

Gulf Winds Track Club 🏃, September Learning and Education Meeting
Momo's Pizza (1410 Market Street) 🏃, Sunday, September 24, 2017 at 3:00 p.m.

Run Your First Marathon or Half Marathon Regardless of Your Current Running Ability

The Tallahassee Marathon on February 4th is a terrific opportunity to run your first marathon or half marathon, even if you never imagined running a marathon could be possible for you. Imagine crossing the finish line, accomplishing something you thought impossible. Even if you only ever complete one marathon in your life, you'll have that finishers medal and finish line photo forever. And, that finisher medal is a lot easier to get than you may think when you follow a simple training schedule this Fall. Plus, Gulf Winds Track Club provides marathon training groups to help you stay accountable, introduce you to others in Tallahassee training for their first half or full marathon and to make training FUN!

Some of what you'll learn will be:

- How to complete your first marathon or half-marathon even if you think it's impossible for someone like yourself to make that happen.
- The training groups and support your GWTC provides to make your training effective, social and fun.
- Marathon or half marathon training can be a great way to shed a few pounds as you'll be burning extra calories during your training.
- How others like you have completed their first marathon or half marathon and how you can do it too.
- If you can accomplish this, you can accomplish anything. Give yourself the gift of a training goal for this fall, it'll feel great.

During this session you'll learn from:

Nancy Stedman took up running at age 42 in order to quit a 30 year smoking habit. Running her first marathon at age 45, she has continued to enjoy distance running, particularly the marathon distance. Her personal best was a 3:28:08 at the 2013 Boston Marathon, when she was 51 years old. She and her husband, Jay Silvanima, continue marathoning now, seeking to run a marathon in as many states as possible. She has run in 30 marathons, including 5 Boston Marathons, and 4 ultras. Nancy is a real estate broker, has been a spinning instructor for 11 years, and is also an RRCA certified running coach.

Felton Wright has been a member of GWTC since 1975. Over the years he has served as: board member, treasurer, Vice President and President. Felton, together with his wife Bonnie, has directed the Tallahassee Ultra, founded the Red Hills kid's triathlon and directed it for 8 years, and founded and directed the breakfast on the Track Mile for 20 years. He has been the GWTC runner of the year, overall Grand Prix champion, and is a member of the GWTC hall of fame. He has run over 50 marathons and is currently trying to complete one in all 50 states. He has lifetime PRS of: 15:34 for 5k, 32:49 for 10 k, 1:46 for 30k, 2:34 for the marathon. (Currently he is much slower.)

You are welcome to submit questions in advance to ensure we are prepared to help you by emailing Kory@Skrob.com. We look forward to seeing you all there. Let's learn, be safe, and let's be inspired to run more. See you there!

Date: Sunday, September 24, 2017 at 3:00 p.m.

Location: Momo's Pizza on Market Street