



# P A C E L E T T E R

News & Information for Members of the Port City Pacers Running Club

***Take the "Bull by the Horn" and  
Just Do It – Whatever IT means to  
you!***



*Volunteer Neil Denton at the Turkey 10-Miler – photo by Maureen Van Devender*

December 2008  
Volume XXXII, Number 6  
Mobile, Alabama

## **Table of Contents**

Birth Announcement	2
New Experience	3
Presidential Views	4
Pacer Shirts for Sale	5
Volunteering	6
RRCA News	7
Upcoming Pacer Races	7
Local Area Races	7
Promotion Commotion	8
Recipe Corner	9
Membership News	9
Athletic Accomplishments	10
Corporate Cup	11
Training Runs/Walks	13
Board Meeting Minutes	14
Results	15
Race Calendar	19

Pacer Wear is here!  
Look on Page 5

## 2008/2009 PCP Officers

### ***President***

Richard Leonard  
607-9733

### ***Vice President***

Vince Kilborn  
554-3964

### ***Secretary***

Marykara Imwalle  
633-5609

### ***Course Marshal***

Kerry Rehm  
607-9320

### ***Treasurer***

David Dutton  
634-1541

### ***Membership/Grand Prix***

Joe McReynolds  
662-3626

### ***Promotions/Corporate Cup***

Will Wright  
342-1363

### ***Programs***

Roy Seewer  
450-0690

### ***Newsletter***

Sylvia Rogers/Mona Williams  
648-5080/479-3209

### ***Registration/Results***

Open

### ***Race Coordinator***

Susie McDonald  
675-2905

### ***Volunteer Coordinator***

Maureen Van Devender  
377-3091

### ***Past President***

Bill White  
510-8571

### ***ATR Race Director***

Peggy Olive  
342-6740

## Advertising Rates

The *PACELETTER* is mailed electronically and by mail monthly to approximately 700 members. If you are submitting flyers, please give us at 200 flyers.

All materials must be camera-ready and received by the 10<sup>th</sup> of the month prior to first insertion issue.

The prepaid rates are:

Business Card	\$100 per year
¼ Page	\$25 per issue
½ Page	\$40 per issue
Full Page	\$75 per issue

## Electronic Newsletter Has Arrived. Get It While It Is Hot!

We are continuing the electronic version of the newsletter. We send out a mass email with a link to the electronic newsletter. If you did not get the email, please make sure and update your email address to Joe McReynolds in membership at

[jlmcreynolds@bellsouth.net](mailto:jlmcreynolds@bellsouth.net).

Also, let me know so that I can resend the link.

Pacer Wear is here!

Just in time for the holidays are some great clothing items for your favorite Pacer. Please see the great singlets that you can order on page.

### ***Baby Girl Aurora Lopez***

On July 23, Athena Lopez gave birth to her lovely daughter, Aurora. She weighed 9 pounds and 5 ounces and was 21 inches long! She is a big healthy girl! Baby Aurora and Mommy Athena are making their home in Colorado now. Thank you to Athena for sending this lovely photo!



*Athena and Aurora Lopez*

# New Experiences: Personal Training

By Sylvia Rogers

I found out at the end of October that Jon Adams of Team Spiridon fame had decided to go into the business of personal training and I signed up and I have not turned back.

Back in July I decided to run the First Light Marathon. I searched for a good schedule but did not find that I really liked.

After I contacted Jon, he called me back and asked me a lot of questions: What was my goal? Did I want to just finish the marathon or was I shooting for a particular time? What kind of training had I been doing? Did I have any problems?

I wanted to finish the First Light Marathon between 4:30 and 5:00 hours, which is considerably faster than I have ever done a marathon before. I had been running/walking at least six miles a day and then progressively adding distance on the weekends.

We agreed on a time to meet so he could give me a schedule. The first thing about the schedule I noticed was that I had varying mileage. Instead of just trying to go a steady pace, I had to vary the pace. Sometimes I went faster; sometimes I just had recovery days. All of a sudden I was introduced to the concept of a recovery run. Recovery from what? Well, I was soon to find out!

The whole point of this training is to build strength, faster turnover and more speed. If I want to decrease my time, I have to change gears. This was harder than I thought. The first couple of weeks, I was wearied from the faster workouts. (Now I understand the concept of recovery runs!) Also, I learned along the way that I am not a good judge of pace.

If you decide you are interested in a personal coach, it should be someone who is suited to what you want to do. If you are a beginner runner you should pick someone who is good with beginners. If you have already completed a marathon or two, and you are looking for a big improvement in your marathon time, then you should pick someone who knows how to take you to the next level. Does your coach have certifications? Are there testimonials? Can you get a recommendation? Of course, you should also consider price. One of the things that I have liked about Spiridon Blue training is that he has more than one level.

It seems from my all too brief month of coaching that the most important thing is communication. He needs to know how my workouts are going. Am I

[www.pcpacers.org](http://www.pcpacers.org)

*Follow Us to the Races!*

**Race Schedule**

**Online Race Results**

**Race Announcements**

**Forum**

**Links to Other Website**

achieving the goals that we set? If so, then good! If not, then why?

It is important to tell your coach the truth. If a workout does not go well, you should let him or her know what happened. My first track workout was a disaster, I started out too fast for my interval repeats and I ended up bagging the workout before it was done. As it turns out he suspected all along that it would be difficult for me to pace myself properly. That track workout was a good learning experience. Your coach should encourage and mentor you and tell you if you have unrealistic expectations.

All coaches understand that life gets in the way of training for the everyday person. However, if you make a commitment to training for a marathon, then you have to make time for the training. If you want to get faster, then it means that you will have to run faster. It will be difficult, but you will get stronger. A good coach will push you, but will not push you so hard that you cannot continue.

My big day is coming up too soon! I'm excited and nervous and trying to stay healthy.

I have been very pleased with the high level of coaching I have gotten from Jon Adams. If you need a coach, please consider him.

<http://www.teamspiridon.com/>



8000 United Road  
Mobile, Alabama 36608  
251 348 7800  
Fax 251 348 7348



## *Presidential Views*

*By Richard Leonard*

December's an interesting and intriguing month. It's a month to over indulge, stress out, and stretch you to its limits. It's tough to go to that party and then rise early to get to that 4AM door buster sale. For those who exercise, if you carve out a little time for yourself to go out for a run, you give yourself the best chance to minimize the effects of the season.

You can work off that stress, probably knock down the old blood pressure and burn off some of those party calories. It also gives you the best opportunity to be at your fittest to get to that half price 42" HDTV before everyone else when they throw open the doors at Best Buy on Saturday morning. Nothing like being in shape, but don't get a big head just because you got to the TV department first. Remember, those you beat are residents of one of the most obese states in the union.

December is a month that you may have great weather to run or it may be very hot or freezing cold. You never know what you're going to get here in LA. If you're a regular of the Holiday Half Marathon, you can remember the past two races. One was cold, the other one last year; we had to add a couple of extra water stops due to the heat. Hope you all come out this year for the half or the 8K. Don't forget to bring a new toy in its original packaging for "Toys for Tots".

I like to run in December because I'm an evening runner. Also, I'm one to always look around. You may remember one of my articles about scrutinizing the neighbors landscaping as I traverse the nearby neighborhoods. Looking at Christmas lights makes the run go faster for me. In the past couple of years, some of the midtown neighborhoods have started putting lights around the sturdier live oak branches crossing the streets overhead. Sort of like a lighted tunnel. I highly recommend seeking these out and taking a run. Just be sure to look down every once and a while. It's a bit tricky looking up above your head.

December is also the last month that I'll be the President of Pacers. Yep, the term runs through May but I have some personal things that are taking up some of my time. Bill White, our past president, will step up and finish the term. That means we are in need of a President for 2009-2010.

Please consider this opportunity to help the PCP. I'll be glad to help shoulder, support, and teach whatever the new person may need. I will still be helping in the ATR as Hoopla director and will continue to be the Race Director for the Old Mobile 8K, benefiting Penelope House. By the way, I can't miss a chance to throw out a plug here. The Old Mobile 8K, one of the Pacers' oldest runs, will be April 4<sup>th</sup> this year, wedged right between the ATR and Crescent City Classic. Please come out and support this old race. This year's race will be the RRCA Southern Regional Championship. Save the date!

That's it, Richard

PS Help runners earn the respect they deserve, single up when in a group and a car approaches. It's safer, too.



*Richard Leonard gives Penelope House representative Toni Ann Torans a \$3000 donation from Old Mobile 8K*



*5K finisher Leon Mattics at the Turkey 10-Miler – photo by Sylvia Rog*

## ***Pacer Shirts***



### **Singlets (tanks) - \$15 each**

Ladies Sizes: XS, S, M, L, XL, and XXL

Mens Sizes: XS, S, M, L, XL, XXL, and XXXL

### Tee Shirts - \$17.50 each

Ladies Sizes: XS, S, M, L, XL, and XXL

Mens Sizes: XS, S, M, L, XL, XXL, and XXXL

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Item	Ladies/Mens	Size	Quantity	Price
<b>Total</b>				<b>\$</b>

Send your completed order form to: Port City Pacers; Shirts; PO Box 6427; Mobile, AL 36660  
 Payment due upon delivery of shirts.

# Volunteering

by Maureen Van Devender

**Turkey 10 Mile/5k Run Walk** Thank you to all the volunteers who came out in the early morning to help with this race in spite of the very cold weather. It turned out to be a beautiful day and the event was very nice thanks in large part to the planning and preparation of co-race directors Sylvia Rogers and Marykara Imwalle, and the help and dedication of the following volunteers:

Gary Beeler  
Mary Brooks  
Phylliss Daffron  
Neal Denton  
David Dutton  
Pat Hilliard  
Marykara Imwalle  
George Lee  
Richard Leonard  
Jimmy Matthews  
Jean Mattics  
Leon Mattics  
Susie McDonald  
Dewain Morris  
Peggy Olive  
Kerry Rehm  
Sylvia Rogers  
Roy Seewer  
Phillip Shouppe  
Sally Shouppe  
Ariane Weidner  
Mona Williams

## **Satsuma High School Student Volunteers**

This is a student run volunteering organization that has chosen the Port City Pacers as one of their favorite organizations. This race was a group project for them, and they did a great job!

Casey Barnett  
Katlyn Bramblett  
Lewis Butterworth  
Devan Cooper  
Whitney Corgill  
Liz Ezell  
Michelle Gardner  
Maelynn La  
Sonny Le  
Christina Lynn  
Morgan McIntyre  
Taylor Parsens  
Ariel Robinson  
Rachel Sawyer  
Olivia Turner

## **Senior Bowl Charity Run Volunteers**

Thank you to all the volunteers who came out to help

with this race. We had approximately 60 individuals and five organizations volunteering. It was a great turnout for this event and the level of volunteering was fantastic.

Julia Barrera  
Sami Berry  
Lynn Bolger  
Shonna Bowers  
Mary Brooks  
Lewis Butterworth  
William Carroll  
Christian Casallo  
Childrens and Women's Hospital Volunteers  
Tom Cooper  
Lauren Cunningham  
Kelley Cutrell  
Emily Daffron  
Phylliss Daffron  
Ansley Davis  
Dan Detman  
David Dutton  
Kevin Egan  
Lou Felis  
Michael Griffith  
Kristin Hicks  
Brooke Hoven  
Anna Jarman  
Tish Johnson  
Maelynn La  
Kevin Latta  
Richard Leonard  
Owen Martin



Satsuma High School Volunteer, Sonny Le, at the finish line at the Turkey 10-Miler

## Upcoming Races and RRCA News

### Breaking RRCA News

**Old Mobile 8K**, April 4, 2008 in downtown Mobile has been designated as the RRCA Regional 8K Championship!  
The Road Runners Club of America (RRCA) is a non-profit organization of over 700 running clubs with 175,000 members across the United States. The Port City Pacers is a member of this organization. As an RRCA chapter, we help fulfill the mission of the RRCA. This entails organizing races, providing safety guidelines and promoting children's and masters' fitness running programs. Please go to their website to see everything the RRCA offers. <http://www.RRCA.org>

### Upcoming RRCA Championships

**December 13** – Huntsville, AL, **Rocket City Marathon**, RRCA South Region Championship Race, <http://www.runrocketcity.com>  
**January 10**– Red Nose Run State 10-Miler – RRCA State 10-Miler <http://rednoserun-bham.com>  
**January 17** – Auburn Classic Half Marathon – RRCA State Championship, <http://www.auburnrunning.org>



**KATIE BAUMGARTNER**

CELL: (251) 689-1055

OFFICE: (251) 661-4660

[KatieBaumgartner@RobertsBrothers.com](mailto:KatieBaumgartner@RobertsBrothers.com)



**REALTORS®**  
ROBERTS BROTHERS WEST  
6721 GRELOT RD. SUITE A  
MOBILE, AL 36695  
FAX: (251) 661-6310  
TOLL FREE: (800) 264-4660  
[www.RobertsBrothers.com](http://www.RobertsBrothers.com)



Ron Macksoud, RRCA State Rep, at the Turkey 10-miler with some of the top overall winners, Cindy McMillan, Richard Ondimu and John Brigham

### Upcoming Pacer Races!

**December 13, 2008**

**Holiday Half Marathon/8K**

**8:30 am**

**Mullet Park, Point Clear, AL**

**January 17, 2008**

**Panther Pride 5K and 1 Miler**

**8:30 am**

**Murphy High School  
Mobile, Alabama**

**February 7, 2008**

**Battle of Mobile Bay 5K**

**9:00 am**

**Dauphin Island, Alabama**

### Upcoming Local Area Races

**December 31, 2008**

**Runnin' in the Streets**

**3:00 pm**

**Del La Mare Avenue**

**Downtown Fairhope, Alabama**

<http://www.productionsbylittleredhen.com>

**January 11, 2009**

**Bank Trust First Light Marathon/Half  
Marathon**

**7:30 am**

**Start: Downtown Mobile**

<http://www.firstlightmarathon.com>

**January 31, 2009**

**Jag 5K Spirit Run**

**8:00 am**

**Intramural Fields@ USA campus**

<http://www.productionsbylittleredhen.com>



# Promotion Commotion

by Will Wright

## PRACTICE DOES PERFECT

As the weather cools many runners and walkers are starting to train for longer events like the marathon and half marathon. Few of us have won the "genetic lottery" whereby goal finishing times come easy; thus we must experience proper training or practice and long term development of the body's ability to handle more work. Light the fire, get the desire; set the goals, and practice the roles! In a Peanuts cartoon, Charlie Brown laments to his friend Linus, "Life is just too much for me. I've been confused from the day I was born. I think the trouble is, we're thrown into life too fast. We're not really prepared." "What do you want," Linus asks, "a chance to warm up first?" You may not get a chance to warm up before entering life, but you can warm up by practicing what's important to you once life has begun and what is important in the role of a runner or walker. It is during these warm-up/practice periods that you grow.

When you commit yourself to practice you discover:

**(1) Your performance can always be improved.**

Author Harvey Mackay says, "A good leader understands that almost anything that has been done in a particular way for a given amount of time, can be done better. Every single performance can be improved." You must determine what areas need improvement and include routines that focus on them. A coach or personal trainer might help in this regard or peruse self helps to get you going. In a self analysis is it speed, endurance, pace, stride, race strategy, nutrition, rest, strength training, stress, or just perseverance that is needed?

**(2) The sharpening process is better in the right environment.** Improvement always requires some degree of risk and failure. So find a place or group where growth and experimentation are encouraged. Feel free to discuss your goals and needs with a mentor, try some new things on the track or at the next race, keep records of "gains and losses", and be willing to make some changes.

**(3) You must be willing to start with small things.**

When you first start to practice, your gains will be small. But they will grow. In the Olympics, the difference between the gold medalist and other contestants is often just hundredths of a second. You must think positively and have patience. Your success often comes down to a single choice and that is your attitude, how you react to what has been accomplished thus far. Dr. Viktor Frankl endured the Holocaust with this principle. The Nazis killed his family, placed him in a concentration camp, starved and beat him. When the war ended Frankl was neither broken, bent nor bitter. When asked how he endured such treatment with a positive outlook he said, "Everything can be taken from a man but one thing, the last of human freedoms, to choose one's attitude in any



*Will Wright, Santa Claus and Don Withers at the Haulin' Hooves 5K Run in Spanish Fort.*

given set of circumstances, to choose one's own way."

Every day you choose the clothes you wear, the food you eat, and the attitude you adopt. There are only two kinds of attitudes, good ones and bad ones. Make yours a good one.

**(4) There's a price to pay to reach the next level.** Is it time, tiredness, sweat, tears, or even money. One seldom runs faster than one tries to! Sidney Howard remarked, "One half of knowing what you want, is knowing what you must give up before you get it." Too many of us regard practice as an essentially negative experience, but it doesn't have to be if you think of it in terms of discovery and development. So, keep practicing! Ground Zero is a massive canyon where the Twin Towers once stood. Three thousand people died there. How did New Yorkers choose to respond? A sign at the edge of Ground Zero proclaims, "The human spirit is not measured by the size of the act, but by the size of the heart." That's an attitude terrorists will never conquer. It's not the size of the dog in the fight; it's the size of the fight in the dog. Seize the winning attitude and keep on keeping on.

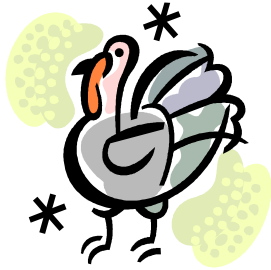
There are many who cannot improve with practice because they have not started to run or walk routinely but need to. Spread the word; research spanning two decades has found that runners and walkers live longer and suffer fewer disabilities than healthy non-runners. Albert Einstein said "You can't control the wind, but you can adjust your sails."



## Recipe Corner

By Mona Williams

If you would like to see your recipe in the PaceLetter, please send a healthy recipe to Mona Williams at [msw@johnstoneadams.com](mailto:msw@johnstoneadams.com). You may also submit a photo of your recipe.



### Cajun Turkey Burgers

1 lb. ground turkey  
2 green onions, thinly sliced  
1 red bell pepper, finely chopped  
2 tsp. minced garlic  
¾ tsp. dried thyme  
½ tsp ground cumin  
½ tsp. paprika  
1 tsp. crushed red pepper  
4 dashes Tabasco

Heat the broiler

*Serves Four*

In a bowl, mix the turkey with the green onions, red bell pepper, garlic, thyme, cumin, paprika, crushed red pepper, and Tabasco. Form the ground turkey mixture into 4 patties. Broil the turkey burgers 4 inches from the broiler, about 6 minutes per side or until done; then serve on Kaiser buns.

Recipe from Sugar Bust for Life! (With the Brennans, Part II)

**Little Red Hen Productions has a new website. This is a great resource for races in South Alabama**

[www productionsbylittleredhen.com](http://www productionsbylittleredhen.com)

## Membership News

### New and Renewing Members

We are very glad that you have joined our club for either the first time or renewed your membership. Please come join us at our races and other activities. If you don't feel like racing one day, still come out and volunteer. We appreciate your help!

**The Victor, Anne, Leah and Greg Birch, Kevin, Pam, Alivia, Anna and Austin Bryars, Sharrie, Doug, Elizabeth and Logan Cranford, Douglas and Rhonda Davis, Marcus, Sarah and Zoe Drymon, Victoria Everett, Michael Harrison, Randy Loftis, David Lucas, Karen Milazzo, Nancy Pierce and Barry Silverman, Wanda Smith, The Stanley Family, Tammy Warren, The Warrington Family**

### Members Who Need to Renew

We hope that you will continue to be a Pacer. We appreciate your support! If you have already renewed your membership by the time you read this, we thank you!

**Jenny Albrecht-Booth, Lynn Dellenbarger, Michael Estes, Elaine Evans, The Fitzgerald Family, Pat Flanagan, The Green Family, Martha and Ben Harris, Huettemann Family, Timmy Jernigan, The Kleinman Family, Rene Massey, The McIlwain Family, The Moore Family, Cyle Parker, The Wilder Family, The Wilber Family**



# Athletic Accomplishments and Then Some...

*Contributors: Sylvia Rogers, Mona Williams and Will Wright*

We are interested in all of your accomplishments great and small. Please send us an email and let us know. You can email Sylvia Rogers at [srog1@bellsouth.net](mailto:srog1@bellsouth.net) and Mona Williams at [msw@johnstoneandadams.com](mailto:msw@johnstoneandadams.com)

## National Record Broken at Turkey 10-Miler!

**Jase Bell** from Oxford, a member of the Anniston Runners Club and Alabama XC, broke the National Record for 9 years old runners in the 10 mile Race at the RRCA Southern Championship in Mobile, Alabama Saturday November 22, 2008. The previous record was 1:13:20 set by Cam Radon from Arizona in 1991. Jase shattered the record with a 1:11:26 (7:08 per mile average). Jase also established a new Alabama State record in the 10 miles distance. Jase is now the RRCA Southern Champion in both the 5k and the 10 mile distance. Jase also made the Footlocker All-South team in cross country this past year. He will run in the Footlocker Championship featuring 18 southern States this coming weekend November 29th in Charlotte, North Carolina. Jase's AAU cross country team won the REGION Championship on November 1st. His team will compete in the AAU NATIONAL CHAMPIONSHIP in Decatur, Alabama on December 6th. The top 25 runners will make the All-American Team. His Coach and father is Drew Bell, the Oxford High School and Alabama XC coach.

**New State Records at Turkey 10-Miler** State records continue to fall as seven were set in the Turkey 10 Miler with one being a national record. **Jase Bell** from Oxford, AL, set a new state and national record for age 9, (1:11:26). Others included **Joseph Smith**, 7, (1:29:29); **John Brigham**, 22, (51:33), **Richard Ondimu**, 27, (54:20), **Elinor Carter**, 48, (1:08:28); **David Jeffrey**, 66, (1:08:58), and **Luise Mitchell**, 72, (1:54:50).

**McGuire's Annual 5K/10K Halloween**



*Martha Harris and Richard Ondimu at the Turkey 10-Miler*

## Run, October 25, 2008

**Robert Staples** (Grandmaster 5K, 19:03)

## Ironman Florida, November 1, 2008, Panama City Beach, Florida

A speedy, hard-working group of Pacers competed in this world-class race, which consisted of a 2.4 mile swim, a 112-mile bike ride and a 26.2 tacked on to the end just for fun. Congratulations to all of the Pacers who competed! You are incredible!

**Lance Steed** (9:51:05), **Chuck Babin** (10:04:09), **Jeff Conrad** (10:13:54), **Joe Connick** (10:22:31), **Sean Hylton** (10:54:29), **Andra Bruce** (11:31:25), **Allyson Lamey** (13:24:59), **Ron Steed** (12:34:13), **Keith Schell** (13:53:08), **Cesar Zurita** (14:56:23)

**Scottish Festival 5K, November 8, 2008, Gulfport, Mississippi**  
**Kristin Vergunst** (24:22)

## Mayor's Cup, November 15, 2008, Biloxi, Mississippi

**Leonard Vergunst** (Master Male, 17:14), **Kenric Andrews** (1<sup>st</sup> Male 35-39, David Jeffrey (1<sup>st</sup> Male 65-69, 20:14), **Marshall McMillan** (21:38), **Lu Jeffrey** (Grandmaster Female, 25:00), **Emily Schoenberg** (Overall Female

PACELETTER

Racewalker, 32:52),  
**2008 Turkey 10-Miler and 5, Dead Lake Park Creola, Alabama, November 22, 2008**

The Turkey 10-Miler was the RRCA Regional Championship. Thank you for your participation. We had a record number of participants and we gathered almost 200 pounds of food and \$178.00 in donations to the Bay Area Food Bank!

## 5K AWARDS LIST

\*\*\*\*\*

**Mary Goguen** (1<sup>st</sup> Female Senior Grand Masters Overall, 69, 33:49), **Leon Mattics** (1<sup>st</sup> Male Senior Grand Masters Overall, 68, 24:46), **Sally Shoupe** (1<sup>st</sup> Female Grand Masters Overall, 50, 32:03), **Kenya Dennis** (1<sup>st</sup> Female Masters Overall, 43, 26:22), **Larry Wayne** (1<sup>st</sup> Male Masters Overall, 48, 19:46), **Joy Brewer** (1<sup>st</sup> Female 25 – 29, 26:19), **Victor Tate** (1<sup>st</sup> Male 40 – 44, 21:58), **Katherine Dubuisson** (1<sup>st</sup> Female 50 – 54, 33:24), **Dewain Morris** (1<sup>st</sup> Male 55 – 59, 27:04), **Linnie Rux** (1<sup>st</sup> Female 60 – 64, 34:44), **Martha Harris** (1<sup>st</sup> Female 65 – 69, 37:12), **Ben Harris** (1<sup>st</sup> Male 70 – 74, 35:08), **Dale Roth** (1<sup>st</sup> Male 75 – 99, 37:36), **Cyle Parker** (16, 21:16), **Denson White** (31, 22:32), **Zeus Mckensie** (44, 28:20), **Jacob Collings** (9, 32:08), **Katherine Dubuisson** (53, 33:24), **Suzanne M. Crist** (49, 33:48), **Eddie Sutton** (48, 34:47), **Ralf Janowsky** (Racewalker, 53, 36:02), **Traci Fusaiotti** (36, 38:23), **Gary S Lambert** (29, 42:52), **Aimee Tucker** (38, 43:00), **Fredrick Rux** (62, 51:11).

## 10 MILER AWARDS LIST

\*\*\*\*\*

**Jenny Albrecht-Booth** (3<sup>rd</sup> Female Overall, 31, 1:11:05), **John Brigham** (1<sup>st</sup> Male Overall, 22, 51:33), **Jon Bowie** (3<sup>rd</sup> Male Overall, 35, 54:50), **Marian Loftin** (1<sup>st</sup> Female Senior Grand Masters Overall, 62, 1:34:27), **David Jeffrey** (1<sup>st</sup> Male Senior Grand Masters Overall, 66, 1:08:58), **Cindy McMillan** (1<sup>st</sup> Female Grand Masters Overall, 52, 1:24:33), **Leonard Vergunst** (1<sup>st</sup> Male Grand Masters Overall, 53, 58:37), **Sarah McMurtry**

Continued on page 12

# Corporate Cup

By Will Wright

As I prepare this update we have completed six races; however, the results of the Food World Senior Bowl 10K are not yet available. Because of the large number of participants in the 10K, we allow the team captains to submit their respective team results and give them two weeks to comply. This same process is used for the Azalea Trail Run in March also.

We have added a 27th team, GM&C, coming into Division V, and a couple of more organizations are interested. Arthur Mack's nice article about the Corporate Cup provided more exposure, and we appreciate that. Participation has been great averaging 132 runners per race. Standings after five races along with Participation Leaders are as follows:

## DIVISION I

1. Saraland YMCA -- Participation Leader
2. Univ. of South Alabama
3. Postal
4. Spring Hill Baptist Church
5. Mobile Infirmary

## DIVISION II

1. Team PE (Personal Edge Fitness) -- Participation Leader
2. Evonik
3. Northrop Grumman
4. Teachers
5. IP/Weyco

## DIVISION III

1. The SSI Group and CPSI tied -- The SSI Grp is Participation Leader
3. Hargrove & Assoc.
4. All Saints Episcopal Church

5. Providence Hosp.

## DIVISION IV

1. Sheriff's -- Participation Leader
2. PEI (Precision Engineering)
3. Cottage Hill Baptist Church
4. Team Alabama

## DIVISION V

1. Dupont and Mobile Police tied -- Mobile Police is Participation Leader
3. CPA's
4. Airbus
5. Baleu/ERA
6. Ameriprise Financial Services
7. Daily Access
8. GM&C

The next several races along with finishing line duties (passing out of Corp. Cup finisher cards) are as follows:

7. Jingle Bell Run for Arthritis 5K - Dec. 6 - Northrop
8. Murphy HS Panther Pride 5K - Jan. 17 - PEI
9. Battle of Mobile Bay 5K - Feb. 7 - CPSI

Please note the Corporate Cup Standings and Division Results are posted on the Port City Pacers web site. Go to the PCP home site and click on Corporate Cup.



# Odds and Ends

*Athletic Accomplishments continued from page 10*

(1<sup>st</sup> Female Masters Overall, 45, 1:18:35), **Brad Davis** (1<sup>st</sup> Male Masters Overall, 45, 1:02:44), **Scott Konecni** (3<sup>rd</sup> Male 20 – 24, 1:18:00), **Samson Kipchirchir** (1<sup>st</sup> Male 25 – 29, 58:30), **Justin Parker** (2<sup>nd</sup> Male 25 – 29, 59:42), **Kenny Pfeiffer** (3<sup>rd</sup> Male 25 – 29, 1:02:47), **Lance Williams** (1<sup>st</sup> Male 30 – 34, 1:07:57), **Clint Allen** (2<sup>nd</sup> Male 30 – 34, 1:13:40), **Rhonda Collings** (3<sup>rd</sup> Female 35 – 39, 1:17:03), **Kenric Andrews** (1<sup>st</sup> Male 35 – 39, 1:04:22), **Paul B Patterson** (3<sup>rd</sup> Male 35 – 39, 1:09:03), **Karen Sutton** (3<sup>rd</sup> Female 40 – 44, 1:29:26), **Shannon Kenny** (1<sup>st</sup> Female 45 – 49, 1:24:15), **Victor Birch** (1<sup>st</sup> Male 45 – 49, 1:04:40), **Michael Estes** (2<sup>nd</sup> Male 45 – 49, 1:05:47), **Ulrike Janowsky** (2<sup>nd</sup> Female 50 – 54, 1:34:10), **Lois A Wims** (3<sup>rd</sup> Female 50 – 54, 1:39:13), **Douglas Meduna** (1<sup>st</sup> Male 50 – 54, 1:07:02), **David Longoria** (2<sup>nd</sup> Male 50 – 54, 1:09:56), **Chris LaSonde** (3<sup>rd</sup> Male 50 – 54, 1:10:29), **Lee Morris** (1<sup>st</sup> Female 55 – 59, 1:30:01 28), **Lu Jeffrey** (2<sup>nd</sup> Female 55 – 59, 1:33:49), **Paul Baswell** (1<sup>st</sup> Male 55 – 59, 1:14:18), **Bill Brady** (3<sup>rd</sup> Male 55 – 59, 1:18:03), **Mona Williams** (3<sup>rd</sup> Female 60 – 64, 1:57:26), **Phillip Fields** (1<sup>st</sup> Male 60 – 64, 1:26:00), **Ron Mitchell** (2<sup>nd</sup> Male 60 – 64, 1:27:36), **Bob Winnop** (3<sup>rd</sup> Male 60 – 64, 1:28:12), **Miriam Turner** (1<sup>st</sup> Female 65 – 69, 1:51:16), **Peggy Black** (2<sup>nd</sup> Female 65 – 69, 1:53:59), **Betty Lamberth** (3<sup>rd</sup> Female 65 – 69, 2:09:18), **John McCall** (1<sup>st</sup> Male 65 – 69, 1:34:12), **Konrad Kressley** (2<sup>nd</sup> Male 65 – 69, 2:08:36), **Will Wright** (1<sup>st</sup> Male 70 – 74, 1:25:29), **Donald Withers** (3<sup>rd</sup> Male 70 – 74, 2:12:17), **Phil Bohan** (1<sup>st</sup> Male 75 – 99, 75, 1:32:09), **Matt Winkler** (27, 1:07:33), **Timmy Jernigan** (47, 1:08:18), **Cliff Kuna** (28, 1:08:20), **Marty Demouy** (53, 1:11:11), **Michael Moore** (37, 1:13:23), **Rich Huettemann** (44, 1:14:48), **Joe Wilson** (49, 1:15:21), **Ron Steed** (43, 1:16:37), **Joseph Rolison** (32, 1:18:26), **John Ortman** (17, 1:18:29), **Frank Conko Jr.** (43, 1:18:58), **Kevin L Douglas** (52, 1:19:48), **Keith Evans** (33, 1:21:32), **David Dutton** (53, 1:21:42), **Jennifer Sweeney Cole** (34, 1:22:49), **Douglas Davis** (53, 1:23:06), **Randy West** (52, 1:23:30), **Joseph Nelson** (46, 1:24:04), **Sean Hylton** (37, 1:24:27), **Trey Oliver** (49, 1:24:29), **Tammy Ford** (36, 1:24:32), **Chris Stanley** (44, 1:27:53), **Maureen Van Devender** (44, 1:29:36), **Andrew Rutens** (41, 1:29:56), **Diana Gough** (46, 1:31:44), **Jerry Taylor** (43, 1:32:35), **Keith Schell** (45, 1:33:20), **Camilla Rayford** (41, 1:37:51), **Lori Boyce** (51, 1:40:05), **Cindy Leonard** (53, 1:42:06), **John Robb** (53, 1:42:41), **Anne Wall** (59, 1:43:37), **Cindy Longmire** (53, 1:45:18), **George Coate** (46, 1:47:36), **Ron Macksoud** (54, 1:48:28), **Emily Schoenberg** (1<sup>st</sup> Female Racewalker Overall, 45, 1:51:52), **Bill McGough** (61, 1:51:53), **Don Williams** (57, 1:51:54), **Emily Baker** (31, 1:57:05), **Sandra Green** (2<sup>nd</sup> Female Continued on Page 13

## Training Runs/Walks

### Monday

**6:30 pm** Cottage Hill Park Runners – Meet by the Tennis Center, 4-6 miles at 7 – 9 minute mile pace  
**6:00 pm** Heroes Sport's Bar and Grill, Dauphin St. Downtown

### Tuesday

**5-5:30 pm** Blue Bell Bombers  
 Commerce Park near Blue Bell Plant off Rangeline Rd.  
 Variable distances depending on pace  
**5:45 pm** Mellow Mushroom at the Loop – 5K run, all abilities, discounted beverages at Mellow Mushroom at the Loop, <http://www.mobilemellowmilers.com/> for info.  
**6:00 pm** Team Spiridon  
 McGill H.S. track  
 Workout begins @ 6PM....arrive early enough to warm-up beforehand  
**6:00-6:30 pm** Fairhope Library, West Side Parking, all distances/pages  
**6:30 pm** Cottage Hill Park Runners – Meet by the Tennis Center, 4-6 miles at 7 – 9 minute mile pace

### Wednesday

**6:00 pm** Team Spiridon  
 Bilotti's Restaurant in the Loop area  
 Variable distances and pace  
**6:30 pm** Cottage Hill Runners – at Track at University of South Alabama  
 Speedwork

### Thursday

**5:00-5:30 pm** Blue Bell Bombers  
 Commerce Park near Blue Bell Plant off Rangeline Road  
 Variable distance depending on pace  
**6:00-6:30 pm** Team Spiridon  
 Daphne Across from Centennial Park-City complex (next to Guido's)  
 6:00 Faster Pace/ 6:30 variable distances and pace  
**6:30pm** Cottage Hill Park Runners – Meet by the Tennis Center, 4-6 miles at 7 – 9 minute mile pace

### Saturday

**7:00** (summer) Springhill College, Stewartfield Mansion

### Sunday

**6:00 am** – Blue Bell Bombers  
 Commerce Park near Blue Bell Plant off Rangeline Road (longer distances)  
**6:00 am** – Cottage Hill Runners – Cottage Hill Park (Usually a 10 Mile Run from Park to USA and back)  
 Please email Sylvia Rogers at [srog1@bellsouth.net](mailto:srog1@bellsouth.net) for any corrections or additions. Thank you!



## ***More Athletic Accomplishments and Volunteers***

### *Athletic Accomplishments from Page 12*

Racewalker Overall, 38, 2:02:55), **Angela Strickland** (3<sup>rd</sup> Female Racewalker Overall, 52, 2:12:21), **Katherine King** (66, 2:12:44), **Mamie McCall** (66, 2:20:31), **Ernest Rogers** (2<sup>nd</sup> Male Racewalker Overall, 56, 2:30:04).

**Seville Quarter Turkey Trot, November 22, 2008, Pensacola, Florida**  
**Richard Haynes** (Overall Racewalker, 33:30)

### **Mississippi Coast Marathon, Half Marathon and 5K, November 29, 2008, Stennis, Mississippi**

The weather was typical for the gulf coast on Thanksgiving weekend; warm, humid followed by a torrential downpour. Pacers who attended may have gotten wet, but their spirits were not dampened. Congratulations!

#### **Marathon**

**Leonard Vergunst** (Overall Master's Male, 2:54:43), **Anthony Clark** (3:31:39), **Clint Allen** (4:01:45), **Randy Loftis** (4:16:57), **Will Wright** (1<sup>st</sup> Male 70 and above, 4:28:56)

#### **Half Marathon**

**Kristin Vergunst** (1:50:40), **Randy West** (1:55:33)

### *Volunteers continued from page 6*

Stephanie Martin  
Kate Massey  
Jimmy Matthews  
Jean Mattics  
Leon Mattics  
Mac McGovern  
Betty McReynolds  
Joe McReynolds  
Mercy Medical Volunteers  
Luke Miller  
Mary Miller  
Taylor Moore  
David Niles  
Luke Nixon  
Andrew Powell  
Tony Price  
Kerry Rehm  
Monetta Roberts  
Lauren Robinson  
Sylvia Rogers  
Brittney Rouse  
RSVP  
Rachel Sawyer

Roy Seewer  
John Sharp  
Phillip Shouppe  
Sally Shouppe  
Garrett Schumacher  
Wren Smith  
Bama Springer  
Gladys Stakelum  
Kay Taylor  
Teen Challenge  
Thomas Hospital Volunteers  
UMS-Wright  
Odie Van Devender  
Merle Vignes  
Gail Walker  
Kent Warlick  
Ariane Weidner  
Wesley Wells  
Bill White  
Conrad Wiley  
Rony Young

And to any volunteers I may have left off, my apologies. Thank you all.

# Board Meeting Minutes

By Marykara Imwalle

## **Port City Pacers Board Meeting** **Tuesday, November 4, 2008**

The Port City Pacers Board meeting was held on Tuesday, November 4, 2008, at the Pacer Clubhouse.

**Present:** David Dutton, Marykara Imwalle, Richard Leonard, Susie McDonald, Joe McReynolds, Peggy Olive, Kerry Rehm, Sylvia Rogers, Roy Seewer, Maureen Van Devender, Mona Williams, Will Wright

**Absent:** Vince Kilborn, Bill White

Richard Leonard called the meeting to order at 6:07 p.m. Minutes from the October 9, 2008, board meeting were reviewed. Will Wright told the board that the Promotions Report needed additional information added about the scholarship fund money. Peggy Olive made a motion to accept the minutes with the addition. Richard Leonard seconded and all voted in favor.

### **Treasurer's Report**

David Dutton reported to the board as follows:

Scholarship Fund:	
Beginning Bal	\$ 8,480.00
Interest	.37
Ending	\$ 8,480.37
Reserve:	
Beginning Bal	\$11,014.98
Interest	1.39
Ending	\$11,016.37
Operating:	
Beginning Bal	\$15,734.28
Deposits	6,463.65
Checks	(10,025.83)
Ending	\$12,172.10

Motion to accept the treasurer's report was made by Peggy Olive and seconded by Kerry Rehm; motion was accepted.

### **Promotions Report**

Will Wright reported he would be doing a TV spot at WGRG for the Turkey 10 miler. Will said three state records were set at the Senior Bowl Run and told the board scholarship checks will be sent out this week.

### **Newsletter Report**

Sylvia told the board that two photo montages would appear in this month PaceLetter which will be e-mailed this week.

### **Membership Report**

Joe McReynolds reported that we have 778 members representing 474 households.

### **Volunteer Coordinator Report**

Maureen Van Devender reported that she had 60 volunteers, representing four organizations, volunteer at this year's Senior Bowl Run. Maureen has also signed the Pacers up with RSVP, a volunteer organization.

### **Results/Registration**

Peggy Olive reported the Saraland Run had 211 registered runners and the Senior Bowl Run had 1,138 registered runners for the 10k, 885 runners for the 5k and, 368 runners for the Fun Run.

### **ATR Race Director Report**

Peggy Olive reported that she is working on getting ATR sponsors. The first run of ATR registrations will be sent out next week. Peggy is also organizing an ATR Board meeting for next week.

### **Program Director Report**

Roy Seewer told the board he would be preparing hot dogs at the Turkey 10-miler.

### **Old Business**

Peggy Olive reported that inserts about ordering PCP Wear would be in the Turkey 10-miler envelopes.

### **New Business**

Richard Leonard reported that he had been contacted by the Baldwin County Trailblazers, a group promoting a trail program in Baldwin County, about putting up a table at the Holiday Half. Richard said he thought it would let runners get behind their program and promote awareness.

Richard Leonard informed the board that it is time to renew the RRCA membership.

Richard Leonard reported that the Old Mobile 8k has been named a Southern Regional 8k Championship Race.

Richard Leonard reported that Marty DeMouy would be race director for the Battle of Mobile Bay race.

Richard Leonard said that he felt the Grand Prix awards age group 0-15 was a broad stretch and will look at tweaking the age group. Sylvia Rogers suggested that it might be broken into two age groups 0-9 and 10-15.

The next meeting is scheduled for Tuesday, December 2, 2008, at the Pacer Clubhouse. Richard Leonard made a motion to adjourn. The meeting was adjourned at 7:24 p.m.

# Results

## Turkey 10 Miler

Pl	Name	Age	City	Time	Pace	53	Rhonda Collings	39	Theodore	1:17:03	7:42
1	John Brigham	22		Mobile	51:33	5:09	54	Jordan Lane	34	Mobile	1:17:41 7:46
2	Richard Ondimu	27		Mobile	54:20	5:26	55	Dilston Lane	30	Mobile	1:17:41 7:46
3	Jon Bowie	35		Daphne	54:50	5:29	56	Scott Konecni	24	Mobile	1:18:00 7:48
4	Jonathan Sellers	21		Lithia Spr	55:42	5:34	57	Bill Brady	58	Irvington	1:18:03 7:48
5	Samson Kipchirchir	29		Mobile	58:30	5:51	58	Julie R Claxton	31	Mobile	1:18:10 7:49
6	Leonard Vergunst	53		Ocean Spr	58:37	5:51	59	Ken L Ferguson	43	Mobile	1:18:23 7:50
7	Justin Parker	27		Mobile	59:42	5:58	60	Joseph Rolison	32	Ls ville	1:18:26 7:50
8	Brad Davis	45		Fairhope	1:02:44	6:16	61	John Ortmann	17	Mobile	1:18:29 7:50
9	Kenny Pfeiffer	27		Daphne	1:02:47	6:16	62	Sarah McMurtry	45	Sp Fort	1:18:35 7:51
10	Kenric Andrews	37		Mobile	1:04:22	6:26	63	Jim Mitchell	43	Mobile	1:18:36 7:51
11	Victor Birch	48		MonIsle	1:04:40	6:28	64	Frank Conko Jr	43	Mobile	1:18:58 7:53
12	Joshua Mather	19		Mobile	1:05:34	6:33	65	Allen Perkins	48	Mobile	1:19:45 7:58
13	Michael Estes	45		Mobile	1:05:47	6:34	66	Thomas Rich	43	Mobile	1:19:46 7:58
14	Matthew Bosarge	19		Lucedale	1:07:01	6:42	67	Kevin L Douglas	52	Mobile	1:19:48 7:58
15	Douglas Meduna	51		Mobile	1:07:02	6:42	68	Taylor Stanley	14	Mobile	1:20:21 8:02
16	Ali Stevenson	26		Mobile	1:07:09	6:42	69	Myrtle Wood	28	Mobile	1:20:35 8:03
17	Barry Tucker	37		Mobile	1:07:10	6:43	70	David I Bender	59	Mobile	1:20:53 8:05
18	Ben C Stimpson	46		Mobile	1:07:22	6:44	71	Josh Sutherland	25	Semmes	1:21:10 8:07
19	Matt Winkler	27		Mobile	1:07:33	6:45	72	Keith Evans	33	Theodore	1:21:32 8:09
20	Lance Williams	32		Mobile	1:07:57	6:47	73	David Dutton	53	Mobile	1:21:42 8:10
21	Christian Boyer	18		Mobile	1:08:14	6:49	74	Mary Casuccio	28	Mobile	1:22:06 8:12
22	Timmy Jernigan	47		Theodore	1:08:18	6:49	75	Gloria Dodds	43	Fairhope	1:22:17 8:13
23	Cliff Kuna	28		Mobile	1:08:20	6:50	76	Wesley L James	27	Ellisville	1:22:36 8:15
24	Tracey Levins	46		Daphne	1:08:21	6:50	77	Jennifer Sweeney	Cole34	Mobile	1:22:49 8:16
25	Elinor P Carter	48		Mobile	1:08:28	6:50	78	Douglas Davis	53	Mobile	1:23:06 8:18
26	Stephen Kun Diau	21		Mobile	1:08:57	6:53	79	Randy West	52	Mobile	1:23:30 8:21
27	David Jeffrey	66		Semmes	1:08:58	6:53	80	Inez Bumpers	33	Mobile	1:24:02 8:24
28	Paul B Patterson	39		Mobile	1:09:03	6:54	81	Joseph Nelson	46	Stapleton	1:24:04 8:24
29	David Longoria	53		Saraland	1:09:56	6:59	82	Shannon Kenny	46	Mobile	1:24:15 8:25
30	Chris Lasonde	50		Mobile	1:10:29	7:02	83	Sean Hylton	37	Mobile	1:24:27 8:26
31	Christine Conrad	39		Mobile	1:10:54	7:05	84	Trey Oliver	49	Mobile	1:24:29 8:26
32	Jenny Albrecht-Booth	31		Grand Ba	1:11:05	7:06	85	Tammy Ford	36	Gr Bay	1:24:32 8:27
33	Marty Demouy	53		Mobile	1:11:11	7:07	86	Cindy McMillan	52	Mobile	1:24:33 8:27
34	Jase Bell	9	Oxford	1:11:26	7:08		87	Kristin Vergunst	54	Ocean Sp	1:24:34 8:27
35	Drew Bell	44		Oxford	1:11:26	7:08	88	Ben Broadwater	46	Mobile	1:24:58 8:29
36	Marty Walsh	45		Mobile	1:11:32	7:09	89	Bruce Gonzales	50	Mobile	1:24:59 8:29
37	James Donaghey	52		Mobile	1:12:49	7:16	90	David Legett	53	Mobile	1:25:17 8:31
38	Michael Moore	37		Mobile	1:13:23	7:20	91	William Spratley	43	Ocean Spr	1:25:24 8:32
39	Richard Harwood	42		Mobile	1:13:39	7:21	92	Will Wright	71	Mobile	1:25:29 8:32
40	Clint Allen	32		Mobile	1:13:40	7:22	93	Shannon Williams	38	Gulf Br	1:25:46 8:34
41	Kelly Sessoms	42		Mobile	1:13:46	7:22	94	Phillip Fields	61	Mobile	1:26:00 8:36
42	Paul Baswell	59		Loxley	1:14:18	7:25	95	Cesar Zurita	46	Saraland	1:26:11 8:37
43	Hartwig Pohlmann	51		Mobile	1:14:38	7:27	96	Freda Rambo	49	Fairhope	1:27:06 8:42
44	Rich Huettemann	44		Mobile	1:14:48	7:28	97	Ron Mitchell	63	Saraland	1:27:36 8:45
45	Spencer Allen	33		Mobile	1:14:50	7:29	98	Samantha M Nims	15	Pensacola	1:27:47 8:46
46	Laurie Repoll	37		Fairhope	1:15:01	7:30	99	Chris Stanley	44	Mobile	1:27:53 8:47
47	Bill Cherney	56		Sp Fort	1:15:02	7:30	100	Melissa Ritchie	43	Mobile	1:27:58 8:47
48	Joe Wilson	49		Mobile	1:15:21	7:32	101	Bob Winnop	63	Satsuma	1:28:12 8:49
49	Jamie Taylor	36		Saraland	1:15:24	7:32	102	Ashley Nichols	20	Mobile	1:28:14 8:49
50	Brantley Perloff	37		Mobile	1:15:39	7:33	103	Jeff Nichols	45	Mobile	1:28:15 8:49
51	Ron Steed	43		Saraland	1:16:37	7:39	104	Bonnie Phillips	31	Mobile	1:28:16 8:49
52	Charlene A Garcia	25		Mobile	1:16:53	7:41	105	Laura Jensen	27	Mobile	1:28:17 8:49

# Results

106	Jay Walsh	13	Mobile	1:29:19	8:55	162	John Robb	53	Mobile	1:42:41	10:16
107	Karen Sutton	44	Mobile	1:29:26	8:56	163	Samantha Malone	39	Daphne	1:43:18	
108	Joseph Smith	7	Fairhope	1:29:29	8:56						
109	Steven Smith	41	Fairhope	1:29:32	8:57	164	Anne Wall	59	Daphne	1:43:37	10:21
110	Maureen Van Devender	44	Saraland	1:29:36	8:57	165	Linda Gabbett	63	Mobile	1:43:37	10:21
111	Andrew Rutens	41	Mobile	1:29:56	8:59	166	Anne Lyles	27	Robertsdale	1:44:01	10:24
112	Lee Morris	56	Saraland	1:30:01	9:00	167	Joycelyn Davis	32	Prichard	1:45:17	10:31
113	Kathryn Fulton	17	Mobile	1:30:02	9:00	168	Cindy Longmire	53	Mobile	1:45:18	10:31
114	Joann Nichols	44	Mobile	1:30:14	9:01	169	Debbie McGowin	42	Daphne	1:45:37	10:33
115	Marlon Gaines	37	Mobile	1:30:33	9:03	170	George Coate	46	Satsuma	1:47:36	10:45
116	Lori Sharpe	38	Mobile	1:31:01	9:06	171	Gloria King	52	Robertsdale	1:48:06	10:48
117	Susette D Hill	45	Plano	1:31:19	9:07	172	Virgil Christian	42	Axis	1:48:27	10:50
118	Kary Fulton	17	Mobile	1:31:33	9:09	173	Ron Macksoud	54	Mont.	1:48:28	10:50
119	Diana Gough	46	Mobile	1:31:44	9:10	174	Cindy Johnson			1:50:10	11:01
120	Steve Mills	52	Mobile	1:31:49	9:10	175	Elizabeth Butler	29	Hurley	1:51:08	11:06
121	Tony Price	39	Mobile	1:32:05	9:12	176	Miriam Turner	68	Mobile	1:51:16	11:07
122	Phil Bohan	75	Foley	1:32:09	9:12	177	Emily Schoenberg	45	Mobile	1:51:52	11:11
123	Susan Whaley	43	Daphne	1:32:31	9:15	178	Bill McGough	61	Mobile	1:51:53	11:11
124	Jerry Taylor	43	Saraland	1:32:35	9:15	179	Don Williams	57	Mobile	1:51:54	11:11
125	Joanne Mai	37	Mobile	1:32:51	9:17	180	Peggy Black	66	Churchula	1:53:59	11:23
126	Keith Schell	45	Saraland	1:33:20	9:20	181	Luise Mitchell	72	Mobile	1:54:50	11:29
127	Lu Jeffrey	56	Semmes	1:33:49	9:22	182	Emily Baker	31	Mobile	1:57:05	11:42
128	Ulrike Janowsky	53	Mobile	1:34:10	9:25	183	Mona Williams	60	Mobile	1:57:26	11:44
129	John McCall	67	Dau. Island	1:34:12	9:25	184	Joy Burt	53	Mexia	2:00:17	12:01
130	Janice Medina	30	d'Iberville	1:34:19	9:25	185	Rachel Andrews	28	Mobile	2:01:11	12:07
131	Marian Loftin	62	Mobile	1:34:27	9:26	186	Lona McGoogan	30	Mobile	2:02:11	12:13
132	John McKinley	41	Navarre	1:34:45	9:28	187	Sandra Green	38	Mobile	2:02:55	12:17
133	Heather Sutton	13	Mobile	1:34:48	9:28	188	Amber Williams	25	Navarre	2:04:00	12:24
134	Kevin Bryars	43	Theodore	1:35:42	9:34	189	Konrad Kressley	67	Mobile	2:08:36	12:51
135	Nancy Williford	48	Sp Fort	1:36:10	9:37	190	Betty Lamberth	68	Theodore	2:09:18	12:55
136	Melissa J Pusey	31	Semmes	1:36:27	9:38	191	Jim Hartman	74	Dau Island	2:09:25	12:56
137	Michael Wettermark	53	Mobile	1:36:36	9:39	192	Tanya M McAteer	35	Pensacola	2:10:25	13:02
138	Daniel Collier	29	Satsuma	1:36:52	9:41	193	Donald Withers	70	Mobile	2:12:17	13:13
139	Walter Hall	32	Wilmer	1:36:52	9:41	194	Angela Strickland	52	Mobile	2:12:21	13:14
140	Arthur Davis	49	Mobile	1:37:23	9:44	195	Katherine King	66	Mobile	2:12:44	13:16
141	Camilla Rayford	41	Mobile	1:37:51	9:47	196	Hellen Weidner	44	Mobile	2:16:50	13:41
142	Paulette K Eves	17	Mobile	1:38:01	9:48	197	Mamie McCall	66	Dau Island	2:20:31	14:03
143	Harriet Callahan	60	Mobile	1:39:07	9:54	198	Leslie A Hover	42	Mobile	2:23:33	14:21
144	Lois A Wims	52	Mobile	1:39:13	9:55	199	Ernest Rogers	56	Mobile	2:30:04	15:00
145	Rachael B Smith	43	Mobile	1:39:35	9:57	Walkers					
146	Victor C Byrd	41	Lucedale	1:39:55	9:59	Pl	Name	Age	City	Time	Pace
147	Elizabeth M McWhorter	39	Semmes	1:39:56	9:59	139	Walter Hall	32	Wilmer	1:36:52	9:41
148	Lori Boyce	51	Daphne	1:40:05	10:00	177	Emily Schoenberg	45	Mobile	1:51:52	11:11
149	Ashley Prestenbach	20	Saraland	1:40:10	10:01	187	Sandra Green	38	Mobile	2:02:55	12:17
150	Griffin Tucker	9	Mobile	1:40:39	10:03	194	Angela Strickland	52	Mobile	2:12:21	13:14
151	Jennifer R Grossman	22	Semmes	1:40:39	10:03	196	Hellen Weidner	44	Mobile	2:16:50	13:41
152	Daniel Kennedy	28	Satsuma	1:40:55	10:05	199	Ernest Rogers	56	Mobile	2:30:04	15:00
153	Shannon Anderson	29	Mobile	1:41:17	10:07	Turkey 5K					
154	Miranda Bishop	30	Ldale	1:41:18	10:07	Pl	Name	Age	City	Time	Pace
155	Stan Shows	64	Lucel	1:41:18	10:07	1	Craig Warlick	21	Sp Fort	16:40	5:21
156	Mary Culp	58	Mobile	1:41:5	10:11	2	Daniel Lovette	19	Foley	17:23	5:35
157	Kallie Currier	33	Theo	1:41:52	10:11	3	Miles Bowman	17	Daphne	17:51	5:44
158	Linda Culpepper	52	Mobile	1:41:52	10:11	4	Bradley Finley	21	Mobile	18:10	5:50
159	Ashley S Tanner	34	Daphne	1:41:58	10:11						
160	Cindy Leonard	53	Mobile	1:42:06	10:12						
161	Melissa Weekley	48	Mobile	1:42:34	10:15						



# Results

5	Dale Cheatwood	30	Mobile	19:27	6:15	61	Agoul Kuot	12	Mobile	29:24	9:27
6	Larry Wayne	48	Fairhope	19:46	6:21	62	Tara Fusaiotti	30	Mobile	29:34	9:30
7	Dustin Sprengeler	21	Mobile	19:53	6:23	63	Wes Williams	45	Salem	29:37	9:31
8	Coleman Canaan	36	Bay Minette	20:28	6:35	64	Katie Ritchie	17	Mobile	30:17	9:44
9	Stephen T Fore	21	Mobile	20:32	6:36	65	Holman Bowen	7	Fairhope	30:17	9:44
10	David Fromdahl	38	Mobile	20:40	6:39	66	Kevin Allen	54	Mobile	30:50	9:55
11	Cyle Parker	16	Theodore	21:16	6:50	67	John Patterson	44	Mobile	31:14	10:03
12	Joey Huettemann	15	Mobile	21:44	6:59	68	Firat Testik	31	Daphne	31:29	10:08
13	Victor Tate	41	Saraland	21:58	7:04	69	Hannah Sutton	12	Mobile	31:35	10:09
14	John Finley	43	Mobile	22:04	7:06	70	Alyson Quarles	26	Mobile	31:54	10:16
15	Jordan Patterson	16	Mobile	22:22	7:11	71	Sally Shouppe	50	Mobile	32:03	10:18
16	Rodney Brown	38	Saraland	22:27	7:13	72	Suzanne Mattox	24	Robertsdale	32:06	10:19
17	Denson White	31	Mobile	22:32	7:15	73	Jacob Collings	9	Theodore	32:08	10:20
18	Alex Jensen	14	Mobile	23:26	7:32	74	Jason S Presnall	36	Century	32:09	10:20
19	Michael Nicholson	23	Semmes	23:26	7:32	75	Leonard D Aldes	58	Mobile	32:17	10:23
20	Zachary Fulmer	21	Saraland	23:48	7:39	76	Julie Ann Patterson	11	Mobile	32:20	10:24
21	Kayla Grice	13	Semmes	24:11	7:47	77	Daniel Habib	10	Eight Mile	32:24	10:25
22	Jamison Burns	31	Fairhope	24:27	7:52	78	Polly Straughn	10	Mobile	32:25	10:26
23	Patrick Huettemann	13	Mobile	24:39	7:56	79	Todd Goguen	44	Mobile	32:25	10:26
24	Aaron Turner	27	Mobile	24:41	7:56	80	Nolen Mynatt	11	Mobile	32:26	10:26
25	Justin L Purvis	22	Semmes	24:44	7:57	81	Bobbie Wilson	44	Mobile	33:18	10:43
26	Leon Mattics	68	Semmes	24:46	7:58	82	Katherine Dubuisson	53	Daphne	33:24	10:45
27	Andrew Chandler	9	Mobile	24:49	7:59	83	John Griffin	58	Daphne	33:24	10:45
28	MacKenzie Wallace	10	Mobile	24:58	8:02	84	Jenni Currie	45	Mobile	33:37	10:49
29	Sarah Gaston	11	Mobile	25:13	8:06	85	Suzanne M Crist	49	Mobile	33:48	10:52
30	Stefanie King	23	Mobile	25:28	8:11	86	Mary Goguen	69	Mobile	33:49	10:53
31	Wieu Kuot	7	Mobile	25:34	8:13	87	Shawna Cheatwood	28	Mobile	34:01	10:56
32	Caitlin Huettemann	10	Mobile	25:35	8:14	88	Tim Hearn	54	Creola	34:01	10:56
33	Samuel M Blackman	19	Mobile	25:37	8:14	89	Will Sellers	44	Satsuma	34:25	11:04
34	Kevin Grice	8	Semmes	25:52	8:19	90	Taylor Wallace	16	Mobile	34:33	11:07
35	Ryan J Greer	26	Mobile	26:05	8:23	91	Steve Silcox	52	Mobile	34:36	11:08
36	Lee Wallace	37	Mobile	26:05	8:23	92	Linnie Rux	60	Mobile	34:44	11:10
37	Gary M Pownall	51	Mobile	26:12	8:25	93	Eddie Sutton	48	Mobile	34:47	11:11
38	Joy Brewer	27	Chickasaw	26:19	8:28	94	Ben Harris	71	Mobile	35:08	11:18
39	Dean Collins	40	Mobile	26:20	8:28	95	Ricky Bowen	37	Fairhope	35:22	11:23
40	Kenya Dennis	43	Satsuma	26:22	8:29	96	Carey Hill	28	Satsuma	35:50	11:32
41	Hayden Philips	9	Mobile	26:31	8:32	97	Jim E Blackman	Jr52	Mobile	35:51	11:32
42	Brandon Williams	12	Mobile	26:32	8:32	98	Ralf Janowsky	53	Mobile	36:02	11:35
43	Vincent Dumas	46	Theodore	26:35	8:33	99	Isabella Gaston	8	Mobile	36:03	11:36
44	Nicholas Young	28	Mobile	26:36	8:33	100	Melonie Thomas	9	Mobile	36:04	11:36
45	Win Ritchie	13	Mobile	27:02	8:42	101	Autumn Hill	28	Satsuma	36:58	11:53
46	Dewain Morris	56	Saraland	27:04	8:42	102	Martha Harris	69	Mobile	37:12	11:58
47	Mary Emma Fromdahl	9	Mobile	27:07	8:43	103	Isabelle Shirah	8	Mobile	37:13	11:58
48	Andrew Fusaiotti	39	Mobile	27:14	8:45	104	Berkley Shirah	39	Mobile	37:14	11:59
49	Laura Erickson	15	Mobile	27:17	8:46	105	Dale Roth	76	Metairie	37:36	12:06
50	Greg Fulmer	47	Saraland	27:27	8:50	106	Traci Fusaiotti	36	Mobile	38:23	12:21
51	Lorrie Coulson	39	Fairhope	27:31	8:51	107	John Rabbeiti	62	Mobile	40:05	12:54
52	Mark Fusaiotti	9	Mobile	27:34	8:52	108	Diana McKinley	43	Navarre	40:09	12:55
53	Ceil Fulmer	46	Saraland	27:44	8:55	109	Kathy P Greer	48	Mobile	40:32	13:02
54	Rodrick Jones	34	Mobile	27:48	8:56	110	Melody Peterkin	8	Mobile	41:33	13:22
55	Joshua Donahoe	30	Mobile	28:01	9:01	111	Melissa Jones	32	Mobile	41:36	13:23
56	Zeus McKensie	44	Mobile	28:20	9:07	112	Alex Rosenthal	6	Mobile	41:56	13:29
57	Eva Buder	26	Daphne	28:34	9:11	113	Ian Rosenthal	38	Mobile	41:56	13:29
58	Steven Goguen	42	Mobile	28:36	9:12	114	Gary S Lambert	29	Daphne	42:52	13:47
59	Haylee Fulmer	17	Saraland	28:54	9:18	115	Aimee Tucker	38	Mobile	43:00	13:50
60	Chris Hebert	49	Mobile	29:20	9:26						

# Results

116	Megan Baker	20	Theodore	43:03	13:51
117	Barry Silverman	66	Mobile	43:26	13:58
118	Gary Currie	57	Mobile	43:26	13:58
119	Reenie E Aldes	58	Mobile	44:34	14:20
120	Nancy Pierce	58	Mobile	44:50	14:25
121	Vicki Everett	42	Mobile	45:40	14:41
122	Deborah Salva		Mobile	46:06	14:50
123	Melissa Butler	10	Mobile	46:29	14:57
124	Pat Dumas	70	Mobile	47:46	15:22
125	Maxine Walters	11	Mobile	48:02	15:27
126	Andreyah Walters	8	Mobile	48:05	15:28
127	Kyla Gaston	39	Mobile	48:06	15:28
128	Michele Dumas	44	Theodore	49:06	15:48
129	Julie Stanley	41	Mobile	49:09	15:49
130	Joann Patterson	45	Mobile	50:36	16:17
131	Lee Anne Greene	40	Creola	50:36	16:17
132	Fredrick Rux	62	Mobile	51:11	16:28
133	Martha Dunn	25	Mobile	57:02	18:21
134	John Dunn	51	Wilmer	57:02	18:21

## Walkers

Pl	Name	Age	City	Time	Pace
48	Andrew Fusaiotti	39	Mobile	27:14	8:45
98	Ralf Janowsky	53	Mobile	36:02	11:35
108	Diana McKinley	43	Navarre	40:09	12:55
116	Megan Baker	20	Theodore	43:03	13:51
117	Barry Silverman	66	Mobile	43:26	13:58
120	Nancy Pierce	58	Mobile	44:50	14:25
122	Deborah Salva		Mobile	46:06	14:50
124	Pat Dumas	70	Mobile	47:46	15:22
128	Michele Dumas	44	Theodore	49:06	15:48
130	Joann Patterson	45	Mobile	50:36	16:17
131	Lee Anne Greene	40	Creola	50:36	16:17
132	Fredrick Rux	62	Mobile	51:11	16:28
133	Martha Dunn	25	Mobile	57:02	18:21

# Calendar

By Mona Williams

See the list of running clubs that are referred to only by abbreviated names. Please verify the date and time of an event before traveling.

**Note which courses are certified with an asterisk.**

## December

- 13 Point Clear, AL**  
Mullet Point Park,  
Holiday Half Marathon\* &  
8K\* Run, Toys for Tots!  
8:30 am
- Huntsville, AL**  
Rocket City Marathon\*  
Info: 256-650-7063 or  
[www.runrocketcity.com](http://www.runrocketcity.com)  
8:00 am
- 14 Jefferson, LA**  
Larry Fuselier 25K/10K/2M  
Jefferson Playground  
7:30 am start for 25K  
racewalkers  
8:00 am start for all runners
- 20 Dothan, AL**  
Salvation Run For Kindness 5K  
Trail Run  
Westgate Park. Registration  
starts at 8 am  
Info: John Dove 334-793-7117  
9:00 am
- Daphne, AL**  
8<sup>th</sup> Annual Animal Rescue Run  
5K Run and 1 Mile Fun  
Run/Walk/Pet Trot  
Info: James Pennington  
(251) 367-4599  
8:00 am
- Crestview, FL**  
Reindeer 10K/5K  
N. Okaloosa Medical Center.  
Info: Doug Blandford  
850-863-9622 or  
dblandford@ecymca.org. Also  
see [www.nwffc.com](http://www.nwffc.com)  
8:30 AM
- 27 Dothan, AL**  
Westgate Park Trail,  
Last Gasp Trail 5K Run  
Larry Dykes 251-792-6021  
9:00 am

**Perdido Key, FL**  
Flora-Bama Lounge,  
Make It to the Line 4-Mile  
Info: Barbara Barnes 850-492-  
6838  
Or [www.florabama.com](http://www.florabama.com)  
10:00 am

## Woolmarket, MS

Last Chance to Run  
10K, 5K, 1 Mile  
GCRC

- 31 Fairhope, Alabama**  
Runnin' In the Streets 5K\*  
3:00 pm  
Del La Mare Avenue  
(Followed by Dancin' in the  
Streets)  
McCoy's Outdoor or Page  
and Palette  
LRH

## January

- 4 New Orleans, LA**  
The Wall Louisiana Long  
Distance Championship Run  
30K\* and 10K\*  
RRCA State Championship  
7:30 am Racewalker Start  
8:00 am Runners Start  
NOTC
- 11 Mobile, Alabama**  
Bank First Legg Mason  
Funds First Light  
Marathon\*/1/2 Marathon\*  
Info: Marty O'Malley (251)  
476-8732  
[firstlightmarathon@hotmail.com](mailto:firstlightmarathon@hotmail.com)  
7:30 am
- 17 Mobile, AL**  
Panther Pride 5K\*/1M  
8:30 am, Murphy High School  
PCP
- Pensacola Beach, FL**  
Pensacola Beach Run  
5K/10K/Half Marathon  
Info: Gary Bunde (850)  
476-7434  
Or [bunde@cox.net](mailto:bunde@cox.net) or  
[www.pensacolarunners.com](http://www.pensacolarunners.com)  
8:00 am

- 31 Dothan, AL**  
26<sup>th</sup> Annual Hog Wild 5 Mi.  
& 1 Mi. Pig Trail Trot  
Westgate Park  
Info: Larry Dykes (334)  
792-6021

## February

- 1 New Orleans, LA**  
45<sup>th</sup> Annual Mardi Gras  
Marathon\*/Half  
Marathon/5K\*  
[www.MardiGrasMarathon.com](http://www.MardiGrasMarathon.com)  
NOTC
- 7 Pensacola, FL**  
2009 Double Bridge 15K  
Run and 5K Run/Walk  
8:00 am  
INFO: Pensacola Sports  
Association, 850-434-2800  
<http://www.doublebridgerun.com>

## Local Running Organizations

**GCRC**  
Gulf Coast Running Club, PO Drawer  
3569, Gulfport, MS 39505  
Phone: (228) 875-6855  
[www.gulfcoastrunningclub.org](http://www.gulfcoastrunningclub.org)

**NOTC**  
New Orleans Track Club, PO  
Box 52003, New Orleans, LA 70152-  
2003 Phones: (504) 467-8626  
[www.runNOTC.org](http://www.runNOTC.org)

**PCP**  
Port City Pacers, PO Box 6427,  
Mobile, AL 36660 Phone (251) 473-  
7223 [www.pcpacers.org](http://www.pcpacers.org)

**PRA**  
Pensacola Runners Association, PO  
Box 10613, Pensacola, FL  
32524. Phone (850) 969-9924

**LRH**  
LRH Productions  
Peggy Olive, [mlolive@bellsouth.net](mailto:mlolive@bellsouth.net)  
251-401-8039  
Mobile, AL



## 2009 Panther Pride 5K Run

Saturday January 17, 2009

**Proceeds will benefit Murphy High School Faculty Wish List**

**TIME:** 8:30 AM

**Sponsored by: Murphy PTSA**  
Prizes

**Pre-register by:** 01/15/09\*

**Entry fees:**

**Pre-registration:** 11 & under  
\$12.00

12+

\$16.00

**Race Day:**

\$20.00

Cost per participant for  
school  
clubs and teams with 5 or  
more  
participants:  
\$14.00



Top female/male overall

Top female/male masters, grand-masters, Senior  
grand-masters

Top 3 female/male age categories:

9 & under

10-14

15-19

20-29

30-39

40-49

50-59

60-69

70+

**Register online @**  
**www.pcpacers.org**



**For more info call: 251/343-3479**

\*T-shirt guaranteed for  
participants pre-registered by  
01/15/09

**The race will begin on the lawn of Murphy High School at the Horseshoe**

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Gender:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City, ST, ZIP:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_ **T-shirt:** S M L XL

In consideration of Murphy PTSA, PCP, their sponsors, agents, servants, representatives, licensees, contractors, successors, and assigns organizing and conducting the Panther Pride 5K, and allowing me to participate and run in said race/events, I hereby waive, release and discharge forever said the Murphy PTSA, PCP, their sponsors, agents, servants, representatives, licensees, contractors, successors, and assigns from any and all claims, demands, rights and causes of action whatsoever kind and nature arising directly or indirectly, from any and all known or unknown, foreseen or unforeseen, bodily or personal injury, damage to property and the consequences thereof resulting from my running and/or participating in said Panther Pride 5K run and covenant not to sue for any said injuries and/or damage. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race/event. I understand that no strollers, roller skates, headphones, inline skates, dogs or bicycles will be allowed on the course. Further I grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recording or any other record of this event for any purpose whatsoever. I have read the above release and understand that I am entering the Panther Pride 5K run at my own risk.

Signature (Signature of parent or guardian if participant under 18)

Date

Make checks payable to: Murphy PTSA

Mail form and fees to: Murphy PTSA; 2732 N. University Blvd; Mobile, AL 36618



# **Runnin' in the Streets**

## **Followed by Dancin' in the Streets**

5K Run/Walk and Fun Run

Downtown Fairhope, Alabama

**December 31, 2008**

**3 PM (New Year's Eve)**

**Date and Time:** December 31, 2008. 5K race will start at 3 PM.

**Sponsored by:** Page and Palette Foundation

**Benefits:** Page and Palette Foundation

**Distance:** Certified 5K course through historic Fairhope, AL

**Registration:** **Pre-register** by mail (entries should be postmarked by December 24, 2008), in person at McCoy's Outdoor on Springhill Ave in Mobile, or Page and Palette on Section Street in Fairhope until noon on December 29, 2008, or online ([www.Active.com](http://www.Active.com)) until midnight December 29, 2008.  
**Race day registration at Page and Palette from 1 – 2:30 PM.**

	<b>Entry fees:</b>	<b>Pre-registered: Day of Race:</b>
Run Only	Adults: \$20	Adult: \$25
	Children (<21): \$15	Children (<21): \$20
Run and Dance	Adults: \$35	Children (<21): \$25

**Awards:** Top male and female Overall, Masters, Grandmasters, and Senior Grandmasters. Top three male and female in age groups: 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75-99. Top male and female racewalkers.

**Shirts:** Special Pete the Cat shirts for all registered participants. Register by December 15, 2008 to guarantee tee shirt on race day. Tee shirts for race day registration while supplies last.

**Post-Race Party:** Post race party featuring assorted foods, beverages, and music

If the weather is unseasonably warm or cold, use the customary racing precautions with which you should be familiar and take advantage of the water along the course. Stop running/walking and seek help if you stop sweating and feel nauseous or dizzy. If you see a fellow runner/walker who appears to be in trouble, please stop and help if you can.

-----  
**Last Name** \_\_\_\_\_ **First Name** \_\_\_\_\_

**Age:** \_\_\_\_\_ **Sex:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City, State & ZIP:** \_\_\_\_\_

**Racewalker:** Yes No **T-Shirt Size:** S M L XL XXL

**Email address:** \_\_\_\_\_

**Run Only** **Run/Dance Combo** **\_\_\_ Additional Dance Tickets @ \$20 per adult / \$15 per child (<21)**

**Additional donation to Page and Palette Foundation: \$** \_\_\_\_\_ **Total Enclosed: \$** \_\_\_\_\_

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by these guidelines. 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 Page and Palette, Inc, the city of Fairhope, Little Red Hen Productions, its employees, officers, and agents, 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 of Participant** \_\_\_\_\_ **Date** \_\_\_\_\_

(Parent/Guardian must sign for children under 19)

Make checks payable to: **Page and Palette Foundation**

Mail applications and fees to: **Page and Palette; Running in the Streets; 32 S Section Street; Fairhope, AL 36532**

More information: **[www.pageandpalette.com](http://www.pageandpalette.com)**

# Jag 5K Spirit Run and Fun Run

Saturday, January 31, 2009 8 AM

**Benefits:** University of South Alabama Jag  
Alumni Scholarship Fund

**Sponsored by:** USA Office of Alumni Relations

**Location:** Race will start and finish at the Intramural Fields on the USA Campus.

**Distance:** Certified 5K course (AL08004JD) on USA Campus.

**Registration:** Register by mail (entries should be postmarked by January 23, 2009), in person at McCoy's Outdoor until noon on Thursday, January 29, 2009, or online ([www.Active.com](http://www.Active.com)) until midnight, Wednesday, January 28, 2009. Race day registration at Intramural Field Pavilion from 6:30 to 7:30 AM.

**Entry fees:** **Pre-registered:**

\$15 Adult 5K

\$10 Youth 5K 12 and Under

\$10 Fun Run

**Day of Race:**

\$20 Adult 5K

\$15 Youth 5K 12 and Under

\$15 Fun Run

**Awards:** Top male and female Overall, Masters, and Grandmasters. Top three male and female in age groups: 10 and under, 11-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70-99. Fun Run finishers will receive ribbons.

**Shirts:** To guarantee a shirt on race day, you must submit your application by January 23, 2009.

**Post-Race Party:** Food and beverages will be provided after the race.

If the weather is unseasonably warm or cold, use the customary racing precautions with which you should be familiar and take advantage of the water along the course. Stop running/walking and seek help if you stop sweating and feel nauseous or dizzy. If you see a fellow runner/walker who appears to be in trouble, please stop and help if you can.

-----  
**Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_ **Sex:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_ **USA Alumnus:** Yes No

**Address:** \_\_\_\_\_ **City, State & ZIP:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Event:** 5K Fun Run **T-Shirt Size:** XS S M L XL

**Additional donation to USA Jag Alumni Scholarship Fund:** \$ \_\_\_\_\_

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by these guidelines. 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 University of South Alabama, USA Office of Alumni Relations, LRH Productions (Margaret Olive), all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event on January 31, 2009, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_  
(Parent/Guardian must sign for participants under 19)

**Make checks payable to:** USA Office of Alumni Relations

**Mail completed applications and fees to:** USA Office of Alumni Relations, Jag 5K Run, Alumni Hall, 307 University Blvd N; Mobile, AL 36688-0002

PACELetter

# The Battle of Mobile Bay 5K Run/Walk

## Historic Fort Gaines, Dauphin Island

### Saturday, February 7, 2009 at 9:00 am

- Benefits:** Historic Fort Gaines
- Organized by:** Port City Pacers (251-473-7223; [www.pcpacers.org](http://www.pcpacers.org))
- Course:** A scenic **5K certified** course (AL05040JD) that starts at Fort Gaines and winds through scenic Dauphin Island neighborhoods. Map available at:  
<http://www.pcpacers.org/races/maps/bomb.html>
- Post race:** Food and beverages will be provided.
- Registration:** Pre-register by mail (entries should be postmarked by **January 31**), in person at McCoy Outdoor until noon on **February 5**, or online ([www.Active.com](http://www.Active.com)) until midnight **February 4**. Race day registration at Fort Gaines from 7:30 to 8:30 am. Registration will close 30 minutes before the start of the race to enable data input.
- Entry fees:**
- |                        |      |                 |                     |      |                       |
|------------------------|------|-----------------|---------------------|------|-----------------------|
| <b>Pre-registered:</b> | \$18 | Non-PCP members | <b>Day of Race:</b> | \$20 | Everyone over 12      |
| (with shirt)           | \$16 | PCP members     | (with shirt)        | \$15 | Everyone 12 and Under |
|                        | \$10 | 12 and Under    |                     |      |                       |
| <b>Pre-registered:</b> | \$15 | Non-PCP members | <b>Day of Race:</b> | \$18 | Everyone over 12      |
| (NO SHIRT)             | \$13 | PCP members     | (NO SHIRT)          | \$10 | 12 and Under          |
|                        | \$7  | 12 and Under    |                     |      |                       |
- Police and Firefighters pay only for a tee shirt if they want one (\$7)
- Awards:** Top 3 Male & Female Overall, top Male & Female Masters, Grandmasters, Senior Grandmasters, and racewalkers. Top 3 male and female in 5-year age groups
- Shirts:** **PRE-REGISTERED** runners will be guaranteed shirts on race day and day of race registrants will get shirts as supplies last

If the weather is unseasonably warm or cold, use the customary racing precautions with which you should be familiar and take advantage of the water along the course. Stop running/walking and seek help if you stop sweating and feel nauseous or dizzy. If you see a fellow runner/walker who appears to be in trouble, please stop and help if you can.

-----

**Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_ **Sex:** \_\_\_\_\_ **Address:** \_\_\_\_\_

**City, ST & ZIP:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

**T-Shirt:** S M L XL No shirt **Event:** Run Racewalk **PCP Member:** Yes No

**Police / Firefighter:** Yes No **Additional Donation to Fort Gaines:** \$ \_\_\_\_\_

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by these guidelines. 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 PC Pacers, Historic Fort Gaines, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event on February 7, 2009, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_  
(Parent/Guardian must sign for participants under 19)

Make checks payable to: **Port City Pacers.**

Mail completed applications and fees to: **Port City Pacers; BOMB; PO Box 6427; Mobile, AL 36660**

PACELETTER

**2009 Joe Cain Classic**  
**5K Run, 1 Mile, and Moonpie Dash**  
**February 22, 2009 - 8 a.m.**

**Benefits:** Westside Park Challenger League and the Baldwin County Special Olympics

**Organized by:** Bay Area Runners

**Location:** Broad Street and Canal Street in Mobile, AL

**Course:** Flat, fast, & ugly!!! 5K – USATF certification AL03036JD

**Registration:** Early registration - postmarked on or before 2/12/09- \$18.00  
Late registration – postmarked after 2/12/09 or day of race - \$25.00  
Children 10 and under - \$10.00  
On-line registration – www.active.com through 2/19/09  
Walk-in registration – McCoy Outdoor Co until noon 2/21/09  
Day of race registration – At race site from 6:30 AM – 7:30 AM

**Awards:** Top 3 male and female Overall, 1<sup>st</sup> Male and Female Master, 1<sup>st</sup> Male and Female Grandmaster, 1<sup>st</sup> Male and Female Senior Grandmaster, Top 3 Clydesdales (200+ lbs) and Athena (145+), Top 3 Race Walkers. Overall wheelchair.  
Age groups: Top three male and female in following divisions: 10 and under, 11-14, 15-19, 20-24, 25-29, 30- 34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75 and over.

**Shirts:** All pre-registered runners with applications postmarked by 2/12/09 are guaranteed a T-shirt.  
All applications postmarked after 2/12/09 and race day registrants receive T-shirts while they last.  
Moonpie Dash participants must register only if they want a T-shirt.

**Post-Race Party:** All registered runners will be eligible for door prizes, food, refreshments, & festivities at post race block party. Must be present to win.

**For more information contact: Pat Hilliard (251) 478-6389 or Jon Adams (251) 545-6437**

-----

**Last Name** \_\_\_\_\_ **First Name** \_\_\_\_\_ **Age** \_\_\_\_\_ **Sex** \_\_\_\_\_

**Address** \_\_\_\_\_ **City, State & ZIP** \_\_\_\_\_

**Phone Number** \_\_\_\_\_ **Date of Birth** \_\_\_\_\_ **T-Shirt Size:** S M L XL XXL

**Event:** 5K 1-Mile MP Dash **Category:** Run Racewalk Wheelchair Athena Clydesdale

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by these guidelines. 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 Bay Area Runners, Little Red Hen Productions, 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 of Participant \_\_\_\_\_ Date \_\_\_\_\_  
(Parent/Guardian must sign for participants under 19)

Make checks payable to: **Bay Area Runners.**

Mail completed applications and fees to: **Bay Area Runners; Joe Cain Run; P.O. Box 2161; Daphne, AL 36526**



## Release Form

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by these guidelines. 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 Girl Scouts of Southern Alabama, Port City Pacers, 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 \_\_\_\_\_  
Signature of Parent/Guardian if under 18: \_\_\_\_\_

## About Girl Scouts of Southern Alabama

Girl Scouts of Southern Alabama, the premier organization of choice for girls, is the leadership training ground for girls and volunteers. For more information on how to join, volunteer, reconnect or donate to Girl Scouts, call 251.344.3330 or visit [www.girlscoutssa.org](http://www.girlscoutssa.org).

## Questions?

Call 251.344.3330 or 800.476.3747

Visit us on the web at  
[www.girlscoutssa.org](http://www.girlscoutssa.org)



## Directions to the Race

**From I-65:** Take the Springhill Avenue Exit 5A and head west on Springhill Avenue for approximately 2 miles. Turn left into Langan Municipal Park on Flournoy Drive.

## Sponsorships

We have a variety of sponsorship opportunities available! If you are interested in sponsoring the Thin Mint Sprint, please contact Tonya Howard at [thoward@girlscoutssa.org](mailto:thoward@girlscoutssa.org) or 251.344.3330.



## Thin Mint Sprint

5K, Fun Run  
and Family Fun Festival  
8 a.m. February 28  
Langan Municipal Park  
Performing Arts Pavillion

## Registration

### In Person through February 26:

Uncle Joe's in McCoy Outdoors  
3498 Springhill Avenue, 36608  
Girl Scouts of Southern Alabama  
3483 Springhill Avenue, 36608

### Online until February 25:

[www.active.com](http://www.active.com)  
Course Registration #AL08014JD

### Mail (Postmark by February 13)

GSSA, Attn: Thin Mint Sprint  
3483 Springhill Avenue  
Mobile, AL 36608

### Race day registration (No T-shirt guaranteed)

6:30 - 7:30 a.m. at Langan Municipal Park



## Schedule

Certified 5K Run/Walk will start at 8 a.m.  
Fun Run will start at 9:15 a.m. The Family Fun Festival will begin at 8 a.m.

## Shirts

Race participants will receive T-shirts. You must be pre-registered by February 13, to be guaranteed a shirt on race day.



## Awards

Awards for finishers in the following categories: Top male and female overall, Top three male and female in 14 age groups: 0-9, 10-15, 16-20, 21-25, 26-30, 31-35, 36-40, 41-45, 46-50, 51-55, 56-60, 61-65, 66-70, 70+

## Entry Fee

### Pre-Registered by February 26

5K Run/Walk: \$15  
Fun Run: \$10  
Family Fun Festival: Free

### Race Day Registration

5K Run/Walk: \$20  
Fun Run: \$10  
Family Fun Festival: Free

## Family Fun Festival

The Family Fun Festival will take place from 8 a.m. until noon at the Performing Arts Pavillion. The festival will feature free food, interactive games, face painting, arts & crafts, various health screenings and safety activities for the entire family.

## Thin Mint Sprint Registration Form

### Contact Information

Last Name: \_\_\_\_\_  
First Name: \_\_\_\_\_  
Age: \_\_\_\_\_ Sex: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
E-Mail Address: \_\_\_\_\_  
T-Shirt Size (please circle): S M L XL XXL

### Race Information

Event: ☐ 5K ☐ Fun Run  
Entry Fee: ☐ \$15 5K by Feb. 26  
☐ \$20 5K Race Day Feb. 28  
☐ \$10 Fun Run

### Method of Payment

☐ Check/Money Order to GSSA.  
☐ Master Card ☐ Visa ☐ Discover  
Name on Card: \_\_\_\_\_  
Card Number: \_\_\_\_\_  
Exp. Date: \_\_\_\_\_  
Authorized Signature: \_\_\_\_\_

Send Registrations to:  
3483 Springhill Avenue, Mobile 36608  
or register online at [www.active.com](http://www.active.com)

**Don't forget!**  
To sign the release on back of this form....