



The Fleet Foot



\$2.00

Volume 34 Issue 11

Newsletter of the Gulf Winds Track Club

Dec. 2009

Mike LaBossiere continues to recover from his serious knee injury at the Marzuq Shrine 5K at Bradley's Fun Day





Christopher
Coutts

Other Triathlon
Results - pg 17

Remember, there are
thousands of race photos
waiting for you at;
[http://
picasaweb.google.com/
Freddecka](http://picasaweb.google.com/Freddecka)

Linda Levins and Buddy Levins at COPS 5K



Robert Lotane & Richard Addison, COPS 5K



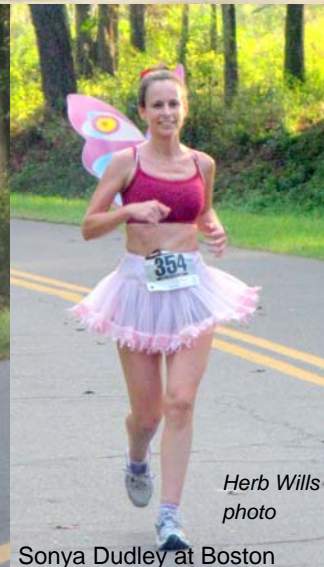
Herb Wills
photo

Vince Molosky wins at
the Boston Half Marathon



Herb Wills
photo

Sheryl Rosen wins at
the Boston Half Marathon



Herb Wills
photo

Sonya Dudley at Boston

IMPORTANT NOTICE!!**

Our bulk mail is now automated, those receiving the Fleet Foot via First Class mail may wish to save the \$7 yearly additional cost by dropping that option when you renew your membership

SHOOZ FOR KIDS!

Margarete Deckert will collect running shoes for kids at local races. Look for the "SHOE BOX".

Annual Holiday Party

Saturday, December 12, 7-11 p.m.
American Legion Hall
Live music by Crooked Shooz

Personal Records - P.R.'s

Paula O'Neill	23:00	FSU Cares 5K
Lisa Cox	22:57	FSU Cares 5K
Lance Lozano	20:34	Sundberg 5K
Cedric Stephens	23:56	Sundberg 5K
Lisa Cox	1:49:16	Boston Half
Paula O'Neill	49:02	Bainbridge 10K
Laura McDermott	3:43:50	St. George Mar.
Kyle Harris	37:56	Vets Day 10K
Mickey Moore	1:05:15	De Bruyn 15K

Marathons & Ultras

Tim Brewton	4:16:42	Dublin Marathon
Andy Roberts	3:17:40	Richmond Mar.

11/10/09

To the Board Members of
Gulf Winds Track Club,

Thank you for allowing Grace Christian Academy to participate in your school Grant Program. Our club is open to first-12th graders and we meet once a week. On our first day (last Wed.) I had 22 children attend and run 98 1/2-mile laps! The money will be very helpful in rewarding them for their accomplishments! Julie Harris

Julie is the mother of those fast Harris kids - Kyle, Chase and Caleb. Mom runs well too!

The Fleet Foot
Newsletter of the Gulf Winds Track Club

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

Columnists: Jane Johnson, Judy Alexander

Advertising Copy

The maximum print size of our page is 4.5 in. wide by 7.5 in. high. If possible, ads should be sent as MS Word files. Ads will look best with standard fonts (Arial, Times New Roman), formatted to fit the desired size. The simple way is to use 2 inch margins on 8.5x11 paper. Please use graphics with adequate resolution. If only hard copy is available, please make sure it is clear and sharp as it will have to be scanned and reformatted. **Deadline: 18th of month previous to publication.** Questions, contact the editor.

Advertising Payments:

Full Page-\$50, Half Page - \$28, 1/4 Page-\$16,
Run twice, no changes - \$46, \$25, \$14 each.
Yearly rates: \$400, \$225, \$125. Letter-size centerfold race flyer, check with editor. Payment in advance/checks payable to **GWTC-Fleet Foot** and sent to:
Fred Deckert, 6323 Count Fleet Trail, Tallahassee, FL 32309

Submissions/Contributions

Submissions for publication are strongly encouraged. For text, the preferred format is Microsoft Word. For race results, Excel spreadsheets or MS Word files are preferred. Hard copies are undesirable. For more details or to contribute material contact the editor.

If you have pictures or stories about your running group, don't be shy. Photos should be in jpg format if at all possible. Contact me if you have questions.

Fred Deckert
893-9739, freddeckx@comcast.net

Change of Address

Your newsletter will not be forwarded; you must provide your new address and phone number. by mail to:

**GWTC-MSHP, P.O. Box 3447,
Tallahassee, FL 32315;**
or call **Peg Griffin** 893-6816.
e-mail at swimmer@nettally.com

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

President
Judy Alexander 383-1361
jalexander98@comcast.net

Vice President
Bill Lott 656-1273
blott@nettally.com

Secretary
Jackie McDaniel 297-0009
jackiemcdaniel1@gmail.com

Treasurer
Gene Opheim 671-3181
geop100@hotmail.com

Directors at Large
Julie Clark 575-9266
JulieCla@msn.com
Seeley Gutierrez 264-1538
seel76@aol.com
Jay Silvanima 222-3793
Jsilvanima@aol.com
Felton Wright 386-3500
mfelton_wright@ml.com
David Yon 668-2236
david@radeylaw.com

Membership
Mark Priddy 668-4907
markpriddy@msn.com

Equipment
Vicky Verano, 212-1646
vickyyellow@comcast.net

Race Director Coordinator
Charles Yates 385-2768
yatesc@mac.com

Racing Teams Coordinator
Tim Unger 850-921-0035
unger4122@comcast.net

Past Presidents
Mary Jean Yon 668-2236
maryjeanyon@comcast.net

Articles/Race Results for Democrat
Gary Droze 942-7333
gdroze@maclay.org

Clothing Coordinator
Margarete Deckert 893-9739
freddeckx@comcast.net

Social Coordinator
Kathy Lindsay 219-3788
klindsay@govserv.com

Lecture Series
Nancy Stedman-Laux 545-7074
realtornancy@comcast.net

Newsletter
Fred Deckert 893-9739
freddeckx@comcast.net

GWTC Web Site - www.gulfwinds.org

Contents

Minutes	4-5
President's Column	6
Race Calendar	10-11
Featured Feet	12-13
Volunteer Corner	14-15
Smile for a Mile	19
Race Results	21-28
Grand Prix Results	29-33

Upcoming Grand Prix Races 2010

Jan 16	GWTC 30K
Jan 23	Special Olympics 5K Kids and Adults

GWTC Board Meetings 7:30 p.m

Dec. 9	Judy Alexander
Jan. 13	M.J. and David Yon

Gulf Winds Track Club Minutes of the November 11, 2009 Board Meeting Hosted by Jackie McDaniel

Present: **Julie Clark, David Yon, Mark Priddy, Charlie Yates, Felton Wright, Judy Alexander, Bill Lott, Jackie McDaniel, Vicky Verano, Mary Jean Yon, Tom Perkins, Bob Macdonald, Jeanne O'Kon, Peg Griffin, Seeley Gutierrez, Gene Opheim, Jerry McDaniel, Bill Hillison, Amanda Hudson, Bobby York, Herb Wills, Lisa Cox, and Karen Muñoz**

Judy Alexander called the meeting to order at 7:32 p.m. Quorum was established.

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

New Business

Bill Hillison – Bill presented the proposed budget for the upcoming Bowlegs Run for Scholarship. A motion was made to approve the budget as presented, seconded, and approved by unanimous vote.

Jeanne O'Kon and Peg Griffin – Jeanne presented the final results of the election to elect club officers and directors-at-large for 2010. The results are as follows: President – **Judy**

Alexander; Vice-President – **Bill Lott;** Treasurer – **Amy Antimucci;** Secretary – **Jackie McDaniel.** Director-at-Large Positions: **David Yon, Julie Clark, Herb Wills, Felton Wright, and Seeley Gutierrez.**

Jeanne O'Kon –As a follow-up to her presentation at the October board meeting, Jeanne presented the Board with an amendment to the GWTC By-Laws regarding grand prix committee members' eligibility to receive annual awards. The amended policy statement was discussed by the Board. After approval by the Awards/Grand Prix Committee, the amended policy statement will be presented to the Board for final approval and adoption. Jeanne also told the Board that **Lisa Unger's** term as a member of the awards committee ends in January 2010. Lisa has served on the committee for nine years, several as chairman. **Mark Priddy** was nominated as a replacement for **Lisa Unger.** Final selection for Lisa's replacement will be made at a later date.

Robert Macdonald – Bob introduced the Tri Club Officers & Board members that were in attendance. He then reported that 33 triathletes from the GWTC Tri Club participated in the Ironman Florida last weekend. The Tri Club has 170 members. **Amanda Hudson,** Treasurer of the Tri Club, has worked with **Gene Opheim** over the past year to coordinate the financial dealings of the Tri Club and is looking forward to working with **Amy Antimucci,** the incoming GWTC Treasurer. **Bobby York,** Vice-President of the Tri Club, is looking into the possibility of having uniforms available for purchase by Tri Club members. Bobby recently redesigned the Tri Club webpage; it is a link on the GWTC webpage. He informed the Board that members of the Tri Club will be able to register for the 2010 Red Hills Triathlon before registration is opened up to non-members. **Lisa Cox,** Secretary of the Tri Club reported that the Tri Club is currently 1st in the nation, in the large club division, in the Tri Nation Online competition. Clubs compete against like sized clubs from across the nation for cash prizes and the National Club Cup Champion title. Clubs earn points from each member that submits race results for events they participate in. The 1st place team will win \$750 and can win an additional \$250 for the most active club. **Karen Muñoz,** one of three directors-at-large for the Tri Club, is working on the Tri Club awards ceremony to be held at their January meeting. The Tri Club will present awards to their members that are in addition to the male and female triathlete of the year awards presented at the GWTC Awards Ceremony to be held January 16, 2010.

Mark Priddy – Mark asked the Board to consider whether the Club should offer lifetime memberships to members. After discussion among board members, it was decided that

lifetime memberships would not be offered at this time.

David Yon – David presented a proposed budget for the upcoming Turkey Trot races. A motion was made to approve the budget as presented, seconded, and approved with one dissent. David reminded the Board that the Music Fest held the Sunday before the Turkey Trot will be at Chez Pierre this year. Registration and packet pick-up will be available from 2-5 p.m.

Treasurer's Report – Gene Opheim

The Club has \$73,943 which is an increase of \$2,993 over last month. The Chenoweth Fund has \$13,354 which is an increase of \$2,993 over last month. The Tri Club has \$1,517.93 which is an increase of \$120 over last month.

Membership Report – Mark Priddy

The Club has 1,227 members in 702 households including 9 new members. Mark reminded everyone that members can renew their membership by mail or active.com.

Race Director Coordinator Report – Charlie Yates

The race calendar is up to date with a lot of races scheduled for the remainder of 2009 and 2010.

Newsletter Report – Jackie McDaniel for Fred Deckert

None

Clothing Coordinator Report – Jackie McDaniel for Margarete Deckert

None

Equipment Report – Vicky Verano

Vicky reported that race directors of 13 races in October, 13 races in November, and three races in September rented club equipment, for a total of \$2,100 in revenue.

Website Report – David Yon

No report.

Chenoweth Fund Report – David Yon

The Chenoweth Committee received a request from **Bob Braman** for \$1,000 to fund the Senior All Star Cross Country Meet. The Chenoweth Committee approved the request for \$1,000. A motion was made to approve the request, was seconded, and approved unanimously.

To Infinity and Beyond! - *Judy Alexander*

December is such a fun month! Oh sure, there are the holidays, presents, crisp weather, delicious foods and such, but I am talking about what the Gulf Winds Track Club has in store for everyone!

Start by showing up at Winthrop Park on Monday evenings and run over to Dorothy Owen Park to see the beautiful display of lights. This group, led by **Julie Clark** and **Keith Rowe**, welcomes runners of all abilities. Several of the "regulars," like **Jacque Myers**, wear bells and lights to celebrate the season. Last year was the first time I've been able to participate and it was so much fun that I will be out there again this year!

Come on out to the 10 Mile Challenge and 5 Mile Race for a little hilly fun on the first Saturday of the month. It's a great way to tune up for the next weekend's "Fun Run," the Tallahassee Ultra Distance Classic! Run the 50K or 50-mile race, pay a reduced fee and run whatever distance you choose, or volunteer. Race directors **Peg and Gary Griffin** know how to throw a fun party out at Wakulla Springs!

Speaking of parties, that same night you won't want to miss the GWTC Holiday Party at the American Legion Hall. Dust off your dancing shoes and grab your partner because Crooked Shooz will be playing for the third year in a row as we celebrate with our own Gulf Winds Triathlon Club and the Capital City Cyclists! Talk about fun!

Slightly later in the month than usual, but sure to make your holiday fun complete, is the Jingle Bell 3K. Although not an official GWTC race, this event, directed by long-time member **Shannon Sullivan**, is a place where my family has certainly made some fond memories. Put your bells on your shoes (or don't take them off after running at Winthrop Park!), your Santa hats on your heads, and get downtown for a 3K that is a people-watching extravaganza!

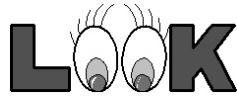
I'll leave you with a quick thought: A friend of mine said to me, "I have made so many wonderful friends and it is a time in my life where I feel more accepted for who I am than any other time." This person was referring to what has happened since they became involved with GWTC. I think that's just wonderful and I am hoping that as we roll into the second decade of the 21st century, every member of our club will take pleasure from being a part of it. See you next year!

judy

Gulf Winds Track Club purchased an AED (Automated External Defibrillator) that will be at all GWTC races, and races that are supported by GWTC members. As part of our effort, the Leon County EMS and the Tallahassee Fire Department offer free training in AED and CPR. This training is open to Board members, Race Directors, and club members. We especially encourage Race Directors to participate. It is not necessary to be a member of GWTC to take advantage of the training.

The Leon County EMS training titled "Family & Friends" does not offer CPR certification, but provides both classroom and hands-on training in AED use and CPR in a 2 hour format. The Tallahassee Fire Department class is approximately 6 hours long and offers certification.

We will be scheduling a Leon County EMS training session and a certification class by the Tallahassee Fire Department during January 2010. If you are interested in attending either class email Bonnie Wright at bwright@electro-net.com. Dates will also be announced in the January Fleet Foot.



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

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).

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.

Women's World . 15% off any first time personal training package and no enrollment fee, or first month free gym membership. Kim Jones 850 222-3200.

Ian Briggs, TRI3 Sports LLC. 727-4928 VO2 Max Testing, Resting Metabolic Rate Testing and Functional Movement Screens - 20% discount for GWTC members.

1-on-1 coaching and email coaching also available for triathletes and runners.

Sports Massage with Ann Bowman, LMT (MA18578), 544-3444. At \$60, you receive \$10 off regularly priced hourly+ sessions.

Tupelo's Bakery & Café, 220 West Washington Street, Monticello, Florida 32344 850/997-2127, feedme@tupelosebakery.com, 10% off on all bakery goods and total lunches tickets to GWTC members. Does not apply to special order cakes and such.

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

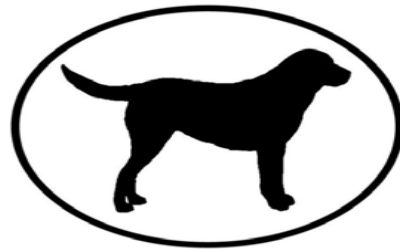
We'll put you in this list if you offer a discount to Gulf Winds Track Club members. Email: freddeckx@comcast.net. Your product or service need not be running-related.

GWTC Merchandise

Cotton shirts are all \$10
 GWTC blue "muscle" and regular tank tops
 "License" plates are \$5 each. Caps are \$10
 "I Run This Town" T's - \$10
 Contact: Margarete Deckert 893-9739

M Felton Wright, CFM, CFP®
 First Vice President - Investments
 Wealth Management Advisor

Global Wealth Management
 215 S. Monroe Street, Suite 300
 Tallahassee, FL 32301
 T 850 599 8978 Direct
 T 800 937 0663 Main
 F 850 391 1693
 mfelton_wright@ml.com



**Retriever
 Property**
 Enterprises, LLC

Nancy Stedman-Laux
 Broker, CRS, GRI

Experienced, friendly & professional service.
 Sellers - discount commission options!
 Ask me about ANY property on the market!



850.545.7074
www.retrieverproperty.com

Training Groups/Weekly Events

Intervals: Tuesdays, 6:30pm 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 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.

The Imitation Adults team organizes medium long and long runs on weekends in preparation for upcoming marathons, usually starting in August and ending in April. Please email **Nancy Stedman-Laux** for more information. realtornancy@comcast.net.

Winthrop Park Express: Meets Mon. eve at 5:30, Winthrop Park. mdsonya@comcast.net.

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

Triathlete Training & Contacts

Triathlon events: Bob Macdonald, robertmmac@yahoo.com.

Swimming Times:

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

Running Times:

- Mondays - 5:30 PM @ Winthrop Park winding through Betton Hills
- Tuesdays - 6:30 PM @ Leon High School - Interval Training
- Tuesdays - 6:30 PM @ Mike Long Track (FSU) - Interval Training
- Tuesdays - 5:15 P.M. @ Harriman Circle - Family run/walk.
- Thursdays - 6 PM @ Optimist Park winding through Indian Head Acres
- Thursdays - 6 PM @ Forest Meadows for 5-7 miles
- Sundays - 7:30 AM @ Forest Meadows for 10 miles or more...

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

Riding Times:

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

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

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

Tuesday Evening Family Training Run/Walk at [Harriman Circle](#) each week at 5:15 p.m. The Bowman family will run/walk Harriman Circle, and we invite your family to join us. Whether your family walks around the loop once or runs the loop multiple times, everyone is invited. For questions, contact Annie Bowman at annie_bowman5@yahoo.com

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.

December

***05 GWTC 5M/10M Challenge.** 8 a.m. Killearn Lakes Elementary School; Judy Alexander, 383-1361. jalexander98@comcast.net. Flyer pg. 21.
05 Shamrock N' Run 5K. 10 am. Integration Statute (behind Oglesby Student Union), FSU campus. mjl07d@fsu.edu.
05 1st Annual Reindeer Trot 5K/1M Fun Run. 8:00 a.m. Bainbridge Country Club, 312 Country Club Rd. Bainbridge, GA. April Aldridge or Stephanie Poitevint. reindeertrot@gmail.com.
***12 Tallahassee Ultra 50K/50M.** 7a.m. Wakulla Springs State Park; Active.com registration available. Gary Griffin, runlong@nettally.com. Flyer pg. 18.
19 Jingle Bell Run 3K. 6:15 p.m. Downtown Tallahassee. Shannon Sullivan, 576-3338 or 212-5129. sportsbeat@earthlink.net
26 Last Gasp Trail Run 5K. 9 a.m. CT. Westgate Park, Dothan, AL. Larry Dykes, drcprez@yahoo.com.

January 2010

02 Kiwanis Club 5K/10K. 9 a.m. Earle May Boat Basin, Bainbridge, GA. oakcityus@gmail.com, (229) 400-5854, lance.wilson096@cottonstates.com.
***09 Bowlegs 5K Run for Scholarship.** 9 a.m. FSU/FAMU Education Building, Innovation Park, FSU. Larry Giunipero, 878-5569. Info pg. 16.
***16 GWTC 15K/30K**. 8 a.m. The Retreat at Bradley's Pond, Old Centerville Rd. Jackie & Jerry McDaniel, 297-0009. Flyer pg. 17.
16 FSU Relay for Life 5K. 9 a.m. FSU Integration Statue, FSU Campus. fsurelayforlife.specialevents@gmail.com
23 Special Olympics 5K Run/Walk. 8:30 a.m. FSU Mike Long Track. Terry Massa, 509-2613.
30 Hog Wild 15K/5K. 2 p.m. CT. The Depot Off Main downtown, Dothan, AL. Larry Dykes, drcprez@yahoo.com. (334) 792-6021 or www.dothanrunners.com.

February

***07 Tallahassee Marathon/Half Marathon**. 7:30 a.m.; FSU Mike Long Track; Active.com registration. Tallahassee marathon@gmail.com. Flyer pg. 15.
13 Run for The Cookies 5K and One Mile Run. 8:30 a.m. GP is for kids only. TCC behind Lifetime Sports Complex. Jeanne O'Kon or Tom Perkins, 894-2019.
***20 Flash 12K/6K in Memory of Tim Simpkins**. 8:30 a.m.. J. Lewis Hall Park, Woodville. Mark Priddy, 668-4907, markpriddy@msn.com.
20 Race Judicata 5K. 8 a.m, FSU College of Law, 425 W. Jefferson St.
27 Rise & Shine 5K. TBA. Seeley Gutierrez.
27 CHS Syrupmakers Relay for Life 5K/1M Fun Run. 8 a.m. Cairo, GA Chamber of Commerce. Erin White, (229) 225-6634. e.white@grady.k12.ga.us.
27 FSU Habitat for Humanity Spring 5K. 9:00 a.m. Tully Gym info@fsuhabitat.org

or Kate Russi, (904) 233-1581.

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

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

Gulf Winds Track Club 2010 Grand Prix Series Schedule

Jan. 16	GWTC 15K/30K	30K
Jan. 23	Special Olympics 5K	5K
Feb. 7	Tallahassee Marathon	26.2M
Feb. 20	Flash 12K	12K
March 27	Springtime 10K	10K
April 10	Palace Saloon	5K
May 1	Tails and Trails	10K
June 5	Potluck Bash	4M
Aug. 14	Breakfast on the Track	1M
Sept. 18	Women's Distance Festival	5K
Sept. 25	Prefontaine 5K	5K
Oct. 9	Pine Run	20K
Nov. 25	Turkey Trot	15K
Dec. 4	GWTC 10-mile Challenge	10M

Youth Grand Prix

Jan. 23	Special Olympics 5K	5K
Feb. 13	Run for the Cookies	5K or 1M
March 27	Springtime 10K	5K or 1M
May 15	Run for Wakulla Springs	1M
Aug. 14	Breakfast on the Track	1M
Sept. 18	Women's Distance Festival	5K or 1M
Nov. 25	Turkey Trot	1M

New Members

Shelby Augustyniak
 Karen Bareford
 Crystal Bickoff
 Keith Blasing
 Molly Thomasy Blasing
 Clare Keenan
 Gwen Keenan
 Madeline Keenan
 Terance Keenan
 Ellen Kelly
 Eric Lingswiler
 Kimberly Sgro
 Lance Vanlewen

Resultsof the GWTC Elections

Officer Positions:

President: **Judy Alexander**
 Vice-President: **Bill Lott**
 Treasurer: **Amy Antimucci**
 Secretary: **Jackie McDaniel**

Director-at-Large Positions:

David Yon
Julie Clark
Herb Wills
Felton Wright
Seeley Gutierrez

Featured Feet – Lily Williams

Current School/grade:
Lawton Chiles High
School, class of 2012
(10th grade)

**What do you want to
study in college:**
Biology

**If you could do/be
anything, what profes-
sion would you choose:**
Professional Athlete

Funniest running memory:

Well, there are many. A few include the time the girls team was running at Forest Meadows and we were all discussing how we had never seen a snake on the trails. Moments later a huge black snake zipped right across our path and we all screamed bloody murder. Another one involves the time we were running up at Metcalf Road in Georgia and we were warming up and someone said "Hey I've never noticed that house before" and we turn and there is this creepy abandoned house with multiple rusty old cars in the front. It gave us the creeps. Right when we passed there was this huge thud from the woods and we all sprinted off screaming. As you can see, most of the memories include screaming at some point.

Proudest athletic achievement:

When our team won state last year. Hopefully we will add another to that this weekend!

Pet Peeve:

Running pet peeve or just normal? Running-wise, I hate it when people sprint off as soon as you catch them...and then die again...and then sprint off again...of course there are many other things that I dislike that either I end up doing consciously or subconsciously at some point but I will remember those at 2 in the morning when it's too late. Pet peeves in general: It really



bothers me when people snort all the time but not to clear their throats, that's just nasty. Also it bothers me when I'm not organized and I have a weird compulsion where I tend to want to clean messy people's rooms.

Indulgence:
Chocolate.
Anything

chocolate is the best. Oh, and taking naps. Between school and running I don't get much sleep, so when I can that is awesome.

Favorite non-running hobby:

Spending time with friends watching funny movies such as UP. Do not underestimate the power of Pixar movies today, no matter how G-rated they are.

Favorite Book(s):

Harry Potter, anything not required for summer reading, not textbooks, I don't really know what else. I have a long list but it would be too much to write.

Running Inspiration:

Kara Goucher, Jenny Barringer

Perfect Day:

Wake up dark and early to go run a big meet. Run the meet, PR, and ride home on the team bus without having to worry about how much homework I have to complete the next day. That night, go hang out with my friends and camp in someone's backyard and make s'mores.

Biggest Challenge:

Overcoming nerves and overcoming my perfectionist attitude in both classwork and running.

Featured Feet – Tim Brewton

Childhood ambition:
Marine biologist

Fondest Running Memory:
17 years old, NSF summer program at Humboldt State, getting up at 5:30 a.m. and running on dirt roads through the redwoods.

Wildest dream:
Cimb K2



Indulgence:
Single-malts from Islay, Scotland.

Favorite non-running hobby:
Hiking/trekking in the mountains

Favorite Books:
Fiction--*The Milagro Beanfield War*, *Jitterbug Perfume*, *A Prayer for Owen Meany*; non-fiction--*The Great Escape*, *Mawson's Will*, *Touching the Void*

Proudest Running Memory:
My first Pine Run. I had not run for many years, had never done the Pine Run and decided to just go out and do it.

Current Occupation:
Enrolled Agent (helping folks deal with the IRS)

If money were no object, what profession would you choose:
Since most of my friends seem to think I don't really work, I guess I better stick to my current field.

Running Inspiration:
Everyone who is still out there trying

Perfect Day:
Any Sunday that involves a morning trail run and a big breakfast afterwards.

Biggest Challenge:
Feet, shins, hamstrings, hips, back, and so on.

Editors note: Be sure to read Tim's Dublin Marathon story on the website. www.gulfwinds.org.

(Continued from page 5)

Triathlete Report – Robert Macdonald

The Tri Club meetings are the third Monday of the month at MoMo's Restaurant. The next meeting is November 16 and everyone is invited to attend.

Lecture Series Report – Nancy Stedman

No report.

Training Report – Julie Clark

Julie is going to organize the run to see Christmas lights again this year. The date and time will be determined and announced at a later date. Judy Alexander shared with the Board that T J Cutchins, one of the volunteers who directs the beginning running class, will not be able to lead the group training that is held at the Miccosukee Greenway this year. A group of six member volunteers has stepped up to

continue with this group and TJ will assist when he is available.

Social Coordinator Report – Kathy Lindsay

No report.

Felton Wright reminded the Board of the AED (Automated External Defibrillator) and CPR training scheduled for Saturday, November 14, from 3:00 p.m. to 5:00 p.m. at the Leon County EMS office on Miccosukee Road

There being no further business to discuss, a motion to adjourn was made, seconded and passed unanimously at 8:44 p.m.

Jackie McDaniel, Secretary

Volunteer Spotlight – Krista Killius and Emma Good
by Judy Alexander

These two dynamic women teamed up to put on the Big Bend Cares AIDS 5K in October. While working the finish line, I found out that Krista had spearheaded the run portion of the local Corporate Cup Challenge. The folks who manage that race had asked me to help, but I couldn't because I was already committed to working at a Club race that morning. Up until that day, I hadn't known who had stepped up for the job...now I knew. Emma is another go-getter whose Spotlight speaks volumes about her experience not only as a volunteer, but also as a member of this club. If these don't make you feel like jumping up to volunteer, I don't know what will!



Krista Killius:

I have been running for about 12 years and have run every race from 5k to marathon. While I have always appreciated the volunteers who make races possible, I am sorry to say that I had never volunteered myself for a race until a little over a year ago. It took my son Ian and his Civics class volunteering requirement to get me to finally take the plunge and I'm so glad I did.

I started small. Ian and I stuffed race packets for the Tallahassee Marathon and worked the packet pick-up table for the Jingle Bell Run. Months later, I was asked by Mary Barley, Director of Corporate Wellness for Gold's Gym and Women's World to help her with the Corporate Cup Challenge being planned by Working Well. Working Well is a community volunteer group whose goal is to get the workforce of our community healthier by teaching companies how to design and deliver

wellness programs to their employees. The Corporate Cup Challenge is a multi-sport team event that includes running, biking, kayaking and a strength competition. Even though I had run several races, I was completely inexperienced in planning and executing a race. With the help of **Emma Good**, another "newbie" who had recently announced she would be the race director for the Big Bend Cares 5k and some helpful advice and encouragement from Gulf Winds, the Corporate Cup Challenge was a successful and fun event.

Running has been a very important part of my life for the last several years, but until recently, has been incomplete. By volunteering, even in small ways, I have come to more fully appreciate all that the running community has to offer.



Emma Good:

Why am I involved in the Gulf Winds community? Why does anyone do it? – Inspiration, Motivation and Passion the list is endless and most athletes can relate. Be it runners or tri-athletes my journey has allowed me to take the next challenge in life. I moved from Oxford, England to Tallahassee in 1998. I tried unsuccessfully to move back to England last year. My return to the lovely island only lasted 6 months and I returned to Tallahassee in January 2009. Why? Tallahassee is now my home, my community, my family.

I was fortunate to find the Gulf Winds Beginners group about 5 years ago, who
(Continued on page 15)

BOWLEGS 5K RUN FOR SCHOLARSHIP

Sponsored by the Faculty & Friends Club of FSU and Gulf Winds Track Club

Lucy Ho's

One Mile Fun Walk for Walkers

Saturday, January 9th, 2010 at 9:00 a.m.



Start/Finish - FSU/FAMU Engineering Building Innovation Park - Pottsdamer Street - Across from Seminole Golf Course - RRCA Certified (#FL 93033DL)

BOWLEGS shirt to all fully-paid entrants (First 75 on race day, others in 7 days)

Age Group Medallions for 1st Place and Awards for (One award per participant):

- Male & Female Runners (Top three)
- Male & Female Student
- Male & Female Faculty Club Walker
- Male & Female Educator
- Male & Female Faculty Club Runner
- Male & Female Walker

Registered entrants have a chance to win prizes from local merchants

For information call Larry Giunipero (878-5569) or Bill Hillison (893-4557)

\$12 by Wednesday, January 6th or \$15 on race day. \$9 if no shirt desired.

Application form or register online at www.gulfwinds.org

NET PROCEEDS BENEFIT THE FACULTY & FRIENDS CLUB SCHOLARSHIP FUND

wouldn't have been inspired by **Nadine Dexter**? That was the start of a journey that has led to bumper stickers that proudly read 26.2 and membership to USAT and being able to surround myself with amazing individuals who have given me encouragement, guidance, support and fun.

So it is my time to give back. Involving myself in the coordination of local 5K races has enabled me to return the favor, to open the door to others to partake on this journey. For all those who continue to think in the land of Shoulda, Coulda, Woulda and for those who need to discover the secret of banishing the ego and replacing it with humility. Running can do that for you, it has for me.

Running is an equal opportunity sport. It is not discriminatory. During many runs especially races, I take a back seat to Traditionalists (born 1900-1945) and Baby Boomers (born 1946-1964) and it makes me appreciate being a part of an amazing world. Running allows people of different abilities, skills sets, and goals to become part of a community. It teaches people the potential power of a team, and how to harness your inner strength.

My last race (an Olympic distance triathlon) left another powerful moment in my life. As a participant it was the volunteers that supported me. When I saw the sign the volunteers had made at the last bike water station which asked me how much my bum hurt it was no coincidence that I wanted to get off my bike, place it gently next to a tree and start walking. But relentless cheering volunteers lifted my spirit. Shortly after, I found myself running 6.2 miles with wobbly legs, burning quads and a numb bottom. I fell into a trance of sorts and found myself re-living conversations I have had with my running buddies: Robin, Vicky & Shelby. I think I even giggled out loud at one point to the conversation I was having in my head with my absent running buddies. That is when I smiled and celebrated the joy running has brought to my life.

Running is a personal journey. A journey that in its own right, regardless of the end result, promotes health and vitality, it nurtures the enjoyment of life and yes I am a perfectionist but I am indifferent to success or failure if I learn to celebrate and respect the journey. I have found my passion and reflection helps me to remember how lucky I am. My goal is to help others strive to find their running passion.



Among top 10 marathons in the USA for achieving a Boston Marathon qualifier, *Runner's World* magazine, May 2009

Keynote speaker John L. Parker Jr., author of 'Once a Runner' and 'Again to Carthage'

USATF Certification: Marathon: FL09002EBM Half Marathon: FL09001EBM
 Date: Sunday, February 7, 2010 Time: 7:30 am (1:30 pm cutoff) Place: FSU Mike Long Track

Top 5 Male/Female Overall Marathon: \$750 · \$500 · \$250 · \$150 · \$75
 Top 3 Male/Female Masters* Marathon: \$300 · \$150 · \$75
 Over All Time Bonus: \$1000 1st Male/Female to break: Male: 2:20:30, Female: 2:45:06
 Master* Time Bonus: \$500 1st Male/Female to break: Male: 2:38:38, Female: 2:45:06
 * Master = 40 yrs and older

Amenities: Chip timing, post-race food, finishing medals for full and half-marathon, overall and age group awards of ceramic platters and mugs made by local artist Brian Bachman. All registrants will receive a short sleeve dry release shirt in addition to a goodie bag.

More info: <http://www.tallahassee-marathon.com> tallahassee-marathon@gmail.com

Name: _____ Age on 2/7/10: _____ Date of Birth: _____
 Gender: Male Female Telephone: _____ E-mail: _____
 Address: _____ City _____ State _____ Zip _____
 T-Shirt Size (if no T-Shirt Option, please do not check) Small, Medium, Large, X-Large

Enter Entry Fee Based on Table Below: \$

	Prior to Oct Oct 1, 2009	On or before Dec 1, 2009	On or before Feb 6, 2010	Race Day
Marathon	\$50	\$60	\$70	\$85
Half-Marathon	\$30	\$35	\$40	\$50

*Members of the Gulf Winds Track Club, 50 States Marathon Club, the 50 & DC Marathon Group, and Marathon Maniacs may deduct \$5 from the prices listed above. If you elect the No-T-Shirt option – you may deduct \$5 from the above prices.

Please sign the waiver below and mail with check payable to Gulf Winds Track Club to:
 Tallahassee Marathon, 527 East Call Street, Tallahassee, FL 32301

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 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 Gulf Winds Track Club and Florida State University race officials, volunteers and all sponsors including their agents, employees, assigns, or anyone acting on their behalf from any and all claims or liability for death, personal injury or negligence or carelessness on the part of the persons named in this waiver. This Release and Waiver extends to all claims of every kind and nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants full permission to 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: _____



GULF WINDS TRACK CLUB 30K / 15K

30K is a Gulf Winds Track Club Grand Prix Event!
Saturday, January 16, 2010

DATE & TIME: Saturday, January 16, 2010
Race starts at 8:00 am, EST. (No Early Starts)
Pre-race registration starts at 6:45 am

COURSE: Predominantly run on hard-packed red clay road (Old Centerville and Sunny Hill Farm) through plantation lands (first and last 2.25 miles paved). Both are USATF certified (30K-FL06013DL); (15K-FL06014DL)

EARLY REGISTRATION: Must be postmarked by January 12, 2010. GWTC members get a \$2 discount if they register by January 12, 2010. 30K – \$18 includes t-shirt (\$12 no t-shirt)
15K – \$18 includes t-shirt (\$12 no t-shirt)

RACE DAY REGISTRATION: 30K and 15K – \$20 includes t-shirt
30K and 15K – \$15 no t-shirt

AWARDS: Top 5 Male/Female
Top Male/Female Masters (40+)
Top Male/Female Grandmasters (50+)

DIRECTIONS: The race starts near The Retreat at Bradley's Pond which is across the road from Bradley's Country Store on Centerville Road, approximately 12 miles north of Capital Circle NE.

ADDITIONAL INFORMATION: Jerry/Jackie McDaniel: jackiemcdaniel1@gmail.com or call 850/297-0009, or visit the Gulf Winds website at <http://www.gulfwinds.org>. Electronic registration at Active.com.



Old Centerville Road

**MAIL ENTRY FORM WITH
PAYMENT TO:
GWTC 30K /15K
c/o Jerry/Jackie McDaniel,
1013 Lothian Drive,
Tallahassee, FL 32312**

NAME:	GWTC ENTRY FORM 30K <input type="checkbox"/> 15K <input type="checkbox"/>	
AGE ON 1/16/2010:	DATE OF BIRTH:	MALE <input type="checkbox"/> FEMALE <input type="checkbox"/>
PHONE #:	EMAIL:	SHIRTS
ADDRESS:		Size: S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/>
CITY/STATE:	ZIP CODE:	No Shirt: <input type="checkbox"/>

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 the 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: _____



**Gulf Winds Track Club
Presents**

A Run Through the Jungle

29th Annual Tallahassee Ultra Distance Classic 50K/50M
Saturday, December 12, 2009, 7:00 a.m.

Wakulla Springs State Park
(15 miles south of Tallahassee, FL on SR 267)

World/Course Records

50K	Janis Klecker	3:13:51	World/Course Record	1983
	Sandra Kiddy	3:32:34	Masters World/Course Record	1983
	Barney Klecker	2:51:53	Open Course Record	1982
	Fred Kiddy	3:21:13	Masters Course Record	1985
50 Mile	Frank Bozanich	5:14:40	Open Course Record	1982
	Nancy Drach	6:38:02	Open & Masters Course Record	1999
	Richard Schick	6:22:08	Masters Course Record	1993

Date: Saturday, December 12, 2009, 7:00 am (5:00 pm cutoff to start last lap)

Place: Wakulla Springs State Park, <http://www.floridastateparks.org/wakullasprings/>

Lodging: Rooms are available at the historic Wakulla Springs Lodge for \$105 per night. Reservations may be made by calling (850) 926-0700. Room rate guaranteed for reservations made by **November 20, 2009**. Mention TUDC room block when making reservations.

Awards: 50K and 50 Mile M/F Overall and Masters; finisher memento to 50-mile and 50K finishers

Register: Deadline: November 30. **No race day registration.** Packet pickup race day beginning at 6:00 a.m.

Course: TAC certified; three laps = 10K; flat, fast scenic asphalt park road

More info: Gary Griffin, runlong@nettally.com; www.tallahasseeultra.com

Name: _____ Age on 12/12/09: _____ Date of Birth: _____

____ Male ____ Female Telephone: _____ E-mail: _____

Address: _____ City _____ State _____ Zip _____

50K _____ 50 Mile _____ (check one) Shirt: _____ XS (small if XS not available)

____ Small ____ Medium

____ Large ____ XL

Number of Ultras Run: _____

Favorite aid station food/drink: _____

	<u>With Shirt</u>	<u>No Shirt</u>	Amount enclosed:
Registration Fees:	_____ \$45.00	_____ \$35.00	_____
Post-event Booklet (individual participant pages, history, etc.):	_____ + 5.00	_____ + 5.00	\$ _____
GWTC member (subtract \$2.00):	_____ - 2.00	_____ - 2.00	

Sign waiver below and mail with check payable to *Gulf Winds Track Club* to: Peg Griffin
856 N. Forest Drive
Tallahassee, FL 32303

DEADLINE: November 30, 2009

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. This Release and Waiver extends to all claims of every kind and nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants full permission to 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: _____

Smile for a Mile - Paula Kiger

I have seen a lot of interesting things at “fun runs.” Once when I was running the “Run for Rover” because Tenley was a little too young to run it alone, a petrified four year old grabbed my hand about 30 yards into the race and didn’t let go until we crossed the finish line. When I got her dad in my line of vision as we crossed the line, I expected a little father/daughter empathy for the fact that his child was pretty distraught about the unexpected strain of traversing 1760 yards solo. Maybe a little gratitude to me for helping her through. Zilch. I think he was a little annoyed that she sought adult support.

When Tenley ran the Sickle Cell fun run at the age of 6, we hung around waiting for awards. There were A LOT of awards for the 5 k’ers. It seemed like every variation of age and gender group had a series of awards. When it was finally time for the one-mile awards, a) a tropical storm had blown in, and b) the ribbons were missing in action!! Being a little less chilled out about parenting back then, I hounded the Sickle Cell people until they came up with her ribbon a few days later. The result of the hounding was not just a simple “finisher’s” ribbon, but one of those huge rosette-looking ribbons with lots of pleats and gold lettering. I said to my husband, “I don’t know why they gave her such a huge ribbon, “ and he (rightly) said something to the effect of, “she thinks she came in first.”

I have seen a few “not so fun” moments too. I have seen parents who have crossed the line from “good natured cheerleaders” to “drill sergeant” mode. And I have seen parents who disagreed with this or that aspect of the race management assert their issues in a decidedly “not fun” way.

It is endemic through the running community to take the sport seriously. Times. Distances. PR’s (Personal Records). Equipment. We love keeping track of who did what, how quickly, and for how long.

When it comes to our youngest runners, however, we as their role models need to make sure that they first learn to love the feel of their muscles working hard, their hearts beating strong, and the air rushing through their lungs before they begin obsessing over their splits.

When there was a bit of confusion over the course layout at a recent fun run, the confusion bled over into the awards presentation. As I observed from the sidelines the various discussions between parents and the RD (Race Director) regarding the situation, I also saw some young runners who were exposed to the fact that the adults in their lives sometimes behave in ways they would not want their young children to emulate.

In closing, an example comes to mind from the gymnastics world. I was a “judge’s assistant,” which means I was facing the young male gymnast as he sped toward the vault. This kid wasn’t very athletic looking. He was even a little pudgy (which is a little unusual at a competitive gymnastics meet). But this kid, as he approached the vault, smiled the whole way as he sprinted toward the springboard. I remember commenting to the judge, “he ought to get points just for that smile.” He was so clearly joyful to be out there! I don’t remember what he did gymnastics-wise, just that look of ecstatic happiness on his face that he was doing something he loved.

Let’s make sure our kids feel the same way when they are out on our courses learning to make running a lifelong passion. Let’s help them keep the “fun” in our “fun runs.”



10 Mile Challenge & 5 Mile Race

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

Date/Time: Saturday, December 5, 2009, 8:00 AM (10AM cutoff)
 (Contact race director below for early start *if athletically necessary, NOT for convenience*)
Place: Starts at Killearn Lakes Elementary School
Awards: Top Overall Male/Female/Masters, 3-Deep in 5/10-Year Age Groups
Course: Challenging out-and-back on asphalt roads through Killearn Lakes neighborhoods
Packet Pickup: Shaw's @ Market Square Thursday, 12/3 from 5PM-8PM or Race Day 7-7:45AM
More Info: Judy Alexander, jalexander98@comcast.net 850-383-1361

Name: _____ Age on 12/5/09: _____ DOB: _____

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

Address: _____ City _____ State _____ ZIP _____

Shirt (check one): None ___ Youth Med ___ Small ___ Med ___ Large ___ XL ___

	<u>On/Before 12/1</u>	<u>After 12/1</u>	<u>Race Day</u>
Registration Fee (pre-registration strongly encouraged):	\$16 _____	\$18 _____	\$20 _____
No T-Shirt	\$11 _____	\$13 _____	\$15 _____
I want to help other runners meet their goals (Chenoweth Foundation donation):	\$ _____		
GWTC Members subtract \$2 (must pre-register)			
Total Amount Enclosed:	\$ _____		

Sign waiver below & mail with check payable to GWTC to: Judy Alexander
3432 Robinhood Rd
Tallahassee, FL 32312

REGISTRATION also AVAILABLE AT http://www.active.com/event_detail.cfm?event_id=1660855

WAIVER: In consideration of your acceptance of my entry as a participant in the GWTC 10-Mile Challenge & 5-Mile Race, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property against Gulf Winds Track Club, its officers and directors, members or representatives and all volunteers and others promoting or assisting in anyway the promotion or organization of The GWTC 10-Mile Challenge & 5-Mile Race, which may arise from my participation in the these races on December 5, 2009 or while traveling to or from the event, even if caused in part by the negligence or negligent actions or other fault of the parties or persons I am hereby releasing by the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of the liability without fault. My participation is voluntary and done at my own risk. I understand that running a road race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I attest that I am physically fit and sufficiently trained for the competition of this event. I fully understand I am forever giving up in advance any right to sue or make claims against the parties I am releasing if I suffer injuries and damages even though I do not know to what extent those injuries and damages might be and am voluntarily assuming the risk of such injuries and damages. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. I have read and understand everything written above and I voluntarily sign this agreement.

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

Panama City Ironman Triathlon, Tallahassee Finishers 11/7/2009

Name	*Group place	Age/AG	Swim	Bike	Run	Total
STEPHANIE LILES	16/7/3	37/W35-39	1:13:11	5:22:52	3:46:20	10:34:19
SHANNON COATES	4/2/1	23/W18-24	1:09:31	5:29:40	3:43:36	10:34:19
STEVEN WOODCOCK	186/78/62	46/M45-49	1:21:21	5:22:02	4:15:10	11:15:31
ROBIN SAFLEY	16/1/6	46/W45-49	1:12:51	5:13:31	4:43:16	11:18:18
SHERRIE PEAVY	59/18/18	41/W40-44	1:21:23	5:30:14	4:35:03	11:41:59
JOBST ELSTER	328/226/167	37/M35-39	1:30:59	5:42:31	4:18:31	11:46:54
DOUGLAS BELL	79/122/177	40/M40-44	1:09:06	5:35:20	5:07:58	12:06:39
SANDY HOLT	5/3/4	24/W18-24	1:11:19	6:01:46	4:45:23	12:08:43
FRANK GERACI	11/20/56	25/M25-29	1:00:00	5:22:07	5:34:39	12:12:22
MICHAEL BOLL	214/180/164	45/M45-49	1:25:02	5:57:24	4:49:35	12:27:59
ROBERT HORNE	143/168/172	47/M45-49	1:17:19	5:59:48	5:07:31	12:44:07
DAVID KNIGHT	171/226/256	44/M40-44	1:14:36	5:57:48	5:22:10	12:52:31
KEN IFLAND	181/169/186	49/M45-49	1:21:18	5:56:19	5:16:11	12:54:31
CHRIS WILHOIT	237/269/258	42/M40-44	1:19:53	6:09:40	5:04:46	12:56:01
JASON DIMITRIS	289/308/263	39/M35-39	1:25:00	6:23:02	4:46:35	12:57:54
DAVE KOPPENHAVER	122/216/270	41/M40-44	1:11:54	5:59:14	5:37:58	13:08:18
MICHAEL HOLT	172/144/158	32/M30-34	1:22:31	6:01:30	5:28:02	13:10:54
KAREN MCBROOM	87/65/65	41/W40-44	1:28:40	6:23:14	5:04:47	13:22:11
TRICIA MONTGOMERY	30/36/36	25/W25-29	1:16:40	6:19:52	5:32:35	13:26:06
JAY TOWNSEND	397/364/294	41/M40-44	1:58:55	6:23:43	4:44:52	13:30:33
MATTHEW MILLER	120/104/98	25/M25-29	1:34:15	6:33:09	5:13:22	13:35:46
MICHELLE BEITELMAN	79/54/63	38/W35-39	1:32:37	6:19:47	5:27:30	13:45:39
REBECCA O'HARA	70/95/77	40/W40-44	1:26:08	6:48:58	4:58:56	13:47:10
JUDY CHIN	21/19/15	50/W50-54	1:33:37	6:59:33	4:51:52	13:50:10
TAMORA THOMPSON	40/18/59	47/W45-49	1:24:36	5:47:14	6:21:02	13:50:15
ROBERT PALMER	74/203/248	48/M45-49	1:11:36	6:21:33	6:01:40	13:51:58
BRYAN DESLOGE	108/140/145	50/M50-54	1:21:57	6:31:11	5:50:39	14:05:02
TODD MCMILLAN	249/353/330	37/M35-39	1:20:24	7:00:43	5:37:56	14:28:06
GRADY JORDAN	364/332/331	38/M35-39	1:44:45	6:24:42	6:05:17	14:29:58
BONNIE WRIGHT	3/24/30	54/W50-54	1:11:59	7:36:14	6:28:52	15:38:23
TIM WARFEL	66/56/67	56/M55-59	1:39:21	6:32:01	7:05:02	15:45:22
LISA ECHEVERRI	109/120/119	44/W40-44	1:42:05	7:51:35	6:17:55	16:11:19
RANDY HANNA	172/169/178	51/M50-54	1:44:32	7:00:06	7:27:04	16:33:31

* Place in age group of swim/bike/run.

FSU Triathlon at
the FSU Reservation
11/14/2009
Austin Boyle R.D.

1	Joe Sroka	M	25	59:59
3	William Eggers	M	22	1:00:33
5	Jeffrey Bowman	M	48	1:02:56
7	Jeremy Richardson	M	20	1:07:22
8	Alexander Spook	M	17	1:07:56
9	Joshua Peek	M	22	1:08:23
10	T. Alan Cox	M	49	1:09:33
11	Alex Steverson	M	49	1:11:11
12	David Phillips	M	52	1:11:37
13	Charlie Bastnagel	M	44	1:11:55
14	Beau Jackson	M	48	1:12:05
15	Mark Mcnees	M	40	1:12:09
16	Kevin Deyo	M	52	1:12:35
18	Travis Greenley	M	32	1:13:04
19	Matt Scaringe	M	37	1:13:47
20	William Yaakob	M	40	1:13:55
21	Steve Padilla	M	34	1:15:05
22	Michael Kendall	M	26	1:15:06
23	Lee Scarboro	M	51	1:15:31
24	John Cole	M	21	1:16:02
25	Scott Wilson	M	37	1:16:16
26	Jason Hand	M	36	1:16:33
27	S. Lamont Cook	M	46	1:16:44
28	David Bigoney	M	36	1:17:29
29	Taylor Knight	M	14	1:17:32
30	Keisha Cowhey	F	33	1:17:37
31	James Nickens	M	22	1:17:41
32	Rob McNeely	M	50	1:18:17
33	Melanie Leitman	F	25	1:18:21
34	Scott Coracy	M	36	1:18:27
35	Daniel Patton	M	20	1:18:41
36	Mark Katz	M	18	1:18:41
37	Autumn Meister	F	29	1:18:42
38	Allen Secreast	M	43	1:18:45
39	Daniel McKeague	M	25	1:18:55
40	Travis Kelley	M	27	1:19:20
41	Manny Gutierrez	M	37	1:19:34
42	Abby Thurmond	F	20	1:19:45
43	Lisa Cox	F	44	1:20:01
44	Rick Sanders	M	39	1:20:29
45	Juan Ordonez	M	36	1:20:44
46	Trent Fraebel	M	46	1:20:45
47	Justin Givhan	M	29	1:21:11
48	Lauran Bihl	F	22	1:21:19
49	Sam Harman	M	14	1:21:23
50	Gary Parsons	M	51	1:21:57
51	Dan Golwyn	M	46	1:22:05
52	Bucky Thompson	M	27	1:22:17
53	Camilo Ordonez	M	30	1:22:19
54	Cynthia Hartman	F	30	1:22:28
56	Jackson Olsen	M	19	1:22:38
57	Joshua Towns	M	23	1:22:39
58	Chase Jones	M	19	1:22:51
59	Jamie Hanuka	M	37	1:22:53
60	Rob Cunningham	M	61	1:23:08

61	Charlee Taylor	F	31	1:23:25
62	Andrew Winters	M	22	1:23:34
63	Kyle Jones	M	35	1:23:38
64	Santiago Baus	M	22	1:23:57
65	Becca House	F	18	1:24:02
67	Andrea Stephens	F	33	1:26:00
68	Nathan Rhodes	M	31	1:26:02
70	Tom Findley	M	50	1:26:31
71	Nick Shepherd	M	32	1:26:53
72	Bryan Christie	M	25	1:26:54
73	John Greacen	M	29	1:27:46
74	Christopher Warfel	M	24	1:27:54
76	Alan Fraebel	M	23	1:29:11
77	Jason Bussey	M	32	1:29:57
78	Neil Snyder III	M	63	1:30:00
79	Edward Archer	M	46	1:30:03
80	Jerry Chesnutt	M	59	1:30:25
81	Mary Brandman	F	33	1:30:30
82	Maria Gonzalez	F	23	1:30:34
83	Nathaniel King	M	23	1:30:48
84	Jason Welles	M	38	1:31:26
85	Melanie Rhodes	F	35	1:32:18
86	Becky Shepherd	F	32	1:32:40
88	Paul Tateo	M	55	1:33:25
89	Nathaniel Vazquez-Pilla	M	22	1:33:44
90	Caleb Pate	M	18	1:34:09
91	Becky Ajhar	F	44	1:34:11
92	Julia Wilson	F	37	1:35:14
93	Donald Smith	M	28	1:36:11
94	Greg Brown	M	58	1:36:25
95	Matt Liebenhaut	M	30	1:36:50
96	George Desloge	M	64	1:36:53
97	Jamie Hart	F	23	1:37:54
98	Daniel Mounts	M	27	1:37:54
99	Tom Olsen	M	53	1:38:59
100	Shannon Cochrane	F	22	1:39:55
101	Calyn Allen	F	23	1:39:58
102	Wynn Smith	F	22	1:41:01
103	Jacob Sanford	M	37	1:42:08
104	Daniel Ackerman	M	19	1:42:10
105	Josette Noxon	F	22	1:43:03
106	Fred Bates	M	62	1:43:45
107	Alex Ritter	F	25	1:44:04
108	Ryan Burt	M	26	1:44:15
109	Kelli Dillon	F	39	1:53:35
110	Michael Wood	M	28	1:55:41
111	Genevieve Borden	F	22	2:08:27
112	Michelle Strutzel	F	22	2:08:27
113	Dale Jackson	M	36	2:09:10

Swim only

Bill Dillon M 43 13:43

Full results at:

[http://www.racesmith.com/
results/2009results/
trithere2111409oa.html](http://www.racesmith.com/results/2009results/trithere2111409oa.html)

**600 meter swim, 21K bike,
5K run**

Big Bend Victims
Assistance 5K
11/14/2009
Gwen Williams, R.D.

1	Gabriel Leitz	M	20	16:54
2	Tony Guillen	M	40	16:59
3	Garth Grumme	M	40	19:53
4	Cole Tessier	M	26	21:29
5	Buddy Levins	M	56	21:41
6	Karen Jumonville	F	38	23:52
7	David Del Rossi	M	10	24:34
8	Tagi Muttalib	M	30	24:52
9	Heather Pence	F	36	25:23
10	Matt Klein	M	37	25:25
11	Harry Vanderlei	M	44	25:31
12	Kreis Whitfield	F	22	25:49
13	Darril L. Griffin	M	27	26:36
14	Steve Baczewski	M	52	26:54
15	Andrew Marcus	M	24	26:55
16	Leigh Matchett	F	26	26:56
17	Sarah Baczewski	F	23	27:00
18	David Del Rossi	M	45	27:16
19	Michelle Cherashore	F	40	28:39
20	Leisa Eastman	F	30	29:20
21	Rocky Cabagnet	M	35	29:23
22	Linda Levins	F	56	29:26
23	Seth Rubin	M	29	29:47
24	Susan Burkley	F	32	30:09
25	Mark Varner	M	42	30:28
26	Anthony Roberts	M	47	30:31
27	Aidy Torres	F	47	30:57
28	Chris Dirmann	M	39	31:16
29	Marilyn Ney	F	63	31:19
30	Laura Lawrence	F	34	31:59
31	Bonnie Rogers	F	47	32:12
32	Vernell Johnson	M	51	32:36
33	Mandy Jones	F	34	32:51
34	Crystal Murphy	F	42	34:09
35	Deirdre Rhodes	M	38	34:30
36	Dee Kring	F	40	34:34
37	Andrea Vanstone	F	26	34:38
38	Hannah McLeod	F	19	34:39
39	Traci Esser	F	39	35:21
40	Michelle Spano	F	19	35:22
41	Carol Musgrove	F	71	35:43
42	Haydn Trechsel	M	55	35:52
43	Melinda McBride	F	37	36:34
44	Sean Santalla	M	20	41:01
45	Tyler Northway	M	4	41:19
46	Georgia Northway	F	32	41:31
47	Theresa Prichard	F	29	42:30
48	Susan Tobin	F	52	43:55
49	Andrea Reese	F	30	43:57
50	Kez McCorvey	M		44:25
51	Heather Odom	F	29	44:26
52	Danielle Cebak	F	19	44:26
53	Loris McCorvey	F	37	44:28
54	Lauren Jones	F	25	45:06
55	Terry Thomas	M	55	45:06

56	Debbie Thomas	F	54	45:14
57	No Card			46:30
58	Kimberly Kasper	F	32	47:22
59	Julia Dawson	F	41	47:22
60	Georgio Reffner	F	61	48:19
61	Leslie Rabon	F	29	49:36
62	Kate McDaniel	F	35	49:36
63	Alia Graves	F	26	49:41
64	Lacie Blackburn	F	9	49:52
65	Michelle Johnson	F	48	49:53
66	Loretta Varner	F	36	49:53
67	Renee Jenkins	F	49	49:54
68	Ann Del Rossi	F	42	51:59
69	Laura Piehl	F	19	53:21
70	Kim Goldsmith	F	21	53:22
71	Judith Barrett	F	60	55:15
72	Shelly Cason	F	42	55:15
73	Donna Allison	F	43	57:10
74	Emma Smith	F	6	60:54
75	Matthew Byrge	M	30	60:54
76	Carly Cermak	F	26	64:36
77	Marc Malonzo	M	27	64:45

Veterans Day 10K
11/14/2009
Liv Warren R.D.

1	Vince Molosky	M	30	35:41
2	Kyle Harris	M	15	37:56
3	Joel Piotrowski	M	40	38:53
4	Chase Harris	M	12	44:12
5	Caleb Harris	M	8	46:11
6	John Woodrum	M	39	47:10
7	Nick Nichols	M	66	47:20
8	James Harper IV	M	32	47:56
9	Paula O'Neill	F	48	49:02
10	Floyd Coleman	M	53	50:03
11	Shana Martin	M	38	50:08
12	Sarah Dugas	F	30	51:21
13	John Truscott	M	64	51:42
14	Jessica Harrison	F	28	51:55
15	Perra Harrell	F	10	52:53
16	Mike Conder	F	44	52:56
17	Bill Cobb	M	46	53:22
18	Jimmy Ledford	M	53	54:12
19	Julie Harris	F	44	54:20
20	Jennifer Lusk	F	31	55:03
21	Patty Hall	F	40	55:03
22	Ezra Lusk	M	34	55:04
23	Gary Cato	M	53	55:56
24	Paul Bennett	M	37	56:40
25	Kial Hathcoat	M	32	57:15
26	Melissa Zapata	F	30	59:04
27	Justin Gravlee	M	36	59:07
28	Beverly Shirley	F	33	61:43
29	Alissa Slade	F	32	61:46
30	Angela Perry	F	38	62:00
31	Mikki Campbell	F	34	63:18
32	Thomas Zaccardi	M	57	65:17
33	Patricia Taughton	F	29	66:58
34	Susan Swain	F	28	66:58
35	Jennifer Maxwell	F	34	69:44

36	Deven George	F	26	69:55
37	Chad Stewart	M	34	71:47
38	Vickie Savage	F	55	72:29
39	Chelese Griffin	F	29	73:02
40	Lisa Haynes			
	Truscott	F	53	76:12
41	Martha Haynes	F	56	76:12
42	Miranda Killough	F	24	78:03
43	Jenice Bennett	F	36	78:03
44	Karen Zaccardi	F	60	81:18
45	PeeWee Lambert	F	69	86:07

FSU Habitat 5K
11/14/2009
Joe Donoghue, R.D.

1	Nick Sunseri	23	M	16:04
2	Nathan Duby	19	M	16:23
3	Sean Quinn	18	M	17:01
4	Raley Beggs	19	M	17:47
5	Brad Taylor	20	M	23:21
6	Mike Callahan	21	M	23:22
7	David Monds	47	M	23:26
8	John Jensenius III	23	M	23:27
9	Jamie Joanos	47	M	23:28
10	Michael LaBossiere	43	M	23:30
11	Fran Mclean	52	F	23:38
12	Connor Stevens	19	M	23:41
13	Tommy Kristen	30	M	23:46
14	Bradley Fogle	26	M	23:47
15	Brad Becker	21	M	23:48
16	Jordan Brenneis	13	M	23:57
17	Robbie Vasquez	22	M	24:04
18	Diana Cristales	28	F	24:14
19	Heather Griffis	23	F	24:17
20	Travis Williams	24	M	24:17
21	Forrest Revolinski	21	M	24:33
22	Jerry Metz	57	M	24:41
23	(no card)	? ?		24:43
24	Zachary Rothman	19	M	24:55
25	David Darst	66	M	25:07
26	Alfred Bea	53	M	25:10
27	Sissi Carroll	51	F	25:38
28	Robbie Kinney	30	M	25:55
29	Josh Shackelford	13	M	26:06
30	Julia Shrewsbury	18	F	26:32
31	Bill Davis	58	M	26:38
32	Cassie Nall	21	F	26:48
33	Michael McDonald	27	M	27:24
34	Christine Lamia	47	F	27:28
35	Mark O'Neill	48	M	27:42
36	Joe Nedelec	33	M	27:47
37	(no card)	? ?		27:54
38	Amanda Geldbach	25	F	28:02
39	Stephanie Gamez	22	F	28:31
40	Jason Archier	20	M	28:32
41	Victoria Fogle	26	F	28:56
42	Brett Shafter	20	M	29:04
43	Elora Lee	20	F	29:28
44	Jesse Mocha	18	F	29:59
45	Natalie Waizhnger	21	F	30:05
46	Andrew Estevez	19	M	30:11

47	Jennifer Smith	21	F	30:29
48	Amanda Moore	21	F	30:39
49	Kyle Gower-Winter	28	M	30:42
50	Holly Davenport	25	F	30:45
51	Kristen Collar	20	F	31:24
52	Christina Beasley	22	F	31:37
53	Christina Brigman	22	F	32:08
54	Bryan Stover	22	M	32:09
55	David Swendsen	22	M	32:14
56	Leslie Spencer	45	F	32:20
57	James Parker	22	M	32:20
58	Jenna Bethan	19	F	32:46
59	Faye Williams	24	F	34:45
60	Doritz Perritt	43	F	35:00
61	Brant Andrea	26	F	35:01
62	Cameron Brown	24	M	35:35
63	Florence Parsley	15	F	35:49
64	Timothy Foley	43	M	36:02
65	Kevin Coleman	40	M	36:03
66	Erin Dolan	21	F	36:27
67	Teri Delaney	27	F	36:46
68	Jennifer Wittstock	26	F	36:49
69	Tara Nester	27	F	37:03
70	Chelsea Wilder	21	F	37:05
71	Valerie Rogers	37	F	37:08
72	Sarah Kosturko	27	F	37:17
73	Rachel Shannon	18	F	37:38
74	Arielle Katz	20	F	37:53
75	Britney Byfield	18	F	37:54
76	Susan Davis	46	F	38:01
77	Hunter Berg	19	M	38:07
78	Lauren McDuffie	19	F	38:15
79	Erica Cross	22	F	38:16
80	Robert Morris	78	M	38:23
81	Diana Fergesen	34	F	39:07
82	Dana Kwiatkowski	22	F	39:58
83	Margarete Deckert	76	F	40:32
84	Flossie Parsley	51	F	40:41
85	Audrey Holmes	21	F	40:46
86	Andrea Pinango	22	F	40:52
87	Holly Schans	18	F	41:13
88	Ashley Rios	21	F	41:28
89	Merlinda Borgersen	49	F	41:36
90	Barbara Crandall	56	F	41:58
91	Ashley Carreiro	18	F	43:53
92	Sarah Haber	19	F	44:05
93	Colleen Rearer	19	F	47:25
94	Jennifer Alexancer	19	F	47:42
95	Letreze Gooding	37	F	47:43
96	Jesika Wilderman	22	F	47:44
97	Amanda Dambrowski	20	F	49:28
98	Megan Mudelman	20	F	51:04
99	Cybill Cempron	19	F	51:05
100	Danielle Marks	19	F	51:42
101	Marlee McCleary	21	F	51:45
102	Jennifer Herrick	31	F	54:56
103	Bianca Cooper	24	F	54:56
104	Sharmili Choudhury	25	F	54:57
105	Elliot Hildreth	27	M	54:57
106	Kaitriana Gully	21	F	55:12
107	Shanika Robb	19	F	56:21
108	Ashley Villegas	19	F	57:14
109	Ashley Rios	21	F	57:15
110	Amina Resheidat	18	F	57:15
111	Justin Hoffman	20	M	57:43

112 Marisa Henderson	20	F	57:44
113 Riya Resheidat	18	F	57:44
114 Leah (no card)	? ?		57:45
115 Odalys Rivero	18	F	60:47
116 Emily Riquelene	17	F	65:50
117 Karishma Mahtani	18	F	65:54

COPS for kids 5K

11/7/2009

Mike Rogers R.D.

1 Stephen Andrews	M	23	21:08
2 Dan Anderson	M	46	21:38
3 Micah Andrews	M	20	21:49
4 Jamie Joanos	M	47	22:03
5 Buddy Levins	M	56	22:22
6 Brad Adams	M	40	23:53
7 Steve Baczewski	M	52	26:06
8 Tara Galinos	F	33	26:17
9 Lynda Pfundstein	F	44	26:57
10 Rachel Shank	F	11	27:01
11 Mike Shank	M	41	27:01
12 Dennis Bustle	M	51	27:11
13 Becky Leckinger	F	46	27:27
14 Nancy Nelson	F	47	27:36
15 Sarah Baczewski	F	23	28:13
16 Kevin Langston	M	36	28:14
17 Brittany Desotell	F	14	29:05
18 Sara Davis	F	32	29:23
19 Charles Lockwood	M	37	29:27
20 Candace Jeauvais	F	38	29:47
21 Linda Levins	F	56	29:52
22 Anthony Roberts	M	47	30:39
23 Marilyn Ney	F	63	31:12
24 Evan Goldman	M	39	31:12
25 Richard Addison	M	55	31:28
26 Alisa Ghazvini	F	50	31:32
27 Bob Lotane	M		31:44
28 Heather Desotell	F	14	32:23
29 Chris Dirmann	M	39	32:37
30 Katie Cunningham	F	31	33:15
31 Amy Furuseth	F	41	33:23
32 No Card			33:23
33 Melissa Laursen	F	33	33:27
34 Jason Laursen	M	34	33:28
35 Kerensa Lockwood	F	35	33:40
36 Sarrah Troncoso	F	27	33:42
37 Dean Rogers	M	38	33:44
38 No Card			34:34
39 Niki Phillips	F	20	34:43
40 Robert Morris	M	78	34:44
41 Carly Klein	F	19	35:01
42 Jane Marie Krier	F	48	35:23
43 Carolanna Lawson	F	25	35:44
44 Jamie Pitts	F	33	35:47
45 Carol Musgrove	F	71	36:15
46 Tim Foley	M	43	36:16
47 Erin Dolan	F	21	36:40
48 Paula Kiger	F	44	36:45
49 Jean Louise Krier	F	49	37:39
50 Liane Schrader	F	34	37:47
51 Margarete Deckert	F	76	38:00
52 Heather Wildermuth	F	33	38:29

53 Lori Lynn	F	38	38:33
54 Valerie Rogers	F	37	38:53
55 Diana Ferguson	F	34	39:05
56 Audrey Holmes	F	21	39:09
57 Kate Ray	F	32	40:48
58 Anne Kidel	F	28	43:00
59 Barbara Crandall	F	56	43:54
60 Andrea Reese	F	30	47:16
61 Susan Tobin	F	52	47:18
62 Tara Leckinger	F	19	47:54
63 Kelsey Leckinger	F	16	47:55
64 Kimberly Schwartz	F	32	47:56
65 Kimberly Kasper	F	32	47:58
66 Julia Dawson	F	40	47:59
67 No Card			49:21
68 Ron Davidson	M	50	52:32

**FSECC 5K at
Southwood Complex
11/5/2009**GWTC members only
full results at
www.gulfwinds.org

Kevin Sweeny	M	40	17:56.0
Tim Unger	M	50	17:58.6
Michael Martinez	M	43	18:35.5
Matthew Minno	M	50	19:22.2
Michael Kennett	M	36	19:35.9
Kelly Stevens	F	27	21:07.1
David Phillips	M	52	21:29.2
Nicholas Mack	M	25	21:53.1
Brian Davis	M	32	21:55.5
Myron Herring	M	50	22:04.7
Grea Bevis	M	47	22:31.7
Bobby York	M	45	22:46.8
Julie Clark	F	48	23:18.1
Steven Stolting	M	50	24:25.8
Jon Ansola-Crowley	M	27	24:32.2
Wes Bruner	M	54	24:40.2
Lori Westphal	F	39	24:46.6
Dennis McClure	M	53	25:37.1
Penny Isom	F	46	25:38.0
John Rakestraw	M	73	25:39.2
Lisa Unger	F	42	25:50.1
Sonya Dudley	F	40	26:36.7
Rudy Westerman	M	27	27:02.2
Susan Stephens	F	50	27:05.2
Lynn Hearn	F	44	27:29.1
Linda Levins	F	56	29:04.8
Thomas Zaccardi	M	57	29:27.3
Alissa Slade	F	32	29:34.3
Marilyn Ney	F	63	30:13.2
Cheryl Jones	F	45	30:14.5
Crista Hosmer	F	31	31:27.4
Maria Matthews	F	49	32:42.1
Migling Cuervo	F	31	35:43.8
Rebecca Sills	F	25	36:02.4
Cathy Mccarty	F	53	39:00.4

Karen Zaccardi	F	60	39:11.0
Hallie Prince	F	38	51:59.2
Susan Taylor	F	40	53:27.0

**Celebration Baptist 5K
10/31/2009**

1 Gary Droze	M	48	17:18
2 Kyle Harris	M	15	17:55
3 Bryan Hendricks	M	28	18:25
4 Chase Harris	M	12	18:55
5 Trevor Touchton	M	14	19:13
6 Lance Lozano	M	39	21:01
7 Jeff Bowman	M	47	21:24
8 Caleb Harris	M	8	21:32
9 David Zierden	M	45	21:52
10 Keith Howell	M	27	22:00
11 Jamie Joanos	M	47	22:41
12 Andy Hough	M	14	22:55
13 Jonathan Nash	M	30	23:46
14 James Cade	M	37	23:52
15 Andrew Burgess	M	25	24:14
16 Perra Harrell	F	10	24:15
17 Connie Clark	F	48	24:28
18 Liz Ekk	F	30	24:39
19 Terry Ryan	M	60	24:41
20 David Bigoney	M	36	24:57
21 Jim Phillips	M	44	24:58
22 Ed Forrester	M	48	24:59
23 Ann Bowman	F	41	25:19
24 Ian Zierdan	M	8	25:28
25 David Emmert	M	46	26:14
26 Julie Harris	F	44	26:24
27 Sharon Dewit	F	38	26:27
28 John Rakestraw	M	73	27:07
29 Gannon Hudley	M	11	27:58
30 Lincoln Quinten	M	36	28:00
31 Damien Hundley	M	41	28:02
32 Bill Snyder	M	59	28:07
33 Nathan Wright	M	27	28:40
34 Emily Culley	F	8	29:09
35 Beth Culley	F	43	29:10
36 Chad Thompson	M	35	29:14
37 Karen Linker	F	23	29:18
38 Amy Cade	F	35	29:24
39 John Buck	M	46	29:47
40 Randy Wilkins	M	48	30:21
41 Joe Santos	M	45	30:40
42 Suzanne Hudson	F	40	30:43
43 Colene Rogers	F	46	30:43
44 Candice Beauvis	F	38	30:51
45 Emily Brooks	F	34	31:10
46 Jo Hendricks	F	35	31:34
47 Jessica Platt	F	29	31:55
48 Amy Brown	F	36	32:16
49 Aidy Torres	F	47	32:26
50 Jeri Lynn Roberts	F	27	32:33
51 Britni Dempsey	F	30	32:39
52 Bob Keller	M	75	32:53
53 Laura Lawrence	F	34	32:56
54 Debbie Dupree	F	51	33:25

55	Mandy Jones	F	34	33:30
56	Joy Williams	F	28	33:45
57	Kim Vinson	F	44	33:45
58	Ellie Stubblefield	F	12	34:20
59	Lisa Hayes	F	42	34:27
60	Paul Reynolds	M	37	34:33
61	Lexdi Butler	F	41	34:34
62	Robert Morris	M	77	35:20
63	Kristen Karpinski	F	40	35:32
64	Amy Stubblefield	F	39	36:17
65	Beth Babington	F	33	36:25
66	Jane Balsters	F	49	36:29
67	Destiny Larry	F	14	37:24
68	Yolanda Larry	F	35	37:28
69	Anna Jones	F	36	37:41
70	Christy Williams	F	41	37:43
71	Becky Greenhill	F	41	38:09
72	Joy Doby	F	32	38:19
73	Amy Saegert	F	33	39:22
74	Mackenzie Janes	F	10	39:24
75	Margarete Deckert	F	75	40:21
76	Ann Burgess	F	51	40:58
77	Perry Jones	M	35	41:38
78	Venita Dorsey	F	65	41:40
79	Kelly Sciba	F	40	41:57
80	Taylor Reynolds	F	10	45:21
81	Michelle Reynolds	F	38	45:21
82	Tanja Davis	F	48	45:25
83	AnnaLee Cooley	F	14	46:19
84	Abby Buck	F	14	46:19
85	Lori Cooley	F	46	

Boston Half Marathon**10/31/2009****Brad Johnson R.D.**

*Note: GWTC members
only, full results at
www.gulfwinds.org*

VINCE MOLOSKY	30 M	1:19:49
TONY GUILLEN	40 M	1:20:25
CARL NORDHIELM	47 M	1:21:35
JACK McDERMOTT	40 M	1:25:39
SHERYL ROSEN	25 F	1:27:10
JOEL PIOTROWSKI	40 M	1:27:57
JEFF NIELSEN	51 M	1:30:17
JIM WILGENBUSCH	41 M	1:31:21
FELTON WRIGHT	52 M	1:31:37
OLIVIA SWEDBERG	26 F	1:34:23
MICHAEL KENNETT	36 M	1:34:51
ANDY ROBERTS	42 M	1:35:20
DAVID LANDIS	50 M	1:35:21
JIM CARSON	46 M	1:35:45
GARY GRIFFIN	60 M	1:36:16
MARK KASPER	48 M	1:36:56
GREG WADDELL	43 M	1:38:23
KEITH GATES	28 M	1:42:04
JULIE CLARK	48 F	1:46:58
LEIGH CECI	45 F	1:47:12
COLE TESSIER	26 M	1:48:14

LAURA			
McDERMOTT	30 F	1:48:59	
LISA COX	44 F	1:49:16	
CHAD JOHNSON	38 M	1:49:21	
CARRIE WEYANT	48 F	1:49:34	
LORI ABBEY	42 F	1:51:28	
KIRSTEN KINSLEY	38 F	1:53:26	
SEAN BOWER	45 M	1:53:40	
ASHLEY ANSALDO	24 F	1:55:10	
JASON BOWMAN	39 M	1:56:18	
SARAH DUGAS	30 F	1:57:17	
NICK YONCLAS	65 M	1:58:21	
BILL BOWEN	56 M	1:58:31	
DALE PEARSON	46 M	2:02:59	
MELISSA ZAPATA	30 F	2:04:59	
BETH ALEXANDER	45 F	2:05:50	
JAIRA McKEOWN	31 F	2:06:23	
SARAH CAMP	41 F	2:07:03	
DAVID DARST	66 M	2:09:25	
T J CUTCHINS	50 M	2:11:13	
ROBIN BORSCHERL	39 F	2:11:15	
AMY ANTIMUCCI	34 F	2:11:39	
LAUREL WENTZ	27 F	2:12:55	
SONYA DUDLEY	40 F	2:13:48	
DIANE NERNEY	41 F	2:13:52	
JON			
ANSOLA-CROWLEY	27 M	2:14:26	
CARLOS ZAPATA	64 M	2:16:42	
MARY STUTZMAN	61 F	2:18:18	
RICHARD ZIEGLER	50 M	2:20:06	
TAMMY PEARSON	38 F	2:20:08	
BETTY JO NELSON	47 F	2:21:02	
GARY CATO	53 M	2:23:56	
JANET HARTMAN	38 F	2:27:05	
SHANNA AUTRY	33 F	2:27:12	
KELLIE O'DARE	33 F	2:28:33	
BILL DILLON	42 M	2:30:07	
R. ADAMS	41 F	2:30:32	
S. ADAMS	26 M	2:30:32	
THORNE			
CALDWELL	57 M	2:30:46	
DIANA CALDWELL	53 F	2:30:47	
TONY			
KRONENBURG	59 M	2:35:17	
KELLI DILLON	39 F	2:39:55	
SCOTT JAMES	44 M	2:40:09	
PATRICIA BRUNER	51 F	2:51:41	
CHIKA OKORO	29 F	2:52:15	
DAVID SMITH	65 M	2:54:31	
RYAN BURK	38 M	2:55:46	
KAREN ZACCARDI	60 F	2:59:10	

GWTC Boston 5K Finishers

PAMELA WHITE	48 F	33:08
TISH BEACH	60 F	37:46

FSU Cares 5K**10/24/2009****Beth Alexander, R.D.**

1	Aaron Snyder	M	23	16:22
---	--------------	---	----	-------

2	Kyle Harris	M	15	17:37
3	Jorge Gallo	M	20	18:04
4	Logan Desouza	M	18	18:14
5	Michael Johnson	M	18	18:18
6	Joel Piotrowski	M	40	18:28
7	Daniel Mosier	M	19	19:01
8	Ian Hunter	M	20	19:23
9	Hong Guo Yu	M	41	19:37
10	Austin Albury	M	18	19:43
11	Greg Mora	M	20	19:45
12	Arthur Pottenger	M	20	19:59
13	Trent Mills	M	22	20:14
14	Mickey Moore	M	39	20:17
15	Michael Dobson	M	19	20:26
16	Ben Brekhus	M	21	20:30
17	Michael Moore	M	21	20:42
18	Juan Ordonez	M	35	20:45
19	Cole Tessier	M	26	20:45
20	Mark Mccarra	M	44	20:53
21	Christian Macey	M	22	21:08
22	Mark Tombrink	M	22	21:11
23	Thomas Carter	M	19	21:14
24	Thomas Bennett	M	19	21:16
25	Matt Shaud	M	20	21:18
26	Mary Catherine Fleming	F	19	21:18
27	Daniel Nieves	M	19	21:20
28	Okeefe Simmons	M	19	21:20
29	William Sinkey	M	24	21:23
30	David R Smith	M	20	21:34
31	Casey Crowley	M	18	21:36
32	Mason Embrey	M	18	21:37
33	Scott Chuck	M	22	21:48
34	Jeff Huber	M	21	21:50
35	Stephen Castellanos	M	21	21:58
36	Alexis Gouldman	F	19	21:58
37	Ryan Koelling	M	20	22:07
38	Christopher Mederos	M	18	22:09
39	Bernhard Kloppenburg	M	18	22:09
40	Marvin Dupiton	M	21	22:12
41	Nick Mack	M	25	22:12
42	Cody Ryan	M	21	22:14
43	Georganne Little	F	20	22:23
44	Aaron Goss	M	19	22:35
45	Jason Colizzo	M	25	22:36
46	David Page	M	22	22:44
47	Mike Schiff	M	19	22:47
48	Sean Buchsbaum	M	20	22:50
49	Kellie Gerbers	F	23	22:56
50	Lisa Cox	F	44	22:57
51	Tyler Virgadamo	M	22	22:58
52	Alexander Newcome	M	20	22:59
53	Paula O' Neill	F	48	23:00
54	Clayton Reck	M	33	23:02
55	Isaac Vaughn	M	19	23:07
56	Chris Reber	M	22	23:09
57	Dean Mayo	M	42	23:12
58	Bill Hanawary	M	41	23:18
59	Tiffany Roddenberry	F	25	23:20
60	Scott Wallace	M	18	23:22
61	Karl Wiegert	M	21	23:39

62	Katie Lynch	F	19	23:40	124	Nichole Wade	F	19	26:30	186	Emily Dale	F	22	29:44
63	Jason Alter	M	20	23:43	125	Sonya Dudley	F	40	26:35	187	Michelle			
64	Daniel Christian	M	23	23:44	126	Alexandra Roach	F	19	26:50		Emerman	F	18	29:47
65	Chris Byrd	M	18	23:48	127	Richard Ziegler	M	50	26:59	188	Stacey Zbiciak	F	19	29:50
66	Derrius Maddox	M	22	23:54	128	Andrew Creighton	M	18	27:03	189	Guy Weideman	M	41	29:59
67	Jerry Metz	M	57	23:56	129	Kyle Sanders	M	18	27:04	190	Nicholas Nicholas	M	20	30:01
68	Jesse Dodd	M	20	23:58	130	Emily Howard	F	24	27:06	191	Kate Shanahan	F	20	30:03
69	Holly Newell	F	31	24:04	131	Andrea Willett	F	21	27:07	192	Nicole Copely	F	20	30:05
70	Humberto				132	Alex Aparicio	M	20	27:19	193	Andrew Lane	M	23	30:23
	Rodriguez	M	22	24:07	133	Linsey Whitwam	F	19	27:21	194	Gillian Maroney	F	21	30:24
71	Katherine Taibl	F	19	24:10	134	Lindsay Weber	F	21	27:22	195	Brittany O' Connor	F	21	30:26
72	Constance Mayo	F	43	24:15	135	Justin Stecher	M	23	27:25	196	Ashley Eckers	F	20	30:42
73	Zachary Hale	M	24	24:15	136	Ashley Mcgowan	F	27	27:29	197	Amanda Freeman	F	21	30:45
74	Kristopher				137	Keith Rowe	M	48	27:29	198	Lewis Noble	M	18	30:47
	Dowding	M	18	24:15	138	Josh Benavente	M	18	27:30	199	Justin Lee	M	18	30:52
75	Brian Bauerband	M	24	24:16	139	Virginia Parker	F	20	27:31	200	Jarrold Robertson	M	19	30:53
76	Danielle Slomins	F	19	24:26	140	Anthony Rowe	M	20	27:32	201	Emilee Brooks	F	34	30:57
77	Zachary Rothman	M	19	24:27	141	Michele Rowe	F	49	27:37	202	Holly Davenport	F	25	31:02
78	Dan Lunsford	M	18	24:28	142	Mark Katz	M	18	27:38	203	Anthony Santos	M	18	31:04
79	Clint Watkins	M	67	24:31	143	Ariel Jaguszyn	F	19	27:39	204	Julie Farmer	F	42	31:10
80	Robin Borschel	F	39	24:37	144	Joseph Murphy	M	23	27:43	205	Katharine Kiernan	F	19	31:21
81	Robert Rice	M	20	24:40	145	Ethan Bright	M	18	27:46	206	Brittany Rinder	F	031:22	
82	Darren Douglas	M	27	24:41	146	Ashley Samimi	F	18	27:51	207	Felicia Willis	F	18	31:23
83	James Maloney	M	18	24:42	147	Rebecca				208	Monica Matais	F	19	31:24
84	Heather Pence	F	35	24:43		Breedlove	F	20	27:57	209	Megan Letizia	F	21	31:26
85	Matthew Klein	M	37	24:48	148	Aimee Mclendon	F	25	27:57	210	Shehzad			
86	Ryan Rodriguez	M	20	24:49	149	Chelsey Allen	F	22	28:00		Khan-thomas	M	20	31:26
87	Chelsea Ziemko	F	22	24:51	150	Ashleigh Ezzell	F	23	28:00	211	Sarah Genet	F	26	31:27
88	Ashley Gammon	F	19	24:52	151	Jens Flock	M	24	28:09	212	Ian Thomas	M	20	31:28
89	Kelly Mcconnell	F	21	24:53	152	Lois Collins	F	19	28:11	213	Erin Snow	F	26	31:32
90	David Moore	M	46	24:57	153	Greg Perry	M	36	28:20	214	Fritz Crevecoeur	M	19	31:40
91	Kennedy Nilsson	M	20	25:05	154	Wes Bruner	M	54	28:21	215	Breanna Bruner	F	13	31:42
92	Lauren Silvestri	F	19	25:06	155	Dana Rogozinski	F	20	28:22	216	Thomas Gordon	M	38	31:43
93	Mark Cogburn	M	24	25:12	156	Dana Simon	F	20	28:22	217	Amy Gordon	F	38	31:44
94	T J Cutchins	M	50	25:16	157	Mimi Moss	F	18	28:33	218	Jennifer Barry	F	23	31:45
95	Samuel Shroder	M	18	25:17	158	Cassie Nall	F	21	28:35	219	Alicia Pasko	F	19	31:47
96	Jeffrey Gerum	M	18	25:18	159	Laura Osteen	F	38	28:36	220	Sue Price	F	52	31:51
97	Nick Cummings	M	27	25:19	160	Alex Weaver	M	23	28:42	221	Laura Lawrence	F	34	32:05
98	Alexander Baker	M	23	25:20	161	Trina Chakravarty	F	23	28:42	222	Tim Lawrence	M	49	32:06
99	Kyle Herrera	M	18	25:20	162	Chelsea Wilder	F	21	28:44	223	Kay Tipton	F	50	32:07
100	Greg Hollen	M	19	25:23	163	Anne Lutin	F	21	28:48	224	Virginia Lill	F	21	32:42
101	Charles Mallette	M	23	25:27	164	Brian Almanzar	M	21	28:52	225	Mandi Capeletti	F	31	32:44
102	Orlantha				165	John Hurst	M	18	28:53	226	Matthew			
	Heethawakage	F	21	25:29	166	Michele					Zukowsky	M	21	32:48
103	Keerti Dantuluri	F	21	25:32		Burkholder	F	19	28:56	227	Jason Kasten	M	18	32:48
104	James Alexander	M	22	25:32	167	Leah Walker	F	21	28:57	228	Brad Lockridge	M	21	32:49
105	Jayne Wabeke	F	21	25:33	168	Angela Perry	F	38	28:58	229	Brian Howell	M	40	32:56
106	Bailey Hein	F	20	25:34	169	Rebekah Suwak	F	22	29:02	230	Jessie Walters-			
107	Kerri Eaton	F	33	25:41	170	Jesse Mocha	F	18	29:03		Mc Carthy	F	22	32:57
108	Matt Clark	M	21	25:42	171	Bennett Miller	M	41	29:04	231	Emily Darrow	F	21	32:59
109	Marcelo Garcia	M	19	25:48	172	Katherine Gwin	F	20	29:06	232	Kelly Knoth	F	19	32:59
110	Jared Lord	M	22	25:49	173	Mark Anthony				233	Christina Gualltteri	F	18	33:00
111	Julia Shrewsbury	F	18	25:50		Gutierrez	M	19	29:07	234	Liz Smith	F	26	33:10
112	Dawn Sullivant	F	36	25:51	174	Kate Atkins	F	21	29:07	235	Caitlin Mcdonald	F	19	33:11
113	Jordan Bryant	F	23	25:52	175	Brittany Warren	F	23	29:08	236	Candi Clarke	F	23	33:15
114	Thomas Oravetz	M	23	25:54	176	Rebecca				237	Elizabeth Katz	F	22	33:16
115	Danielle Goeller	F	22	25:57		Mckinney	F	26	29:08	238	Tripp Holt	M	23	33:18
116	Katie Furtick	F	21	26:02	177	Jayne Sakser	F	20	29:14	239	Morgan Cooley	M	24	33:20
117	Kristin Horne	F	20	26:04	178	Allie Blair	F	18	29:16	240	Remy Gantt	M	19	33:29
118	Ryan Kitchens	M	22	26:09	179	Chelsey Curran	F	19	29:18	241	Imri Jensen	M	52	33:39
119	Reuben Stokes	M	19	26:14	180	Katie Powell	F	24	29:23	242	Crista Hosmer	F	30	33:42
120	Louis Lopez	M	20	26:18	181	Lora Leiter	F	21	29:26	243	Hallie Smith	F	19	33:43
121	Joseph				182	Christina Phillips	F	21	29:26	244	Stephan Ramunni	M	24	33:52
	Schweitzer	M	20	26:18	183	Jill Hartsfield	F	18	29:27	245	Paul Gretcher	M	22	33:56
122	Tre Mcgowan	M	26	26:22	184	Becky Ajhar	F	44	29:28	246	Christine Riggie	F	21	33:56
123	Camilla Savardi	F	22	26:28	185	Kayla Breland	F	19	29:32	247	Dana Teschel	F	21	34:01

68	Dale Smith	M56	23:25	130	Bishop Estes	M11	28:05	194	Blake Norman	M13	34:54
69	Paula O'Neill	F 48	23:28	131	Perha Varley	F 65	28:07	195	Lisa Charon	F 52	35:03
70	Earl Stoddard	M36	23:35	132	Laura Christ	F 46	28:09	196	Shirley Whitsill	F 54	35:06
71	Lisa Cox	F 44	23:38	133	Kevin Langston	M51	28:10	197	Dawn Brown	F 60	35:13
72	Cedric Stephens	M37	23:56	134	Chris Barkas	M50	28:12	198	Michelle Roberts	F 34	35:15
73	Beth Culley	F 44	23:57	135	Ben Kirbo	M47	28:14	199	Jacqui Newman	F 39	35:17
74	Eric Henry	M38	23:59	136	Tolar Griffin	M33	28:23	200	Brian Newman	M41	35:18
75	Ris Martin	M13	24:04	137	Ruth Jones	F 58	28:31	201	Dee Kring	F 40	35:30
76	John Gorham	M50	24:06	138	Karen Gail Hand	F 40	28:41	202	Robin Hill	F 23	35:51
77	Sarah Camp	F 41	24:09	139	Mark Pleasants	M60	28:42	203	Pam Pafford	F 54	35:52
78	Jim Moran	M51	24:09	140	Josh Collins	M30	28:44	204	Jennifer		
79	Charlie Lang	M11	24:10	141	Gannon Hundley	M11	28:51		McFadden	F 33	35:55
80	Lisa Finn	F 32	24:11	142	Mary Stutzman	F 61	28:53	205	Gray Kinch	F 10	36:04
81	David Darst	M66	24:20	143	Dianne Dearduff	F 50	28:54	206	Sella Kinch	F 10	36:09
82	Terry Ryan	M60	24:23	144	Jimmy Martin	M36	29:07	207	Fred Kinch	M49	36:15
83	Lillian Caldwell	F 19	24:37	145	Carlos Fernandez	M38	29:14	208	Emily Dunn	F 22	36:20
84	Greg Ozbun	M41	24:38	146	Burt Von Hoff	M57	29:40	209	Carly Klein	F 19	36:30
85	Jon			147	Kathryn Rowan	F 45	29:51	210	Paula Kiger	F 44	36:37
	Ansola-Crowley	M27	24:39	148	Kathleen Daly	F 49	29:52	211	Kristin Jones	F 26	36:38
86	Jonathan			149	Eric Maclure	M45	29:54	212	Erin Dolan	F 21	36:46
	Hamilton	M32	24:42	150	Allie Caldwell	F 19	29:56	213	Marty Hebrank	M46	37:14
87	Ryan Cox	M25	25:00	151	Linda Levins	F 56	30:03	214	Deane Quigley	F 44	37:35
88	Andrea Stephens	F 33	25:08	152	Mary Brandman	F 33	30:13	215	Carson Hundley	M10	37:52
89	Don Bryan	M48	25:15	153	MindyPomerleau	F 29	30:22	216	Damian Hundley	M41	37:53
90	Robin Gibson	F 48	25:17	154	Griffin Estes	M7	30:30	217	Karen Gievers	F 60	38:08
91	Andrew Lester	M21	25:19	155	Angela Estes	F ?	30:32	218	Margarete Deckert	F 76	38:12
92	Ruth McKain	F	25:20	156	Jason Johnston	M33	30:40	219	Mary Lou Manausa	F 71	38:20
93	Thomas Krick	M46	25:24	157	Rachel Johnson	F 21	30:45	220	Heather		
94	Jegen McDermott	F 28	25:25	158	Maria				Wildermuth	F 33	38:26
95	Rex Cleveland	M70	25:31		Hendrickson	F 44	30:54	221	Janet Newburgh	F 67	38:36
96	Kyle Sharpton	M20	25:24	159	Michelle Rowe	F 49	30:55	222	Rodney Watts	M51	38:56
97	Emily Culley	F 8	25:37	160	Anne Priddy	F 60	31:04	223	Candice Fitzgerald	F 21	39:07
98	Michelle Lambert	F 34	25:38	161	Eduardo G:			224	Allison Oxford	F 21	39:08
99	Shane Surnocki	M10	25:39		Loumiel	M29	31:05	225	Sue Patterson	F 55	39:33
100	Lisa Unger	F 42	25:45	162	Justin Fincher	M29	31:10	226	Talib Sallim	M?	39:54
101	Chuck Beckett	M48	25:46	163	Patrick Roche	M24	31:17	227	Judith Taber	F 53	40:04
102	Katy Ziegler	M24	25:48	164	Steve Shaffer	M50	31:21	228	Diana Ferguson	F 34	40:05
103	Amanda Enfield	F 31	25:55	165	Mickinzee Hetrick	F 18	31:28	229	James Varley	M69	40:06
104	Rafaela Hofmann	F 26	26:07	166	Jaci Niks	F 32	31:34	230	Tim White	M67	41:05
105	Eric Begens	M18	26:08	167	Marilyn Ney	F 63	31:36	231	Marjan Atkinson	F 24	42:10
106	Rob Dearduff	M43	26:16	168	Heather Judd	F 26	31:43	232	Mariam Turley	F 27	42:23
107	Bill Cobb	M45	26:16	169	Brenda Olsen	F 55	31:48	233	Arthur Ward	M76	42:26
108	Patrick Jeffrey	M44	26:19	170	Laura Smiley	F 27	31:52	234	Audrey Holmes	F 21	42:37
109	Lillie Kirbo	F 11	26:22	171	Logan Sundberg	F 7	32:02	235	Kathy Flippo	F 56	42:53
110	Dominika			172	Bill Sundberg	M40	32:03	236	Spencer Sundberg	M8	44:41
	Wroczynski	F 30	26:23	173	David Smith	M65	32:15	237	Julianne Grady	F 8	44:42
111	Diana Caldwell	F 53	26:33	174	Joshua Turley	M26	32:17	238	Linda Grady	F 44	45:21
112	Allison Barkas	F 16	26:51	175	Quinn Straub	M25	32:18	239	Joseph Stoddard	M9	46:23
113	Lori Westphal	F 39	26:53	176	Dot Skofronick	F 72	32:29	240	Mekaubee		
114	Marcus Summa	M23	26:59	177	Stacy Butler	F 36	32:35		Stoddard	F 11	46:26
115	John Morrill	M56	27:04	178	Jason Wildermuth	M32	32:42	241	Josephine Newton	F 83	48:47
116	Jessica Elliott	F 30	27:06	179	Scott Savery	M52	32:47	242	Robert Morris	M77	50:54
117	Richard Ziegler	M50	27:07	180	Keith Haas	M13	32:51	243	Jonathan Dennis	M38	50:56
118	Mark Priddy	M54	27:17	181	Karen Smith	F 61	32:55	244	George Brown	M69	51:44
119	John Rakestraw	M72	27:22	182	Susan Lamb	F 51	33:11	245	Frank Bach	M71	51:45
120	Amy Antimucci	F 34	27:26	183	Seth Rubin	M29	33:16	246	Unknown		51:46
121	Todd Darris	M33	27:29	184	William Sundberg	M10	33:18	247	Beverly Hand	F 69	52:40
122	Tres Bishop	M30	27:38	185	Tom Hastings	M58	33:30	248	Cindy Snowden	F 52	53:14
123	Scott Wright	M54	27:41	186	Bob Keller	M75	33:38	249	Carolyn Rankine	F 59	53:15
124	Mary Jean Yon	F 53	27:44	187	Janet Hastings	F 57	33:39	250	Karen Kinard	F 44	53:18
125	Bill Hunter	M59	27:40	188	Emily Ruddell	F 63	33:40	251	Charley Yates	M84	53:58
126	Sonya Dudley	F 40	27:48	189	Kristin Asaro	F 23	33:58	252	Serna Shaffer	F 53	57:03
127	Christopher			190	Mandy Jones	F 34	34:05	253	Mitch Shaffer	M50	57:04
	Barkas Jr.	M13	27:49	191	Rebecca Stark	F 48	34:07				
128	Jennifer Fortunas	F 36	27:53	192	Jodi Moore	F 26	34:44				
129	Mike Kaws	M21	28:02	193	Meagan Phillips	F 25	34:45				

2009 Grand Prix Standings Through Sunberg 5K 10/24/09

FN	LN	Age	# GP's	Pts	Sara	Hearn	9	1	8
					Madeline	Sewell	5	1	4
					Gabriela	Jimenez	6	1	4
<u>Overall Female</u>									
Kelsey	Scheitlin	25	9	215	<u>10-14 Female</u>				
Micah	Adriani	31	6	112	Alexandra	Wallace	11	3	60
Jane	Johnson	49	7	105	Megan	Jones	12	3	55
Stephanie	Barraco	24	9	103	Autumn	Wable	13	1	20
Nancy	Stedman	47	9	96	Rebekah	Palmer	10	1	15
Sheryl	Rosen	24	4	82	Breanna	Bruner	13	1	15
Olivia	Swedberg	25	5	70	Eryn	Russell	13	1	12
Julie	Clark	47	6	64	<u>15-19 Female</u>				
Lisa	Johnson	27	2	60	Allie	Caldwell	18	7	108
Fran	McLean	51	5	53	Lilly	Caldwell	18	3	60
Amanda	Hudson	32	7	51	Jana	Stolting	17	1	20
Amy	O' Brien Hines	28	2	40	Allyse	Francis	16	1	20
Shana	Ryberg	33	3	40	Michaela	Killius	19	1	20
Mary Anne	Grayson	42	3	39	Katy	Swain	19	1	15
Kirsten	Baggett	42	3	37	Cynda	Covert	17	1	12
Jana	Stolting	17	1	30	Whitney	Alexander	18	1	10
Stephanie	Liles	36	1	30	<u>20-24 Female</u>				
Connie	Clarke	47	2	28	Stephanie	Barraco	24	10	180
Beth	Culley	43	4	26	Sheryl	Rosen	24	4	80
Constance	Mayo	42	2	26	Holly	Davenport	24	4	48
Angela	Dempsey	40	2	24	Tiffany	Roddenberry	24	3	47
Kelly	Stevens	26	2	24	Rebecca	Sills	24	2	30
Lisa	Cox	43	3	23	Sandy	Holt	23	2	22
Sarah	Camp	40	4	22	Robin Elyse	Hill	23	2	20
Sarah	Docter- Williams	44	1	20	Kera	Twomey	24	1	12
Jennifer	Shafer	40	1	20	Alissa	Haberfeld	24	1	10
Seeley	Gutierrez	32	1	20	Ashley	Ansaldo	23	1	8
Robin	Borschel	38	1	13	Kelly	Darling	24	1	6
Rachel	Duerr	27	1	11	<u>25-29 Female</u>				
Paula	O' Neill	47	1	9	Kelsey	Scheitlin	25	9	162
Karen	Fisher	53	1	9	Melissa	Zapata	29	10	122
Melissa	Zapata	29	2	8	Olivia	Swedberg	25	5	72
Krista	Killius	45	1	7	Laura	McDermott	29	4	43
Lisa	Unger	41	1	7	Lisa	Johnson	27	2	40
Katy	Swain	19	1	7	Jessica	Elliott	29	4	39
Emma	Dugger	46	1	7	Amy	O' Brien Hines	28	2	35
Lisa	Overton	39	1	5	Kelly	Stevens	26	2	27
Sissi	Carroll	50	1	3	Jennifer	Ludwig	28	3	18
Kathy	Lindsay	49	1	3	Suzanne	Mojock	28	2	16
Judy	Alexander	47	1	3	Chika	Okoro	28	2	16
<u>1-9 Female</u>					Rachel	Duerr	27	1	15
Ana	Wallace	9	4	67	Elizabeth	Stupi	25	3	14
Lilly	Unger	6	5	64	Jessica	Nordhielm	29	1	6
Emily	Culley	7	3	60	Julia	Di Ponio	27	2	4
Katherine	Resavage	8	3	50	Jessica	Hanson	25	1	4
Sarah	Bowman	6	5	44	<u>30-34 Female</u>				
Josie	Baggett	7	2	22	Amanda	Hudson	32	11	173
Kate	Winegardner	9	1	15	Andrea	Stephens	32	10	117
Alyssa	Jimenez	4	2	14	Micah	Adriani	31	6	115
Quinn	Changus	7	1	12					
Peri	Flanigan	9	1	12					
Evan	Jaynes	4	1	8					

Sarah	Dugas	30	7	67	Lorien	Abbey	41	1	15
Shana	Ryberg	33	4	67	Christy	Carson	40	1	15
Amy	Antimucci	33	5	52	Sonya	Dudley	40	3	14
Christy	Pardieck	30	3	24	Ann	Guillen	40	2	14
Alissa	Slade	31	3	22	Karen	McBroom	40	2	10
Monica	Judd	34	2	22	Annie	Bowman	40	1	10
Seeley	Gutierrez	32	1	20	Karen	Allen	43	1	8
Kellie	O' Dare	32	3	16	Paula	Kiger	44	3	8
Robyn	Griffin	32	1	10	Michelle	Cherashore	40	2	6
Misty	Carter	30	1	8	Kathryn	Rowan	44	2	6
Aubrey	Posey	33	1	6	Dawn	Jimenez	43	1	6
Michelle	Mitchell	33	1	6	Jo	Curry	42	1	4
Kate	Ray	31	1	6	Linda	McNeal	44	1	2

35-39 Female

Lori	Westphal	38	9	118
Jo Lena	Pace	36	6	79
Heather	Pence	35	6	72
Karen	Jumonville	37	2	40
Jana	Friedman	38	2	32
Karen Gail	Hand	39	4	29
Robin	Borschel	38	2	28
Kelly	Sullivan	37	2	25
Tammy	Kolbe	39	2	21
Stephanie	Liles	36	1	20
Lisa	Overton	39	1	20
Becky	Scaringe	38	1	20
Toma	Wilkerson	39	2	16
Kim	Thomas	39	1	15
Christienne	Coutts	37	1	15
Angela	Perry	37	3	14
Nancy	Dyer	38	2	14
Janet	Hartman	37	2	12
Kate	Mac Fall	37	1	12
Dee	Kring	39	1	12
Marisol	Roberts	38	1	12
Rebecca	O' Hara	39	1	12
Rosalinda	Larkin	38	2	10
Wendi	Works	37	1	10
Sheryl	Sandvoss	37	1	10
Ami	Flanigan	38	1	8
Tammy	Pearson	37	1	6
Amanda	Starr	35	1	6
Jana	Henry	39	1	6
Christine	Haddock	35	1	4
Kelli	Dillon	38	1	4
Jean	Bates	35	1	2

40-44 Female

Lisa	Cox	43	12	128
Sarah	Camp	40	9	117
Beth	Culley	43	7	98
Kirsten	Baggett	42	4	72
Constance	Mayo	42	5	63
Lisa	Unger	41	9	60
Mary Anne	Grayson	42	3	60
Julie	Harris	43	7	55
Beth	Alexander	44	7	38
Angela	Dempsey	40	2	35
Jennifer	Shafer	40	2	32
Sarah	Docter- Williams	44	1	20

45-49 Female

Nancy	Stedman	47	11	159
Jane	Johnson	49	7	140
Julie	Clark	47	7	109
Paula	O' Neill	47	7	71
Connie	Clarke	47	5	52
Penny	Isom	46	4	32
Krista	Killius	45	2	27
Kathy	Lindsay	49	4	26
Emma	Dugger	46	3	23
Loranne	Ausley	45	3	22
Sandra	Canada	46	2	14
Susan	Concar	45	1	12
Susan	Ledford	45	2	12
Robin	Gibson	47	1	12
Dianne	Dearduff	49	1	10
Judy	Alexander	47	1	10
Lynn	Schuster	49	1	8
Michele	Rowe	48	1	8
Sara	Fulghum	45	1	6
Chari	Wester	49	2	6
J J	Meadows	45	1	6
Pamela	White	47	1	4
Teresa	Kuperberg	49	1	4
Barbara	O' Donnell	46	1	2

50-54 Female

Fran	McLean	51	8	160
Diana	Caldwell	52	9	129
Mary Jean	Yon	53	7	93
Karen	Fisher	53	5	75
Susan	Lamb	50	5	45
Debbie	Griffin- Bruton	54	6	36
Barbara	McNeal	53	2	32
Jacque	Myers	52	3	24
Jackie	McDaniel	54	3	22
Valynda	Nichols	50	4	18
Sissi	Carroll	50	1	15
Terry	Massa	51	1	12
Patricia	Bruner	50	2	12
Bonnie	Wright	53	1	10
Susan	Stephens	50	1	8
Gloria	Keeney	50	1	8
Peg	Griffin	53	1	6
Denice	Jones	53	1	2
Susan	Kaempfer	52	1	2

55-59 Female

Ruth	Jones	57	10	174
Anne	Priddy	59	9	147
Linda	Levins	55	6	89
Nada	Scott	55	8	83
Janet	Hastings	57	4	46
Susan	Kelly	57	3	38
Kathy	Flippo	55	3	24
Barbara	Bumgarner	56	2	20
Karen	Zaccardi	59	3	20
Elaine	Flournoy	56	2	16
Cynthia	Christen	55	1	10
Martha	Haynes	55	1	8
Vicky	Bernal	57	1	6

60-64 Female

Perha	Varley	64	9	180
Mary	Stutzman	60	9	140
Dawn	Brown	60	8	78
Marilyn	Ney	62	4	49
Emily	Ruddell	62	4	44
Karen	Smith	60	3	37
Amaryllis	Torres	60	1	10

65-69 Female

Janet	Newburgh	66	5	90
Bev	Hand	68	4	62
Pheona	Kaiser	66	1	20
Mae	Cleveland	69	1	20

70-74 Female

Mary Lou	Manausa	70	4	70
Dot	Skofronick	71	2	40

75-79 Female

Margarete	Deckert	75	9	180
-----------	---------	----	---	-----

80-84 Female

Josephine K	Newton	82	4	80
-------------	--------	----	---	----

85+ Female

Rosalie	Myers	87	3	60
---------	-------	----	---	----

Overall Male

John	Robida	28	10	241
Michael	Martinez	43	9	142
David	Altmaier	27	6	135
Jay	Wallace	44	6	127
Tim	Unger	49	10	120
Vince	Molosky	29	5	107
Tony	Guillen	40	6	74
Joel	Piotrowski	39	6	66
Tripp	Southerland	24	3	60
Sean	Hudson	38	7	51
Steve	Barraco	53	6	46
Jack	McDermott	39	4	40
Carl	Nordhielm	46	4	36
Fritz	Stoppelbein	23	4	34
Patrick	Swain	16	1	30

Chuck	Davis	47	3	29
Justin	Dickieson	23	2	26
Michael	Kennett	35	5	25
David	Yon	53	2	22
Felton	Wright	51	3	21
Hobson	Fulmer	53	1	17
Todd	Resavage	39	1	15
Tad	David	40	2	12
Grady	Smith	32	1	11
Jay	Silvanima	48	1	11
Jeff	Nielsen	51	1	9
David	Landis	50	1	7
Bill	McCord	46	1	7
David	Knauf	44	1	7
Zach	Galloway	29	1	5
Colby	Allen	16	1	5
Eric S.	Scott	44	1	5
Kevin F	Sweeny	39	1	5
Andy	Roberts	41	1	3
Karl	Hempel	57	1	3
Keith	Gates	27	1	3
David	Freni	39	1	3

1-9 Male

Alex	Bowman	8	3	60
David	Bowman	5	5	58
Wayne K	Kiger	9	4	43
Caleb	Harris	7	2	40
Dylan	Jones	9	2	30
Alexander	Changus	5	3	26
Jimmy	Baggett	9	1	20
Will	Newell	6	1	15
Austin	Works	7	1	15
Andrew	Palmer	8	1	12
Cole	Thomas	6	1	10
Luke	Mayo	5	1	8
Alex	Hearn	6	1	8
Tony A	Guillen	5	1	6
Wyatt	Townsend	4	1	6
Will	Hollimon	5	1	6
Vic	Culley	4	1	4

10-14 Male

Kyle	Harris	14	3	60
Zach	Roberts	10	4	51
Chase	Harris	11	3	40
Marshall	Hendlin	12	2	30
Adam	Roberts	13	2	30
Nick	Dietrich	12	1	20
Chad	Newell	11	1	20
Travis	Covert	14	1	15
Lance	Mayo	10	1	12
Jack	Rutledge	13	1	12
Danny	Manausa	10	1	12
Cannon	Haworth	10	1	10
Nate	Shafer	10	1	10
Zachary	Hudson	14	1	8
Colin	Abbey	13	1	8
Chad	Manausa	12	1	6
Hunter	Scott	12	1	6

Blaine Thomas	11	1	4	Jason Dimitris	38	4	24
Dean Spencer Delp	11	1	4	Andrew Pope	35	3	22
Collins Caldwell	14	1	2	Douglas Bell	39	2	20
<u>15-19 Male</u>				Ace Haddock	39	2	16
Colby Allen	16	4	80	Kevin F Sweeny	39	1	15
Aaron Carrillos	19	1	20	Christopher Coutts	35	1	15
Jamie Wright	15	1	20	Cedric Stephens	36	3	14
Patrick Swain	16	1	20	Jason Hand	35	3	10
Michael Dobson	18	1	15	Lance Lozano	39	1	8
Darren Thedieck	15	1	12	Thomas Murphy	39	2	6
<u>20-24 Male</u>				Tarik Noriega	38	1	6
Neil Stout	24	9	141	Marc Robards	37	1	2
Fritz Stoppelbein	23	4	70	Matt Scaringe	36	1	2
Tripp Southerland	24	3	60	<u>40-44 Male</u>			
Nicholas Mack	24	4	52	Michael Martinez	43	10	177
Justin Dickieson	23	2	40	Jay Wallace	44	6	115
Taylor Byrd	21	1	15	Tony Guillen	40	8	108
<u>25-29 Male</u>				Tad David	40	6	71
John Robida	28	10	174	Andy Roberts	41	7	64
Keith Gates	27	10	126	Mike La Bossiere	42	5	47
David Altmaier	27	6	107	Michael Boll	44	6	34
Vince Molosky	29	5	85	Mike Jaynes	41	3	26
Clark Evans	25	4	47	David Knauf	44	2	25
Cole Tessier	25	3	32	Sean Bower	44	3	22
Chris Sumner	29	3	32	Eric S. Scott	44	2	20
Michael Sills	28	2	20	Jeff Bryan	41	2	18
Patrick Keeney	26	2	18	Brian Corbin	41	2	16
Jeffrey Urban	26	2	18	Jim Wilgenbusch	40	1	15
Jon Ansola- Crowley	26	2	16	Dean Mayo	41	2	14
Zach Galloway	29	1	15	John McBroom	41	1	12
Chris Reece	29	2	14	Mark Delegal	41	2	12
<u>30-34 Male</u>				Ian Briggs	42	1	10
Will Thompson	30	8	155	Douglas Covert	44	1	10
Brian Davis	31	9	139	Bill Dillon	42	1	8
Tolar Griffin	32	7	63	Rob Dearduff	43	1	8
Jason Johnston	32	5	54	Jeff Allen	42	1	6
Camilo Ordonez	30	3	35	Michael Mitchell	40	1	6
Chris Judd	30	2	20	Kevin Wable	40	1	6
Grady Smith	32	1	20	Bobby York	44	1	4
Mauricio Zapata	34	1	15	Mark Sandvoss	40	1	2
Kevin French	34	2	14	Matthew Kennedy	44	1	2
Owen Wittenberg	33	1	12	Lee Harris	44	1	2
Ted Nation	33	1	12	Allen Secreast	42	1	2
Jeffrey Townsend	33	1	6	<u>45-49 Male</u>			
Nick Shepherd	31	1	4	Tim Unger	49	10	200
<u>35-39 Male</u>				Chuck Davis	47	9	113
Joel Piotrowski	39	10	164	Jay Silvanima	48	8	93
Sean Hudson	38	11	156	Mike Peymann	46	8	90
Michael Kennett	35	9	106	Carl Nordhielm	46	4	60
Jack McDermott	39	4	80	Jim Carson	46	4	43
Jason Bowman	38	9	68	Jeff Kuperberg	48	5	36
Mickey Moore	38	7	60	T. Alan Cox	48	4	33
Todd Resavage	39	4	40	Rob McNeely	49	4	30
David Freni	39	4	30	Jamie Joanos	46	4	26
Juan Ordonez	35	4	26	Richard Ziegler	49	5	26
				Bill McCord	46	1	20
				Brant Foster	47	3	20
				Jeff Bowman	47	2	16

T J	Cutchins	49	1	12	Thomas	Zaccardi	56	1	6
Bob	Asztalos	49	3	8	Jerry	Stephens	55	1	4
Grea	Bevis	47	1	8	Randy	Holcombe	58	1	4
Walt	Loomis	45	2	8	Paul	Hoover	58	1	2
Michael R	Barnett	49	1	6	Michael A	Byrd	56	1	2
Jeff	Starks	45	1	6					
Chuck	Beckett	47	1	4					
Mark	Kasper	47	1	4	<u>60-64 Male</u>				
Brad	Lewis	49	1	4	Tom	Ratliffe	61	9	175
Kevin	O' Donnell	49	1	4	Joe	Donoghue	61	9	124
Myron	Herring	49	1	4	Ron	Christen	63	9	117
Keith	Rowe	47	1	2	Carlos	Zapata	63	9	91
					Bill	McGuire	61	4	70
					Bruce	Lynn	61	7	50
<u>50-54 Male</u>					Scott	Palmer	64	4	32
Steve	Barraco	53	9	155	Bill	Perry	60	2	24
David	Yon	53	9	142	George	Desloge	63	3	18
Felton	Wright	51	7	106	Nick	Mazza	60	1	15
Cliff	Buell	54	8	72	David E	Smith	64	1	12
David	Landis	50	5	47	Gene	Opheim	62	2	12
Jeff	Nielsen	51	3	42	John	Dunn	61	1	6
Mark	Dietrich	53	4	36	Scott	Wagers	62	1	6
Ithel	Jones	54	3	32	Don	Douglas	62	1	4
Hobson	Fulmer	53	2	28	Fred	Bates	61	1	2
Keith L	Berry	52	4	28					
Mark	Priddy	53	4	28	<u>65-69 Male</u>				
Lee	Scarboro	50	2	18	David	Darst	65	10	195
Wes	Bruner	54	3	16	Clint	Watkins	66	8	127
Richard L	Addison	54	3	16	Jim	Varley	69	5	56
Jimmy	Ledford	52	2	14	Richard	Dugger	65	3	37
Jeff	Swain	50	1	12	Rex	Cleveland	69	2	35
Reid	Vannoy	50	1	12	Richard	Jugenheimer	67	2	20
Dana	Stetson	52	2	10	Ray	Hanlon	65	2	20
Hal	Davis	52	2	10	Charles P	Ervin	66	1	15
Jim	Moran	51	1	8	Al	Reithinger	68	1	12
Merlin	Russell	51	1	8	Shaun	Donahoe	65	1	12
Bud	Fennema	53	1	8	Mike	De Gennaro	66	1	10
Steven	Stolting	50	1	6					
Alfred	Bea	53	2	6	<u>70-74 Male</u>				
Scott	Wright	53	2	6	Woody	Dudley	71	7	120
Kevin	Langston	50	2	6	Bob	Keller	74	8	116
David	Phillips	51	1	4	John	Rakestraw	72	5	100
Tim	Brewton	53	1	4	Bill	De Grummond	74	1	10
					Rod	Anderson	70	1	8
<u>55-59 Male</u>									
Tec	Thomas	57	9	128	<u>75-79 Male</u>				
Jerry	McDaniel	55	6	107	Robert	Morris	77	9	175
Karl	Hempel	57	3	55	Arthur B	Ward	75	8	127
Buddy	Levins	55	6	52	James	Skofronick	77	1	15
Mike	Sims	56	3	50					
Dale L	Smith	55	5	42	<u>80-84 Male</u>				
Chuck	Booker	58	3	42	Charlie R	Yates	83	4	75
Gary	Griffin	59	3	36	John	Alderson	82	2	40
Warren A	Emo	55	3	31					
Jerry	Chesnutt	58	4	26					
Pete	Kerwin	56	2	25					
Tony	Mahoney	56	2	20					
Tom	Hastings	58	2	16					
David	Farnsworth	58	1	10					
Bill	Hunter	58	1	8					
Burt	Von Hoff	56	1	6					

GWTC Membership Renewal - 2010

Name _____ M ___ F DOB _____

Street _____ Apt# _____

City _____ State _____ Zip _____

Email _____ Phone _____

Membership: Individual ___ Family ___(list family members):

<u>Name</u>	<u>Sex</u>	<u>DOB</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____

If joining Gulf Winds Triathlon Club, list members below:

Name _____ USAT #: _____

Name _____ USAT #: _____

Membership Dues: Individual \$20.00; Family: \$25.00 \$ _____

Chenoweth Endowment Fund Contribution (optional) \$ _____

Gulf Winds Triathlon Club Dues

- Adults aged 18 and over: \$10.00 each per year \$ _____
- Children aged 15-17: \$5.00 each per year \$ _____
- Children 14 & under: Free

Send my newsletter via first class mail (\$7.00-optional) \$ _____

Total Amount Enclosed: \$ _____

(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): _____

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



Winners at the Bainbridge Veterans 10K - Julie Harris, Joel Piotrowski, Shana Martin, Kyle Harris, Vince Molosky and Paula O'Neill



Bill Davis, Sissi Carroll and Mark O'Neill at the Habitat for Humanity 5K

Start of the Marzuq Shrine 5K at Bradley's Country Fun Day



If your Address reads 12/31/2009, this could be your last issue, PLEASE RENEW

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

Return Service Requested

NONPROFIT ORG
U.S. Postage
PAID
Tallahassee FL
Permit No. 12