



Northwest Florida
Track Club

TRACK N' SAND

MAY 2006

Presidents Comments

by Ken Wolfe

I am writing this a little early so that we can get the May issue out sooner. But by the time you read this issue the Trailblazer run should have been a great success. This year in order to insure a victory against my staunch rival I decided to team up with her. "Billie Madero" and I will be running together. This way I can keep an eye on her and make sure there are no short cuts. Every since she planted that Bear on the trail I have had a hard time living it down and beating her. Ha ha, just kidding Billie.

Speaking of races, as some may have noticed, the Billy Bowlegs Midnight Run Flyer and t-shirt artwork was picked. A contest was held and the winner was selected from the Fort Walton Beach High School art class. The winner was Tessa Barlotta an extremely talented artist. The competition was tremendous but after some time the Board of Directors decided on Tessa's design. We would like to thank Tessa and the Art department for all the wonderful designs submitted. Tessa is pictured below with her design.

As far as the Bowlegs race goes, don't forget it is on the 3rd of June at 10:30PM. The race is put on by your track club and the club members that volunteer their time to insure the race is a success. We still need volunteers to help out with registration on the 2nd and 3rd of June at the Mall and at Fort Walton Beach High School the evening of the race. You may still run the race but we need help to insure registration goes smoothly. Also, we can use two people that are willing not to run the race and help out with all the many items that need to be done before, during and after the race is complete. If you would be willing to help out in any of these positions, call Cheryl or I at 864-5259 to sign up, or email me at kcwolfe@cox.net.

Don't forget to check the race calendar for the May races there are a few in May, especially the Eglin Gate to Gate race. We will have registration for the Bowlegs race at our booth if you desire to sign up that day. Other races in May are the Boggy Bayou run on 13 May, Florida Park Run on 20 May, and the Eglin AFB Gate to Gate run on 29 May, followed by our Premier run, the Billy Bowlegs Midnight 5K Run on 3 June. I look forward to seeing you all there. Have a great month and thanks again Tessa for the fantastic design



TRACK N' SAND

NORTHWEST FLORIDA TRACK
CLUB

Not for Profit Organization

P.O. Box 911 Shalimar, FL 32579

www.nwftc.com

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TRACK N' SAND

Newsletter of the NWFTC

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DEADLINES

Input: *By the 20th of the month.*

Articles, information, results, photos, and other items should be emailed to runner@gnt.net or mailed to:

Patti Horton 207 Baker Ave NW, Ft Walton Beach, FL 32548

Race Flyers (250): Get them to Cheryl Wolfe by the 20th also, 864-5259 or

kcwolfe@cox.net

PIO: Bob Sciretta -243-6759 or mtneer66@cox.net

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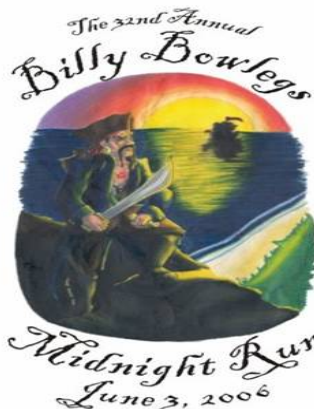
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Delivery is by bulk mail and cannot be forwarded. To change your address, please notify the membership chairman, Trey Horton, at the Club's address runner@gnt.net .

Billy Bowlegs Kids Sunset Run**WHERE: FWB HS TRACK****WHEN: JUNE 3RD, 2006 6:00 PM****\$10.00 entry fee****Each participant will receive a T-shirt.****3 Distances for various age groups:****Ages 1-4 run 1/4 mile. Ages 5-7 run 1/2 mile. Ages 8-11 run 1 mile.****Each runner will receive a participation medal.****Awards will be given to schools with the highest participation.****The prizes will be donated to the winning school's athletic programs.****1st Place=\$150 2nd Place = \$100 3rd Place=\$75**

Name: _____ Date of Birth _____ Sex: M F

Age on June 4th _____ School _____

Address: _____ Phone No. _____

City _____ State _____ Zip Code _____

Waiver (Mandatory) I know that running/walking a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risk associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the NWFTC, FWB HS, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date: _____

(Parent must sign for children under 18 years of age)

Make checks payable to: NWFTC P.O. Box 911 Shalimar, FL 32579

Questions: Call 803-9110 or 830-9970

RUNNER'S SPOTLIGHT— GREG VOELKEL**BY CHERYL WOLFE**

Tell us about yourself (married, children, pets, where you were born, etc...) I have been married for almost two years to my wife Kelly. We have no children, just a cat that does dog tricks like "sit" and "shake"

What brought you to Northwest Florida? The Air Force brought me to the area but I vacationed in Destin every summer growing up so I'm not really new to the area.

How long have you been a NWFTC member? I've been a NWTC member for a year but I've been running with the club for almost 3 years.

What do you do for a living? I'm an F-15C fighter pilot at Eglin AFB

How long have you been running, and why did you start running? I've been running for about 10 years. I started running in high school when I was on the wrestling team in order to cut weight.

How often do you run, and do you supplement your running with other types of exercise, if so what? I run 5 or 6 times a week, anywhere from 30-50 miles depending on what I'm training for. I also lift weights, ride my bike, and kayak.

What is your most memorable race? My most memorable race is the Mt. Taylor Winter Quadrathlon in New Mexico in 1998. I did it with the Air Force Triathlon team and it involved biking, running, cross country skiing, and snowshoeing for a total of 46 miles. I had just run my first marathon a few months before and sucked at it so 46 miles was really long for me not to mention I had never cross country skied or snow shoed in my life. It was definitely an experience and a 5 hour one at that.

What length of race do you prefer to run? I think my favorite distance is the Half Marathon. I can really cruise and use my endurance but it doesn't break me down like a marathon. I do race anything from 5K to a marathon.

What is your favorite pre-race meal? My favorite pre-race meal for 10K's through the marathon is a blueberry bagel with peanut butter and jelly. I don't eat anything before 5k's

Do you have any running goals? If so, what are they? My goals are to run a 2:37 marathon, 6:00 mile pace, run on the Air Force marathon team, and complete either the Leadville or Hardrock 100 milers in Colorado.

Do you have any other hobbies? If so what? I also enjoying racing in triathlons and adventure races

Any advice for your fellow runners who are starting out? For the new runner starting out I recommend running with the track club and finding running partners. I also suggest buying good shoes (no Wal-Mart specials) and slowly building up the mileage, otherwise you will get injuries.



**TRACK N' SAND****2006 CAC RACE RESULTS**

OVERALL MALE

1. Rob Crist 18:27
 2. Greg Bilby 18:30
 3. Aaron Bradley 18:43

OVERALL FEMALE

1. Kelly Wild 19:07
 2. Cheryl Wolfe 21:11
 3. Lisa Lewis 21:49

MALE MASTER

Ed Wild 19:01

FEMALE MASTER

Christine Stalnaker 22:57

MALE GRANDMASTER

Dan Young 21:39

FEMALE GRANDMASTER

Nancy Mann 27:29

MALE OVERALL WALKER

1. David Foley 35:10
 2. Ken Wolfe 42:33
 3. Gene Alley 45:49

FEMALE OVERALL WALKER

1. Cathy Alley 34:35
 2. Nina Howard 43:55
 3. Mary Reeves 45:52

MALE WALKER AGE GROUPS

0-39

1. Michael Peters 50:32
 40-49

1. Robert Kellberg 46:25
 2. Bryan Miller 47:27
 3. Hector Hernandez 50:55

50-59

1. Bob Grappone 47:23
 60+

1. Dan Flynn 45:49
 2. Cooper 47:22

FEMALE WALKER AGE GROUPS

0-39

1. Sarah Embry 47:28
 2. Erin Hansen 48:44
 3. Erin McShane 58:35

40-49

1. Pam Burke 47:27

2. Rhonda Schafer 48:06

3. Aimee Shaffer 50:39

50-59

1. Judi Duncan 47:56

2. Claire Miller 48:04

3. Sally Curran 48:45

60+

1. Judy Wiseman 55:24

MALE RUNNER AGE GROUPS

0-9

1. Josh Apticar 38:13

10-14

1. Gage Agnew 29:32

2. Ricky Miller 32:57

3. Justin O'Brien 38:23

15-19

1. Ethan Urbanczyk 26:22

20-24

1. Matthew Miller 20:01

25-29

1. Alan Beaver 20:14

2. Steve Torres 21:46

3. Jim Ciampini 29:24

30-34

1. Richard Rounsaville 23:46

2. Curt Reitster 27:37

3. Henri Van Gothen 29:15

35-39

1. Ken Rose 19:23

2. Paul Landry 19:31

3. Steve Cookman 22:19

40-44

1. Steve Urbanczyk 19:05

2. Richard Duke 25:51

3. Dean King 29:38

45-49

1. David Landis 20:57

50-54

1. Rick Strickland 23:22

2. Mike Million 25:50

3. Jesus Flores 26:30

55-59

1. BJ Thomhave 30:32

60-64

48:06

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48:04

48:45

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19:31

22:19

19:05

25:51

29:38

20:57

23:22

25:50

26:30

30:32

1. Lance Jorgensen

65-69

1. Ken Wright

2. Dave Deruiter

3. Bill Larsen

70+

1. James Burton

FEMALE RUNNER AGE GROUPS

10-14

1. Courtney Hurt

2. Brittany Dunn

3. Emily Breese

20-24

1. Jennifer Olmstead

25-29

1. Reina Chaperon

2. Laurie Reifsteck

3. Tracy Delaney

30-34

1. Heather Huff

2. Holly Ray

3. Amy Linares

35-39

1. Valerie Hein

2. Kat Agnew

3. Bethany Cookman

40-44

1. Kim Love

2. Maribeth Wollard

3. Sharon Skelly

45-49

1. Sylvia Smith

2. Lisa Gamon

3. Kathy Wasden

50-54

1. Debbie Hunt

55-59

1. Ali Pfeffer

60-64

1. Joan Forman

65-69

1. Jane Montgomery

70+

1. Billie Madero

22:42

23:58

28:39

28:45

36:01

22:53

50:24

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35:37

39:25

30:04

44:15



A FUN RUN THAT TURNED OUT TO BE REALLY FUN
NATIONAL CHILD ABUSE PREVENTION MONTH FUN RUN
BY KEN WRIGHT

My wife and I became unexpected babysitters on Friday night before the 5K run for our little five-year grandchild, Meghan. When my wife told her that I would be running a race on Saturday morning she said that she wanted to go and watch me. She asked me if I was going to win the race and I think I told her something to the effect that I might win something. Well evidently to her that meant I was going to win the race.

I left the house Saturday morning before she woke up. She woke up a little bit later and told my wife that she still wanted to go and watch me win the race.

They arrived just before the start and Meghan waited anxiously for me to come back. As the lead runner and those immediately behind him returned, she looked up at my wife and asked, "Where's Pa Pa?"

When I finally came across the finish line my wife informed me that Meghan heard an announcement that they would be a Fun Run for children and she wanted to run. I told my wife that it would be an hour before the fun Run and that she'd probably forget about it by then.

I went off for a cool down run and when I returned I asked my wife if she thought that Meghan really wanted to run or should we just leave. She told me to ask Meghan, who was sitting in the back seat of the car drawing pictures, if she was ready to leave. When I asked her if she was ready to go home and do something, she looked up at me with wide open brown eyes and said "I want to run." This is a small, short-legged little girl who just turned five, that at the most has only run around the yard at her house. I just knew that I would end up carrying her along the run.

When the call was made to line up, off I went with Meghan. We got back a few rows and she held my hand as we stood there waiting for the signal to start. She heard the race director say that everyone that finished would get a present. Her big brown eyes got even bigger.

The race director gave the signal to run, something like, Go. I told Meghan to let go of my hand when we started to run, but she had a "Grandpa, don't let go Grip" and it took some persuasion to get her to let go. As soon as she did she was off on her own. I kept yelling at her to slow down a bit but that was to no avail. We made it out of the park entrance and on to Partin Drive and hit a head wind. She kept talking about how strong it was as she was huffing and puffing. I asked her if she wanted to stop and rest a minute. She said yes, stopped, looked up at me with those brown eyes and red cheek, took a couple of deep breaths and said, "Run". We went through that routine a few more times on the run.

On the return run, around the three mile mark, we were approaching a little boy, with his mother and dad, who didn't sound too happy about his venture with running. When we got almost right behind them, Meghan, yelled to the little boy that he was doing good, which is what I had been saying to her all along the run.

She was running strong at that time, probably the result of those "short breaks and spurts of, Run". Does that fall in the category of "Negative Splits"? There wasn't any room on the sidewalk to get around the parents and little boy but as soon as Meghan saw the park entrance area, she was off the sidewalk and anxious to get to the finish line.

I told her we were almost there and that we had to get to the big clock. As we go nearer to the finish line I went out little bit in front of her to be able to greet her as she came across. I forgot to tell her about the speed bumps, because she was speeding.

All of a sudden I heard loud ou's and ah's from the crowd. I looked back and Meghan was face down on the ground by one of the speed bumps not making a sound. I race back and asked her if she was okay. She heard the roar and clapping of the crowd as she stood up, did another one of those "deep breaths, Run routines" and off she went. The little boy she had passed had quite naturally gained ground on her but she wasn't to be denied. She crossed the finish line ahead of the little boy and was a happy camper and headed off to the prize box. She was even more of a happy camper when she was presented a red ribbon for her second place finish. No doubt she was happy with just getting a red ribbon.

After the race, prize and ribbon, I asked her why she just laid flat on the ground after falling. Her reply, "I was worn out." As we left to go home people were coming up to her telling her how well she did and she quickly responded with "A High Five". Needlessly to say, she is ready for another fun run.

Kudos to Kelly Wild and all those who assisted her.

**TRAILBLAZER HISTORY UNEARTHED FROM TRACK N' SAND—PART 2**

1985: Don Henderson was once again the prize winning "Running Deer". Next year we're thinking of getting two families of beavers to build dams just below the creek. Three feet of water ought to slow down Henderson, unless he perfects his swimming stroke. Ellen Place took the female prize "Dancing Doe". Kevin Noleen took the "Minihaha" prize (**This editor has no idea what that award was for**). Sophie Harrison took the last place prize of "Buzzard Bait". Thanks go to John Noleen and Tony Bordogna for helping to set up the course. It took brawn to create some of those barriers. Thanks also go to Pam and Mattie who were drafted at the last minute to handle the finish. We also need to thank Mrs. Louise Postell of Eglin's real property division. She helped the club get formal approval from the Pentagon to hold our little race on the reservation. Where were all the hungry people this year? In 1984, we ran through 100 hot dogs within minutes. We brought 150 this year and 60 were left. We also need to thank Mrs. Louise Postell of Eglin's Real Property Division. She helped the club get formal approval from the Pentagon to hold our little race. That certainly is a distinction for local races.

1986: There were 59 runners in the 9K and 18 in the 3k. Running Buck honors went to Gary Droze. Ellen Place took the Dancing Doe honors. The Mini Ha-Ha honors went to Kevin Noleen and Sandy Eiriksson took the Buzzard Bait honors. The weather was fine and the video tape was great. Tony Bordogna and Cleon Fowler spent fours in the rain setting up the course the day before. The location of the course where the 3k joined backed up to the 9k part of the course turned out to quite the challenge for a few. Some runners went back into the creek mistakenly taking the 3K route backwards. Next year there might be a sign, maybe.

1987: No info available.

1988: The run was a success due to a fine crew who scooped out the trail, set up markers, shopped for the goodies and ensured all had a great time. Special thanks to Marie Hill, Mike Murphy, Moe Powers, and Doug Blandford. And of course, Ed Truckenrodt who marked the course the day before. We thought the squirrels were on our side. This race was a fine example of the club pulling together as a team and making it happen. Winners: Keith Lee - New Running Deer, 24:19. Chris Peterson - New Dancing Doe, 34:42. Lyn Francis - New Buzzard Bait, 56:30.

1989: This year's annual back woods run and picnic in the sand, brush, and streams of the reservation was well attended by the "Bush" runners of the club. James Gasbarro won the title of "Running Deer" finishing in 25:23. Dancing Doe was Chris Aufderheide with time of 30:23. Gordon Lederman Jr., swept the course for stragglers and still made the picnic in less than 60 minutes.

1990: It was a small but fun crowd which necessitated each person to consume extra helpings of hot dogs. Sherman Elller traveled all the way from Atlanta to pay a cheap \$2.00 entry fee. Of course he didn't know that the "Blazing Buck" trophy was purchased on a close out special for a little over \$3.00. Becky Sears took off her shoes before crossing the creek but still managed to grab the "Dashing" Doe" trophy.

Hal Jones was really the first runner to cross the finish line; however, he accomplished that feat in the first stages of the course. (four other runners also veered off the course and followed him) It's rumored that Hal got lost again. Could that have possibly contributed to his finishing last capturing the "buzzard Bait" award for last place? Thanks to all who assisted with the run. Everyone enjoyed the video of the race that was shown at the General Membership meeting. Video by Moe Powers and Tonia Wright. Dave Wright's jeep came in real handy.

1991: No info available.

1992: A great Trailblazer run was had by all thanks to Tony Gasbarro and Basil Fossum. For those new members who may not be aware, the course is cross country on the Eglin reservation. It starts at Anderson Pond and includes approximately four to five miles of hills, sand, snakes, woods, winding paths and at least two crossings through the creek. A few more awards were listed for this year's run. The awards were as follows: Running Bear - James Gasbarro, Dancing Doe - Donna Bustin, Buzzard Bait - Orville Maki, Master's Male - Basil Fossum, Masters Female - Chris Aufderheide, Grandmaster Male - Dave Deruiter, Runner-Up Female - Carole Basinger, Runner-Up Male - Joe Register

Addition 1992 info from "The middle of the Pack" by Ted Larson: My goal was just to complete the course without turning an ankle (at which I did not succeed). I did hobble through with no real problems. It was impressive to see the lead runners. Jimmy Gasbarro was leading by a full minute when I passed him (going the other way). He was churning full tilt up a long hill with deep sand all the way. Talk about strong! Carol Basinger caught up with me and we ran together for the rest of the race. We passed women's leader and eventual winner, Donna Bustin (going the other way). She had just crawled out of the creek and looked fresh as a daisy—almost.

1993: No info available.

1994: Excerpts from article by Maggie Holmes: Nineteen runners started the course on a cloudy and humid day. Seventeen finished. There were two slightly disoriented runners, but I'll explain that later. While the runners were blazing the trails, a huge thunder and lightning storm rolled into the area. Add those conditions to a cross-country race and all kinds of things can happen. The kids run; however, was spared the rain. Those participating were Carolyn Mardirosian, Melissa Rapisarda, and Andrew Twitty. The overall winner was James Gasbarro. Lenny Lenentine was second. Caroline Basinger was the overall female.

I think Richard Twitty now holds the course record for the most body contacts with the ground. He finished with a full body flop.

When it became apparent that everyone finished except Pat Holmes and Billie Madero, thoughts turned from food and rain to wondering if and how they got lost. Pat was spotted earlier near the picnic area, but for whatever reason, he decided to retrace his path where he came upon Billie. The two of them stayed together as a lost unit.

I'm glad Billie was with Pat. You see, Pat is a city enough leaves and dirt on him, that we thought he was a lost camouflaged hunter. Orville Maki described his tumble person from St. Louis. The only cross-country in that area is walking through the Zoo. Tony Bordogna decided to go look for the lost unit. Kirk Herzog and I decided to "help" Tony by walking part of the trail. We knew that if we went out in the rain and mud, they would show up and sure enough... the lost unit returned safe, sound, and soaked. All in all it was a god race with good food and good company.

Note from the editor: I promise that next month's issue will list in order all finishers. I'm afraid the rain "washed" away my results collecting senses. Some of those participating were as follows: James Gasbarro, Lenny Lenentine, Jon Prohaska, Dave Miller, Caroline Basinger, Richard Twitty, Dave Walters, Pat ?, Patti Horton, Ted Lawson, Hal Jones, Karen Mardirosian, Orville Maki, Lynne Beavers, Jami Rapisarda, Billie Madero, & Pat Holmes.

1995: The Trailblazer run and picnic was held this year at Timber Lake Pond picnic area on May 7th. Everyone agreed that the move from the usual location, Anderson Pond, off Highway 85, was a good change. The Trails, chosen by Tony Gasbarro were scenic, varied, had the usual



water hazard, but as Don Henderson noted, had no water moccasin snakes!

When the first loop ended at the picnic area water stop, everyone was running, confident, that, this year, against all Trailblazer tradition, no one could get lost. So carefully had Tony marked the course that one was never out of sight of a orange ribbon. Fortunately, for the maintenance of tradition however, Chris Aufderheide, John Spade and others able to deny it, got lost. They almost beat the eventual winner, **Running Deer Dale Eiriksson**. The absence of wet feet gave them away, but, I'm sure they would have admitted their predicament,

The female winner (wet feet), **Dancing Doe Cheryl Lanke** finished in record time (every time one runs in the woods, there will be a new record for that course). **Buzzard Bait winner was Allison (Ashley) Angerman** who beat out her Mother Debbie who sprinted in too fast for the tail end award. Tony Bordona swept the course finding several unnamed stragglers running the wrong way on the trail. He never found Pat Holmes, though, who is, supposedly is still lost from Trailblazer 94. After the run, all enjoyed the fellowship, great food, and the absence of rain and mosquitoes. Finishers: 1. Dale Eiriksson 29:37, 2-5 Names not available, Don Henderson nta, James Gasbarro 33:02, Keith Jowers 33:13, Calvin Ziegler 33:14, Emilo Gasbarro 33:35, Lasse Viren 34:58, Jon Prohaska 34:9, Tom **Bell 35:50, Ron Landen 38:50, Cheryl Lanke 38:57, Bill Everett 43:37, Ray Angerman 45:17, Allison Angermann 45:17, Ted Lawson 47:22, Kim Walker 47:41, Eric Snyder 47:45, Matt Place 55:40, Georgette White 57:59, Lynne Beavers 58:44, Debb Angermann 1:00:00, Ashley Angermann 1:00:02**

1996: No info available.

1997: No award winners available. The race started off innocently enough, winding around the lake and over a gently rolling landscape of sparsely scattered trees and bushes. As we rounded the corner, the vegetation got thicker and the hills got steeper. One has to focus hard on where one's feet are landing and what one's head might be running into as no one has an idea how fast one's going. One also has no idea of what lies ahead or even how tired one's becoming. Then there are his markers. Unless you are following somebody who is familiar with the course, you need to be very conscious of the yellow markers or you will get lost.

There are logs to jump over, limbs to duck and large boulders to detour around. The trail winds up and down the hill numerous times. After the hills you come back through the picnic area and by friends and family. You have no idea how far you have gone at this point. Next comes the forest and the sand. Hitting the sand is like trying to run in molasses. You search the road for the hardest spot and then are upset when the spot that looks hard is actually softer than the rest. This portion of the course is in an open area and is quite hot, so you are happy when you have to run down a bank and through waist high water for about 20 feet This seems to bring a little relief but then you face a long, sandy uphill struggle which will either make you or break you. The rest of the race is a mixture of sandy roads and open woods with a straight and level finish back to the lake and picnic area.

The Post race atmosphere is just like a family reunion as you are treated to everybody's specialty dishes along with grilled hot dogs or hamburgers. A truck load of thanks goes out to Jeff Hoard and Robert Brownfield for taking the baton from the two Tony 's (Gasbarro and Bordogna

1998: No info available for this year and no further write-ups on the Trailblazer Run other than award winners.

RACE CALENDAR 2005-2006

Races shown in Bold Italic are Grand Prix Events. Club races will be published when received. This schedule is published by the NWFTC, Track N' Sand, P. O. Box 911, Shalimar, FL 32579. Please call the numbers shown next to the events to verify time and date as events are subject to cancellation and rescheduling. If you know of any changes, corrections or additions to this list, please contact Patti Horton at runner@gnt.net

UPCOMING NWFTC GRAND PRIX RACES

JAN. 21 CHIROPRACTIC HEALTH RUN, 8:30 AM, 654-8770 FEB. 11 VALENTINES 8K, 3:00 PM 581-9605

APR. 8 CHILDREN'S ADVOCACY CENTER 5K, 8:00 AM 897-1542 APR. RACE TO RAISE 5K, 9:00 AM, 974-5746

APR. 9 TRAILBLAZER CROSS-COUNTRY RUN, 598-3207 APR. 29 ST.MARY'S SPRING FLING 5K 4:00 PM 862-4209

MAY 13 BOGGY BAYOU SUNRISE RUN 5K & FUN RUN, 8:00 AM, 974-8061 MAY 29 GATE TO GATE RUN 4.4 MILE, 7:30 AM 862-8740

JUNE 3 BILLY BOWLEGS MIDNIGHT RUN 10:30 PM 864-5259 OCT. 15 ALBERTSON'S 5K RUN/WALK FOR MENTAL HEALTH 244-1040

OCT. 22 MULLET FESTIVAL CROSS-COUNTRY RUN, 8:00 AM 803-9110 OCT. 22 MCGUIRE'S 5K/10K 9:00AM, 862-4209

NOV. 19 TIMBERLAKE 1/2 MAR. & 5K, 8:00 AM 651-5631 NOV. 12 HOG'S BREATH 5K 3:00 PM, 654-5962

NOV. 24 RECYCLE RUN 5K, 8:00 AM 862-4209 DEC. 17 EGG NOG JOG 5K RUN/WALK 9:00 AM, 863-4238

OTHER EVENTS - May 6 32nd PRA Fiesta 5K Run/Walk, 8:00 am, Seville Square, Pensacola; Ray Yarbrough 850-476-8765

May 6 Pet Walk 5K Run/Walk, 10:00 am, S. Santa Rosa Rec Ctr, Gulf Breeze, Sandy Kimbrough 850-932-7888

May 13 Boggy Bayou Sunrise Run 5K & Fun Run, 8:00 am, 974-8061

May 13 St. John's Sunset Run, 5:30 pm, 325 S. Navy Blvd, Pensacola, 850-456-5218 or saintjohnschool.org

May 20 Florida Park Run

May 20 PRA Bear Lake Trail Challenge 4 Miler, 8:00 AM, Blackwater State Forest, Bear Lake State, 850-478-8474

June 17 Alligator Trot, 9:00 AM in Floral, AL., www.geocities.com/alligatortrot, Karen Johnson 850-834-2032

NEW MEMBERS

Scott Seeger

The Shatterly Family--
Rose and Brittany

Sylvia Smith

The Schroeder Family--
Mark, Tamara, Allie, and Hannah

The Maynard Family--
Paul, Mary Anne, and Corey

The Denny Family--
Erick, Gina, and Skyler

May Birthdays

Paul Maynard

Herb Reid

Jim Reagan

Ginny Williams

Roy Larson

Katy Reynolds

Mandy Midgett

Steve Baker

Mary Anne Maynard

Joshua Samac

Crystal Wimmers

Charlie Brown

Jack Brown

Bill Christie

Local Training Runs

Mondays

McGuire's Irish Pub of Destin training and fun run, 6:00 pm Food and drink afterwards for a nominal fee.

Thursdays

Road Hogs fun run starting at the old Hogs Breath parking lot on the

Island. Run begins at 5:30 p.m. Chill out at Helen Back's afterwards. Choose your own distance from a variety of options on the course. Contact Tom Prohaska at 243-3115 for more information.

Blue Bayou Runners and Walkers meet at Old Mexico Restaurant, Bluewater Bay in Niceville. Training runs begins at 6:00 pm. Enjoy socializing afterwards. Contact Kirk Herzog for details 897-5174.

Saturdays

Seaside Running Group at 7:30 am from in front of Seaside Post Office to Grayton Beach and back. Gatorade and Krispy Kreme refreshers. Contact Jo Ann Daacon at 231-6967.

Sundays

Timberlake Rd. training run, 7:00 & 7:30

Additional information is available on the Web at: www.nwftc.com



MEMBERSHIP RENEWAL
Members may renew their membership by signing the address label above and enclosing the top portion of this page or photocopy and \$20 for individual, \$25 for family or \$10 student dues. \$1.25 of this amount is for a subscription to the RRCA's quarterly magazine, Footnotes, for one year. By signing, the member agrees to abide to the membership waiver originally signed by the member. Please mail to P. O. Box 911, Shalimar, FL 32579. Your renewal date is listed on the label. For new members, please request an application from Trey Horton at 863-4238.

Use this mailing label as your membership card.

Member

Northwest Florida Track Club

Northwest Florida Track Club
P. O. Box 911
Shalimar, FL 32579

TRACK N' SAND



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