

Club Operation

The Gulf Winds Track Club Board of Directors includes four officers and five directors-at-large elected yearly by members, four appointed officials and two immediate past presidents. The Board meets on the second Wednesday of each month.

President

Judy Alexander 383-1361 jalexander98@comcast.net

Vice President

Bill Lott 656-1273 blott@nettally.com

Secretary

Jackie McDaniel 591-0081 jackiemcdaniel1@gmail.com

Treasurer

Amy Antimucci 544-3822 gwtc_treasurer@hotmail.com

Past Presidents

Mary Jean Yon 668-2236 maryjeanyon@comcast.net

Tom Perkins 894-2019 tomperkins51@yahoo.com

Directors-at-Large

Julie Clark 575-9266 juliecla@msn.com

Seeley Gutierrez 264-1538 seel76@aol.com

Herb Wills 893-4104 hwills@gmail.com

Felton Wright 386-3500 mfelton_wright@ml.com

David Yon 668-2236 david@radeylaw.com

Membership Director / School Grant Coordinator

Mark Priddy 668-4907 MarkPriddy@msn.com

Newsletter Editor

Fred Deckert 893-9739 freddeckx@comcast.net

Equipment/Rental

Vicky Verano 212-1646 vickyyellow@comcast.net

Race Director Coordinator

Charles Yates 385-2768 yatesc@mac.com

Questions? Contact individuals listed above or write to GWTC, P.O. Box 3447, Tallahassee FL 32315.

GWTC is a 501(c)(3) Non-Profit Organization

Annual Events

All paved courses are **USATF Certified**.

- ◆ **Bowlegs 5K**, January
- ◆ **GWTC 30K/15K**, January
- ◆ **Flash 12K/6K**, February
- ◆ **Tallahassee Marathon/Half Marathon**, February
- ◆ **Springtime 10K/5K/1M**, March/April
- ◆ **Palace Saloon 5K**, April
- ◆ **Potluck Bash 4 Mile**, June
- ◆ **Summer Track Program**, June & July
- ◆ **Madness at Miller Landing 8K/5K/3K** (x- country), Saturday before Labor Day
- ◆ **Prefontaine 5K** (x-country), September
- ◆ **Breakfast on the Track 1 Mile**, August
- ◆ **Women's Distance Festival 5K/1 Mile** - September
- ◆ **Pine Run 20K**, (x-country), October
- ◆ **Turkey Trot 15/10/5K**, Thanksgiving Day
- ◆ **Tallahassee 10 Mile /5Mile Challenge**, December
- ◆ **Ultra Distance 50K/50Mile**, December

Weekly Events

- ◆ Interval Training: Gary Droze, 942-7333, gdroze@maclay.org
- ◆ Training Classes:
Robin Borschel; TJ Cutchins, gwtccoaches@yahoo.com

Gulfwinds Triathletes

gulfwindstriclub@comcast.net

GWTC Clothing

Margarete Deckert, freddeckx@comcast.net

Lecture Series

Nancy Stedman, realtornancy@comcast.net

Social Meetings

Kathy Lindsay, klindsay@govserv.com

Partner in Excellence

GWTC is a Partner in Excellence
with Gretchen Everhart School.
www.leon.k12.fl.us/Public/Everhart/everhart.htm

GWTC Membership Application

Today's Date _____ Gender: M _____ F _____

Name _____

Date of Birth: _____ Phone: _____

Address _____

City/State/Zip _____

E-mail _____

Membership: Individual _____ Family _____

Additional family members:

Name _____ Gender _____ Date of Birth _____

Membership Dues: Individual \$20; Family \$25* \$ _____

Chenoweth Fund Contribution (optional) \$ _____

GWTC Triathlon Club Dues (optional):**

Adult (over 18): \$10.00 each adult \$ _____

Child (15-17): \$5.00 each child \$ _____

Child (14 and under): No charge \$ **0** _____

Total amount enclosed \$ _____

*Pro-rated dues:

- **Apr.-Jun:** \$16.25 individual; \$20 family
- **Jul-Sep** \$12.50 individual; \$15 family
- **Oct-Dec** (includes next year) \$23.75 individual; \$30 family

**Names and USAT Member No of each joining triathlete:

Check here if you would you like to volunteer. _____

Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run. I assume all risks associated with running and volunteering to work in club races including but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the condition of the roads and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these for myself and anyone entitled to act on my behalf, I waive and release the insurers of GWTC, the Gulf Winds Track Club, Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I agree this waiver will continue to be valid each time I join or rejoin the club.

Primary Member Signature _____

Signature(s) of other members _____

(Parent must sign for members less than 18 years of age)

Mail with check to: **GWTC, PO Box 3447, Tallahassee, FL 32315**



Gulf Winds Track Club
Post Office Box 3447
Tallahassee, Florida 32315

Gulf Winds Track Club Membership Application



P.O. Box 3447
Tallahassee, FL 32315

www.gulfwinds.org

Gulf Winds Overview

In the beginning .. The Club emerged from a jogging class begun by Jeff Galloway, 1972 Olympic 10,000 meter runner. A group of local joggers, runners and coaches calling themselves “Gulf Winds Track Club” met periodically for a year or so to plan and conduct road races, track meets and other events. In early 1975 the name “Gulf Winds Track Club” became official and Galloway was chosen Club president. By 1977 the Club was incorporated as a nonprofit organization and joined the Road Runners Club of America, the national organization of running clubs.

Today's Club includes joggers, runners, race walkers and triathletes of all levels of ability and training, whether they participate for competition, fitness or personal and social enjoyment. Our newsletters, social meetings and lecture series inform members of local and regional events and foster the exchange of information about training and other aspects of running, racing and fitness. Among our most valued members are those who promote fitness through service to the Club, primarily on a volunteer basis.

We offer:

- ◆ Annual Awards Program
- ◆ Guidance for local groups holding races
- ◆ Race calendar coordination of area runs
- ◆ Race equipment rental
- ◆ Course measurement and certification
- ◆ Weekly training runs and track workouts
- ◆ Boot Camp for Runners
- ◆ Lecture series
- ◆ Family-friendly social events
- ◆ Monthly newsletter, “The Fleet Foot”
- ◆ Website with running-related information, race results, calendar, and articles of interest
- ◆ Elective electronic mail listserv
- ◆ Full race schedule of varied terrain and distances
- ◆ Support of the City of Tallahassee’s summer track program
- ◆ Members serve as officials for track meets, assist at GWTC and other local races, and work with area organizations to develop running trails.
- ◆ Discounts at participating area merchants