report – David Yon

The Chenoweth Fund received a request for \$500 per child to help two children travel to an AAU meet. The Chenoweth Committee suggested awarding \$250 per child instead. A motion was made to approve \$250 for each of the two children. The motion was seconded. It passed by unanimous vote.

Judy asked whether the Chenoweth Fund is supposed to maintain a minimum funding level. David responded that he found a policy that said \$2,000 should be kept in the fund in perpetuity. He also thought he remembered a policy that said the fund should not fall below \$5,000 but was not able to find it. The committee tries to keep \$10,000 in the fund. Judy made a motion to transfer \$2,500 or \$5,000 from the club's main account into the Chenoweth Fund as an additional cushion. Gene recommended keeping the funds

as is and transferring money at a later date if the Chenoweth balance gets too low because the general account earns more interest. Agreeing, Judy withdrew her motion.

Membership Report – Peg Griffin

The club has 965 members in 531 households. The Summer Track Series events have resulted in several new memberships.

A motion to adjourn was made and seconded. The motion passed unanimously at 8:30 p.m.

Sheryl Rosen, Secretary

Gulf Winds Track Club Minutes of the Aug. 13, 2008 Board Meeting Hosted by Judy Alexander

Present: **Judy Alexander, Brian Corbin, Bill Lott, Jeff Nielsen, Bonnie Wright, Sheryl Rosen, Lisa Unger, Charlie Yates, Peg Griffin, Shaw From, Gene Opheim, Jay Wallace, Kevin French, Mark Priddy, Judi Taber, Janet Borneman, Cathy Heimbecher, Nancy Laux and Jay Silvanima,**

In **Mary Jean Yon's** absence, **Bill Lott** called the meeting to order at 7:32 p.m. Quorum was established.

A motion was made, seconded and passed by unanimous vote to accept the July minutes as presented.

Shaw From spoke to the board briefly and offered his store, Shaw's Athletics, as a packet pickup location for additional GWTC races. He is happy that several races already utilize his store. Shaw also offered to give race directors raffle items or awards to be given away at races. He has trophies he is willing to give away as well.

Cathy Heimbecher, Judi Taber and Janet Borneman from Tallahassee Memorial Hospital and the TMH Foundation informed the board they hope to plan a race sponsored by TMH to benefit the Foundation and the hospital's Heart and Vascular Center. They asked for direction and insight from the board, including help finding a suitable race date. **Judy Alexander** suggested considering working with an existing race. **Judy, Lisa Unger, Jay Wallace, and Bonnie Wright** offered to meet with the women at a later time and discuss possibilities in further detail.

Bill introduced new club member **Kevin French** to the board and requested approval of Kevin as the new equipment manager. A motion was made and seconded to approve Kevin as the equipment manager. The motion passed

unanimously.

Bill announced a boy scout named **Wilson Smith** is requesting permission from the board for a project. Wilson hopes to improve the 9/11 Victory Memorial Garden in front of Forest Meadows Tennis Center by installing a small solar powered sprinkler system and two side benches. The Eagle Scout Review Board needs a letter of approval from the club to allow Wilson to proceed. Sheryl volunteered to write the letter. A motion was made to have Sheryl write a letter of approval for the project on behalf of the club. The motion was seconded and passed unanimously.

Sheryl read a proposal from **Fred Deckert** in his absence. Fred suggests issuing a yearly report to the community. It would contain a list of donations made by the club to individuals and organizations, a list of community events the club assisted with, and the estimated number of participants at club events. The report would be sent to city and county commissioners and other local leaders. After considering the idea, several board members felt the issue should be tabled until next month's meeting for discussion with Fred. **Bill Lott** agreed to table the issue until next month.

Race Director Report – Bonnie Wright, Breakfast on the Track

Bonnie announced pre-registrations are on track for this weekend's race. She presented a race budget to the board. A motion was made and seconded to approve the budget as presented. It passed unanimously.

Race Director Report – Jay Silvanima and Nancy Stedman-Laux, Tallahassee Marathon

Jay and Nancy would like to appoint the American Lung Association as the race charity. A motion was made and seconded to approve the choice. The board voted unanimously in favor of the decision.

Race Director Report – Jeff Nielsen, Prefontaine 5K

Jeff presented a budget to the board. The race will again split proceeds between the Chenoweth Fund and the St. Francis Wildlife Foundation. Also, the high school and open divisions of the race will run together this year. A motion was made and seconded to approve the budget as presented. It passed by unanimous vote.

Race Director Report – Lisa Unger, Women's Distance Festival

Lisa presented a budget to the board. The race is not on the grand prix schedule this year. A motion was made and seconded to approve the budget as presented. The board approved it unanimously.

Racing Report – Lisa Unger for Tim Unger

Lisa reported Tim is hoping to create a team for

the Carrabba's Summer Beach Run in Jacksonville.

Awards Committee Report – Lisa Unger

The race application period for the 2009 grand prix is closed. The Awards Committee will meet this month to discuss the grand prix schedule. The committee hopes to present a suggested schedule to the board at the September meeting.

Treasurer's Report – Gene Opheim

The club has \$68,149, which is a decrease of \$1,007 for the month. The Chenoweth Fund has \$12,485, which is an increase of \$519 for the month.

Newsletter Report – Sheryl Rosen for Fred Deckert

Fred would like the board to approve giving away a free year's membership each month to a member who answers quiz questions correctly in the Fleet Foot. A motion was made to approve awarding one free individual or family membership per month for quiz answers for the September through December 2008 newsletters. The board will ask Fred to report back in December on the popularity of the giveaways and reconsider for 2009. The motion was seconded. It passed with 7 favorable votes and one dissenting vote.

Lecture Series Report – Sheryl Rosen for Fred and Margarete Deckert

Fred and Margarete have tentative plans for a lecture on yoga/stretching for runners in September or October.

Race Director Coordinator Report – Charlie Yates

Charlie has completed a preliminary 2009 race schedule. It is now posted online.

Equipment Report – Bill Lott

The club provided equipment for the Greeks in the Streets 5K last month.

Membership Report – Peg Griffin

The club has 997 members in 446 households.

A motion was made to adjourn at 8:54 p.m. It was seconded and approved unanimously.

Sheryl Rosen, Secretary

Times Remembered Mary Jean Yon

I love running through neighborhoods! I have a four mile course that I often run from home on weekday mornings that is tried and true. I enjoy seeing sleepy neighbors walking their dogs, getting their newspapers and best yet...retrieving their recycling containers from the curb.

I also love checking out neighborhoods in other cities where I run. Earlier this summer, we were fortunate enough to be in Eugene, Oregon to watch the Olympic track & field trials. What a perfect location to host such an event. Having read **Kenny Moore's** book "Bowerman and the Men of Oregon" (see **Sheryl Rosen's** review in the February 2007 Fleet Foot), I felt appropriately briefed on the historical running-related importance of Hayward Field, Coach **Bill Bowerman** and the University of Oregon. But nothing could have prepared me for the amount of love Eugene has for running in general and for **Steve Prefontaine** in particular. There are trails galore throughout and around the city and a very popular running area labeled "Pre's Trail" complete with nicely mulched covered trails.

Another special place that drew attention in Eugene was the memorial on Skyline Drive that marked Pre's car crash and ultimate death back in 1975. Over the years, many a caring soul has come to lay a remembrance at the base of the marble stone that marks the dreaded spot. Magically, nobody touches the race numbers, medals, notes, etc. that people leave there for all sorts of personal and touching reasons. It's almost as though a healing process occurs just by making the pilgrimage. For me, the overwhelming thought I had was one of deep appreciation that I too live in a city that gets it. I'm proud to know that Gulf Winds has hosted an off-road race for the past 32 years that honors this charismatic and memorable running legend, **Steve Prefontaine**.

This year's Prefontaine Forest Run will be held on September 27 at the Silver Lake Recreation Area. Race director, **Jeff Nielsen**, has been with this race for the past eight years. It takes something pretty special to direct this race. You have to have just the right touch of mischief and dedication to deliver an event that will satisfy the hard core runners that come out on race day. The founding father, and king of daring and different starts, is the one and only **Dave Rogers** who has posted an interesting history of the race on the club's web site. As you read through this fascinating overview, it's easy to see how this race has always been a tad bit different and much to the liking of those who enjoy a little spice in their off-road races. **Jeff Nielsen** will tell you how he and **Jeff Doherty**, his predecessor who directed the race for 7 years, used to spend quality time in the forest looking for tree limbs and branches to drag across the path of the runners.

More recently, Jeff has gone a little easier on the course enhancements as he collaborated with **Gary Droze** to include a race for high school cross country teams in search of a different type venue. To me, the highlight of those years was the push-up contest that Gary staged after the race. You wouldn't believe how many push-ups those kids can do! This year, kids and adults will run again but it remains to be seen whether the tree limbs, branches and other course enhancements will appear or not. There's one sure way to find out though and that is to come on out and run! After all, this year's Prefontaine Forest Run is a Grand Prix race. Who knows, maybe Jeff can work a deal with the Grand Prix Committee to have push-up competitors earn grand prix points! Wouldn't that be great? See you there! Start practicing now!

M.J.

(See Pre Memorial pic on page 3)



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



Merrill Lynch

M. Felton Wright, CFM, CFP
First Vice President - Investments
Wealth Management Advisor
850 599 8978

Global Wealth Management
215 S. Monroe Street
Suite 300
Tallahassee, Florida 32301
800 937 0663 Toll Free
FAX 850 391 1693
mfelton_wright@ml.com

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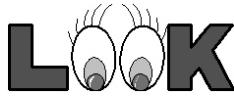
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Discounts for GWTC members



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

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

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

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

Social Events: www.gulfwinds.org 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.northfloridarrca.com) 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.

September

06 Red Cross Hurricane 5K Run/Walk. 8 a.m. Esplanade/Southwood Office Complex. [Robin Lotane](mailto:Robin.Lotane@comcast.net), 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 Rec. Center and Golf Course, Velma Pennermon Stevens, 222-2355. www.sicklecellfoundation.org. Flyer page 20.

***20 Women's Distance Festival.** 5K/1M. 8 a.m. Optimist Park. [Lisa Unger](mailto:Lisa.Unger@comcast.net), 544-4893. unger4122@comcast.net. Flyer page 22.

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

October

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

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

12 Run for Reading 5K. TBA. Tom Brown Park. April Spooner, 385-0551.

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. [Walk for wishes@hotmail.com](mailto:Walkforwishes@hotmail.com).

18 Trick or Trot 5K. 8:30 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.

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

November

01 FSU Habitat Fall 5K. 9 am. Tully Gym, FSU. publicrelations@fsuhabitat.org.

08 Albertson's Christmas Connection 5K.

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

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

15 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.

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

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.*

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

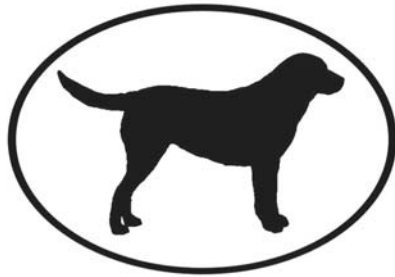
Send race info & flyers to freddeckx@comcast.net, preferably in MS Word.

Gulf Winds Track Club 2008 Grand Prix Series Schedule

Sept. 27	Prefontaine	5K
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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Featured Feet – Peg Griffin

Childhood ambition:

I vaguely recall wanting to grow up and marry an ultrarunner, but that may have been a nightmare that I had one dark and stormy night. I honestly do not think I had a childhood ambition, and must have been open to casting my fate to the South Florida winds

Fondest Running

Memory:

Winning the dog jog in 1991 at Tom Brown Park with my Springer Spaniel Sport (now deceased). We did the mile in 6:06 (I think the course was short). What I remember most about it is that I couldn't stop laughing as Sport dragged me to the finish. (I later learned that Sport had been sneaking out of the house on Tuesday evenings to go to interval workouts.)

Wildest Dream:

At the risk of sounding cliché, my wildest dream is world peace and harmony. For myself, it would be to skillfully fly down a triple black diamond ski trail in the Canadian Rockies and walk into the bar next door unscathed.

Proudest running memory:

Finishing my first half marathon in 1:52 at Macon. That was in 1990.

Current occupation:

Recently retired; I spent most of my working days as a program administrator for The Florida Bar, and finished up as an office manager/legal assistant at a small local law firm.

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

I would be a movie critic. Getting paid to



watch films and comment on the value of said films would be oh so sweet!

Indulgence:

I enjoy good beer. And good chocolate. Not necessarily together.

Favorite non-running hobby:

I don't really have a favorite. I enjoy

swimming, gardening, bird watching, reading, and watching movies – oh yeah, and drinking good beer!

Favorite book:

The Grapes of Wrath by John Steinbeck. I'm currently on a quest to read all of the Pulitzer Prize winners in the fiction category, so my favorite could change at any moment.

Running Inspiration –

I am inspired to run by knowing that I'll be totally alone with my thoughts while I'm out there – solitude is something that I cherish.

Perfect Day:

Getting up before the world wakes up, take Shiloh (5-year old Springer Spaniel) for a walk while it's still dark, enjoy a couple cups of coffee while reading a good book or working a crossword puzzle, head out for a run or swim, work in the yard or on a home project, then hit a late afternoon movie followed by happy hour and dinner with Gary. Throughout the day, much interaction (walks, play, grooming) with Shiloh.

Biggest Challenge:

Completing this questionnaire – I really don't like talking about myself

Volunteer Spotlight: Jamie Wright

*interviewed by Judy
Alexander*

The fall racing season wouldn't be the same without the Breakfast on the Track Mile kickoff event, directed by **Bonnie and Felton Wright**. Their son, Jamie, has been a part of the action since the beginning and I had the pleasure of working directly with him at this year's BOT event. This young man, who also happens to be an Eagle Scout, started at 5:30 in the morning and worked until noon -- what did he do? Pretty much everything, from carrying and unpacking heavy boxes and setting up all of the regular race "stuff," draining coolers and delivering pancake mix to inputting runner data for results, packing and loading the boxes back up after the race and picking up trash. Jamie never complained and never hesitated when he was asked to do something. So, to follow up last month's column, here's another young volunteer in the Spotlight!

1) Why do you like to volunteer, especially at GWTC events?

I help because I like watching all the races, but also like to help out at the



events.

2) What's your favorite volunteer job? Favorite event?

My favorite volunteer job would have to be handing out water cups because it's fun to be part of the action. Favorite event is the Red Hills Kid's Triathlon.

3) How did you first get into volunteering for GWTC? Are you a runner/triathlete yourself?

My parents made me. I am both, but I prefer other sports such as lacrosse.

4) Please add anything else about yourself that's interesting & unique.

My sense of humor is described as unique by most people.

5) How old are you, what grade are you in and how long have you been volunteering for things (including GWTC)?

I am 15 years old and a sophomore at Leon High School. I have been volunteering for things since I was 4 years old, but I did not have much of a choice back then.

Pro's and cons of sweat

Your sweat provides nourishment for 65,000 bacteria per inch of skin. Bad? No, it's good, those bacteria are good ones that protect you from other harmful bacteria.

But, you should always drink enough water to replace that sweat. If you weigh yourself before and after a long run, you know whether you've replaced enough water, each pound lost equals one pint of water. Don't think you've lost fat! You'd need to run 35 miles to lose a pound of fat.

Drink before you get thirsty, it may be too late if you wait!

**The "Drop a Watermelon from an Airplane into a Pond" Race Start
Dave Rogers, Summer of 1988**

How in the world did all this foolishness get started? What on earth inspired the creation of such crazy ideas? Shenanigans that culminated in hundreds of runners sprinting over starting lines, some engaged in side splitting laughter, and others running from the sheer fright of what they had just experienced. Over the years, one or two just stood there with dropped jaws, as if to say, "Are you nuts?"

*Inspiration is a wonderful thing to experience. Many times it arrives after a labored period of study- you know, like my old friend **Chuck Slusarczyk** who built a hang glider out of a roll of visqueen plastic, a few stout bamboo poles, a couple of rolls of duct tape, and a spool of wire. Chuck always was a pioneer. He actually jumped off a sandy cliff with his contraption, and the dog-gone thing incredibly flew. I have seen the 40-year-old movie films that verify his proud claim. His school teachers were not at all surprised. They recalled another of his childhood, flying inspirations. He caught a bunch of house flies and put them in the freezer just long enough to immobilize them. I'd guess that some of the less robust flies perhaps unwillingly gave up their tiny, frozen fly-lives in the process, in the name of budding aeronautical science, but hey, cutting edge experimentation often requires a sacrifice. After sufficiently slowing the metabolism to a point where he could handle the often unappreciated housefly, he placed a tiny drop of superglue onto the flies' "kiesters," as he put it. He then attached a length of thin ribbon to the glue (red, white, or blue ribbons for the good guys and black ribbon for the communist flies who were, after all, responsible for us having school drills that required us to save ourselves from a nuclear attack by hiding under our desks with our heads between our knees). He then placed the thawing aeronautical insects into matchboxes and distributed them to his buddies who would release them en masse in the class room at the signal from Commander Chuck. The commies were performing surprisingly well in their dogfight for aerial supremacy against the American forces, so Chuck quietly released the secret "BIG GUNS" into the theatre of engagement. Even the nun at the head of the class abandoned her effort to contain the bedlam when an entire squadron of sure-enough red, white, or blue ribbon-carrying horse-flies, attacked from out of the sunlight.*

Commander Chuck may have gotten a few WHACKS from the principal for his antics, but it was a great day for the American Forces, and the class loved him for it. To this day, Chuck is still building airplanes, and I'm proud to say that he has sold thousands of them.

Most of the time, inspiration comes to me on a whim. I was standing at the starting line of a race in Sawdust, Florida, that was run in conjunction with a huge farm party hosted by the Pfeiffer family in about 1978. When it came time for the traditional on-your-mark-get-set-GO, one of our hosts pulled an old double barrel 12-gauge shotgun from his truck and signaled the start with a blast. My first thought was, "What a shame that he did not actually shoot a flying target for the start." My second thought was, "HOLY SMOKES! I can really run with this idea!" This concept of doing something unique to start a race when you have the runners' undivided attention has tremendous potential with unlimited possibilities.

*My flight log tells me that the date was 8/13/88. The good folks in our small town of Miccosukee had baked 100 homemade pies as awards for our fire department fundraiser which manifested itself in the now famous "**Run for the Pies.**" They say that imitation is one of the greatest form of flattery, and I guess that's true; but when another race popped up in Jacksonville with the same name, I'll bet they had a bunch of formerly frozen Mrs. Smith's pies for awards. Those who finished outside the top hundred in our race were awarded a fine watermelon that was grown here in the Red Hills of North Florida. This particular race was a five mile experience that passed through beautifully shaded canopy roads but ended with a killer hill in the final mile. At about the half way point, we had an aid station that was manned by a local family that lived on the course, and a whole slew of yard-younguns handed out water in cups and watermelon by the slice. It was a great event that brought the community together and raised a few bucks for a good cause.*

The concept for the start was simple. (Famous last words.) I'd fly over a pond that was about 250 yards from, but in clear view of, the race starting line. From about 800 feet, I'd roll a basketball sized watermelon out of my lap, between my legs and watch it drop

into the half acre pond with a great splash. The runners would start the race on the splash. My Quicksilver MX Ultralight, a.k.a. "**Charmin' Carmen**," would require some modification to perform this stunt. For the watermelon to pass between my legs, I would have to remove the cables that attached the pedals to the spoilers on the upper surface of each wing. The spoilers served to kill the lift of a wing when activated and would induce a turn in the direction of the foot that was depressed. No big deal, I thought. I'll just remove those cables and de-activate those control surfaces for this flight. HmMMM!

The big day finally came and I was sure enough nervous. After helping to set up the registration area, I hopped into my truck and raced the three miles to my backyard, 300 ft runway. The aircraft had been thoroughly "Pre-flighted," so I donned my emergency parachute and strapped myself into the small seat. I soon discovered a problem. While I was securely buckled in for the takeoff, the watermelon was not. It was too heavy for me to hold between my knees, and I had no way of holding it in my lap because both of my hands were quite busy at about rotation time. With my right hand on the control stick and my left on the throttle, I bent my elbows inward and somehow the melon stayed in my lap as we rolled down the bumpy runway. After clearing the ground, the climb out was typical of all my previous attempts to "break the surly bonds of earth" from my home field. I flew through a gate and under the power line and was gone!

Within minutes, I could see runners warming up on the course. I made a few low passes in the vicinity of the starting area and then began my climb to the drop zone altitude. So far, so good!

I had timed the 8:00 A.M. race start to coincide with the completion of my 100th hour as pilot in command of the "Charmin' Carmen," so I was determined to have a punctual start. At the appointed time, the ground crew had successfully assembled the runners at the starting line, and they had been instructed to GO on the splash. I could see the split timers ready to go in a vehicle in front of the runners and the follow up vehicle was in place behind the group. Everything was ready.

As I began to gently push the melon out of my lap, I inadvertently glanced at the altimeter and YIKES... I was 1250 feet above the target. From that altitude, I had never noticed how small a half-acre pond looked. Quickly getting back to the task at hand, I jettisoned my organic bomb and it began its plunge to destruction. As I watched it fall away, I soon became amazed that it kept dropping and dropping and dropping. At one point, I even looked up to check the attitude of the aircraft with the horizon. When I looked back down the melon was still dropping. Something seemed instinctively wrong.

Until the instant of impact, I never thought I'd miss the darn pond, but that is exactly what happened. The forever falling flying fruit finally met its demise in the towering flora of an ancient pine tree at the edge of the pond. I was crushed. We all really wanted to see that great splash.

I have a great old friend whose name is **Dr. John Barthelmess**. Old Doc has taught me many valuable things. One of the most treasured lessons I learned from John is the need for a backup plan, and if what you are working on is really important, you should have a backup for the backup! Dr. John was not there on race day, but he sure enough saved the day for me when I saw what happened next.

To my amazement, after the melon took out the top limbs of the pine tree, the runners just stood there. They were, after all, instructed to GO on the splash and there had been no splash. I would have loved to have been able to see their faces. They had no clue what was about to occur. I quickly got on the radio and contacted my friend Nick who was in the back of the follow-up vehicle. "Nick," I said, "I missed the pond. Shoot the cannon! Shoot the cannon!" We are not talking about a cannon-wanna-be here, folks. Nick is a collector of original, antique weaponry, and I have seen this cannon shoot three D cell batteries over a half mile from the deck of a beach house on Alligator Point. Within moments, a huge white plume of smoke erupted behind the runners and every one of them jumped straight up into the air. When they returned to the ground, their legs were already pumping and the race was finally on.

My guess is that there will never be another start like it. I know I'll never try it again. I surely did want to see that splash! Two weeks later, the urge was just too great. I strapped into the aircraft again, held another melon with my elbows and took off through the gate and

Dave (Continued on page 19)

Olympic quiz time

OK, while the Olympics are still fresh in your minds, it's time for a quiz. The winner will receive a year's gift membership to GWTC, not for themselves, but to be given to someone else. The first correct answers, by phone or e-mail will earn the win. Phone 893-9739 or e-mail freddeckx@comcast.net.

1. In 1924 two Finns took home 7 gold medals in running events from the 1500M through the 10K, who were they?
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.
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.
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.
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.
6. This German swimmer and record breaker of the women's 100M breast stroke had the first recorded "wardrobe malfunction" of the Olympics.
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?
8. Who was the first American to win the Olympic marathon? He took the silver 4 years later.
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 till what year?
10. In 1984 the women's marathon was introduced to the Olympics. who won it?
11. In 1960 Ethiopia's Abebe Bikila won the marathon, what was most unusual about his victory?
12. Jackie Joyner Kersee, greatest heptathlon winner ever, was a star on which UCLA team?
13. The Finnish winner of the 1932 3K steeplechase won in spite of what error?
14. What was the technique first used in the 1912 high jump called?
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.

"Julie!" Screamed her Mom, "Why are you feeding birdseed to the cat?"
"Mom, I have to, that's where the canary is."



Tallahassee, FL

THE PINE RUN AT TALL TIMBERS-20K

Date/Time: Saturday, October 11, 2008, 7:30 AM (ABSOLUTE 3 HOUR CUTOFF)

NO EARLY STARTS

Place: Tall Timbers Research Station, Henry Beadel Drive, off CR 12, northern Leon County

Awards: Top Male/Female 1-5, Masters (40+) Male/Female, Grandmasters (50+) Male/Female

High quality wicking Tee Shirt for all entrants

Course: Undulating course, all on grassy trails and double track jeep roads, no pavement, through beautiful piney uplands and Lake Iamonia bottomland. Aid stations (fluids only) at approximately 3, 6 and 9 miles.

Packet Pickup: Race day only 6:30-7:15AM

More Info: Gordon Cherr, Scam22@aol.com, 850-556-5957

Name: _____ Age on 10/11/08: _____ DOB: _____

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

Address: _____ City _____ State _____ ZIP _____

Shirt (check one): Small Med Large XL

	<u>On/Before 10/4</u>	<u>RACE DAY</u>
Registration Fee (pre-registration strongly encouraged):	\$16 _____	\$20 _____
No T-Shirt	\$11 _____	\$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:

Gordon Cherr, 3043 Feeney Ct. Tallahassee, FL 32309

REGISTRATION also AVAILABLE AT http://www.active.com/event_detail.cfm?event_id=1614115

WAIVER: In consideration of your acceptance of my entry as a participant in the Pine Run at Tall Timbers 20K 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 Tall Timbers Research, Inc., and the Gulf Winds Track Club, their officers and directors, members or representatives and all volunteers and others promoting or assisting in any way the promotion or organization of The Pine Run At Tall Timbers 20K, which may arise from my participation in this race on October 11, 2008, or while traveling to or from the event, even if caused in part or in whole 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, whether natural or artificial. My participation is voluntary and done at my own risk. I understand that running a road/trail 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. NO DOGS ARE ALLOWED ON THE PROPERTY. ANYONE BRINGING DOGS ONTO THE PROPERTY WILL BE ASKED TO LEAVE AND RACE FEES WILL NOT BE REFUNDED. 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

The New, Improved Pine Run at Tall Timbers

The Pine Run 20K, held from 1977-2006 on land holdings and forests of the International Paper Company near Bainbridge, Georgia, was perhaps the most venerable of many memorable Gulf Winds Track Club events. The course was tough but fair, and even scenic if you ran so slow and easy that you could actually enjoy the south Georgia woods. But most folks felt their spirit unleashed in the forest and raced instead, and there was never any shortage of annual yarns of difficult hill

climbing, rough gravelly roads, canopied shady groves and a post race picnic second to none. There was little doubt why wily veterans returned to this race year after year. Sadly, this venue was lost.

Now, through an exciting synthesis between the Gulf Winds Track Club and the Tall Timbers Research and Land Conservancy, The Pine Run 20K has come home to Tallahassee. Come run the Pine Run at Tall Timbers, on the red hills of north



Gordon Cherr, your Race Director

Florida on October 11, 2008. Race an awesomely beautiful but challenging 20K, more than a worthy successor to the Pine Run of years past. The course is on very runnable double track dirt and grass trails, there is no pavement. Race through shady piney uplands and down along the grassy margins of Lake Lamonia. Yes, we may have thrown in a few of those red hills too, in the best traditions of the old Pine Run, of course, just so you really enjoy yourselves.

Expect to be challenged. Bring a blanket and be prepared to picnic after the race, stroll the grounds and visit the Beadel House. Most of all, be part of an old/new traditional race that you will want to return to year after year.

Please check the GWTC race calendar or on page 18 (facing) in the Fleet Foot for additional information.

I hope to see you on October 11.

Gordon Cherr, R.D.

Dave (Continued from page 16)

under the wire. From altitude, I eased that ten pound fruit between my legs and again watched its flight that took far longer than I anticipated. Since I was now a veteran watermelon bomb dropper, I was not surprised when I made a direct hit on the target. This time the target was the 6,300 acre Lake Miccosukee. Man, what a great splash! Two guys in a bass boat a quarter mile away stood up and applauded. I would have liked to have rocked my wings in acknowledgement of their appreciation, but I couldn't. I had no cables from my pedals to my spoilers on top of the wings that would induce the gesture.

A RUN FOR SICKLE CELL

The 27th Annual Run/Walk for sickle cell anemia featuring the "Tim Simpkins One Mile Fun Run for All" is an official event during sickle cell month (September) sponsored by the Sickle Cell Foundation, Inc. with the special assistance of Gulf Winds Track Club,

WHO CAN ENTER?

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

HOW TO ENTER?

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

ENTRY FEE

Early Registration.....	\$12.00	\$8.00 w/o T-shirt
Race Day Registration.....	\$15.00	\$10.00 w/o T-shirt
One Mile Fun Run (All Ages).....	\$10.00	\$7 w/o T-shirt

THE SCHEDULE

The 27th Annual Run/Walk for sickle cell will be held on Saturday morning, September 13, 2008 (rain or shine).

The following events are scheduled:

Race Day Registration.....	7:00 A.M.
Welcome and Briefing.....	8:00 A.M.
Tim Simpkins One Mile Run For all.....	8:10 A.M.
5K Run/Walk.....	8:30 A.M.

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

AWARDS

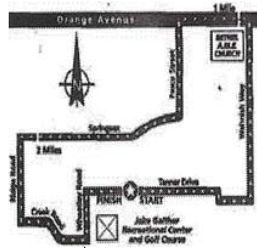
Awards will be given to the top three male/female overall, first place (only) male/female master, and first and second in the following age groups.

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

COURSE INFORMATION

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

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



Local Support for the 27th Annual Run/Walk for sickle cell is provided by: Gulf Winds Track Club, Delta Sigma Theta Sorority, FAMU Athletic Department, Jake Gaither Recreation Center, Leon County Sheriff's Posse, NuDay Graphics, Pyramid Construction and Design, Sigma Gamma Rho Sorority, Fitzgerald Graphics, Tallahassee Police Department, Protection Services Inc., Representative Curtis Richardson And area radio and television stations.

For additional information call: (850) 222-2355
Or log on to: www.sicklecellfoundation.org
Online Registration is also available at our website

27th ANNUAL 5K RUNWALK FOR SICKLE CELL & TIM SIMPKINS ONE MILE FUN RUN

OFFICIAL ENTRY FORM

I will be RUNNING WALKING

Name: _____ Age: _____ Sex M F

Address: _____

City/State/Zip: _____

T-SHIRT SIZE (circle one only)

Small	Medium	Early Registration.....	\$12.00	\$8.00 w/o T-Shirt
		Race day Registration.....	\$15.00	\$10.00 w/o T-Shirt
Large	Extra Large	One Mile Fun Run (All Ages).....	\$10.00	\$7.00 w/o T-Shirt

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

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

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



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September 20, 2008

Tallahassee, Florida

Date and Time: Saturday, September 20, 2008
 5K Women start at 8:00 a.m. E.D.T. ♦ 5K Men start at 8:05 a.m. E.D.T. ♦ 1 Mile race begins at 9:00 a.m. E.D.T.
 Pre-race Registrations, and Packet Pick-up start at 6:45 a.m.

Place and Course: Race starts and finishes at Optimist Park, E. Indian Head Drive, Tallahassee; USATF Certified 5K: FL06045DL

Entry Fee:

5K Early Registration (postmarked by or before 9/15/08)	\$12.00 (GWTC deduct \$2.00)
5K Race Day Registration	\$15.00
1 Mile Early Registration (postmarked by or before 9/15/08)	\$7.00 (GWTC deduct \$2.00)
1 Mile Race Day Registration	\$10.00

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

Awards:

5K: Top three females and first male overall, plus female and male Masters, Grandmasters, Great-Grandmasters, and three-deep in 5 year age groups.
 1 Mile: Goodie-bags to all 1 mile finishers 14 and under, plus top 10 females and top 10 male finishers.

For More Information: Lisa Unger, unger4122@comcast.net, 850-544-4893
 or visit the Gulf Winds Web site at www.gulfwinds.org

Many Kay Product Surprises Sponsored by: **Caroline Collins** 850-566-9990



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

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

Name _____ Age (on 9/20/08) _____ Date of Birth: _____

Male Female Phone: _____ E-mail: _____

Address _____

City _____ State _____ Zip _____

5k \$ _____

1 Mile \$ _____

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

Signature (parent if under 18) _____ Date _____

From Allison Vogt: If you would like to visit a website that is aimed at supporting young Americans to compete in future Olympics, try AmericaforGold.org,

BREAKFAST ON THE TRACK – AUGUST 16, 2008

This is our 11th year directing Breakfast on the Track and the 11th year in which Maclay School and Coach **Gary Droze** have proven to be the most excellent hosts for us. After all, how many other events get to use a track, a swimming pool, a pancake hut, and a basketball court for the same race?

We're going to share a little secret about the inner workings of our marriage: Felton and I are competitive! Leading up to the race we have a running commentary on who really "directs" the race. But we both readily acknowledge that without the help of the following fabulous volunteers, we absolutely could not put on Breakfast on the Track.

Our son, **Jamie**, is a typical teenager who would sleep until close to noon, and then sleepwalk through a few more hours of a day, if it hadn't been for those pesky parents who woke him up at 5 a.m.. What a great help he was. While I may play my mother, **Ruth Draper** and my mother-in-law, **Beth Wright** (if one mom tells me no, I simply go to the other mom for a different answer), neither one ever says no when we need help with Breakfast on the Track! **Bill Lott and Judy Alexander** are there when it was still dark outside and later raining at the end. Olivia emailed me to volunteer and claimed she loved every minute of it! She probably ran more than a mile between the scoring table and registration. I heard a few of you swam in the pool? Our volunteer lifeguard was **Kyle Goller**; his mom, Linda, was wherever we needed her to be! Your pancake chefs were **Loranne Ausley, Judy Chin and Lisa Echeverri**, with the delicious batter provided by Uptown Café. Yummy! We missed having our longtime finish line helper **Tom Perkins** on the track this year; however, we had a great showing by **MaryJane Tappen, Jeff Bryan, Bill McGuire and Lisa and Eric Johnson**. **Brian and Samantha Corbin** provided the timing results with **Bill Lott**. **Fred Deckert** provides us with pictures to remember the fun we all had, and **Peg Griffin** ably steps in when help is most needed.

190 runners ran 4 times around the track, while 10 competed in the Hamstring 100. Pancakes, coffee and OJ were served to many more than that, and some had seconds and even thirds. While the weather was overcast at the start and allowed many runners to run faster than the oven-like conditions of the past, the rain at the end of the race also made for some dirty laundry. Speaking of dirty laundry – let me reveal a few mix-ups. The female runner of Heat 1 was initially declared the winner, but it was the female winner of Heat 2 who won the race. **Jana Stolting**, a 16-year old More Otter runner, ran a 5.12:79 to best the second female finisher and Masters champion **Sarah Docter-Williams'** time of 5.13:01. The next bit of dirty laundry washed out in the last heat, #10. All the runners in this heat were inadvertently given faster finish times, which ranged from 1 second to 2+ minutes. We discovered that when 3 competitors emailed to tell us we posted too fast of times for them! The results are now correct and even with the fix **Beverly Hand** had a PR. Congratulations Beverly.

On the male side we saw **Whitney Strickland**, a 17-year old Senior Eagles runner finish with a 4:31.39 and **Jay Wallace** taking the Masters title at 4.55:07 at 8th overall. After requesting Advil instead of blueberries in her pancakes, **Fran McLean** took home the GrandMasters title with a 6.48:19 paired with **Karl Hempel's** 5.19:30. In the Great Grand Master division **Tom Ratliffe and Perha Varley** finished at 5.44:96 and 7.54:66. Congratulations to all the competitors at BOT and a big thank you to our volunteers.

Bonnie & Felton Wright



Ft. Lauderdale, FL

SGI Sizzler 5K
6/29/2008
Hobson Fulmer R.D.

Beginner's Running Class

Please Join Us!

WHAT: Beginner's running class. To prepare the beginning runner to complete a 5K (3.1 mile) race

WHEN: Wednesday Evening at 6:30pm
 September 3rd thru October 29th

WHERE: Mike Long Track (FSU Track)

WHO: Everyone is welcome! We will have groups for brand new runners, intermediate runners (can run 1 mile), and advanced runners (can run 2 miles)

COST: \$25.00 includes the class, individual membership to GWTC thru 2009, and a donation to the Chenoweth Fund

Wear running shoes and comfortable running attire.
 Bring your water bottle.

A Registration and waiver form is required and may be filled out on the first day. Runners under age 14 should be accompanied by an adult. All participants are responsible for their own safety. Each week course maps will be distributed and volunteers will be running with the groups.

The class will conclude with a graduation 5k. Participants are responsible for their own 5K race entry fee.

Parking: You may park in the FSU Parking Garage located at the corner of Stadium Drive & Spirit Way or the parking lot located across from the track on Spirit Way.

For more information contact **Robin Borschel** or **TJ Cutchins** at coaches@edenrunconsulting.com.

1	Tripp Southerland	M	23	16:44
2	John Robida	M	28	16:48
3	Austin Stevens	M	15	17:49
4	Patrick Swain	M	15	18:15
5	John Nevels	M	22	18:21
6	Mark Hope	M	35	18:22
7	Tim Unger	M	48	18:27
8	Joel Piotrowski	M	38	18:30
9	Joe Sroka	M	24	18:31
10	Fritz Stoppelbein	M	22	18:41
11	Brian Goddin	M	34	18:44
12	Conor Sweeney	M	17	18:47
13	Jason Graham	M	28	18:57
14	Patrick Griffin	M	18	19:06
15	Stephanie Liles	F	36	19:11
16	Andy Roberts	M	41	19:21
17	Michael Kennett	M	34	19:25
18	Mick Larrabee	M	40	19:35
19	Travis Blanton	M	35	19:51
20	Jay Silvanima	M	48	19:53
21	Zach Galloway	M	28	19:54
22	Slade Ward	M	44	20:21
23	Jack Geier	M	14	20:38
24	Christian Moore	M	15	20:39
25	Craig Willis	M	56	20:40
26	Jane Johnson	F	49	20:41
27	Sean Hudson	M	38	20:57
28	Gary Griffin	M	58	21:09
29	Shelton Ansley	M	56	21:19
30	Olivia Swedberg	F	24	21:19
31	Tec Thomas	M	56	21:41
32	Brook Pace	F	29	22:03
33	Joe Donoghue	M	61	22:06
34	Kirsten Baggett	F	41	22:17
35	Jason Bowman	M	38	22:27
36	Brant Foster	M	47	22:56
37	Ron Christen	M	62	23:02
38	Tony Antley	M	43	23:05
39	Tom Mayock	M	25	23:20
40	Sean Bower	M	44	23:33
41	Neil Stout	M	23	23:42
42	Nancy Laux	F	46	23:42
43	Christy Pardieck	F	29	23:45
44	Lisa Cox	F	43	23:46
45	Andrew De Mil	M	31	23:47
46	Frank Davis	M	48	23:53
47	Larry Miller	M	63	24:11
48	Clark Evans	M	24	24:16
49	Luis Bejarano	M	43	24:24
50	Amanda Hudson	F	31	24:31
51	Steven Baczewski	M	51	24:35
52	Richmond Abellera	M	13	24:43
53	Emily Joan Dowd	F	30	24:45

54	Melissa Zapata	F	29	24:54	113	Amy Brown	F	35	30:05
55	Frieda Everritt	F	44	24:59	114	Mark Priddy	M	53	30:10
56	Sissi Carroll	F	49	25:01	115	Aaron Whitchurch	M	20	30:16
57	John Palgutt	M	25	25:02	116	Harriet Ward	F	51	30:22
58	Lisa Unger	F	40	25:04	117	Steven Martinaitis	M	24	30:35
59	Jimmy Lee	M	39	25:05	118	Jeff Starks	M	45	30:45
60	Don Nicholson	M	67	25:16	119	Michelle Baxter	F	38	30:47
61	Ann Bowman	F	39	25:22	120	Russell West	M	24	31:21
62	Jeff Bowman	M	46	25:22	121	Brittany Mayock	F	27	31:28
63	Robert Ralston	M	47	25:22	122	Floyd Coleman	M	51	31:33
64	Tommy Daniels	M	33	25:23	123	Collin Foster	M	6	31:39
65	Cliff Jones	M	22	25:30	124	Brian Foster	M	29	31:39
66	Michael Shuler	M	43	25:40	125	Rikki Somers	F	24	31:41
67	Keith Nelson	M	32	25:41	126	Rick Edmiston	M	51	31:43
68	Brian Maher	M	12	25:46	127	Curt Corniola	M	31	31:44
69	Kerry Corven	F	24	25:54	128	Ruth Jones	F	56	31:49
70	Lynda Pfundstein	F	43	26:08	129	Teresa Akins	F	47	32:05
71	Graham Lovett	M	31	26:09	130	Debra Brown	F	46	32:05
72	Emma Dugger	F	45	26:11	131	Patricia Smathers	F	43	32:16
73	Megan White	F	12	26:32	132	Marisol Roberts	F	37	32:17
74	Deborah Ansley	F	52	26:45	133	Debbie Griffin- Bruton	F	54	32:22
75	John Rakestraw	M	71	26:46	134	Barbara Bumgarner	F	55	32:22
76	Dan Krassner	M	28	26:52	135	Kristi Mckay	F	32	32:33
77	John Sheppard	M	34	26:54	136	John Mckay	M	32	32:34
78	Justin White	M	31	26:56	137	Megan Crombie	F	24	32:46
79	David Baczewski	M	19	27:01	138	Denice Jones	F	53	32:49
80	Steve White	M	39	27:03	139	Susan Kaempfer	F	52	32:54
81	Geoff Goodsole	M	40	27:12	140	Marsha Lafferty	F	52	33:21
82	Merina Allen	F	13	27:18	141	Stephanie Pilkington	F	19	33:48
83	Ithel Jones	M	54	27:31	142	Justin Stafford	M	8	34:02
84	Jacque Myers	F	51	27:40	143	Javar Cross	M	25	34:04
85	Roberta Mccloskey	F	45	27:46	144	Joe Crook	M	29	34:27
86	Kate Stich	F	41	27:55	145	Jane Krier	F	46	35:23
87	Camilo Ordonez	M	29	27:56	146	Robert Morris	M	76	36:01
88	Javier Gallard	M	21	28:09	147	Elaine Flournoy	F	55	36:11
89	Kevin Coleman	M	39	28:13	148	Ashlyn Molthen	F	10	36:18
90	Sarah Baczewski	F	21	28:22	149	Misty Carter	F	29	36:26
91	Sumalee Watson	F	32	28:27	150	Shannon Molthen	F	37	36:27
92	Tracy Graham	F	23	28:32	151	Jean Louise Krier	F	46	36:42
93	Kevin Leveille	M	23	28:36	152	Ashley Melton	F	27	36:58
94	Sondra Lee	F	39	28:37	153	Juan Ordonez	M	34	36:58
95	David Crombie	M	25	28:38	154	James Varley	M	68	37:03
96	Charles Everett	M	49	28:47	155	Chika Okoro	F	28	37:23
97	Carla Moniz	F	33	28:53	156	Heather Bochnia	F	29	37:40
98	Perha Varley	F	63	28:58	157	Gabe Gordon	M	25	38:48
99	Carlos Zapata	M	63	28:59	158	Tress Anderson	F	32	38:57
100	Grady Shafer	M	10	29:02	159	Jamie Michalowski	F	20	39:26
101	Steve Shafer	M	44	29:05	160	Michelle Slaton	F	38	39:32
102	Jennifer Shafer	F	40	29:06	161	Jennifer White	F	35	39:41
103	Nate Shafer	M	9	29:06	162	Kelly Davison	F	26	39:44
104	Jessica Elliott	F	28	29:09	163	Karen Zaccardi	F	59	40:19
105	Bob Keller	M	74	29:22	164	Elizabeth Winterbottom	F	29	
106	Drew Everett	M	13	29:38		40:30			
107	Richard Dugger	M	65	29:44	165	Mary Perry	F	73	40:47
108	Randy Wilkins	M	46	29:47	166	James Wallace	M	52	41:47
109	Smith Leveille	M	24	29:50	167	Kimberly Sheldon	F	27	42:23
110	Thomas Zaccardi	M	55	29:55	168	Michelle West	F	36	43:15
111	Dan Norman	M	46	30:00	169	Angela Pfeifer	F	38	43:15
112	Russell Gary	M	56	30:05	170	Tieng Renner	F	40	43:16

171	Jim Renner	M	39	50:48	10	JOEL PIOTROWSKI	38	M	4:58:78
172	Sherry Stafford	F	37	50:52	11	CONOR SWEENEY	18	M	5:04:87
173	Brad Punch	M	51	1:03:37	12	JASON GRAHAM	28	M	5:05:80
174	Liz Punch	F	47	1:04:54	13	BRANDON ALEXANDER	17	M	5:07:75
175	Michael Punch	M	17	1:04:54	14	TIM UNGER	48	M	5:12:36

**SGI Sizzler Mile
6/29/2008
Hobson Fulmer R.D.**

1	Austin Lee	M	14	6:24	23	KARL HEMPEL	56	M	5:19:30
2	Jacob Kemp	M	11	6:39	24	LILY WILLIAMS	14	F	5:19:97
3	Nathan Everritt	M	13	6:53	25	MICHAEL KENNETT	34	M	5:25:24
4	Joshua Goodsole	M	9	7:00	26	STEFANIE KURGATT	13	F	5:26:67
5	Nate Shafer	M	9	7:01	27	CECELIA WILLIAMS	12	F	5:27:73
6	Jimmy Baggett	M	9	7:28	28	SHERYL ROSEN	24	F	5:27:85
7	Carly Banks	F	15	7:38	29	HOBSON FULMER	52	M	5:28:82
8	Morgan Hayes	F	16	7:38	30	JAY SILVANIMA	48	M	5:31:54
9	Alex Bowman	M	8	7:56	31	JERRY MCDANIEL	54	M	5:32:42
10	Tristan Read	M	7	8:56	32	JAMES DEXTER	23	M	5:33:49
11	Meg Everritt	F	10	9:09	33	WESLEY SCHOFIELD	16	M	5:35:18
12	Grant Ansley	M	9	9:17	34	WILL HENDERSON	14	M	5:36:08
13	Caroline Kunetz	F	12	9:21	35	STEPHANIE LILES	36	F	5:39:48
14	Caitlin Pallotta	F	12	9:21	36	JAMROCK HENRY	30	M	5:43:03
15	Dylan Jones	M	9	9:30	37	MIKE LABOSSIÈRE	42	M	5:43:58
16	Lilly Unger	F	5	9:57	38	SEAN HUDSON	38	M	5:44:16
17	Tyler Larrabee	M	6	10:18	39	CAMERON WONG	13	M	5:44:40
18	Megan Jones	F	11	10:24	40	KELSEY SCHEITLIN	24	F	5:45:13
19	Lamarius Martin	M	5	10:38	41	TYLER COUNCIL	19	M	5:47:28
20	Alex Ansley	F	13	11:36	42	CRIS WILLIAMS	47	M	5:50:99
21	Henry Kennett	M	6	11:37	43	TODD RESAVAGE	38	M	5:53:23
22	Kai Blanton	M	5	11:45	44	RYAN SMITH	15	M	5:53:66
23	Jeffrey Nickel	M	6	12:36	45	CRAIG WILLIAMS	57	M	5:54:36
24	Michelle Ansley	F	40	13:17	46	JANE JOHNSON	49	F	5:54:81
25	Brooke Ansley	F	7	13:18	47	MIKE SIMS	56	M	5:55:72
26	Kim Nickel	F	34	13:20	48	TOM RATLIFF	60	M	5:55:96
27	Allison Nickel	F	8	13:23	49	TEC THOMAS	56	M	5:56:51
28	Aydan Molthen	F	7	13:55	50	ANDY ROBERTS	41	M	5:57:77
29	Ben Wilkins	M	4	14:14	51	CHAS GALLOWAY	21	M	5:59:34
					52	KEITH GATES	27	M	5:59:93
					53	CHRISTINE POOLE	16	F	6:01:04
					54	JULIE CLARK	46	F	6:03:31
					55	CODY STEVENS	13	M	6:05:33
					56	NEIL STOUT	24	M	6:07:98
					57	KRISTIN SWEENEY	13	F	6:11:40
					58	Joe Donoghue	61	M	6:13:61
					59	AUSTIN LEE	14	M	6:14:83
					60	KIRSTEN BAGGETT	41	F	6:15:19
					61	ANDREW POPE	34	M	6:16:59
					62	JASON BOWMAN	38	M	6:16:64
					63	GRAYSON RUHL	13	M	6:17:01
					64	JOSH LOGAN	32	M	6:17:59
					65	COLLIN ABBEY	14	M	6:21:44
					66	KEITH BERRY	51	M	6:21:83
					67	CAMILLE BAKER	13	F	6:22:83
					68	AUTUMN WABLE	13	F	6:23:36

**Breakfast on the Track Mile
8/16/08 Wright Family R.D.'s**

1	WHITNEY STRICKLAND	17	M	4:31:39	60	KIRSTEN BAGGETT	41	F	6:15:19
2	CHRIS LAKE	20	M	4:35:13	61	ANDREW POPE	34	M	6:16:59
3	JOHN ROBIDA	28	M	4:41:43	62	JASON BOWMAN	38	M	6:16:64
4	PATRICK SWAIN	15	M	4:43:12	63	GRAYSON RUHL	13	M	6:17:01
5	KYLE LARSON	22	M	4:43:90	64	JOSH LOGAN	32	M	6:17:59
6	DAVID ALTMAYER	26	M	4:53:08	65	COLLIN ABBEY	14	M	6:21:44
7	AUSTIN STEVENS	15	M	4:53:36	66	KEITH BERRY	51	M	6:21:83
8	JAY WALLACE	44	M	4:55:07	67	CAMILLE BAKER	13	F	6:22:83
9	FRITZ STOPPELBEIN	22	M	4:57:79	68	AUTUMN WABLE	13	F	6:23:36

69	GREG MARTIN	46	M	6:27:05	127	LANA SWEENEY	54	F	7:37:80
70	LIA LOMBARDI	13	F	6:28:05	128	EMILY MARTIN	9	F	7:37:80
71	WIL LUCA	11	M	6:29:97	129	Woody Dudley	71	M	7:45:40
72	ASHELY ROSS	21	F	6:31:26	130	ALEXNDRA WALLACE	10	F	7:47:43
73	KIRK COUNCIL	15	M	6:31:98	131	BRUCE LYNN	61	M	7:51:04
74	BRETT CURTIS	17	M	6:32:27	132	KAREN HAND	38	F	7:52:67
75	MARK DIETRICH	53	M	6:35:16	133	ALLIE CALDWELL	17	F	7:52:67
76	LINDSEY WELCH	13	F	6:35:72	134	PERHA VARLEY	64	F	7:54:66
77	RON CHRISTEN	62	M	6:38:74	135	ERIC BRICKNER	42	M	7:55:45
78	BLAINE THOMAS	11	M	6:39:50	136	ANA WALLACE	8	F	7:57:95
79	JIMMY LEE	39	M	6:40:47	137	SAIGE KEMENY	7	F	8:00:59
80	URSULA MCPHERSON- VITKUS	12	F	6:41:30	138	BOB KELLER	74	M	8:09:14
81	NANCY STEDMAN-LAUX	46	F	6:42:31	139	SONDRA LEE	39	F	8:10:16
82	BUDDY LEVINS	54	M	6:43:00	140	ALLISON MORRIS	15	F	8:11:38
83	JACOB KEMP	14	M	6:43:82	141	JANET SKELTON	40	F	8:11:50
84	ROGER LUCA	53	M	6:45:80	142	SIERRA CUPP	13	F	8:11:60
85	ITHEL JONES	54	M	6:46:42	143	DIANA CALDWELL	52	F	8:11:83
86	JARED CLEVENGER	12	M	6:47:54	144	EMILY CULLEY	7	F	8:12:20
87	FRAN MCLEAN	50	F	6:48:19	145	ZAC KEMENY	6	M	8:20:10
88	NICK DIETRICH	11	M	6:50:54	146	DANIELLE JACKMAN	16	F	8:24:48
89	TIM BREWTON	53	M	6:51:42	147	MATTHEW MCBROOM	8	M	8:30:75
90	CHRISTY PARDIECK	29	F	6:52:88	148	RUTH JONES	57	F	8:31:25
91	MICHAEL Springer	36	M	6:52:88	149	ANNE MARTIN	44	F	8:32:70
92	MARSHALL HENDLIN	12	M	6:54:41	150	MARK MORRIS	46	M	8:34:50
93	CHRISTY FORSYTH	21	F	6:56:78	151	HUNTER MARIE PARKER	10	F	8:36:73
94	AMANDA HUDSON	31	F	6:57:00	152	WALLACE RANDELL	55	M	8:38:85
95	JOHN YAMBOR-MAUL	8	M	6:57:03	153	CHARLES FUTCH	66	M	8:39:10
96	LILLIAN VAN WINKLE	12	F	7:00:15	154	CODY RILES	14	M	8:42:38
97	MATTHEW SWEENEY	11	M	7:00:94	155	JESSICA ELLIOTT	28	F	8:45:80
98	BILLY Brickner	12	M	7:00:29	156	LINDA LEVINS	55	F	8:49:50
99	JOE DEXTER	62	M	7:01:48	157	MACKENZIE CHESNUTT	11	F	8:53:90
100	KIM THOMAS	39	F	7:03:11	158	MARY STUTZMAN	59	F	8:54:70
101	JOANNA FORSYTH	17	F	7:03:44	159	PATRICIA BRUNER	50	F	9:00:50
102	K. ALLISON YU	29	F	7:03:82	160	AIDAN ABBEY	7	M	9:00:03
103	BREANNA BRUNER	12	F	7:05:70	161	DYLAN JONES	8	M	9:19:60
104	SISSI CARROLL	49	F	7:09:59	162	ABBY ELLINGSEN	11	F	9:21:60
105	NATE SHAFER	9	M	7:12:15	163	BIRGINIA FULFORD	43	F	9:23:10
106	CHRISTIAN WONG	11	M	7:12:67	164	GABRIEL SPRINGER	7	M	9:23:40
107	JESSICA PEARSON	13	F	7:16:30	165	COLE THOMAS	6	M	9:28:00
108	CLINT WATKINS	65	M	7:17:94	166	BLAINE PARKER	8	M	9:42:00
109	DAVID DARST	65	M	7:20:59	167	NADA SCOTT	55	F	9:43:90
110	CARLOS ZAPATA	63	M	7:21:00	168	SAMANTHA SMITH	17	F	9:55:44
111	LORI ABBEY	40	F	7:21:04	169	SARAH STERN	50	F	9:56:80
112	LISA UNGER	40	F	7:22:30	170	MEGAN JONES	11	F	10:14:10
113	AMBER SKELTON	13	F	7:22:49	171	HER VONICA COLLINS	27	F	10:27:00
114	DARA HENRY	27	F	7:22:57	172	NADINE DEXTER	49	F	10:28:40
115	JERRY CHESNUTT	58	M	7:23:04	173	AMY Springer	35	F	10:39:30
116	KATHERINE RESAUGE	7	F	7:24:74	174	ISAIAH Springer	9	M	10:40:40
117	SONYA MITREZOVA	16	F	7:26:80	175	MARGARETE DECKERT	75	F	10:48:17
118	RICHARD ZEIGLER	49	M	7:28:68	176	DAVID BOWMAN	4	M	10:48:68
119	JOHN RAKESTRAW	71	M	7:29:78	177	SHERRI JACKMAN	45	F	10:49:37
120	STEPHEN VELIZ II	9	M	7:30:48	178	JOSIE BAGGETT	6	F	11:00:20
121	JACQUE MYERS	51	F	7:30:96	179	DAWN BROWN	59	F	11:26:56
122	ALYSSA YAMBOR-MAUL	13	F	7:32:38	180	LILLY UNGER	5	F	11:28:20
123	MCLIN LAMB	14	M	7:35:75	181	SARAH BOWMAN	6	F	11:48:58
124	DAVID FARNSWORTH	57	M	7:35:94	182	WAYNE KIGER	9	M	11:52:16
125	JARROD LUCA	11	M	7:36:33	183	ARTHUR WARD	74	M	11:54:28
126	JIMMY BAGGETT	9	M	7:37:75	184	PENNY BURNSIDE	42	F	12:55:31
					185	JOHN ALDERSON	81	M	13:19:59

186	JOSEPHINE NEWTON	82	F	13:26:88	45	Scott McVey	M	39	29:25
187	PAULA KIGER	43	F	13:33:52	46	David DelRossi	M	9	29:39
188	BEVERLY HAND	68	F	13:44:22	47	Dawn Jimenez	F	42	29:42
189	JAMES VARLEY	68	M	14:02:72	48	Amy Albee-Levine	F	32	29:46
190	CHARLIE YATES	83	M	16:40:19	48	Scott Henley	M	41	29:50
					50	Michelle Brooks	F	45	29:53
					51	Kaitlyn Perkins	F	19	30:05
					52	Lauren Byrd	F	24	30:08
					53	Javier Vasquez	M	23	30:11
					54	Dylan Tessier	F	26	30:11
					55	Ashleigh Grant	F	20	30:31
					56	Michael Coard	M	23	30:42
					57	Janice Fuentes	F	25	30:42
					58	Dennis Comer	M	49	30:50
					59	Robin Spillias	F	44	30:55
					60	Kevin Mullins	M	37	30:56
					61	Justin White	M	31	31:08
					62	Unknown			31:32
					63	Jason Fryar	M	34	31:34
					64	Gaby Arisso	F	27	31:36
					65	Luci Thomas	F	49	31:48
					66	Deirdre Farrington	F	45	31:48
					67	Christine Pierce	F	24	31:49
					68	James Shepherd	M	31	31:56
					69	Yoslaine Llaurado	F	22	31:58
					70	Smith Leveille	M	24	32:05
					71	Jim Stockdale	M	51	32:10
					72	Susan Cornwell	F	59	32:17
					73	Keven Leveille	M	23	32:22
					74	Rikki Somers	F	24	32:27
					75	Curt Caorniola	M	31	32:28
					76	Jack Campbell	M	35	32:38
					77	Karen Hogan	F	26	32:40
					78	Lisa Robinson	F	27	32:43
					79	Ricky Glass	M	32	32:43
					80	Unknown			32:50
					81	Catie Steedley	F	22	32:51
					82	Unknown			33:06
					83	Chantel Telemacque	F	22	33:08
					84	Unknown			33:35
					85	Marilyn Ney	F	62	33:58
					86	Daryl Webb	M	40	34:00
					87	Taylor Terry	M	22	34:38
					88	Unknown			34:54
					89	Javar Cross	M	25	35:03
					90	Chika Okoro	F	28	35:14
					91	Katie Hobbs	F	27	35:32
					92	Laura Moore-Lawrence	F	32	35:34
					93	Frank Allman	M	47	35:52
					94	Kellie O'Dare	F	31	35:56
					95	Jim Cerone	M	52	36:13
					96	Cheryl Jones	F	43	36:21
					97	Deborah Seymore	F	42	36:46
					98	Michael Louro	F	16	37:10
					99	Kimmy Siddle	F	19	37:13
					100	Becky Shepherd	F	30	37:24
					101	Karen Webb	F	32	39:10
					102	Wladmyr Maignau	M	27	39:08
					103	Elizabeth Warwick	F	23	39:31

**Run for One, Run for All 5K
Southwood 6/21/2008**

1	Tristan Payne	M	23	19:41
2	Will Thompson	M	30	20:15
3	Bryan Derstine	M	20	20:42
4	Cody Jones	M	21	20:43
5	Mike LaBossiere	M	42	20:50
6	David Yorio	M	31	21:51
7	Julie Clark	F	46	22:02
8	Jim Heberle	M	50	22:04
9	Bryan Cavguy	M	20	22:22
10	Sarah Murphy	F	21	22:24
11	Jamie Joanos	M	45	22:41
12	Michael Ferguson	M	21	22:55
13	Fran McLean	F	50	23:04
14	Andrew DeMiguel	M	31	23:16
15	Chris Howcroft	M	20	23:42
16	Lisa Cox	F	43	23:56
17	Simon Jacobson	M	50	23:57
18	Mark Pontious	M	23	24:04
19	Austin Hammonds	M	19	24:17
20	Lindsey Robideau	F	22	24:25
21	Paula O'Neill	F	47	24:27
22	Lori Finn	F	30	24:45
23	Michael Van Zwieten	M	37	25:09
24	Abbie Day	F	24	25:25
25	Mark O'Neill	M	46	25:57
26	Reg Perry	M	49	26:11
27	Hanna Roos	F	20	26:23
28	Lori Westphal	F	38	26:30
29	Jacque Myers	F	51	27:24
30	T. Hobbs	M	27	27:34
31	Ryan Burk	M	36	27:50
32	Sarah Baczewski	F	21	27:52
33	Brian Skene	M	43	27:53
34	Jason Burrows	M	24	27:57
35	Jeff Starks	M	45	28:15
36	Kevin Coleman	M	39	28:18
37	Sandy Holt	F	22	28:23
38	Bob Lotone	M	49	28:34
39	Jeff Peters	M	46	28:37
40	Unknown			
41	Matt Kastrell	M	23	28:48
42	Bob Keller	M	74	28:56
43	Laura Osteen	F	37	29:20
44	Ongi Englander	F	31	29:21

104	Paul Meanley	M	52	40:35	19	Bruce Hagan	M	56	23:00
105	Kristina Meanley	F	20	40:54	20	Zack Mcdaniel	M	34	23:04
106	Elizabeth Watts	F	24	41:04	21	Jack Howdeshell	M	44	23:09
107	Kelsie Moore	F	13	41:32	22	Kirsten Kinsley	F	36	23:27
108	Janell Garcia	F	21	42:21	23	Clark Evans	M	24	23:39
109	Carrie Griffin	F	36	42:49	24	Mark Francis	M	50	23:50
110	Crystal Thullen	F	23	43:49	25	Bill Kimmons	M	56	23:57
111	Hannah Sandler	F	20	44:51	26	Luis Bejarano	M	42	24:02
112	Unknown			45:19	27	Keith Berry	M	51	24:04
113	Kelley Smith	F	29	45:38	28	Kevin O' Donnell	M	48	24:10
114	Ann DelRossi	F	41	47:17	29	Ellen Siegel	F	48	24:17
115	Unknown			49:31	30	Duane Dietz	M	40	24:26
116	Chiayna Jones	F	30	50:15	31	Pat Finan	M	47	24:35
117	Kathy Pennington	F	27	50:15	32	Terry Ryan	M	59	24:40
118	Katherine Gundersen	F	6	52:34	33	Michnela Roccanti	F	17	24:41
119	Nordahl Gundersen	M	37	52:48	34	Nicholas Salow	M	13	24:43
120	Brandi Long	F	25	52:50	35	Greg Ozburn	M	39	25:07
121	Paula Smith	F	49	52:51	36	Heather Young	F	23	25:12
122	Andrea Hunter	F	32	52:52	37	Ed Claiborne	M	53	25:25
123	Lindsey Pancusis	F	27	52:52	38	Keith Blasing	M	33	25:40
124	Katy Carter	F	28	52:53	39	Gatlin Nennstiel	M	9	25:45
125	Monica Clayton	F	35	55:38	40	Rick Spinnenweber	M	48	25:47
126	Linda Leonard	F	41	55:40	41	Missy Culp	F	35	25:52
127	Ian Schrader	M	6	55:56	42	Cathy Cushing	F	39	25:56
128	Connell Barron	M	35	56:05	43	Sandra Canada	F	45	26:00
129	Kechia Banks	F	31	56:05	44	Adam Kent	M	32	26:12
130	Connell Barron	M	11	56:08	45	Carter Hickman	M	51	26:28
131	Liane Schrader	F	33	56:16	46	Tommy Daniels	M	33	26:33
132	Agnes Furey	F	71	58:41	47	Emma Dugger	F	45	26:36
133	Steph Gallo	F	23	59:51	48	Nick Nichols	M	64	26:37
134	Serena Gallo	F	52	60:23	49	John Rakestraw	M	71	26:39
135	Nakita Marshall	F	28	60:37	50	Lisa Unger	F	40	26:41
					51	Bill Cobb	M	44	26:44
					52	James Cade	M	35	26:57
					53	Christine Lamia	F	45	26:58
					54	Jeremy Billington	M	27	27:10
					55	Christine Sanchez	F	30	27:13
					56	Jamie Willoughby	M	30	27:14
					57	Vicky- Bird O'sullivan	F	35	27:15
					58	Kate D' Souza	F	20	27:16
					59	Jimmy Ledford	M	52	27:22
					60	Alyson Lee	F	37	27:32
					61	John Morrill	M	56	27:36
					62	John Taylor	M	47	27:40
					63	Tiffany Anderson	F	36	27:43
					64	Bobby Plaines	M	51	27:44
					65	Deborah Ansley	F	52	27:49
					66	Lynda Pfundstein	F	43	27:55
					67	Lee Childs	M	53	27:56
					68	Chuck Rolling	M	51	28:06
					69	Emma Good	F	34	28:08
					70	Chari Wester	F	49	28:18
					71	Perha Varley	F	63	28:25
					72	Whitny Wood	F	21	28:32
					73	Justin Halpin	M	29	28:34
					74	Lauren Faison	F	35	28:53
					75	Dale Pearson	M	45	29:12
					76	Karen Smith	F	34	29:18
					77	Scott Brantley	M	35	29:20

**Monticello Melon Run 5K
6/21/2008
Robert Mazur R.D.**

1	Nathan Haskins	M	19	16:08	60	Alyson Lee	F	37	27:32
2	James Frazier	M	47	17:42	61	John Morrill	M	56	27:36
3	Tim Unger	M	48	18:40	62	John Taylor	M	47	27:40
4	David Yon	M	52	19:43	63	Tiffany Anderson	F	36	27:43
5	Michael Kennett	M	34	19:50	64	Bobby Plaines	M	51	27:44
6	Deb Jones	F	22	20:16	65	Deborah Ansley	F	52	27:49
7	Ben Threadgill	M	25	20:41	66	Lynda Pfundstein	F	43	27:55
8	David Harrell	M	23	21:01	67	Lee Childs	M	53	27:56
9	Gary Griffin	M	58	21:10	68	Chuck Rolling	M	51	28:06
10	Shelton Ansley	M	56	21:24	69	Emma Good	F	34	28:08
11	Andrew Pope	M	34	21:29	70	Chari Wester	F	49	28:18
12	Craig Willis	M	56	21:36	71	Perha Varley	F	63	28:25
13	Cliff Buell	M	54	21:50	72	Whitny Wood	F	21	28:32
14	Chad Johnson	M	37	22:00	73	Justin Halpin	M	29	28:34
15	Mark Wirick	M	44	22:01	74	Lauren Faison	F	35	28:53
16	Brad Lewis	M	48	22:14	75	Dale Pearson	M	45	29:12
17	Jeff Kuperberg	M	47	22:34	76	Karen Smith	F	34	29:18
18	Grea Bevis	M	46	22:54	77	Scott Brantley	M	35	29:20

78	Bruce Lynn	M 61	29:21	137	Wilbur Anderson	M 50	34:40
79	Charles Culp	M 36	29:25	138	Paige Wells	F 34	34:41
80	Mark Kilette	M 47	29:26	139	Cade Weldon	M 10	34:57
81	Marshall Kelley	M 62	29:31	140	Joe Anderson	M 0	35:17
82	Phil Barker	M 52	29:31	141	Lindsey Threadgill	F 26	35:22
83	Stephen Demott	M 40	29:34	142	Jane Krier	F 46	35:27
84	Bonnie Foster	F 67	29:51	143	Gary Crayton	M 55	35:36
85	Vicky Verano	F 44	29:53	144	Sara Crayton	F 58	35:37
86	Krista Graham	F 33	29:56	145	Michelle Russell	F 28	35:51
87	Barbara O' Donnell	F 46	29:59	146	Gina Rockholt	F 23	36:01
88	Al Cooksey	M 60	30:11	147	Jill Rockholt	F 21	36:01
89	Allison Halpin	F 25	30:11	148	Aaveh Greene	f 17	36:35
90	Jessica Elliott	F 28	30:13	149	Angela Mccune	F 17	36:35
91	Sara Halpin	F 23	30:16	150	Carrie Bruce	F 33	36:43
92	Fe Tan	F 38	30:31	151	Jean Louise Krier	F 46	36:43
93	Caytie Hopkins	F 15	30:36	152	David Dykes	M 18	37:12
94	Dale Boatwright	M 57	30:38	153	David Boatwright	M 18	37:12
95	Keith Cooksey	M 33	30:45	154	Beth Culley	F 43	37:20
96	Janet Hartman	F 37	30:46	155	Emily Culley	F 7	37:21
97	Bernice Lewis- Mercer	F 48	31:02	156	Bill Brinson	M 61	37:25
98	Ayers Anderson	M 47	31:04	157	Jamie Michalowski	F 20	37:29
99	Ricky Lay	M 45	31:10	158	Chris Anderson	M 51	37:30
100	Michele Brantley	F 39	31:15	159	John Nicholson	M 52	37:35
101	Kristi Gordon	F 32	31:24	160	Mike Sims	M 55	38:06
102	Susan Ledford	F 45	31:26	161	Kelly Darling	F 23	38:22
103	Ian Haselden	M 9	31:41	162	Cierra Davis	F 8	38:25
104	Anthony Champion	M 34	31:58	163	Robert Morris	M 76	38:27
105	Bill Lindstrand	M 73	32:00	164	Kelly Melvin	F 19	38:35
106	Mary Stutzman	F 59	32:02	165	Margarete Deckert	F 75	38:40
107	Becky Ajhar	F 43	32:14	166	Jamie Pitts	F 33	39:35
108	Willette Johnson	F 36	32:28	167	Linda Melvin	F 46	40:04
109	Glen Seay	M 39	32:37	168	Cynthia Tie	F 42	41:00
110	April Brown	F 51	32:38	169	David Harris	M 40	41:21
111	Kathleen Brooks	F 46	32:45	170	James Varley	M 68	41:21
112	Tammy Pearson	F 37	32:48	171	Regina D' Souza	F 51	41:32
113	Diana Hunter	F 32	32:49	172	Amber Wagoner	F 17	41:35
114	Robin Adams	F 39	32:49	173	Steve Vaughan	M 38	41:36
115	Melissa Murray	F 29	32:52	174	Rylee Vaughan	F 6	41:37
116	Kay Posey	F 54	32:56	175	Alexis Phillips	F 27	41:47
117	Luke Seay	M 10	33:09	176	Christi Billington	F 25	42:04
118	Dan Hamedani	M 57	33:17	177	Shane Phillips	M 33	42:17
119	Edwin Collette	M 24	33:28	178	Carolyn Wright	F 65	42:50
120	Lisa- Jan Bailey	F 50	33:30	179	Tiffany Miesel	F 24	42:52
121	Stephani Pilkington	F 19	33:38	180	Kris Lanh	M 39	42:55
122	Hanson Ozbun	M 8	33:50	181	Patti Harris	F 39	42:59
123	Aubrey Posey	F 33	33:56	182	Renelle Randell	F 49	43:04
124	Jim Craig	M 63	33:58	183	Josephine Newton	F 81	44:03
125	Jamie Harley	F 30	34:00	184	Judi Kent	F 28	44:50
126	James Craig	M 32	34:01	185	Lori Weldon	F 39	45:32
127	Ashley Miracle	F 22	34:05	186	Debbie Nennstiel	F 39	46:44
128	Karen Foulke	F 50	34:08	187	Sharon Reavis	F 46	47:23
129	Wallace Randell	M 55	34:10	188	Chloe Culp	F 7	47:48
130	Patrick O'sullivan	M 7	34:18	189	Sherry Stafford	F 37	48:23
131	Kathleen Gray	F 15	34:19	190	Kate Winegardner	F 9	50:46
132	Jim Anderson	M 48	34:22	191	Matthew Winegardner	M 6	54:23
133	Michael O'sullivan	M 36	34:23	192	Ruben Aleman	M 10	54:28
134	Mischa Franklin	F 27	34:24	193	Jere Moore	M 76	58:04
135	Angela Perry	F 36	34:30	194	Charlie Yates	M 83	58:45
136	Jennifer Winegardner	F 39	34:36				

Grand Prix Standings Through BOT 8/16/08

Overall Female

Stephanie Liles	35	6	152
Kirsten Baggett	41	8	122
Nancy Stedman-Laux	46	8	101
Jane Johnson	48	5	83
Sarah Docter-Williams	43	3	80
Angela Dempsey	39	5	79
Sheryl Rosen	23	3	67
Sissi Carroll	49	5	66
Christy Pardieck	29	6	58
Julie Clark	46	4	50
Loranne Ausley	44	4	42
Brook Pace	28	3	42
Sandra Canada	45	4	36
Olivia Swedberg	24	2	32
Fran McLean	50	5	31
Jana Stolting	16	1	30
Jennifer Shafer	39	2	24
Lisa Johnson	26	1	20
Lisa Cox	42	3	19
Connie Clarke	46	1	17
Lisa Whitworth	37	1	15
Rachel Duerr	26	1	15
Kelsey Scheitlin	24	1	13
Melissa Zapata	28	2	12
Toma Wilkerson	38	2	12
Andrea Stephens	31	1	11
Lisa Umana	31	2	10
Lisa Unger	40	1	9
Susan Kelly	56	1	9
Ann Guillen	39	2	8
Elizabeth Kelsey	31	1	7
Jane McPherson	44	1	7
Mary Jean Yon	52	1	5
Amanda Hudson	31	1	5
Nancy Widener	58	1	5
Kim Thomas	38	1	3
Judy Alexander	46	1	3

1-9 Female

Ana Wallace	8	4	75
Katherine Resavage	7	3	52
Saige Kemeny	6	3	42
Lilly Unger	5	2	28
Josie Baggett	6	3	20
Rebekah Palmer	9	2	18
Kate Winegardner	8	1	15
Peninah Kimelman	7	1	12
Anna Wilgenbusch	8	1	12
Olivia Borschel	7	1	10
Caroline Campbell	8	1	6
Sarah Bowman	5	1	6
Madeline Sewell	4	1	6
Sara Hearn	8	1	4

10-14 Female

Alexandra Wallace	10	4	45
Breanna Bruner	12	3	40
Carly Thomas	13	2	40
Lily Williams	13	2	40
Megan Jones	11	3	34
Amanda Piotrowski	11	2	28
Lauren McBroom	11	2	18
Cheslyn Donaldson	11	2	18
Emily Wilgenbusch	13	1	15
Cecelia Williams	11	1	15
Autumn Wable	12	1	12
Emily Dempsey	11	1	10
Alyssa Yambor- Maul	12	1	8
Hunter Marie Parker	10	1	4
Mackenzie Chesnutt	10	1	2

15-19 Female

Allie Caldwell	17	2	30
Jana Stolting	16	1	20
Lilly Caldwell	17	1	20
Allison Clarke	16	1	20
20-24 Female			
Sheryl Rosen	23	3	60
Olivia Swedberg	24	2	35
Betsy Shaver	21	2	27
Michelle Marts	24	2	27
Jamie Michalowski	20	2	24
Katelyn Lynch	24	1	20
Amanda Burgess	22	1	20
Kelli Lane	20	1	20
Kerry Corven	24	1	15
Kelsey Scheitlin	24	1	15
Emily Butterfield	21	1	10

25-29 Female

Christy Pardieck	29	7	117
Melissa Zapata	28	6	75
Brook Pace	28	3	55
Sarah Dugas	29	4	48
Rachel Duerr	26	3	42
Jessica Elliott	28	2	25
Lisa Johnson	26	1	20
Krysten Claiborne	25	2	20
Jessica Kemeny	28	1	15
Jana Rentz	28	1	15
Erin Glover	27	1	10
Bridget Pace	27	1	8
Katherine Hanaghan	26	1	8
Allison Fogt	25	1	2

30-34 Female

Andrea Stephens	31	3	55
Lori Parham	34	4	54
Lisa Umana	31	3	50
Aubrey Posey	32	4	42

Amanda Hudson	31	2	40
Elizabeth Kelsey	31	2	40
Lori Finn	30	1	20
Somer Al- Kassar	30	1	20
Amy Springer	34	1	15
Amy Antimucci	32	1	10
Eirin Lombardo	32	1	10
Christine Stabley	32	1	6

35-39 Female

Stephanie Liles	35	6	120
Angela Dempsey	39	5	85
Ann Guillen	39	5	62
Karen Gail Hand	38	6	57
Jennifer Shafer	39	3	50
Kim Thomas	38	3	40
Sondra Lee	39	4	32
Toma Wilkerson	38	2	24
Robin Borschel	37	2	20
Ann Bowman	39	1	15
Lisa Whitworth	37	1	15
Marisol Roberts	37	2	14
Jo Lena Pace	35	2	14
Karen McBroom	39	2	12
Kelly Sullivan	36	1	12
Karin Clausen	39	1	10
Kelli Dillon	37	1	10
Margaret Kimlin- Timm	36	1	8
Jennifer Winegardner	39	1	6
Lena Juarez	38	1	4

40-44 Female

Kirsten Baggett	41	8	150
Lisa Cox	42	8	102
Lisa Unger	40	8	87
Loranne Ausley	44	5	70
Sarah Docter- Williams	43	3	60
Jane McPherson	44	3	35
Susan Ledford	44	3	26
Beth Alexander	43	3	24
Dawn Jimenez	42	3	24
Alice Buford	43	2	18
Paula Kiger	43	2	16
Connie Mayo	41	1	12
Lorien Abbey	40	1	12
Linda Johnson	43	2	10
Lynda Pfundstein	42	1	10
Becky Ajhar	42	1	2

45-49 Female

Nancy Stedman- Laux	46	9	128
Sissi Carroll	49	8	117
Jane Johnson	48	5	100
Julie Clark	46	4	65
Sandra Canada	45	6	63
Barbara O' Donnell	45	4	26

Connie Clarke	46	2	25	Dot Skofronick	70	2	40	Gabriel Springer	7	3	12
Kathy Dunnigan	49	3	22					Lance Mayo	9	1	10
Jill May	47	2	16	<u>80-84 Female</u>				Wayne K Kiger	8	1	10
Emma Dugger	45	2	16	Josephine K Newton	81	6	120	Henry Kennett	6	1	8
Nadine Dexter	49	3	16					Matthew Winegardner	6	1	8
Dianne Dearduff	48	1	12	<u>85+ Female</u>				Aidan Abbey	6	1	6
Judy Alexander	46	1	8	Rosalie Myers	86	3	60	Andrew Palmer	7	1	4
Patricia Bruner	49	1	8					Cole Thomas	5	1	2
Kathy Lindsay	48	1	6	<u>Overall Male</u>							
Penny Isom	45	1	6	Tripp Southerland	23	6	180	<u>10-14 Male</u>			
Chari Wester	48	1	4	John Robida	27	7	160	Jacob Kemp	11	5	92
				Bill McCord	45	9	105	Blaine Thomas	10	4	47
<u>50-54 Female</u>				Tim Unger	48	7	95	Marshall Hendlin	11	3	43
Jacque Myers	51	7	125	Michael Martinez	42	4	76	Nicholas Minno	13	2	27
Fran McLean	50	5	100	David Altmaier	26	5	73	Luke Liles	12	2	23
Mary Jean Yon	52	4	59	Jay Wallace	43	4	62	Nick Dietrich	11	2	22
Diana Caldwell	51	5	56	Felton Wright	50	5	51	Colin Abbey	12	1	20
Nada Scott	54	5	49	Vince Molosky	28	3	51	Jack Rutledge	12	1	15
Linda Levins	54	2	22	Fritz Stoppelbein	22	7	47	Davis Clarke	13	1	12
Kathy Flippo	54	2	18	Patrick Swain	15	2	37	Perry Waddell	10	1	8
Jackie McDaniel	53	2	16	Jack McDermott	38	1	30				
Karen Laiche	52	1	15	Hobson Fulmer	52	2	26	<u>15-19 Male</u>			
Bonnie Wright	52	1	15	David Yon	52	2	26	Patrick Swain	15	2	40
Debbie Griffin- Bruton	53	1	15	Brian Corbin	40	2	22	Jared Black	19	1	20
Denice Jones	52	2	14	Joel Piotrowski	38	2	22	Tyler Unger	16	1	20
Cynthia Christen	54	1	10	Gary Droze	46	1	20	Scott Hastings	16	1	20
Susan Kaempfer	51	1	10	Andy Roberts	40	4	20	Michael Dobson	17	1	15
Mary Jane Tappen	50	1	8	Kyle Larson	21	1	17				
Kay Posey	54	1	4	Charles Kemeny	32	1	15	<u>20-24 Male</u>			
				Hamp Stoutamire	41	1	15	Tripp Southerland	23	6	120
<u>55-59 Female</u>				Tony Guillen	39	3	15	Fritz Stoppelbein	22	7	107
Ruth Jones	56	7	110	Mike La Bossiere	41	2	12	James Dexter	23	5	63
Mary Stutzman	59	5	77	Reid Vannoy	49	2	12	Clark Evans	24	3	30
Nancy Widener	58	3	60	Joe Sroka	23	1	11	Kyle Larson	21	1	20
Dawn Brown	59	5	45	Steve Barraco	52	1	11	Neil Stout	23	2	20
Janet Hastings	56	4	38	William Hillison	63	1	11	Joe Sroka	23	1	15
Susan Kelly	56	2	35	Tom Ratliffe	60	2	10	Frank Geraci	23	1	10
Karen Zaccardi	58	4	31	Matthew F Minno	48	2	10	Thomas Lynch	21	1	8
Barbara Bumgarner	55	2	25	T. Alan Cox	47	1	9				
Karen Smith	59	2	16	Jay Silvanima	47	1	9	<u>25-29 Male</u>			
Ginny Vargas	57	1	15	Jared Black	19	1	9	John Robida	27	7	140
Elaine Flournoy	55	1	12	Mike Weyant	42	2	8	David Altmaier	26	5	74
Anne Priddy	58	1	12	Jim Wilgenbusch	39	1	7	Dan Krassner	27	4	57
Christie Koontz	58	1	6	Cliff Buell	53	1	5	Keith Gates	26	6	52
				Michael Kennett	34	1	5	Vince Molosky	28	3	45
<u>60-64 Female</u>				Travis Blanton	35	1	3	John Falk	29	3	38
Perha Varley	63	4	75	Dave Borschel	43	1	3	Patrick Rentz	27	3	31
Emily Ruddell	61	3	52					Chris Dexter	26	2	27
Marilyn Ney	61	2	30	<u>1-9 Male</u>				Zach Galloway	28	2	25
Judie Kean	62	1	20	Nate Shafer	9	4	75	Phillip Claiborne	27	3	22
				Jimmy Baggett	8	4	62	Geoffrey Adams	27	1	2
<u>65-69 Female</u>				Alex Bowman	7	4	54				
Bev Hand	67	5	87	Joshua Liles	8	3	33	<u>30-34 Male</u>			
Mary Lou Manausa	69	3	60	Seth Kemeny	8	2	32	Andrew Pope	34	7	120
Pheona Kaiser	65	1	20	Matthew McBroom	7	3	26	Michael Kennett	34	4	80
Betsy Hutton	69	1	15	Dylan Jones	8	3	24	Charles Kemeny	32	1	20
				John Yambor- Maul	8	1	20	Manuel Constantino	30	1	12
<u>70-74 Female</u>				Zachary Kemeny	5	3	20				
Margarete L Deckert	74	7	130	Zach Roberts	9	1	12				

35-39 Male

Joel Piotrowski	38	7	125
Jason Bowman	37	7	77
Tony Guillen	39	3	55
Jason Dimitris	37	4	39
Ernesto Umana	39	3	34
Jack McDermott	38	2	30
Travis Blanton	35	2	27
Scott Maier	36	2	27
Sean Hudson	37	2	24
Jimmy Lee	38	3	22
Jim Wilgenbusch	39	1	20
Todd Resavage	38	2	16
Koji Ueno	36	1	10
Todd McMillan	35	1	8
David Ensley	38	1	6
Michael Flanigan	38	1	6
Michael Springer	35	1	4

40-44 Male

Andy Roberts	40	8	106
Michael Martinez	42	5	95
Jay Wallace	43	4	80
Mike La Bossiere	41	6	62
Mike Weyant	42	4	44
John McBroom	40	3	37
Brian Corbin	40	2	35
Dave Borschel	43	3	31
Michael Boll	43	5	30
Matthew Kennedy	43	3	26
Sean Bower	43	1	15
Hamp Stoutamire	41	1	15
Hayden Dempsey	40	2	14
Steve Shafer	43	1	12
Mark Delegal	40	1	12
Frank Rudd	44	2	12
Stuart Haworth	42	3	12
Jeff Starks	44	1	10
Jeff Bryan	40	1	10
Ed Baggett	43	1	10
Douglas Covert	43	1	8
Rob Dearduff	42	1	4

45-49 Male

Bill McCord	45	9	147
Tim Unger	48	7	135
Jay Silvanima	47	9	109
T. Alan Cox	47	5	49
Matthew F Minno	48	4	34
Brad Lewis	48	4	34
Reid Vannoy	49	3	34

Jeff Bowman	46	4	30
Gary Droze	46	1	20
Bob Asztalos	48	2	18
Brant Foster	46	2	18
Jamie Joanos	45	2	14
T J Cutchins	48	3	12
David Cox	49	2	10
Cris Williams	46	1	10
Kevin O' Donnell	48	2	8
Richard Ziegler	48	1	8
David Landis	49	1	8
Myron Herring	48	2	6
Andrew L Maurey	47	1	6
Alex Steverson	47	1	4
Bruce Timm	49	1	4

50-54 Male

Felton Wright	50	7	117
Hobson Fulmer	52	5	77
David Yon	52	4	57
Jerry McDaniel	54	5	55
Steve Barraco	52	2	40
John Kelly	50	4	40
Cliff Buell	53	3	38
Jimmy Ledford	51	4	34
Gary Cato	51	3	29
Ithel Jones	53	2	26
Keith L Berry	51	3	22
Bud Fennema	52	2	20
Jeff Nielsen	50	2	20
Mark Priddy	52	2	19
Dale L Smith	54	1	12
Buddy Levins	54	2	12
Mark Dietrich	52	2	12
Kyle Meyer	51	1	10
Alfred Bea	52	1	8
Warren A Emo	54	1	8
Richard L Addison	53	2	6
Wes Bruner	53	1	6
Tim Brewton	52	1	4
Jim Ervin	50	1	4
Bill Dobson	53	1	2

55-59 Male

Tec Thomas	56	6	96
Jerry Chesnutt	57	4	52
Craig Willis	56	3	47
Karl Hempel	56	2	40
Thomas Zaccardi	55	3	33
Gary Griffin	58	2	30
Steve Chandler	55	2	23
Paul Hoover	57	1	20

Rob Cunningham	59	1	20
Nick Mazza	59	1	20
Bill Perry	59	2	19
Pete Kerwin	55	1	12
David Farnsworth	57	2	10
Chuck Booker	57	1	10
Tom Hastings	57	1	10
Terry Ryan	59	1	6
Tom Perkins	56	1	6
Lou Vargas	58	1	4

60-64 Male

Tom Ratliffe	60	7	135
Ron Christen	62	7	87
Joe Donoghue	60	5	70
David Darst	64	8	70
Bill McGuire	60	4	70
Joe E Dexter	61	5	57
Carlos Zapata	62	7	54
William Hillison	63	3	47
George S Palmer	63	4	30
Bruce Lynn	60	5	24
Rick Ashton	61	3	16
Maynard Sweeley	63	2	12
Jerry Ongley	60	1	12
Nick Yonclas	64	1	10
Scott Palmer	63	1	2

65-69 Male

Clint Watkins	65	7	140
Charles R Futch	66	3	45
James Varley	68	3	44
Mike De Gennaro	65	2	35
James Story	67	1	12

70-74 Male

John Rakestraw	71	7	135
Bob Keller	73	9	128
Woody Dudley	70	5	85
Arthur B Ward	74	7	74
Bill De Grummond	73	1	12

75-79 Male

Robert Morris	76	6	120
Jere Moore	75	4	60
James Skofronick	76	1	20

80-84 Male

Charlie R Yates	82	6	110
John Alderson	81	3	55

Gulf Winds Track Club Membership Application

Today's Date _____ Gender: Male _____ Female _____

Name _____ Date of Birth _____

Street _____ Apt# _____

City, State, Zip _____

Phone _____ E-mail _____

Membership: Individual _____ Family _____ (list additional family members):

Additional Family Member(s) Name Gender Date of Birth

Membership Dues: Individual \$20.00; Family: \$25.00	\$ _____
Chenoweth Endowment Fund Contribution (optional)*	\$ _____
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 :	<input type="checkbox"/>
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Mail to: GWTC Membership, P.O. Box 3447, Tallahassee, FL 32315



Dave Rogers flies his Parasail at Track Series #8. Read his story on pages 15-16



100 meter sprinters at Track Series 8 at Maclay School



Race Director Felton Wright instructs Heat 2 at the Breakfast on the Track Mile

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

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