



P A C E L E T T E R

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



Joy Brewer and Mona Denton at Engaging the Next Generation

February 2011
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Mobile, Alabama

Table of Contents

| | |
|-----------------------------|----|
| PCP Board | 2 |
| State Record Set..... | 2 |
| Promotion Commotion..... | 3 |
| Board Meeting Minutes..... | 4 |
| Where In The World Is?..... | 6 |
| Trips..... | 7 |
| Frequent Runner #..... | 9 |
| Training Runs/Walks..... | 10 |
| Engaging the Next Gen..... | 10 |
| Corporate Cup..... | 11 |
| Recipes..... | 12 |
| Volunteers..... | 13 |
| PCP Race Calendar..... | 14 |
| Race Calendar..... | 15 |
| Pacer Wear..... | 16 |
| BOMB Results..... | 17 |
| Race flyers..... | 25 |

Port City Pacers

www.pcpacers.org

Online Race Results

Grand Prix Standings

Race Announcements

Forum

Links to Other Web Sites of Interest

Advertising Rates

The *PACELETTER* is emailed electronically and by mail monthly to approximately 700 members. If you are submitting flyers, please give us 100 flyers and an electronic copy in Word.

All materials must be camera-ready and received by the 10th 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 |

2010/2011 PCP Officers

President

Jon Bowie
626-2891

Vice President

Gary Beeler
649-9705

Secretary

Mona Denton
479-3209

Course Marshal

OPEN

Treasurer

David Dutton
340-7345

Membership

Joe McReynolds
662-3626

Promotions/Corporate Cup

Will Wright
342-1363

Programs

Roy Seewer
802-1569

Newsletter

Wanda Smith
401-3536

Registration/Results

OPEN

Race Coordinator

Kenny Pfeiffer
501-6980

Volunteer Coordinator

Joy Brewer
209-6364

Past President

Richard Leonard
607-9733

ATR Race Director

Peggy Olive
401-8039

STATE RECORDS

Melanie Moore is on a roll setting state records! Her most recent records for age 59 were in the First Light Half Marathon (1:42:23), and the Sole2Soul Scoot 5K (23:01). Congratulations Melanie!

Promotion Commotion

By Will Wright

One Wednesday night several weeks ago I sat next to a single mother at our church supper and began to chat about the day's activities. She, knowing that I was a runner, began to tell me about her nine year old, third grade daughter, Sicily Hardy, and her love for running. She said Sicily ran most every day at Mary B. Austin School during her Phys. Ed. period and had stated she wanted to run in the Olympics when she got older. I was impressed with that kind of desire and began to wonder what kind of ability she really had and how serious she really was. I told her mom I would like to run with her sometime with the idea of determining the answers to my mental questions. Her mother said Sicily would be thrilled to do so but she had a lot of after school activities during the week.

During the Christmas holidays we found a time to meet at Spring Hill College; her 21 year old sister, Savannah, brought her to the college and wanted to walk whatever distance we agreed upon. I told Sicily I would like to cover a total of three miles in some fashion, walking and running, just to get an idea of her endurance. I wanted to do a mile before a break but I was not sure she had ever run that far before since she did not know the length around the playground at her school. We started off at an



Sicily Hardy and Will Wright

easy pace, she in her tennis shoes and I with my GPS watch; I told her to let me know if she needed to slow down or walk, and that we should conserve some energy for the second and third miles. She ran all the way and we covered the mile in 12:30. Being a bundle of energy, she wanted to speed up the second mile. I told her to set the pace but walk or slow down as needed; we covered the second mile in 11:45. After a short breather, we took off on the third mile and she began to tire some; but even with a few walking breaks we completed the third mile in 11:35. Having previously checked some of the "10 and Under" girls' age group race times, I was excited for her 35:50 total and talked with her about road

racing in general as we waited for Savannah to finish her third mile. I encouraged her to run as much as she could during the week and we would run again sometime.

The Jag 5K Spirit Run on USA campus was scheduled on Jan. 29. Being off the city streets and close by, I felt like this would be a good first race for her. I talked with her mother and the plan was a "go"; we got her some running shoes and signed her up for the race which had a "10 and Under" age group. I picked her and Savannah up and arrived at the race site in time to warm up and introduce her to the prerace routine that we

Continued on page 5.....

Port City Pacers Board Meeting
Tuesday, January 4, 2011

By Mona Denton

The Port City Pacers Board meeting was held on Tuesday, January 4, 2011, at the Pacer Clubhouse.

Present: Jon Bowie, Gary Beeler, David Dutton, Mona Denton, Will Wright, Peggy Olive, Joy Brewer, Joe McReynolds, and Richard Leonard. Absent: Kenny Pfeifer, Roy Seewer, and Wanda Smith

Jon Bowie called the meeting to order at 6:05 p.m. Minutes from the December 7, 2010 Board meeting were reviewed, Peggy made motion to approve, Gary seconded and minutes were approved by all.

Treasurer's Report David Dutton read the Treasurer's Report, it was discussed and a motion was made by Peggy to accept the report which was seconded by Gary and accepted by all. In reference to the monies we accumulated from the Turkey 10 Race, a motion was made by Peggy to donate \$700 each to the Creola police, the marina and the Bay Area Food Bank, seconded by Gary and unanimously approved by all.

Promotions Report Will Wright stated that he has the race forms out.

Programs Report Roy Seewer – absent – nothing to report.

Newsletter Report Wanda Smith – absent – nothing to report.

Membership Report

Joe McReynolds reported total Members 563 Head of Household 348 Dependents 215

There was a large group of September 2010 renewals who didn't re-up. A lot of those had big families.

Registration/ATR Race Director Report

Registration: Peggy Olive reported that the Battle of Mobile Bay races forms are coming in.

ATR Report: Peggy said completed forms continue to come in for the Azalea Trail Run. The USA Skin Cancer will have a booth set up at the ATR.

Race Coordinator Report Kenny Pfeifer – absent - nothing to report.

Volunteer Coordinator Report Joy Brewer said that she and Mona will be attending Engaging the Next Generation at The Museum at Langan Park on January 13. Anyone else is welcome to come. Gary said he will be arriving early to set up for us.

Course Marshal (Need to have vacancy filled.)

Past President Report Richard Leonard discussed upcoming Old Mobile 8K in the spring, in particular, police fees.

Vice President Report Gary Beeler got the old van from the repair shop with rebuilt carburetor.

President's Report Jon Bowie said the Holiday Half had a record enrollment.

Old Business a. Old van – See VP Report

This meeting was adjourned by unanimous vote at 6:45 p.m. The next meeting at the Pacer Clubhouse is scheduled for February 1, 2011 at 6:00 p.m.

Promotion Commotion

.....continued from page 3

veterans are familiar with. I discovered she has some asthma problems at times and had brought her inhaler. As we jogged to ward off the cool temps, I cautioned her about going out too fast in the start excitement, to walk as needed, to run her own race, and to cross the finish line however she could.

Sicily recognized a few kids from her school and I saw several who appeared to be in her age group. The gun sounded and we were running; she took off as I feared being caught up in the thrill of a race and a pack of the leading runners. I passed her about a quarter mile out; she was walking already. I encouraged her to run as she felt and to try to run more than walk. All kinds of thoughts went through my head throughout the race as I wondered how she was doing. After I crossed the finish line, I headed back out on the course to find her so that I could encourage her to the finish. Fearing the worst, considering the start, I was totally surprised to find her about a quarter mile from the finish! I was really proud of her even though she was walking some and tired. As we reached the 0.1 mile downhill straightaway to the finish line, I told her to press on as hard as she could go. With the clock in her sight, she took off in a sprint as I walked and watched from afar. Suddenly, Daisy Cheatwood, a great 7 year old runner came flying by me with her sights on Sicily. I yelled "Go Sicily" as it appeared to me that Daisy would catch her. It was a race to the finish, the kind you really like to watch. Sicily looked over her shoulder and mustered enough kick to beat Daisy by one second. Sicily, Savannah, and I were so excited. Pictures were taken, pizza was eaten, water was consumed, future race flyers were taken, and a peek at the results showed Sicily had taken third place behind two 10 year olds with a time of 36:51! A runner had been born!

It would be wonderful if more of us

"older runners" would mentor someone to the point of helping them to run their first Azalea Trail Run 10K or 5K, or a One Mile or Two Mile Run. It is exciting to help and watch somebody develop his or her abilities knowing that runners and walkers encounter the full range of lessons and experiences that are needed to be successful in life. The athletic arena is like a miniature play of life's trials with all of the joys and hardships, progress and setbacks, success and shortcomings that we face in day-to-day living. Running and walking become far more than a physical activity or a chance for competition. They provide us with the perfect teaching ground for personal discovery and development. May we learn well and understand that the benefits are lifelong.

In general the health of our young people needs to be improved. When you are confronted with a situation that needs to be changed, what is it that makes you rise up and say, "I'm going to do something about this"? Having a cause greater than yourself! That's it! A survey was conducted among people who lived to be over 100. Now you'd expect to read about health diets, miracle drugs and strenuous exercise. But the thing all these centenarians had in common was - purpose. They had a compelling reason to get out of bed in the morning. Are you like that? Do you have a cause great enough to focus your energies and strong enough to keep you going when the odds are stacked against you? I challenge you to help someone else gain the passion for running or walking that you have.

WHERE IN THE WORLD IS??????

By Melanie Moore

Have you ever started the new racing season and began to look around and realize that someone is missing? Maybe it is your pacing buddy or one of the “fast people” but all of a sudden things are just not right because he or she is missing. I began to wonder about such folks and started asking around only to find that I am not alone when it comes to missing familiar faces at our local races. I have decided to attempt to locate these missing runners and encourage all of my fellow PCP members to help me in my quest to find and answer the question; Where In The World Is?

For my first endeavor as a roving reporter, I decided to write about my friend and fantastic runner, Rick Walton. I met Rick at Commerce Park several years ago when I started going out and running with the Bombers. Rick was a regular at all the PCP races, usually taking home hardware. I was in awe of all Rick’s various trophies, plaques, medals, etc, which he has displayed in his fabulous workout room/man cave in his Fowl River home. His PR in a 5K is 17:28, 10K is 37:02 and his marathon best was at Boston, 3:14. When Rick turned 60 in 2009, he ran the BOMB in 19:38, a 6:19 pace. He would talk to us when we trained about his bad knees but he continued to blow us all away as he did in his last race with the PCP on August 4, 2009, Crime Prevention with a 20:21.

As we roll into 2011, I caught up with Rick to gain insight into his many years as a competitor and to find out how he is adjusting to life without running. The first question I asked caught me off guard. I had just assumed that an injury had sidelined his running but he said that it was arthritis that took the toll. He started running in 1982, and in 1987, his doctor told him “no more running, your knees are too bad, just ride a bike.” Rick stated, “Thirteen marathons and four state records later, I decided I had better listen.”

When you see Rick you would never think he has missed a race or a work out. He has maintained his weight by using a recumbent bike, elliptical and P90X. He and his wife, Valerie, who also runs and plays tennis, are avid sportsmen, both hunt deer and wild hogs. They process their game themselves and both know how to cook it to perfection. My husband and I have been lucky enough to be invited to their home for a feast fit for a queen (or king).

In closing, I asked Rick what advice he would give a new runner. “Don’t expect it to be fun.” What great insight from a fierce competitor! Oh, by the way, Rick still holds the following state records:

| | | | |
|----------|--------|-------|------|
| ONE MILE | age 56 | 5:25 | 2005 |
| | age 57 | 5:28 | 2006 |
| | age 58 | 5:34 | 2007 |
| TWO MILE | age 56 | 11:49 | 2005 |

Trips

By Phillip Fields

I can remember the first trip I took. I was 5 years old at the time. My parents loaded up our late 1940s Oldsmobile touring sedan with suitcases, my brother and myself and we headed to Defiance, Ohio to visit four of Mom's 5 sisters. The youngest died in her early 20s from Hodgkin's Lymphoma. At the beginning of the trip, Mom took Mike (brother) and me aside and told us that "throughout your lives you will be taking various trips". "What you get out of these trips will be left up to you." Now at 5 years old, that didn't resonate with me as much as it would later in life. But anyway, Mike and I became collectors of items from each family trip thereafter. These were displayed on our individual bedroom shelves with labels that indicated the year and where collected. I was a collector of rocks. Mike collected model Civil War Canons from all the various battle fields we visited on our trips. As we grew older, the collection became photos to help preserve the memories. Since I was 5 years old, I can never recall a year that I have not traveled. And, every trip has been filled with memories of new places, famous buildings, historical sites, national parks, art work, prehistoric collections, operas, musicals, unusual foods and of course family. I cannot remember a trip that was not enjoyable.

Well, in 2007 I began a trip that at the time I would just as soon not have started. It all began when I was training for another qualification attempt for the Boston Marathon. In my training, I ran the First Light Marathon (yes, as a bandit) just to get in a long run. That run indicated I was on track with my training to use the Mardi Gras Marathon in New Orleans as my qualifier. Then something changed. Four weeks later I did not have stamina to complete a 3 mile run without walking. To make a long story short (8 months of tests, a diagnosis and second opinion confirmation), I had chronic lymphocytic leukemia. At the time, all I could think about to ask the oncologist at MD Anderson was how was I going to work through this and get back on my training program for Boston. I was told that I would have find it fatiguing just taking the trash out much less running a marathon. I accepted his challenge.

It took over a year of 2/day training routines to be able to complete 16 miles, and I decided to



Phillip Fields at Delaware Marathon

attempt a marathon. I chose Pensacola in February 2009 since it was close. Having run numerous marathons, I was accustomed to hitting the wall 23-24 miles, but doing so at 6-8 miles gives a whole new meaning to suffering. Although my time of 4:30 was not anywhere close to a Boston qualifying time, I was excited about being able to complete the marathon and began looking for the next one. I heard stories about Will Wright's and Don Wither's marathon exploits around the country and how they were running one almost every month and calling it a training run. This is where Mom's words resurfaced "what you get out of these trips is up to you". I would now think of leukemia as a continuous trip and run at least one marathon every month in a different state. I was going to use this disease to my advantage and travel to all those places in our country that I had always thought about seeing, but just never seemed to find the time to do so.

On January 30, 2011 the Houston Marathon was my 29th marathon in 24 months with leukemia. They are not as fast as I would like, but I have grown comfortable with the idea of just being able to

Continued on page 8.....

Trips continued from page 7

complete them. In spite of all this, something still seemed to be missing and I began replaying Mom's words in my mind. I reflected on her life as the first county nurse in Sumter County Florida and how she reached out to the community and its people, a community where the closest hospital was 35 miles away. I began having an uneasy feeling that she was looking down and saying, get off your butt and stop thinking only about your own self-fulfilling goals. Yet, I was still uncertain what I needed to do.

As a Christian, I truly believe that things sometimes happen that are designed to open our eyes. We have to be ever vigilant for when that happens and cease upon the moment. Else it will pass us by and we will continue to be lost. My moment came at the Prairie Fire Marathon in Wichita, Kansas in October 2010. The race director picked up on my health issue from an unknown source and contacted me by e-mail regarding the local newspaper running an article about my running marathons around the country with leukemia. The purpose was to have a human interest story leading up to the marathon, a sort of promotional story. I had spent 2007-2010 keeping my leukemia known to close friends only. However, I figured since no one knows me in Kansas, what the heck. A lady in Wichita read the article, tracked down where I was staying in Wichita and called me the night before the marathon. She said how inspired and encouraged she was with what I had accomplished. She went on to tell me about her young daughter who was recently diagnosed with leukemia and was beginning chemotherapy. Her story really touched me and at that moment I knew what I was going to do to fill the emptiness that I had been feeling.

When I returned to Mobile, I began to research foundations that focus on the research and treatment of pediatric and not adult cancer. I read volumes of literature about the National Leukemia Society and St Jude and all the good work they were doing. I checked out how much of the donations coming in were actually spent on treatment vs administrative cost and advertising. I then learned about a foundation that devotes all its time and

resources on research and treatment of pediatric diseases and especially pediatric cancer. The foundation is Nemours. So, I developed a website www.marathonwithleukemia.org and have begun raising money for Nemours. They have helped me by developing links from my website to their donation site. Now, when I go somewhere to run a marathon, I attempt to get an article published in local papers. In addition, I have the website on the front of my running shirts. On the back of the shirts - Running for Kids with Cancer. The National Cancer Institute gives out 4.8 billion dollars/year to cancer research. Of that, only 173 million is devoted to pediatric cancer. The last leukemia drug developed for children is 20 years old. So foundations that focus on adult cancer are soaking up all the resources. Therefore those that focus only on childhood cancer like Nemours depend heavily upon donations.

On my website, in addition to the fund raising aspect, I have shared with viewers photos of all the places I have traveled. That way, even if someone goes to the website out of curiosity and doesn't donate, they will at least come away with a sense of - how great this country of ours.

At the writing of the story, I have begun my chemotherapy. Again my question to the oncologist - what about running marathons. This time the response was - sure, go ahead and do so if you want to. However, you won't want to. I had no state in February to run a marathon, so will be running a couple experiments. Being a faculty in the College of Medicine at the University of South Alabama, I am big on conducting experiments. So I will be running a ½ marathon 1 week post-chemo and again at 2 weeks post-chemo in February. Since most of the marathons I have picked out for March-June will fall during these times post-chemo, these ½ marathons will give me a sense of just how difficult a marathon may be following each round of chemo. A phrase I picked up from a previous marathon which I feel everyone should subscribe to "Challenge your limits. Don't limit your challenges".

Frequent Runner Number

By Peggy Olive

Do you participate in two of more local races produced by the Port City Pacers or Little Red Hen? Do you get writer's cramp when filling out applications for friends, family, and multiple races? Want to save time when registering for a race? Do you want to reduce the possibility of your name being skipped when the Grand Prix or Corporate Cup points are being assigned? Have you ever noticed that your penmanship worsens as the closing of day of race registration nears?

Apply for a Frequent Runner Number (FRN). It's FREE. The mission of the FRN is to reduce errors and save time. Once you have been assigned your unique FRN, all you will need to do when registering for a race is fill in your last and first names, write your FRN on the address line, mark your event, and sign the waiver. Yes, of course, you will still need to pay the race entry fees. Give it a try. If you don't want a FRN, or if you forget your FRN, no harm – no foul – you can still fill in all the info as usual

Application for Frequent Runner Number

Last Name: _____ **First Name:** _____

Current Age: _____ **Sex:** _____ **Date of Birth:** _____

Address: _____ **City, State & ZIP:** _____

Best Contact Phone Number: _____ **Emergency Contact Number:**

Email:

Race Walker: Yes No **PCP Member:** Yes No

Preferred T-Shirt Size: YS YM YL S M L XL XXL

Corporate Cup Team Name:

Training Runs/Walks

Monday

6:00 pm Heroes Sport's Bar and Grill, Dauphin St. Downtown

6:30 pm Cottage Hill Park Runners – Meet by the Tennis Center, 4-6 miles at 7 – 9 minute mile pace

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 Bayside 5-6

Workout begins @ 6PM....arrive early enough to warm-up beforehand

6:00 pm - Bay Area Runners, Fairhope Library, westside parking lot, all paces/distances

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 Picklefish on Old Shell Road

6:30 pm Cottage Hill Runners – Track at University of South Ala

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 pm Team Spiridon / Bay Area Runners

Daphne - Centennial Park.....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 am (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)

6:00 am Team Spiridon / Bay Area Runners Fairhope Pier varied pace, 4-22 miles

Please email Wanda Smith at wan7124@hotmail.com for any corrections or additions. Thank you!



Visitors at the PCP booth.

Engaging the next Generation

By Joy Brewer

On Thursday, January 13th, Port City Pacer Board Members Mona Denton and I attended Engaging the Next Generation, a showcase of community organizations designed to promote volunteerism and involvement among college students and young professionals in the Mobile area. The Port City Pacers was one of 65 local nonprofit agencies featured at the event. Mona and I provided information about upcoming races and volunteer opportunities. We received a lot of interest, and hopefully we will soon see some new volunteers (and maybe even some new runners!) at our races. Thanks also goes to Gary Beeler for setting up our booth, and Sylvia Rogers for her help in greeting visitors to our booth.

Corporate Cup

By Will Wright

We have completed one race in 2011 and have six to go to complete this current season. The weather was nice for the Panther Pride 5K for a change and we had 40 more runners than the year before. The best nine of the 16 races are used to determine the winners and teams can lose or gain position during these last several contests. Urge your team members to participate as the Participation Awards are close in several Divisions also.

Our average runners per race dropped from 120 to 119 after Panther Pride, but several popular races coming up should move our average much higher. Standings after nine races along with Participation Leaders are as follows:

DIVISION I

1. Bombers
2. Bay Area Runners, Port City Pacers, and Team PE tied
Team PE -- Participation Leader
5. CHARR

DIVISION II

1. Spring Hill Baptist Church
2. Sheriffs -- Participation Leader
3. Univ. Of South Alabama
4. Evonik
5. All Saints Episc. Church

DIVISION III

1. Mobile Police -- Participation Leader
2. Hargrove
3. PEI (Precision Engineering)
4. The SSI Group
5. Shipbuilders

DIVISION IV

1. Dupont
2. CPSI -- Participation Leader
3. Dayspring Baptist
4. Providence Hospital
5. Standard Furniture

DIVISION V

1. Bodies By Cindy -- Participation Leader
2. White-Spinner
3. Crimson Shipping
4. Automotive Computing
5. Amerprise Financial Services
6. Airbus
7. BALEU/ERA
8. CPA's

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

S.E.E.D.S. 5K - March 5 - SHBC

Joe Cain 5K - March 6 - Bay Area Runners

Azalea Trail Run - Team Captains responsible

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.

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ROBBING A TRAIN TAKES TIME & PREPARATION... AND SO DO OUR BURGERS!!

RECIPES

Grecian Party Squares

By Mona Denton

| | |
|--|---|
| ½ (1.8-oz.) pkg. vegetable soup mix | 1 (14-oz) can artichoke hearts in water |
| ½ cup lite mayonnaise | 1 (8-oz) can water chestnuts |
| ½ cup fat-free sour cream | 4 oz. feta cheese, crumbled |
| 2 (8-oz.) pkgs. refrigerated crescent rolls | 1 garlic clove, pressed |
| 1 (10-oz.) pkg. frozen spinach, chopped and thawed | ¼ cup parmesan cheese |

Preheat oven to 375 degrees. Unroll 1 package of crescent dough across one end of a long cookie sheet, with the longest sides of dough across the width of the pan. Repeat with remaining dough, filling the pan. Press dough to seal perforations and press up sides to form crust. Bake 1 to 12 minutes, or until light golden brown.

Combine soup mix, mayonnaise and sour cream. Drain spinach and squeeze out as much liquid as possible. Add to soup mixture. Drain and chop artichokes and water chestnuts. Add artichokes, water chestnuts, feta cheese and garlic to soup mixture. Mix well.

Spread the mixture over the partially baked crust. Sprinkle parmesan cheese over top. Bake 10 to 12 minutes, or until heated through. Cut into squares and serve.

Broccoli Cornbread

By Wanda Smith

| | |
|----------------------------|----------------------|
| 1 box Jiffy corn bread mix | 1 stick butter |
| 10 oz pkg chopped broccoli | 2 cups grated cheese |
| 1 medium onion, chopped | 4 eggs, beaten |

Thaw broccoli and squeeze out excess water. Combine broccoli, dry corn bread mix, onion, cheese and eggs. Mix well. Melt butter in pan. Pour broccoli mixture into pan with butter. Bake at 375° for 30 minutes.

BOMB Volunteers!

Thank you!
THANK YOU!

Pamela Battiste
Gary Beeler
Kendric Andrews
Rodney Brown
Laura Brown
Caitlyn Demouy
Marty Demouy
Royer Downing
David Dutton
Lou Felis
Jermaine Greene
Jeremy Hyde
Jeffrey Kintz
Ricky Leonard
Leon Mattics
Jean Mattics
Marshall McMillan
Joe McReynolds
Cecilia Newsome
Peggy Olive
Roy Seewer
John Sharp
George Thistrup
Camilla Wayne
Nancy Williford
Jimmy Matthews
Betty McReynolds
Connie Jo Williams
Shonna Bowers
Timmy Jernigan
Victor Birch
Pamela
Jermaine



Marty
at the BOMB



BOMB
Finish Line



BOMB post race party

Port City Pacers Race Calendar 2010-2011

Aug 10, 2010
Chickasabogue 2 Miler

Sep 11, 2010
Hurricane Run 5k

Nov 20, 2010
Turkey 10 Miler

Dec 11, 2010
Holiday Half

Feb 19, 2011
Battle of Mobile Bay 5k

Mar 26, 2011
Azalea Trail Run 10k

Apr 9, 2011
Old Mobile 8k

May 14, 2011
Do It In The Bush 5k

Port City Pacers Lifetime Membership

HERE'S YOUR CHANCE!!

NEW - PCP Lifetime Membership

Port City Pacer members who are **over** the age of 65 can now purchase an individual lifetime membership for \$250 or family lifetime membership for \$300 (excluding children).

Contact Joe McReynolds at jlmcreynolds@bellsouth.net to purchase your individual or family lifetime Port City Pacers membership or for further information or questions.



**Tune in every Thursday morning at
6:50 AM for the Port City Pacers
Report on WNSP radio.**



Graham, Brown & Dutton, PC
CERTIFIED PUBLIC ACCOUNTANTS

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Calendar

By Sylvia Rogers

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.**

March

5 Daphne, AL
Seeds 5K
Daphne Civic Center
5K: 8:00 am
Fun Run: 9:00 am LRH

Monroeville, AL
Monroe Health Foundation 5K
Water Tower Conference Center
181 E. Claiborne St.
Race Start: 8:00 am LRH

Longleaf Trace, MS
Carl Touchstone Mississippi Trail 50
50 mile/50K/20K

Mobile, AL
ASCE 5K
USA American Society of Civil
Engineering Students
Race Start: 8:00 am LRH

Bay St. Louis, MS
Mardi Pardi Biathlon
Washington Street Pier
5K/2 Mile Kayak
Race Start: 9:00 am
<http://www.mardipardiadventure.org/>

6 Mobile, AL
Joe Cain Classic 5K
Broad St. and Canal St.
Start: 8:00 am
<http://www.bayarearunner.com>
LRH

Seaside, FL
Seaside ½ Marathon/5K
www.seasidehalfmarathon.com
½ mara. Start: 7:30 am
5K Start: 7:45 am

12 Monroeville, AL
Monroe Academy 5K
5K Start: 8:00 am
Fun Run: 9:00 am LRH

Jackson, MS
Fight for Air Stair Climb
Trustmark Park
American Lung Association

Fairhope, AL
Gracie's Run 5K
5K Start: 9:00 am
Lakewood Club at the Colony
6525 Battles Rd.
Kerrie Benson - 251-610-4969

Pensacola, FL
34th Annual McGuire's St. Patrick
Day's Prediction Run
Race Start: 9:00 am
www.mcguiresirishpub.com/

13 Robertsdale, AL
Leprechaun Chase 5K
10K Wheelchair 7:50 am
10K, 5K Run/Racewalk: 8:00 am
LRH

19 Fairhope, AL
Spring Fever 10K
Fairhope Avenue and Bayview
10K Start: 8:00 am
2 Mi Fun Run: 9:00 am

Pensacola, FL
Bayou Hills Run 5K
Contact: Vickie Wonders
850-432-1768
vwonders@cla-online.org

20 New Orleans, LA
Great St. Charles Ave. Road Race
.5 Mile, 5K, 10K
8:00 am NOTC

26 Mobile, AL
Azalea Trail Run 10K 5K* 2K*
8:00 am
Downtown Mobile PCP

Pensacola, FL
2011 Dogwood Dash
Start: 8:00 am
St. Joseph Church
Contact: Ted Ruckstuhl
850-438-4322
tjruck@bellsouth.net

Pensacola Beach, FL
Circle K 5K
Start: 8:00 am
Contact: Jennifer Olshefskie
850-393-0812

April

2 Mobile, AL
Move It AND Lose It 5K
USA Intramural Field
Start: 8:00 am LRH

3 Magnolia Springs, AL
8th Annual Magnolia Run 5K/1K
Jesse's Restaurant
Start: 7:00 am
South Baldwin Chamber
www.southbaldwinchamber.com

9 Mobile, AL
Old Mobile 8k
8:00 am
Fort Conde, Downtown PCP

LOCAL RUNNING ORGANIZATIONS

GCRC
Gulf Coast Running Club
P.O. Drawer 3569
Gulfport, MS 39505
Phone: (228) 875-6855
www.gulfcoastrunningclub.org

NOTC
New Orleans Track Club
P.O. Box 52003
New Orleans, LA 70152-2003
Phone: (504) 467-8626
www.runNOTC.org

PCP
Port City Pacers
P.O. Box 6427
Mobile, AL 36660
Phone: (251) 473-7223
www.pcpacers.org

PRA
Pensacola Runners Association
P.O. Box 10613
Pensacola, FL 32524
Phone: (850) 969-9924
www.pensacolarunners.com

LRH
LRH Productions
Peggy Olive, mlolive@bellsouth.net
(251) 401-8039
www productionsbylittleredhen.com

PACER WEAR

Style # 118 (women)



Style # 128 (men)



Graphic Dimensions: 6" W x 9" H
Print Colors:

Panel Color:
Blue, White, Black, Red, Green, Yellow

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 |
|--------------|-------------|------|----------|-----------|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| Total | | | | \$ |

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

Battle of Mobile Bay 5K**February 19, 2011****Runners**

| Place | Div | Name | Age | S | City | State | Time | Pace |
|-------|-----|---------------------|-----|---|-----------------|-------|-------|------|
| 1 | 1 | Jon Bowie | 37 | M | Daphne | AL | 16:26 | 5:17 |
| 2 | 1 | Kenny Pfeiffer | 30 | M | Loxley | AL | 17:40 | 5:41 |
| 3 | 2 | Mitchell Jones | 32 | M | Daphne | AL | 17:53 | 5:45 |
| 4 | 2 | David Adams | 36 | M | Mobile | AL | 18:44 | 6:01 |
| 5 | 1 | Andrew C Diaz | 22 | M | Jackson | MS | 18:49 | 6:03 |
| 6 | 1 | Victor Birch | 50 | M | Mon Luis Island | AL | 18:51 | 6:04 |
| 7 | 1 | Kate Imwalle | 21 | F | Mobile | AL | 18:54 | 6:04 |
| 8 | 1 | Timmy Jernigan | 49 | M | Eight Mile | AL | 19:15 | 6:11 |
| 9 | 3 | Jack Bishop | 34 | M | Mobile | AL | 19:16 | 6:12 |
| 10 | 1 | Rodney Brown | 40 | M | Saraland | AL | 19:21 | 6:13 |
| 11 | 1 | Karisa Nelsoon | 14 | F | Brewton | AL | 19:41 | 6:20 |
| 12 | 1 | Jessie Stone | 38 | F | Eight Mile | AL | 19:43 | 6:20 |
| 13 | 2 | Larry Wayne | 50 | M | Fairhope | AL | 19:46 | 6:21 |
| 14 | 1 | Amy Huff | 40 | F | Daphne | AL | 20:05 | 6:27 |
| 15 | 4 | Forrest Catlett | 33 | M | Semmes | AL | 20:10 | 6:29 |
| 16 | 1 | Jake Taliancich | 13 | M | Vancleave | MS | 20:14 | 6:30 |
| 17 | 1 | David Jeffrey | 68 | M | Semmes | AL | 20:23 | 6:33 |
| 18 | 2 | Mike Estes | 48 | M | Mobile | AL | 20:24 | 6:33 |
| 19 | 1 | Marty Demouy | 55 | M | Mobile | AL | 20:32 | 6:36 |
| 20 | 3 | Chris Goff | 37 | M | Pascagoula | MS | 20:43 | 6:40 |
| 21 | 1 | Sam Tanner | 18 | M | Mobile | AL | 20:48 | 6:41 |
| 22 | 4 | Michael Williams | 36 | M | Saraland | AL | 20:50 | 6:42 |
| 23 | 5 | Walter Hall | 35 | M | Wilmer | AL | 20:51 | 6:42 |
| 24 | 2 | Mark Meadows | 21 | M | Valley | AL | 21:03 | 6:46 |
| 25 | 2 | Troy Espiritu | 40 | M | Columbus | GA | 21:04 | 6:46 |
| 26 | 3 | Guy Truett | 54 | M | Moss Point | MS | 21:22 | 6:52 |
| 27 | 5 | Paul Taylor | 32 | M | Robertsdale | AL | 21:24 | 6:53 |
| 28 | 2 | Rhonda L Collings | 41 | F | Theodore | AL | 21:27 | 6:54 |
| 29 | 6 | Clint Allen | 34 | M | Mobile | AL | 21:28 | 6:54 |
| 30 | 1 | Brandon Goodwin | 28 | M | Mobile | AL | 21:39 | 6:58 |
| 31 | 1 | Paul T Baswell | 62 | M | Loxley | AL | 21:45 | 7:00 |
| 32 | 4 | Trey Oliver | 51 | M | Mobile | AL | 21:47 | 7:00 |
| 33 | 2 | Bill Brady | 60 | M | Irvington | AL | 21:57 | 7:03 |
| 34 | 1 | Melanie Moore | 59 | F | Mobile | AL | 22:00 | 7:04 |
| 35 | 2 | Leo Denton III | 17 | M | Dauphin Island | AL | 22:04 | 7:06 |
| 36 | 2 | Randy Gurley | 29 | M | Biloxi | MS | 22:15 | 7:09 |
| 37 | 2 | Ethan Steed | 10 | M | Saraland | AL | 22:16 | 7:10 |
| 38 | 3 | Seth Gandy | 23 | M | Smiths Station | AL | 22:22 | 7:11 |
| 39 | 7 | Jonathan Dick | 34 | M | Mobile | AL | 22:32 | 7:15 |
| 40 | 6 | Adrian Divittorio | 37 | M | Mobile | AL | 22:34 | 7:15 |
| 41 | 8 | Joshua B Kilpatrick | 34 | M | Mobile | AL | 22:37 | 7:16 |
| 42 | 2 | Tammy Ford | 38 | F | Grand Bay | AL | 22:45 | 7:19 |
| 43 | 9 | Rodney M Nicholas | 34 | M | Grand Bay | AL | 22:47 | 7:19 |
| 44 | 5 | Paul Carter | 51 | M | Mobile | AL | 22:50 | 7:20 |
| 45 | 2 | David Dutton | 55 | M | Mobile | AL | 22:55 | 7:22 |
| 46 | 4 | Josh Muncy | 23 | M | Spanish Fort | AL | 22:57 | 7:23 |
| 47 | 7 | Bill Gulledge | 39 | M | Mobile | AL | 23:01 | 7:24 |
| 48 | 3 | David Woods | 40 | M | Mobile | AL | 23:10 | 7:27 |
| 49 | 4 | Kevin D Kennedy | 44 | M | Mobile | AL | 23:12 | 7:28 |
| 50 | 3 | Amber Nelson | 16 | F | Brewton | AL | 23:17 | 7:29 |
| 51 | 2 | Katie Nelson | 14 | F | Brewton | AL | 23:18 | 7:29 |
| 52 | 5 | John P Kavanagh | 43 | M | Mobile | AL | 23:19 | 7:30 |

| | | | | | | | | |
|-----|----|-----------------------|----|---|----------------|----|-------|------|
| 53 | 8 | Jason Harrelson | 35 | M | Mobile | AL | 23:24 | 7:31 |
| 54 | 10 | Timothy M Allen | 31 | M | Saraland | AL | 23:25 | 7:32 |
| 55 | 11 | Seth Caglione | 34 | M | Theodore | AL | 23:26 | 7:32 |
| 56 | 6 | Joseph M Wilson | 51 | M | Mobile | AL | 23:31 | 7:34 |
| 57 | 3 | Mike Reed | 48 | M | Mobile | AL | 23:32 | 7:34 |
| 58 | 4 | Brandon Shelley | 18 | M | Mobile | AL | 23:35 | 7:35 |
| 59 | 5 | Blake McKay | 16 | M | Grand Bay | AL | 23:37 | 7:36 |
| 60 | 2 | Rebekah Lloyd | 20 | F | Mobile | AL | 23:50 | 7:40 |
| 61 | 3 | Jennifer Coleman | 36 | F | Mobile | AL | 23:50 | 7:40 |
| 62 | 6 | Mike Stravasich | 41 | M | Mobile | AL | 23:51 | 7:40 |
| 63 | 1 | Joy Brewer | 29 | F | Chickasaw | AL | 23:58 | 7:42 |
| 64 | 7 | Garrett Williamson | 42 | M | Mobile | AL | 23:59 | 7:43 |
| 65 | 1 | Maureen Van Devender | 47 | F | Saraland | AL | 24:03 | 7:44 |
| 66 | 3 | Edward Denton | 14 | M | Dauphin Island | AL | 24:05 | 7:45 |
| 67 | 2 | Ron Mitchell | 65 | M | Saraland | AL | 24:07 | 7:45 |
| 68 | 3 | Allie Nelson | 11 | F | Brewton | AL | 24:09 | 7:46 |
| 69 | 3 | Robert Nelson | 55 | M | Brewton | AL | 24:09 | 7:46 |
| 70 | 3 | Robert Burgett | 27 | M | Mobile | AL | 24:12 | 7:47 |
| 71 | 4 | Jason Tanner | 48 | M | Mobile | AL | 24:13 | 7:47 |
| 72 | 7 | John Gamble | 51 | M | Mobile | AL | 24:24 | 7:51 |
| 73 | 12 | Brian Gardner | 31 | M | Fairhope | AL | 24:30 | 7:53 |
| 74 | 13 | Justin Pacles | 33 | M | Gulf Shores | AL | 24:30 | 7:53 |
| 75 | 8 | Christopher Strayhorn | 43 | M | Mobile | AL | 24:31 | 7:53 |
| 76 | 5 | Todd H Neuman | 49 | M | Pensacola | FL | 24:31 | 7:53 |
| 77 | 14 | Lucas Whittington | 31 | M | Creola | AL | 24:35 | 7:54 |
| 78 | 2 | Rachel Cazalas | 27 | F | Mobile | AL | 24:38 | 7:55 |
| 79 | 9 | Michael J Walley | 43 | M | Mobile | AL | 24:43 | 7:57 |
| 80 | 3 | Colleen Smith | 24 | F | Lucedale | MS | 24:44 | 7:57 |
| 81 | 4 | James W Mercer | 57 | M | Mobile | AL | 24:46 | 7:58 |
| 82 | 1 | Suanne White-Spunner | 52 | F | Mobile | AL | 24:47 | 7:58 |
| 83 | 5 | Dennis W Moffett | 57 | M | Lucedale | MS | 24:50 | 7:59 |
| 84 | | Ashley Desgrange | 26 | F | Gulfport | MS | 24:53 | 8:00 |
| 85 | 10 | Robert Pendleton | 41 | M | Mobile | AL | 24:55 | 8:01 |
| 86 | 8 | Chris Semple | 51 | M | Theodore | AL | 24:58 | 8:02 |
| 87 | 9 | Patrick Murphy | 54 | M | Pensacola | FL | 24:59 | 8:02 |
| 88 | 9 | Jonathan Bearden | 37 | M | Mobile | AL | 25:00 | 8:02 |
| 89 | 1 | Marian Loftin | 64 | F | Mobile | AL | 25:00 | 8:02 |
| 90 | 6 | Joe Wetzel | 59 | M | Mobile | AL | 25:04 | 8:04 |
| 91 | 7 | William D Catlett | 58 | M | Mobile | AL | 25:10 | 8:06 |
| 92 | 4 | Joseph Langan | 10 | M | Theodore | AL | 25:12 | 8:06 |
| 93 | 15 | Abraham Kuol | 30 | M | Mobile | AL | 25:12 | 8:06 |
| 94 | 3 | Diana Langan | 41 | F | Theodore | AL | 25:12 | 8:06 |
| 95 | 2 | Susann Pierce | 59 | F | Mobile | AL | 25:19 | 8:08 |
| 96 | 6 | Lauren Tice | 17 | F | Mobile | AL | 25:20 | 8:09 |
| 97 | 16 | Gary Zakutney | 32 | M | Mobile | AL | 25:21 | 8:09 |
| 98 | 4 | Hubert Tate | 25 | M | Mobile | AL | 25:22 | 8:09 |
| 99 | 5 | Brenden A McGuire | 10 | M | Mobile | AL | 25:23 | 8:10 |
| 100 | 6 | Ron Steed | 45 | M | Saraland | AL | 25:24 | 8:10 |
| 101 | 4 | Jamie Colson | 35 | F | Mobile | AL | 25:26 | 8:11 |
| 102 | 17 | Marcus Drymon | 34 | M | Ocean Springs | MS | 25:32 | 8:13 |
| 103 | 5 | Steven Scyphers | 28 | M | Spanish Fort | AL | 25:33 | 8:13 |
| 104 | 7 | Bill Frantz | 48 | M | Saraland | AL | 25:34 | 8:13 |
| 105 | 6 | Chris O'Laire | 26 | M | Mobile | AL | 25:42 | 8:16 |
| 106 | 8 | Matthew Mitchell | 46 | M | Cushing | OK | 25:42 | 8:16 |
| 107 | 5 | Susan Miller | 36 | F | Mobile | AL | 25:44 | 8:16 |
| 108 | 6 | Scooter Carrington | 35 | F | Mobile | AL | 25:45 | 8:17 |
| 109 | 3 | Kent Welsh | 68 | M | Mobile | AL | 25:46 | 8:17 |

| | | | | | | | | |
|-----|----|-----------------------|----|---|----------------|----|-------|------|
| 110 | 4 | Tina O'Shea | 23 | F | Mobile | AL | 25:50 | 8:18 |
| 111 | 11 | Darren Jerkins | 42 | M | Bay Minette | AL | 25:54 | 8:20 |
| 112 | 8 | Mike Kersten | 56 | M | Mobile | AL | 25:56 | 8:20 |
| 113 | 18 | Chad Bolick | 32 | M | Semmes | AL | 25:58 | 8:21 |
| 114 | 7 | Beth Goff | 37 | F | Pascagoula | MS | 26:02 | 8:22 |
| 115 | 9 | Jerry Roberts | 55 | M | Vancleave | MS | 26:03 | 8:23 |
| 116 | 6 | Will Huff | 14 | M | Spanish Fort | AL | 26:06 | 8:24 |
| 117 | 1 | Will Wright | 73 | M | Mobile | AL | 26:16 | 8:27 |
| 118 | 4 | Paige Ellis | 40 | F | Montrose | AL | 26:16 | 8:27 |
| 119 | 9 | Christopher L Weekley | 47 | M | Silverhill | AL | 26:19 | 8:28 |
| 120 | 10 | William D Stone | 39 | M | Vancleave | MS | 26:22 | 8:29 |
| 121 | 7 | Daniel Stanton | 26 | M | New Orleans | LA | 26:23 | 8:29 |
| 122 | 10 | Steve Lockweed | 55 | M | Mobile | AL | 26:26 | 8:30 |
| 123 | 3 | Brandy Touchstone | 28 | F | Semmes | AL | 26:32 | 8:32 |
| 124 | 4 | Wayne Brannon | 69 | M | Mobile | AL | 26:32 | 8:32 |
| 125 | 1 | Jill Bingham | 33 | F | Daphne | AL | 26:33 | 8:32 |
| 126 | 11 | Pat Dolbear | 59 | M | Jackson | AL | 26:36 | 8:33 |
| 127 | 2 | Amanda Hall | 33 | F | Mobile | AL | 26:36 | 8:33 |
| 128 | 4 | Karen Fisher | 26 | F | Dauphin Island | AL | 26:40 | 8:34 |
| 129 | 19 | Charles R Maples | 33 | M | Semmes | AL | 26:42 | 8:35 |
| 130 | 7 | Kathleen G Powers | 17 | F | Mobile | AL | 26:42 | 8:35 |
| 131 | 20 | Jeremy Hyde | 33 | M | Semmes | AL | 26:44 | 8:36 |
| 132 | 3 | Liberty Hanks | 34 | F | Mobile | AL | 26:45 | 8:36 |
| 133 | 12 | Erik Jones | 42 | M | Mobile | AL | 26:45 | 8:36 |
| 134 | 8 | Phillip Medicus | 28 | M | Mobile | AL | 26:46 | 8:36 |
| 135 | 3 | Paul Mareno | 60 | M | Mobile | AL | 26:47 | 8:37 |
| 136 | 5 | Cecilia Newsome | 23 | F | Mobile | AL | 26:48 | 8:37 |
| 137 | 2 | John G McCall | 70 | M | Dauphin Island | AL | 26:49 | 8:37 |
| 138 | 8 | Karley Pendleton | 16 | F | Mobile | AL | 26:53 | 8:39 |
| 139 | 11 | Jeremy D Wiedow | 36 | M | Theodore | AL | 26:54 | 8:39 |
| 140 | 4 | Nyirou Kuot | 12 | F | Mobile | AL | 26:57 | 8:40 |
| 141 | 5 | Philip Middleton | 24 | M | Glenview | IL | 26:58 | 8:40 |
| 142 | 5 | Hayley E White | 25 | F | Spanish Fort | AL | 26:59 | 8:41 |
| 143 | 21 | Justin Horn | 30 | M | Lucedale | MS | 27:01 | 8:41 |
| 144 | 5 | Karen Lewis | 42 | F | Mobile | AL | 27:03 | 8:42 |
| 145 | 8 | Jill S Stork | 37 | F | Irvington | AL | 27:06 | 8:43 |
| 146 | 6 | Camilla Wayne | 43 | F | Fairhope | AL | 27:07 | 8:43 |
| 147 | 9 | Edwin Sheldon | 27 | M | Mobile | AL | 27:07 | 8:43 |
| 148 | 22 | Timothy J Smith | 34 | M | Mobile | AL | 27:18 | 8:47 |
| 149 | 4 | Mary Ann Mason | 34 | F | Obile | AL | 27:22 | 8:48 |
| 150 | 12 | Daran Mason | 37 | M | Mobile | AL | 27:23 | 8:48 |
| 151 | 10 | Dale Diaz | 48 | M | Diberville | MS | 27:24 | 8:49 |
| 152 | 4 | Stephen Marshall | 61 | M | Mobile | AL | 27:27 | 8:50 |
| 153 | 13 | Travis Stringfellow | 42 | M | Irvington | AL | 27:30 | 8:51 |
| 154 | 11 | Tinker Dunning | 49 | M | Theodore | AL | 27:31 | 8:51 |
| 155 | 9 | Jennifer Levy | 35 | F | Mobile | AL | 27:32 | 8:51 |
| 156 | 13 | Jesse Severe | 36 | M | Columbia | TN | 27:32 | 8:51 |
| 157 | 3 | Julie Beebe | 59 | F | Mobile | AL | 27:33 | 8:52 |
| 158 | | Pamela J Kupersmith | 45 | F | Mobile | AL | 27:35 | 8:52 |
| 159 | | Jeff Eiland | 30 | M | Satsuma | AL | 27:37 | 8:53 |
| 160 | 10 | Chuck Dicks | 52 | M | Mobile | AL | 27:39 | 8:53 |
| 161 | 14 | Dennis Summrall | 35 | M | Mobile | AL | 27:41 | 8:54 |
| 162 | 3 | Leon E Mattics | 70 | M | Semmes | AL | 27:42 | 8:54 |
| 163 | 7 | Susie W McDonald | 40 | F | Saraland | AL | 27:43 | 8:55 |
| 164 | 1 | Becky Ryder | 66 | F | Hattiesburg | MS | 27:48 | 8:56 |
| 165 | 6 | Amanda Nettles | 23 | F | Mobile | AL | 27:50 | 8:57 |
| 166 | 23 | Aaron Reyer | 34 | M | Mobile | AL | 27:50 | 8:57 |

| | | | | | | | | |
|-----|----|----------------------|----|---|----------------|----|-------|------|
| 167 | 7 | Tyler Pendleton | 12 | M | Mobile | AL | 27:51 | 8:57 |
| 168 | 14 | Bill Wilkinson | 43 | M | Mobile | AL | 27:53 | 8:58 |
| 169 | 24 | John C Robinson | 34 | M | Mobile | AL | 27:55 | 8:59 |
| 170 | 5 | Buddy Horn | 61 | M | Lucedale | MS | 28:04 | 9:02 |
| 171 | 2 | Stephanie Katusin | 54 | F | Dauphin Island | AL | 28:06 | 9:02 |
| 172 | 2 | Susan Roberts | 49 | F | Vancleave | MS | 28:08 | 9:03 |
| 173 | 7 | Heather Dunning | 22 | F | Theodore | AL | 28:10 | 9:03 |
| 174 | 5 | Sarah Drymon | 32 | F | Ocean Springs | MS | 28:12 | 9:04 |
| 175 | 8 | Lynn Dekle | 44 | F | Mobile | AL | 28:14 | 9:05 |
| 176 | 6 | Alicia W Menard | 25 | F | Mobile | AL | 28:16 | 9:05 |
| 177 | 3 | Susan Rhodes | 53 | F | Mobile | AL | 28:16 | 9:05 |
| 178 | 8 | Cecily Amonett | 21 | F | Mobile | AL | 28:21 | 9:07 |
| 179 | 4 | Nancy Williford | 50 | F | Spanish Fort | AL | 28:22 | 9:07 |
| 180 | 1 | Matthew Hart | 9 | M | Dauphin Island | AL | 28:25 | 9:08 |
| 181 | 3 | Geri Templeton | 45 | F | Mobile | AL | 28:27 | 9:09 |
| 182 | 9 | Leah Jarrell | 41 | F | Theodore | AL | 28:31 | 9:10 |
| 183 | 10 | Beverly Eubanks | 37 | F | Grand Bay | AL | 28:33 | 9:11 |
| 184 | 15 | Troy Johnson | 37 | M | Theodore | AL | 28:34 | 9:11 |
| 185 | 11 | Greta Sharp | 39 | F | Mobile | AL | 28:40 | 9:13 |
| 186 | 11 | Andrew Sharp | 50 | M | Mobile | AL | 28:41 | 9:13 |
| 187 | 9 | Lanaya Fitzgerald | 24 | F | Dauphin Island | AL | 28:43 | 9:14 |
| 188 | 12 | Steve Mills | 54 | M | Mobile | AL | 28:46 | 9:15 |
| 189 | 6 | Mary Robinson | 30 | F | Mobile | AL | 28:47 | 9:15 |
| 190 | 10 | Samantha M Catlett | 22 | F | Mobile | AL | 28:51 | 9:17 |
| 191 | 13 | Blake Moore | 50 | M | Mobile | AL | 28:53 | 9:17 |
| 192 | 8 | Tiernan C McGuire | 12 | M | Mobile | AL | 28:54 | 9:18 |
| 193 | 7 | Beth Hamilton | 26 | F | Mobile | AL | 28:55 | 9:18 |
| 194 | 15 | Darrin Ellis | 43 | M | Montrose | AL | 28:55 | 9:18 |
| 195 | 7 | Mary Katherine Adams | 34 | F | Mobile | AL | 28:56 | 9:18 |
| 196 | 8 | Bree Schultz | 26 | F | Mobile | AL | 28:57 | 9:19 |
| 197 | 10 | Jeremy V Smith | 29 | M | Mobile | AL | 28:59 | 9:19 |
| 198 | 11 | Laura Ann Dicks | 22 | F | Mobile | AL | 29:02 | 9:20 |
| 199 | 16 | Dustin R Nolan | 40 | M | Irvington | AL | 29:09 | 9:22 |
| 200 | 6 | Gary A Beeler | 63 | M | Semmes | AL | 29:09 | 9:22 |
| 201 | 11 | Matthew Stilwell | 26 | M | Lanett | AL | 29:10 | 9:23 |
| 202 | 17 | Mike Morgan | 41 | M | Theodore | AL | 29:11 | 9:23 |
| 203 | 9 | Allie Wilson | 15 | F | Mobile | AL | 29:12 | 9:23 |
| 204 | 7 | Bill McGough | 64 | M | Mobile | AL | 29:14 | 9:24 |
| 205 | 12 | Sarah D Hoyt | 21 | F | Birmingham | AL | 29:17 | 9:25 |
| 206 | 12 | David E Coleman | 48 | M | Mobile | AL | 29:18 | 9:25 |
| 207 | 10 | Tracey Hart | 40 | F | Dauphin Island | AL | 29:19 | 9:26 |
| 208 | 16 | Paul B Tillman | 37 | M | Mobile | AL | 29:20 | 9:26 |
| 209 | | Jennifer Eiland | 29 | F | Satsuma | AL | 29:38 | 9:32 |
| 210 | 11 | Natasha Kendall | 42 | F | Mobile | AL | 29:39 | 9:32 |
| 211 | 12 | Rena D Harrison | 42 | F | Semmes | AL | 29:39 | 9:32 |
| 212 | 12 | Ronald H Smith | 58 | M | Gulf Shores | AL | 29:40 | 9:32 |
| 213 | 10 | Abram Diaz | 16 | M | Biloxi | MS | 29:47 | 9:35 |
| 214 | 6 | Henry Semple | 22 | M | Dauphin Island | AL | 29:49 | 9:35 |
| 215 | 17 | Billy T Long | 39 | M | Mobile | AL | 29:49 | 9:35 |
| 216 | 4 | Marylynn Frantz | 46 | F | Saraland | AL | 29:52 | 9:36 |
| 217 | 12 | Aaron Rogers | 28 | M | Mobile | AL | 29:56 | 9:38 |
| 218 | 4 | Cindy S Leonard | 55 | F | Mobile | AL | 30:10 | 9:42 |
| 219 | 9 | Skylar Langan | 12 | M | Theodore | AL | 30:12 | 9:43 |
| 220 | 18 | Mark Langan | 41 | M | Theodore | AL | 30:15 | 9:44 |
| 221 | 2 | Cay Welsh | 61 | F | Mobile | AL | 30:18 | 9:45 |
| 222 | 18 | Jerome Poirier | 39 | M | Hunley | MS | 30:20 | 9:45 |
| 223 | 11 | Marie K Robison | 16 | F | Mobile | AL | 30:21 | 9:46 |

| | | | | | | | | |
|-----|----|-----------------------|----|---|----------------|----|-------|-------|
| 224 | 12 | Rachel Robertson | 17 | F | Saraland | AL | 30:26 | 9:47 |
| 225 | 5 | Barbara Barnard | 59 | F | Dauphin Island | AL | 30:26 | 9:47 |
| 226 | 13 | Kendal Dekle | 16 | F | Mobile | AL | 30:29 | 9:48 |
| 227 | 13 | Mike Truett | 57 | M | Diamondhead | MS | 30:30 | 9:49 |
| 228 | 12 | Cassie Skidmore | 35 | F | Creola | AL | 30:32 | 9:49 |
| 229 | 8 | Briana Phillips | 30 | F | Augusta | GA | 30:32 | 9:49 |
| 230 | 10 | Zicky Hart | 12 | M | Dauphin Island | AL | 30:33 | 9:49 |
| 231 | 8 | Joe Wolff | 62 | M | Eight Mile | AL | 30:35 | 9:50 |
| 232 | 14 | Michael Abigando | 57 | M | Eight Mile | AL | 30:35 | 9:50 |
| 233 | 13 | Faye Olensky | 41 | F | Mobile | AL | 30:36 | 9:50 |
| 234 | 13 | Jan Anderson | 37 | F | Mobile | AL | 30:37 | 9:51 |
| 235 | 14 | Angela Blackmon | 42 | F | Mobile | AL | 30:44 | 9:53 |
| 236 | 14 | Randy Blackmon | 52 | M | Mobile | AL | 30:44 | 9:53 |
| 237 | 9 | Terry Barnard | 60 | M | Dauphin Island | AL | 30:45 | 9:53 |
| 238 | 15 | Leeanne Jones | 40 | F | Mobile | AL | 30:46 | 9:54 |
| 239 | 3 | Anne Wall | 61 | F | Daphne | AL | 30:48 | 9:54 |
| 240 | 19 | Richard Fowler | 41 | M | Grand Bay | AL | 30:53 | 9:56 |
| 241 | 5 | Sheila Johnson | 53 | F | Mobile | AL | 30:54 | 9:56 |
| 242 | 16 | Lesley Adkins | 42 | F | Mobile | AL | 30:55 | 9:57 |
| 243 | 15 | Norman Bolger | 56 | M | Mobile | AL | 30:59 | 9:58 |
| 244 | 19 | Christopher M Gibson | 37 | M | Mobile | AL | 30:59 | 9:58 |
| 245 | 9 | Michelle R Reece | 30 | F | Mobile | AL | 31:06 | 10:00 |
| 246 | 6 | Katherine Dubuisson | 56 | F | Daphne | AL | 31:07 | 10:00 |
| 247 | 25 | Ben Hurst | 33 | M | Mobile | AL | 31:08 | 10:01 |
| 248 | 5 | Ronald Singley | 66 | M | Mobile | AL | 31:09 | 10:01 |
| 249 | 10 | Joan Turner | 34 | F | Dauphin Island | AL | 31:10 | 10:01 |
| 250 | 9 | Carrie Spisak | 29 | F | Mobile | AL | 31:11 | 10:02 |
| 251 | 10 | Rachel Miller | 28 | F | Theodore | AL | 31:15 | 10:03 |
| 252 | 2 | Sicily Hardy | 9 | F | Mobile | AL | 31:17 | 10:04 |
| 253 | 13 | Charity Dantzler | 24 | F | Columbus | GA | 31:19 | 10:04 |
| 254 | 6 | Glynis Camp | 51 | F | Theodore | AL | 31:21 | 10:05 |
| 255 | 5 | Katelyn Waggoner | 14 | F | Athens | AL | 31:22 | 10:05 |
| 256 | 20 | George Thistrup | 44 | M | Mobile | AL | 31:33 | 10:09 |
| 257 | 14 | Ginger Frander | 20 | F | Mobile | AL | 31:34 | 10:09 |
| 258 | 20 | Chris Levy | 36 | M | Mobile | AL | 31:42 | 10:12 |
| 259 | 15 | Jessica Coyer | 23 | F | Mobile | AL | 31:52 | 10:15 |
| 260 | 5 | Fran Coyer | 45 | F | Mobile | AL | 31:52 | 10:15 |
| 261 | 26 | Carey Walker | 34 | M | Saraland | AL | 31:53 | 10:15 |
| 262 | 16 | Amberlee L Wesselhoft | 24 | F | Mobile | AL | 31:58 | 10:17 |
| 263 | 11 | Will F Weekley | 10 | M | Silverhill | AL | 32:03 | 10:18 |
| 264 | 11 | Melissa Walker | 32 | F | Saraland | AL | 32:05 | 10:19 |
| 265 | 11 | Amie Hinton | 28 | F | Mobile | AL | 32:07 | 10:20 |
| 266 | 17 | Dawn S Dickerson | 41 | F | Mobile | AL | 32:11 | 10:21 |
| 267 | 14 | Tammy Gall | 37 | F | Mobile | AL | 32:11 | 10:21 |
| 268 | 15 | Mandy Sullivan | 35 | F | Mobile | AL | 32:14 | 10:22 |
| 269 | | Leslie Cote | 29 | F | Mobile | AL | 32:15 | 10:22 |
| 270 | 7 | Josh T Lim | 23 | M | Birmingham | AL | 32:16 | 10:23 |
| 271 | 6 | Richard Lenz | 66 | M | Mobile | AL | 32:20 | 10:24 |
| 272 | 4 | Ben Harris | 73 | M | Mobile | AL | 32:20 | 10:24 |
| 273 | 17 | Nicole Henderson | 23 | F | Mobile | AL | 32:23 | 10:25 |
| 274 | 14 | Chasity Sartain | 16 | F | Lillian | AL | 32:23 | 10:25 |
| 275 | 21 | Danny Amonett | 44 | M | Mobile | AL | 32:24 | 10:25 |
| 276 | 16 | Charity Williams | 35 | F | Saraland | AL | 32:25 | 10:26 |
| 277 | 6 | Casey Dekle | 13 | F | Mobile | AL | 32:28 | 10:27 |
| 278 | 17 | Sallie L Walley | 36 | F | Mobile | AL | 32:36 | 10:29 |
| 279 | 7 | Liz Mitchell | 52 | F | Cushing | OK | 32:42 | 10:31 |
| 280 | 18 | Tracey Tillman | 41 | F | Mobile | AL | 32:46 | 10:32 |

| | | | | | | | | |
|-----|----|---------------------|----|---|----------------|----|-------|--------|
| 281 | 13 | Justin Arnold | 29 | M | Mobile | AL | 32:52 | 10:34 |
| 282 | 12 | Courtney Bishop | 34 | F | Mobile | AL | 32:54 | 10:35 |
| 283 | 21 | Kristin Bearden | 37 | M | Mobile | AL | 32:56 | 10:36 |
| 284 | 13 | Sara K Stone | 32 | F | Vancleave | MS | 32:57 | 10:36 |
| 285 | 22 | Chris Fuchs | 37 | M | Mobile | AL | 32:58 | 10:36 |
| 286 | 8 | Ellen Broach | 53 | F | Dauphin Island | AL | 33:04 | 10:38 |
| 287 | 6 | Emily Schoenberg | 47 | F | Mobile | AL | 33:05 | 10:38W |
| 288 | 18 | Jordan L Spidle | 20 | F | Mobile | AL | 33:06 | 10:39 |
| 289 | 4 | Mona S Denton | 63 | F | Mobile | AL | 33:08 | 10:39 |
| 290 | 27 | Dave Sullivan | 34 | M | Mobile | AL | 33:10 | 10:40 |
| 291 | 1 | Luise Mitchell | 74 | F | Mobile | AL | 33:11 | 10:40 |
| 292 | 19 | Ashley Ramsay-Naile | 44 | F | Mobile | AL | 33:12 | 10:41 |
| 293 | 3 | Nicholas Miller | 9 | M | Mobile | AL | 33:17 | 10:42 |
| 294 | 18 | Tanya Drake | 39 | F | Pascagoula | MS | 33:23 | 10:44W |
| 295 | 23 | Andy Jones | 36 | M | Mobile | AL | 33:24 | 10:45 |
| 296 | 22 | Hunter Cobb | 40 | M | Mobile | AL | 33:25 | 10:45 |
| 297 | 12 | Elyse Weeks | 27 | F | Mobile | AL | 33:26 | 10:45 |
| 298 | 7 | John V Workman | 66 | M | Clinton | IL | 33:31 | 10:47 |
| 299 | 14 | Janelle M Hauser | 31 | F | Mobile | AL | 33:35 | 10:48 |
| 300 | 2 | Miriam A Turner | 70 | F | Mobile | AL | 33:41 | 10:50 |
| 301 | | Janie Lieb | 51 | F | Daphne | AL | 33:44 | 10:51 |
| 302 | 15 | Beth Blechert | 34 | F | Mobile | AL | 33:48 | 10:52 |
| 303 | 23 | Chad Blechert | 42 | M | Mobile | AL | 33:49 | 10:53 |
| 304 | 13 | Lindsay Wilson | 27 | F | Mobile | AL | 34:17 | 11:02 |
| 305 | 19 | Tonya Lundy | 38 | F | Irvington | AL | 34:18 | 11:02 |
| 306 | 28 | Keller Bishop | 7 | M | Mobile | AL | 34:34 | 11:07 |
| 307 | | Daisy Cheatwood | 7 | F | Mobile | AL | 34:35 | 11:07 |
| 308 | 24 | Lawrence Specker | 41 | M | Mobile | AL | 34:36 | 11:08 |
| 309 | 20 | Elizabeth Kavanagh | 42 | F | Mobile | AL | 34:37 | 11:08 |
| 310 | 10 | Donald Moore | 63 | M | Mobile | AL | 34:38 | 11:08 |
| 311 | 7 | Chloe F McGuire | 13 | F | Mobile | AL | 34:46 | 11:11 |
| 312 | 13 | Brian Roby | 46 | M | Mobile | AL | 34:47 | 11:11 |
| 313 | 16 | Carrie Dorris | 33 | F | Mobile | AL | 34:52 | 11:13 |
| 314 | 29 | Joshua Skidmore | 34 | M | Creola | AL | 34:53 | 11:13 |
| 315 | 15 | David Taylor | 53 | M | Mobile | AL | 34:54 | 11:13 |
| 316 | 20 | Sondra Roberts | 38 | F | Irvington | AL | 34:57 | 11:14 |
| 317 | 7 | Denise d'Oliviera | 56 | F | Daphne | AL | 35:10 | 11:19 |
| 318 | 7 | Darla E Lindsey | 47 | F | Mobile | AL | 35:11 | 11:19W |
| 319 | 9 | Margaret Jones | 50 | F | Lucedale | MS | 35:15 | 11:20 |
| 320 | 1 | Bill Leinweber | 77 | M | Spokane | WA | 35:16 | 11:21 |
| 321 | 21 | Patricia L Gartman | 40 | F | Mobile | AL | 35:28 | 11:24 |
| 322 | 22 | Amber Ramsay | 42 | F | Mobile | AL | 35:30 | 11:25 |
| 323 | 8 | Lynn Bolger | 49 | F | Mobile | AL | 35:32 | 11:26 |
| 324 | 14 | Matt Flanagan | 26 | M | Mobile | AL | 35:33 | 11:26 |
| 325 | 2 | Peggy Black | 68 | F | Chunchula | AL | 35:37 | 11:27 |
| 326 | 21 | Cindi Baddour | 36 | F | Oxford | MS | 35:42 | 11:29 |
| 327 | 9 | Anita Freeman | 47 | F | Saraland | AL | 35:43 | 11:29 |
| 328 | 3 | Mamie McCall | 69 | F | Dauphin Island | AL | 35:50 | 11:32 |
| 329 | 15 | Anna M Morgan | 17 | F | Grand Bay | AL | 35:57 | 11:34 |
| 330 | 22 | Karen Parsell | 38 | F | Mobile | AL | 36:05 | 11:36 |
| 331 | 24 | Mark Parsell | 39 | M | Mobile | AL | 36:06 | 11:37 |
| 332 | 19 | Lauren Sewell | 23 | F | Mobile | AL | 36:27 | 11:43 |
| 333 | 25 | Jaime Young | 36 | M | Semmes | AL | 36:27 | 11:43 |
| 334 | 23 | Angela Brown | 37 | F | Coden | AL | 36:50 | 11:51 |
| 335 | 14 | Bill Westling | 49 | M | Perkinston | MS | 36:51 | 11:51 |
| 336 | 5 | Barbara E Sharp | 64 | F | Saraland | AL | 36:56 | 11:53W |
| 337 | 10 | Bobbie Wilson | 46 | F | Mobile | AL | 36:58 | 11:53 |

| | | | | | | | | |
|-----|----|-----------------------|----|---|----------------|----|-------|--------|
| 338 | 15 | Todd Goguen | 46 | M | Mobile | AL | 37:21 | 12:01 |
| 339 | 17 | Tara R Green | 32 | F | Mobile | AL | 37:34 | 12:05 |
| 340 | 20 | Rebecca Murphy | 23 | F | Pensacola | FL | 37:37 | 12:06 |
| 341 | 11 | Janet Stringer | 45 | F | Mobile | AL | 37:37 | 12:06 |
| 342 | 10 | Dana Dismukes | 50 | F | Mobile | AL | 37:38 | 12:06 |
| 343 | 14 | Stefanie Dunning | 27 | F | Mobile | AL | 37:48 | 12:09 |
| 344 | 15 | Katie McGrath | 26 | F | Mobile | AL | 37:48 | 12:09 |
| 345 | 8 | Jeanne Faye Berman | 56 | F | Mobile | AL | 38:01 | 12:14 |
| 346 | 8 | Hollie Ryder | 68 | M | Hattiesburg | MS | 38:02 | 12:14W |
| 347 | 21 | Brandi M Morgan | 24 | F | Grand Bay | AL | 38:05 | 12:15 |
| 348 | 3 | Mary Goguen | 71 | F | Mobile | AL | 38:16 | 12:19 |
| 349 | 15 | Kyle Meyer | 26 | M | Pensacola | FL | 38:20 | 12:20 |
| 350 | 16 | Kelly Burgett | 27 | F | Mobile | AL | 38:21 | 12:20W |
| 351 | 22 | Kelsie Kronmiller | 22 | F | Mobile | AL | 38:21 | 12:20 |
| 352 | 23 | Dena Rivera | 41 | F | Mobile | AL | 38:24 | 12:21 |
| 353 | 17 | Shanna D Cook | 28 | F | Mobile | AL | 38:30 | 12:23 |
| 354 | 26 | Dana Spisak | 36 | M | Mobile | AL | 38:39 | 12:26 |
| 355 | 18 | April Baker | 33 | F | Semmes | AL | 38:45 | 12:28 |
| 356 | 25 | Jason Lundy | 40 | M | Irvington | AL | 38:59 | 12:32 |
| 357 | 11 | Ellen Bishop | 54 | F | Mobile | AL | 39:13 | 12:37 |
| 358 | 4 | Martha Harris | 71 | F | Mobile | AL | 39:18 | 12:38 |
| 359 | 24 | Mary Espiritu | 40 | F | Columbus | GA | 39:21 | 12:39 |
| 360 | 2 | Jim Hartman | 76 | M | Dauphin Island | AL | 39:22 | 12:40 |
| 361 | 26 | Michael Long | 40 | M | Wapakoneta | AL | 39:31 | 12:43 |
| 362 | 24 | Melissa Specker | 39 | F | Mobile | AL | 39:32 | 12:43 |
| 363 | 27 | Joseph McDonald Jr | 9 | M | Saraland | AL | 39:43 | 12:47 |
| 364 | 12 | Angie Demouy | 51 | F | Mobile | AL | 39:52 | 12:49 |
| 365 | 23 | Stephanie Leon | 20 | F | Mobile | AL | 40:02 | 12:53 |
| 366 | 24 | Mallory Scyphers | 23 | F | Spanish Fort | AL | 40:02 | 12:53 |
| 367 | 25 | Robin A Mangum | 36 | F | Daphne | AL | 40:20 | 12:58 |
| 368 | 30 | Chris Landry | 34 | M | Mobile | AL | 40:32 | 13:02 |
| 369 | 8 | Rebecca Brown | 14 | F | Coden | AL | 40:36 | 13:04 |
| 370 | 26 | Pam Fowler | 36 | F | Grand Bay | AL | 40:58 | 13:11 |
| 371 | 4 | Dana Herazo | 65 | F | Dauphin Island | AL | 41:08 | 13:14 |
| 372 | | Zach Brown | 7 | M | Saraland | AL | 41:31 | 13:21 |
| 373 | 18 | Lacey Rohlman | 25 | F | Mobile | AL | 41:40 | 13:24 |
| 374 | 12 | Lisa Graddy | 45 | F | Spanish Fort | AL | 41:56 | 13:29 |
| 375 | 1 | Doris L Steed | 80 | F | Dauphin Island | AL | 42:13 | 13:35 |
| 376 | 13 | Victoria L Stewart | 46 | F | Dauphin Island | AL | 42:30 | 13:40 |
| 377 | 11 | John H Crigler | 63 | M | Gautier | MS | 42:40 | 13:43 |
| 378 | 3 | Julius M Cannon | 76 | M | Lillian | AL | 42:44 | 13:45 |
| 379 | 5 | Rita Jo Leinweber | 67 | F | Spokane | WA | 42:45 | 13:45 |
| 380 | 27 | Aimee Ramsay-Sprinkle | 39 | F | Grand Bay | AL | 42:59 | 13:50W |
| 381 | 25 | Leigh A Nettles | 42 | F | Saraland | AL | 43:08 | 13:52 |
| 382 | 6 | Patricia Flanagan | 66 | F | Mobile | AL | 43:16 | 13:55W |
| 383 | 16 | Lontac Torbert | 28 | M | Mobile | AL | 43:23 | 13:57 |
| 384 | 9 | Pam R Buck | 59 | F | Mobile | AL | 43:35 | 14:01 |
| 385 | 28 | Cindy Norman | 37 | F | Mobile | AL | 43:40 | 14:03 |
| 386 | 16 | David R Lindsey | 51 | M | Mobile | AL | 44:34 | 14:20W |
| 387 | 29 | Ellen Najdowski | 37 | F | Daphne | AL | 45:05 | 14:30W |
| 388 | 9 | Brooke Aldacosta | 13 | F | Daphne | AL | 45:06 | 14:30W |
| 389 | 19 | Crystal W Gatlin | 26 | F | Daphne | AL | 45:06 | 14:30W |
| 390 | 5 | Mary Watson | 73 | F | Mobile | AL | 45:58 | 14:47 |
| 391 | 30 | Monica J Powers | 39 | F | Dauphin Island | AL | 46:45 | 15:02W |
| 392 | 13 | Susan Strunk | 50 | F | Theodore | AL | 46:53 | 15:05 |
| 393 | 14 | Anita Miller | 53 | F | Theodore | AL | 46:54 | 15:05 |
| 394 | 31 | Brad Pearce | 31 | M | Mobile | AL | 47:01 | 15:07 |

| | | | | | | | | |
|-----|----|----------------------|----|---|----------------|----|-------|--------|
| 395 | 20 | Britney Dueitt | 25 | F | Mobile | AL | 47:02 | 15:08 |
| 396 | 19 | Nicole S Aldridge | 32 | F | Mobile | AL | 47:11 | 15:11 |
| 397 | 31 | Carolyn C Wilmesherr | 35 | F | Madison | MS | 47:15 | 15:12 |
| 398 | 10 | Carroll J Uithoven | 59 | F | Dauphin Island | AL | 48:03 | 15:27W |
| 399 | 5 | Charles A Montgomery | 74 | M | Mobile | AL | 48:26 | 15:35 |
| 400 | 6 | Margie Barnard | 63 | F | Irvington | AL | 48:30 | 15:36W |
| 401 | 15 | Melinda Kohnle | 51 | F | Mobile | AL | 48:30 | 15:36W |
| 402 | 7 | Nell Weiss | 65 | F | Mobile | AL | 50:05 | 16:07 |
| 403 | 6 | George Weiss | 72 | M | Mobile | AL | 50:06 | 16:07 |
| 404 | 32 | Melissa O'Neal | 38 | F | Mobile | AL | 51:05 | 16:26 |
| 405 | 16 | Leighann Shepherd | 52 | F | Moss Point | MS | 51:34 | 16:35 |
| 406 | 21 | Brittany A Steiner | 28 | F | Pascagoula | MS | 51:35 | 16:36 |
| 407 | 11 | Suzanne Y Smith | 57 | F | Gulf Shores | AL | 52:01 | 16:44W |
| 408 | 33 | Shannon T Nettles | 37 | F | Daphne | AL | 52:02 | 16:44 |
| 409 | 4 | Lansing Steed | 83 | M | Dauphin Island | AL | 54:14 | 17:27 |
| 410 | 14 | Denise Keaton | 49 | F | Dauphin Island | AL | 54:18 | 17:28W |
| 411 | 17 | Steve Keaton | 54 | M | Dauphin Island | AL | 54:19 | 17:28W |
| 412 | 34 | Angel Collier | 37 | F | Coden | AL | 54:37 | 17:34W |
| 413 | 7 | Linda Zirlott | 60 | F | Bayou La Batre | AL | 54:37 | 17:34W |
| 414 | 20 | Lori Hall | 34 | F | Wilmer | AL | 55:29 | 17:51 |
| 415 | 12 | Kathy W Montgomery | 59 | F | Mobile | AL | 57:08 | 18:23 |
| 416 | 8 | Paige Sass | 67 | F | Dauphin Island | AL | 57:09 | 18:23W |

Walkers

| Place | Div | Name | Age | S | City | State | Time | Pace |
|-------|-----|-----------------------|-----|---|----------------|-------|-------|-------|
| 287 | 6 | Emily Schoenberg | 47 | F | Mobile | AL | 33:05 | 10:38 |
| 294 | 18 | Tanya Drake | 39 | F | Pascagoula | MS | 33:23 | 10:44 |
| 318 | 7 | Darla E Lindsey | 47 | F | Mobile | AL | 35:11 | 11:19 |
| 336 | 5 | Barbara E Sharp | 64 | F | Saraland | AL | 36:56 | 11:53 |
| 346 | 8 | Hollie Ryder | 68 | M | Hattiesburg | MS | 38:02 | 12:14 |
| 350 | 16 | Kelly Burgett | 27 | F | Mobile | AL | 38:21 | 12:20 |
| 380 | 27 | Aimee Ramsay-Sprinkle | 39 | F | Grand Bay | AL | 42:59 | 13:50 |
| 382 | 6 | Patricia Flanagan | 66 | F | Mobile | AL | 43:16 | 13:55 |
| 386 | 16 | David R Lindsey | 51 | M | Mobile | AL | 44:34 | 14:20 |
| 387 | 29 | Ellen Najdowski | 37 | F | Daphne | AL | 45:05 | 14:30 |
| 388 | 9 | Brooke Aldacosta | 13 | F | Daphne | AL | 45:06 | 14:30 |
| 389 | 19 | Crystal W Gatlin | 26 | F | Daphne | AL | 45:06 | 14:30 |
| 391 | 30 | Monica J Powers | 39 | F | Dauphin Island | AL | 46:45 | 15:02 |
| 398 | 10 | Carroll J Uithoven | 59 | F | Dauphin Island | AL | 48:03 | 15:27 |
| 400 | 6 | Margie Barnard | 63 | F | Irvington | AL | 48:30 | 15:36 |
| 401 | 15 | Melinda Kohnle | 51 | F | Mobile | AL | 48:30 | 15:36 |
| 407 | 11 | Suzanne Y Smith | 57 | F | Gulf Shores | AL | 52:01 | 16:44 |
| 410 | 14 | Denise Keaton | 49 | F | Dauphin Island | AL | 54:18 | 17:28 |
| 411 | 17 | Steve Keaton | 54 | M | Dauphin Island | AL | 54:19 | 17:28 |
| 412 | 34 | Angel Collier | 37 | F | Coden | AL | 54:37 | 17:34 |
| 413 | 7 | Linda Zirlott | 60 | F | Bayou La Batre | AL | 54:37 | 17:34 |
| 416 | 8 | Paige Sass | 67 | F | Dauphin Island | AL | 57:09 | 18:23 |

Please print or fill this form out completely and clearly.
AZALEA TRAIL RUN 2011 OFFICIAL ENTRY FORM

Last Name:

First Name: Middle Initial:

Age on 2/26/2011 Female ☐ Male ☐ Date of Birth ZIP Code

Address:

City: State

Phone: - - E-mail:

Event Check One Only

☐ 10K ☐ 5K ☐ 2K Fun Run

Category Check One Only

☐ Runner/Walker ☐ Race walker ☐ Wheelchair (10K) ☐ Prosthesis

T-Shirt Size

☐ Youth Large ☐ Small ☐ Medium ☐ Large ☐ X-Large ☐ XX-Large

DRUG STATEMENT: Athletes who participate in this competition may be subject to formal drug testing in accordance with USA Track & Field regulation 10 and IAAF Rule 55. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event, and will lose eligibility for future competitions. **SOME OVER-THE-COUNTER MEDICATIONS MAY CONTAIN BANNED SUBSTANCES.** Information regarding drugs and drug testing may be obtained by calling the USOC Hotline at 1-800-233-0393.

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 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 this guideline. Having read this waiver and knowing these facts and in consideration of our accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Port City Pacers Road Runners Club, Inc. (PCP), its sponsors, agents, servants, representatives, licensees, contractors, successors, and assigns organizing and conducting the Azalea Trail Run (Road Race), held on March 26, 2011, and allowing me to participate and run in said race. I hereby waive, release and discharge forever said PCP and its said sponsors, agents, servants, representatives, licensees, contractors, successors, and assigns from any and all claims or liabilities of any kind arising out of my participation in the Azalea Trail Run, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I give permission for the use of name and/or picture in any broadcast, telecast or other account of this event.

Signature _____ Date _____

Parent(Guardian) _____ If under 18, the signature of parent/guardian is also required.

| | Postmarked by 10/30/2010 | Postmarked by 12/31/2010 | Postmarked by 3/12/2011 | Received by 3/23/2011 | Received on/after 3/25/2011 |
|--|-------------------------------|-------------------------------|-------------------------------|-------------------------------|--------------------------------|
| ATR Registration (Adult) | | | | | |
| 10K or 5K | \$15 <input type="checkbox"/> | \$18 <input type="checkbox"/> | \$20 <input type="checkbox"/> | \$22 <input type="checkbox"/> | \$25 <input type="checkbox"/> |
| 2K Fun Run | \$10 <input type="checkbox"/> | \$12 <input type="checkbox"/> | \$14 <input type="checkbox"/> | \$16 <input type="checkbox"/> | \$18 <input type="checkbox"/> |
| ATR Youth Registration (15 and Younger) | | | | | |
| 10K or 5K | \$10 <input type="checkbox"/> | \$10 <input type="checkbox"/> | \$12 <input type="checkbox"/> | \$15 <input type="checkbox"/> | \$20 <input type="checkbox"/> |
| 2K Fun Run | \$8 <input type="checkbox"/> | \$8 <input type="checkbox"/> | \$10 <input type="checkbox"/> | \$12 <input type="checkbox"/> | \$15 <input type="checkbox"/> |

Add \$5 donation to your registration fee and be recognized as a Superhero on race day. All donations go to the Superhero Foundation.

ATR Superhero Registration (Adult)

10K or 5K \$20 ☐ \$23 ☐ \$25 ☐ \$27 ☐ \$30 ☐
 2K Fun Run \$15 ☐ \$17 ☐ \$19 ☐ \$21 ☐ \$23 ☐

ATR Superhero Youth Registration (15 and Younger)

10K or 5K \$15 ☐ \$15 ☐ \$17 ☐ \$20 ☐ \$25 ☐
 2K Fun Run \$13 ☐ \$13 ☐ \$15 ☐ \$17 ☐ \$20 ☐

ATR Rewards Program for K through 12 Schools and Youth Organizations - Fill in School Name or Youth Organization

Make checks payable to: AZALEA TRAIL RUN
 Mail this form and fees to: AZALEA TRAIL RUN, P.O. Box 6427, Mobile, AL 36660



Rock and Roll in Olde Towne Daphne! Great new course. . . State record possibilities Certified one-mile!

Saturday, March 5, 2011 Daphne City Hall
5K start: 8 a.m. Fun Run start: 9 a.m.

Benefits SEEDS, Daphne's educational enrichment foundation, and SEEDS' 2011 Classroom Enrichment Grants

Produced by Peggy Olive (LRH Productions) & SEEDS

Both the certified 5K & 1-mile courses wind through Olde Towne Daphne on a mostly flat circuit and return to DAPHNE CITY HALL for live classic rock, good food and door prizes. Great children's activities following 5K. Bring your lawn chair and enjoy the fun!

Registration: Register by mail (entries should be postmarked by February 26), online (www.Active.com) until midnight on March 2, or in person at McCoy's Outdoor in Mobile until noon on March 3. Race day registration will be at Daphne City Hall (1705 Main Street) from 7-7:45 a.m.

Entry fees: 5K Pre-registered: \$18 5K Day of Race: \$20 5K No-shirt option: \$15 1-mile Fun Run: \$10

Awards: Top male and female Overall, Masters, Grandmasters, Senior Grandmasters, Race Walker.
Top 3 male and female runners in these age groups: 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 34-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-99.

Shirts: Classic Rock 5K race shirts guaranteed to all runners registered by February 18. After that date, registrants will receive shirts as long as supplies last.

Post Race: Live classic rock entertainment; grilled hamburger/hot dogs, soft beverages; great door prizes; Awards at 9:30 a.m. following certified 1-mile Fun Run (9 a.m. 1-mile start, also from Daphne City Hall)

Packet Pick-up: 5K race registration packets will be available for pick-up on Saturday morning, March 5, from 7-7:45 a.m. at the Daphne City Hall located at 1705 Main Street.

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: _____ F RN: _____

Age: _____ Sex: _____ Address: _____ City, State, Zip: _____

Phone: _____ Date of Birth: ____/____/____ Email address: _____

I am a: Runner Walker T-shirt size: S M L XL XXL No Shirt 5K option Event: 5K Fun Run

An additional donation to SEEDS: \$ _____ 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 SEEDS, LRH Productions, the City of Daphne, 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 applicants under 19)

Make checks payable to SEEDS. Mail completed applications and fees to SEEDS, P. O. Box 460, Daphne, AL 36526



21st Annual
Joe Cain Classic
5K Run, 1 Mile, and Moon Pie Dash
March 6, 2011 - 8 a.m.



- Benefits:** The Learning Tree and Baldwin All-Stars Challenged Athletes
Organized by: Bay Area Runners
Location: Broad Street and Canal Street in Mobile, AL
Course: Flat, fast, & ugly!!! 5K - USATF certification AL030361D
Registration: Early registration - postmarked on or before 2/20/11- \$20.00
Late registration - postmarked after 2/20/11 or day of race - \$25.00
Children 10 and under - \$10.00
On-line registration - www.active.com through 3/03/11
Walk-in registration - McCoy Outdoor Co and Running Wild, Fairhope until noon 3/03/11
Day of race registration - At race site from 6:30 AM - 7:30 AM
All entry fees are non-refundable.
Awards: Top 3 male and female Overall, 1st Male and Female Master, 1st Male and Female Grandmaster, 1st Male and Female Senior Grandmaster, Top 3 Clydesdales and Athena, Top 3 Male and Female 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 2/20/11 are guaranteed a T-shirt. All applications postmarked after 2/20/11 and race day registrants receive T-shirts while they last. Moon Pie 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.

Further information: Jon Adams (251) 545-6437 or David Wilder (251) 605-7942

Last Name _____ **First Name** _____
Age _____ **Gender** Male Female **Date of Birth** _____
Address _____ **City** _____
State _____ **ZIP** _____ **Phone:** _____ **Email** _____
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: **Joe Cain Classic 5K**
Mail completed application and fees to: Bay Area Runners Joe Cain Run PO Box 2161 Daphne, AL 36526

stamp

[illegible][illegible][illegible][illegible]

☐ 10K ☐ 5K ☐ 2 Mile Fun Run

☐ Runner ☐ Walker ☐ Wheelchair (10K only)

☐ Small ☐ Medium ☐ Large ☐ X-Large

| | |
|---|---|
| <input type="checkbox"/> 10K, 5K, & 2Mile: \$16 (by March 7) | <input type="checkbox"/> 10K, 5K, & 2Mile: \$20 (March 8-13) |
|---|---|

IT'S A SUNDAY RUN!!!

I hereby waive any and all claims forever against "Leprechaun Chase", St. Patrick's School, and all related sponsors, for any injury that may occur directly or indirectly due to my participation in the said race.

Date / /

Mail entry to:
LEPRECHAUN CHASE
P. O. Box 1367
Robertsdale, AL 36567

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Robertsdale, AL 36567