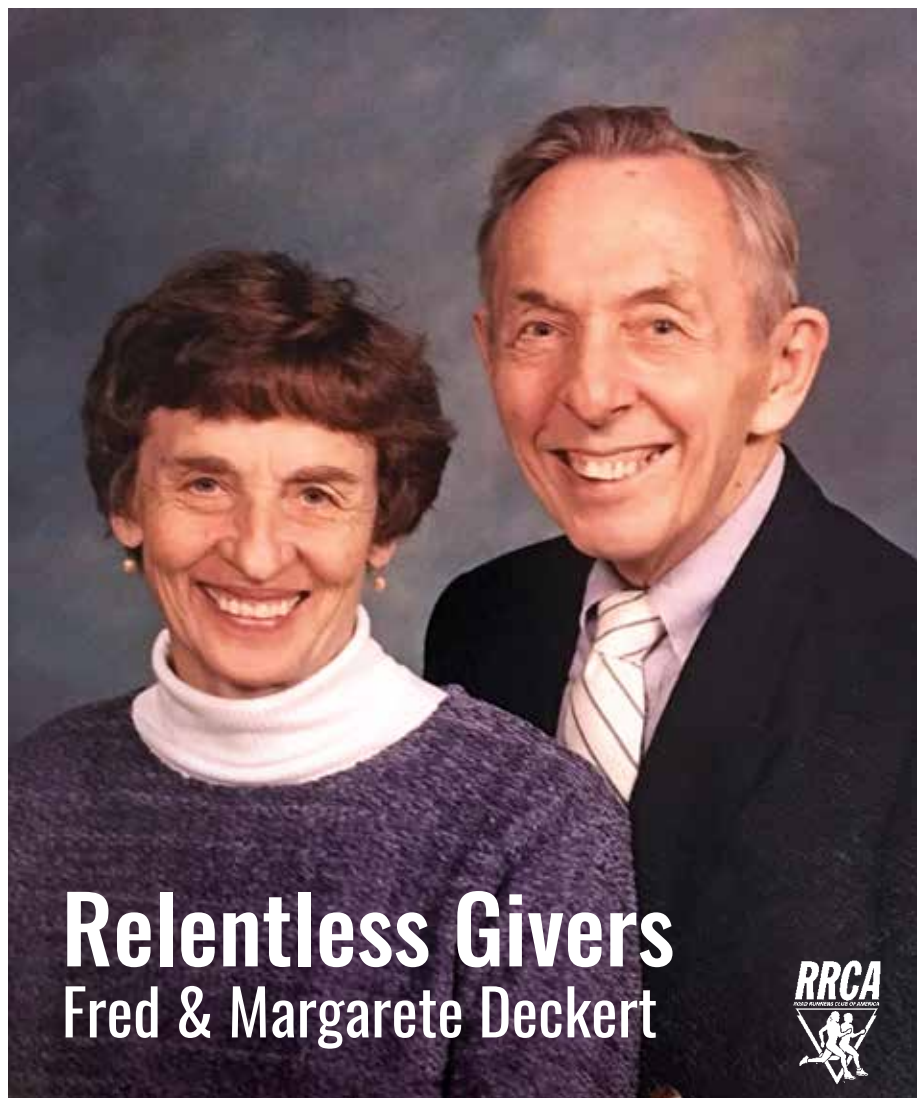


THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | DECEMBER 2019



Relentless Givers Fred & Margarete Deckert



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VOLUME 44 | ISSUE 11



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VOLUME 44 | ISSUE 11

Editor: Robert & Kory Skrob, (850) 270-8295, FleetFoot@GulfWinds.org

Columnists: Jane Johnson (Featured Feet), Zack Scharlepp (Pres. Column), Gary Griffin, (Ultrarunning), Gary Griffin (How they Train), Tim Unger (Racing Team), Bill Lott (Race Calendar).

Advertising Copy:

The maximum print size of our page is 4.75 in. by 7.75 in. If possible, ads should be sent as MS Word files will look best with standard fonts (Arial, Times New Roman), formatted to fit the desired size. A simple way is to use 2 inch margins on 8.5 by 11 paper. Deadline: 10th of month previous to publication. Questions, contact the editor.

Advertising Payments.:

Full Page-\$50, Half Page – \$28, Run twice, no changes – \$46, \$25 each yearly rates. \$400, \$225, \$125. Letter-size centerfold race flyer, check with editor.

Payment in advance/checks payable to:

GWTC-Fleet Foot and sent to, PO Box 3447, Tallahassee, FL 32315

Submissions/Contributions:

Submissions for publication are strongly encouraged, the preferred format is Microsoft Word. If you have pictures or stories about your running group, don't be shy, photos should be in jpg format, contact us if you have questions.

Robert & Kory Skrob, (850) 270-8295, FleetFoot@GulfWinds.org

Change of Address:

The US Post Office will not forward your newsletter; you must provide your new address and phone number mail to:

GWTC-MSHP, Box 3447, Tallahassee, FL 32315 or call Mark Priddy 508-1961



The leaders of the womens field 2 km into the NCAA South Regional Championships on November 15th at the Apalachee Regional Park, Tallahassee.



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Beginning Running Group Coordinator:	Chiika Okoro202-276-4101gwtc_coaches@yahoo.com

Road Runners Club of America Member Club
USA Track & Field Member Club #14-1275

YOUR MEMBER BRIEFING

Your GWTC Board of Directors met on October 9, 2019. Here's a summary of the board meeting, distilled down for members. You are welcomed to view the complete minutes by visiting: <https://www.gulfwinds.org/23951-2/>



Tallahassee Ultra Distance Classic (TUDC) Budget – Tom Bianco on behalf of Robin Bennett

Tom presented the proposed budget for the 39th Annual Tallahassee Ultra Distance Classic (TUDC) that will take place on Saturday, December 14, 2019. Tom requested and the board approved that 50% of the net proceeds go to GWTC while the remaining 50% of the net proceeds go to the Friends of Wakulla Springs.

Women's Distance Festival Final Report – Lisa Unger

Lisa presented the financial report from the 2019 Women's Distance Festival. This event resulted in a total revenue of \$3,471.27 and total expenditures of \$2,072.77 with net proceeds of \$1,398.50. Lisa requested and the board approved that \$698.50 of the net proceeds be donated to Gulf Winds Track Club while the remaining \$700.00 of the net proceeds be donated to Brehon Family Services.

Pine Run Final Report – Gary Griffin

Gary reported that the 2019 Pine Run resulting in a \$1,206.72 donation which includes direct donations made to Tall Timbers. Gary and Peg Griffin will be race directors for the Pine Run for at

least one more year to allow the next race director to shadow them.

Wrap Up for 2018 and Budget for 2019 Turkey Trot – David Yon

David presented the financial report from the 2018 Turkey Trot. This event resulted in a total revenue of \$110,574.00 and total expenditures of \$94,059.41 with a net income of \$16,514.59. David reported that donations were made directly to the Boys and Girls (\$20,000), the Kearney-Shelter (\$20,000), and the Refuge House (\$5,000). David requested that the numbers from this financial report be used as the proposed budget for the 2019 Turkey Trot. A motion was made to approve the suggested donations from the 2018 Turkey Trot, as well as to approve the 2019 Turkey Trot budget; this motion was seconded and passed unanimously.

Final Report for the Summer Trail Series – Kristin Halley

Kristin presented the financial report from the 2019 Summer Trail Series. This event resulted in net income of \$2,796.32. Kristin requested and the board approved that approximately 50% of the total revenue be donated to Gulf Winds Track Club (\$1,396.32) and the remainder of the total revenue be divided in half and

be to donated to the Tallahassee Friends of Our Trails (\$700.00) and Friends of Maclay Gardens (\$700).

Sickle Cell 2019 Wrap-Up – Paul Guyas

Paul presented the financial report from the GWTC 2019 Sickle Cell 5k and Tim Simpkins 1 Mile that took place on September 14th. This event resulted in a net income of \$6,281.00. Paul requested and the board approved that 50% of all net income be donated to Gulf Winds Track Club (\$3,140.50) and the remaining 50% of the net income be donated to the Sickle Cell Foundation (\$3,140.50).

Grand Prix Race Schedule – Jim Halley on behalf of Erik Anderson

Jim presented the proposed 2020 Grand Prix Race Schedule to the GWTC board for review and approval. The approved schedule can be found on the GWTC website.

Treasurer's Report - Laryn Flikkema

Laryn reported that as of September 30, 2019, Gulf Winds Track Club's Statement of Financial Position reads as follows: total assets of \$231,740.05. GWTC's Statement of Activity from July 1, 2019 – September 30, 2019 includes a gross profit of \$38,055.24, total expenditures of \$64,896.54, and net revenue of -\$26,841.30.

Chip Timing Reports – Bill Lott and Peg Griffin

Bill reported GWTC chip timed five races in September including three Club races.

Training Report – Tom Biance and Chika Okoro

Tom stated the Turkey Trot training group started last week with approximately 40 people in attendance. Chika reported the Beginning Running Group started on 09/25/2019 and had a great turnout with 50+ participants. There were approximately 45 participants in the 2nd week.

Clothing Coordinator Report – Laura McDermott and Sherri Wise

Laura and Sherri reported via email that the total sales they have made from October 2018 through October 2019 has been \$11,714.04 via the online store and square app.

Social Report – Vicky Droze

The social on September 29th was held at the home of Vicky and Gary Droze with a goal of making scarecrows for Maclay Gardens' Scarecrows in the ark exhibit/contest. 🦋



TRAINING GROUPS/WEEKLY EVENTS



TRAINING GROUPS/ WEEKLY EVENTS

To encourage running and fostering a stronger community among runners, club volunteers run several training groups. These groups are open to you, as a GWTC member.

Intervals: Tuesdays, 6:30 a.m. Maclay Track, Tuesdays, 6:30p.m. FSU Track. Planned, supervised workout for runners intent on improving in distance races. Contact Bill Lott (blott@nettally.com) or Gary Droze 668-2373 (work) 942-7333 (home) gdroze@maclay.org.

Wednesdays 6 p.m. Leon HS track all paces welcome. Email Jim Halley at gulfwindstrails@gmail.com 239-322-2908.

Thursdays at 6 p.m. Optimist Park, 3 miles, all paces: Chika Okoro clokoro@yahoo.com.

Thursdays: 5:30 p.m. at Tom Brown Park. Trail run through Piney Z & to the bridge, 7.3 miles. marathonjack@comcast.net

Sundays at 7.30 am. Almost every weekend groups run from Forest Meadows around Lake Overstreet or the Phipps Property.

Imitation Adults distance running group organizes mid-long and long runs for marathon training and fun, usually between August and April of each year. For more information e-mail Nancy Stedman at nancystedman@gmail.com or visit their Facebook page.



GROUP RUNNING TIMES:

- **Mondays** - 6 PM @ Winthrop Park winding through Betton Hills
- **Tuesdays** - 6:30 AM @ Maclay School Track - Interval Training
- **Tuesdays** - 5:15 PM @ Harriman Circle - Family run/walk.
- **Tuesdays** - 6:30 PM @ Mike Long Track (FSU) - Interval Training
- **Wednesdays** - 6 PM @ Leon High School - Interval Training
- **Thursdays** - 6 PM @ Optimist Park winding through Indian Head Acres
- **Thursdays** - 6 PM @ Forest Meadows for 5-7 miles
- **Sundays** - 7:30 AM @ Forest Meadows for 10 miles or more

Additional local running information can be found at <http://www.gulfwinds.org>.



GULF WINDS TRIATHLETES

Questions about the club or events: gulfwindstriathletes@gmail.com

More information on the Gulf Winds Triathletes is available at <http://gulfwindstri.com>

Monthly meetings are held the third Monday of every month at 6:30 p.m. at Momo's Pizza in Killearn, on Market St. 🍕

PRESIDENT'S COLUMN - PAUL GUYAS

To wrap up 2019, I will proudly introduce you to a new program making its debut in 2020: **GWTC365**.

If you're like me, you take advantage of a local racing calendar replete with races throughout the year. Then, in choosing a racing schedule, you prioritize the GWTC club races and try not to miss any.

If you enjoy running several club races you'll be interested in **GWTC365**.

GWTC now offers you a one-price discount ticket for all 23 of the Club's races (gulfwinds.org/gwtc-races) for a full 12-months. If you would like to save 35% off of the regular prices for all of our events, you are hereby invited to join the club within the club for just \$300.

If you were to register for each event individually, it would cost at least \$467. You save \$133 off the already low early entry fees. And now you don't have to worry about paying more for registering late.

So how does it work? You can sign up for **GWTC365** here: <https://runsignup.com/gwtc365>. When you do, you will be set up with no-cost online registrations for each race.

Now this is very important: you will need to sign up for each race through that race's registration page. This way the race director and timers will know that you are participating, assign you a bib and a heat and have you sign the waiver.

You will have the option as always to

register additional individuals for regular prices during the same transaction. You get to choose from any of the distances offered such as the 5k or 10k or 15k for Turkey Trot and the Tallahassee Marathon, half marathon, or relay.

At this point you may have some questions and if you do, feel free to contact me to ask. Here are a few that I have already encountered while working on this:

First, What about race shirts? Answer: **GWTC365** does not include shirts in the pricing, but as we set up each event and the complimentary registrations, we will set up the option to opt in to get a shirt at the same price as regular registrants may opt in to get theirs.

Second, Do I have to sign up for this by January 1st? Answer: No. You can sign up whenever you want and you're good for the next 365 days.

Next, I've already signed up for a Club race in 2020, but now I want to do this (of course you do!) so what should I do? Answer: Contact me directly and we'll figure out how to make this happen for you - we have several options.

Finally, Do I have to run all the races? The longest distances - like the Extreme Challenge? Answer: No. You can run as much or as little as you wish.

I hope you will join me in this inspiring commitment to our races. Welcome to the club within the Club! 🏃



RUNNING CALENDAR



Most of the events below are not organized by or affiliated with Gulf Winds Track Club (GWTC). Grand Prix Events are underlined; confirmed events are in bold. * Indicates a GWTC event. CT=Central Time. Entry forms may be at local stores, races, and GWTC meetings. If no state is listed, it is Florida. Verify information before traveling; errors, omissions, and changes do occur. If not listed, area code is 850. Special thanks to Bill Lott for pulling this together for us.

DECEMBER 2019

***07 GWTC 10M/5M Challenge**, 8 a.m. Hawks Rise Elementary School (use Meridian Rd. parking lot entrance). Online registration available at RunSignUp.com. Visit www.GulfWinds.org; or Vicky Verano or Ana Sutherland at 10MileChallenge@gmail.com.

07 Jingle Bell Run, 6:15 p.m. Corner of S. Monroe St. and Park Ave. Online registration available at Raceit.com. Visit www.talgov.com; or Tallahassee Parks & Recreation at 891-3866 or 891-3860.

07 Red Nose Run 5K/1M Kids Fun Run, 8 a.m. Thomas University, 1501 Millpond Rd., Thomasville, GA. Online registration at RunSignUp.com. Event Technical Services, Inc. at (229) 777-9977 or info@event-tech.com.

***14 Tallahassee Ultra Distance Classic 50M/50K/Marathon**, 7 a.m. Wakulla Springs State Park, 15 miles south of Tallahassee on SR 267. Online registration available at UltraSignUp.com. Visit www.TallahasseeUltra.com; or www.GulfWinds.org; or Robin Bennett at tallahasseeultra@gmail.com.

***21 Tannenbaum 6K Cross-Country Run**, 9 a.m. XC Course at Apalachee

Regional Park, 7550 Apalachee Pkwy. Online registration available at RunSignUp.com (no additional fee). Visit www.GulfWinds.org; or Herb Wills at hwills@gmail.com.

JANUARY 2020

***04 Swamp Forest Trail Run (Half Marathon/6.5M)**, 8 a.m. Elinor Klapp-Phipps Park, Gate B, 1.3 miles west on Miller Landing Rd. Online registration available at RunSignUp. Bobby York at byorkjr@msn.com.

***11 Bowlegs 5K Run for Scholarship**, 9 a.m. FSU/FAMU Engineering Building, Innovation Park, 2525 Pottsdamer St. (across from Seminole Golf Course). Online registration available at RunSignUp.com (no additional fee). Visit www.GulfWinds.org; or Larry Giunipero at (878) 5569; or Bill Hillison at 893-4557.

11 Dr. James H. Crowdis 10K/5K Run, 9:30 a.m. First United Methodist Church, 397 College St., Blakely, GA. Online registration available at RaceEntry.com. Visit <http://crowdisrun.weebly.com>; or Tony Gilbert at tonygilbert@windstream.net or (229) 723-5070.

***18 GWTC 30K/15K, 8 a.m.**

The Retreat at Bradley's Pond, across from Bradley's Country Store on Old Centerville Rd. Online registration available at RunSignup.com. Visit www.GulfWinds.org; or Zach DeVeau at zachdeveau@gmail.com; or Jillian Heddaeus at jillianheddaeus@gmail.com.

18 Half Shell Hustle 5K, 8 a.m.

(ET). Riverfront Park, 80 Water St., Apalachicola, FL. Online registration available at webscorer.com. Visit www.oystercookoff.com.

25 The Trent 10K/5K/1M (5K/1M GP for youth only), 8 a.m.

Roberts Elementary School, 5777 Pimlico Dr. Online registration available at Eventbrite.com. Visit <http://www.trentstouch.com/trent-trot>; or Kim McFarland or Kim Vinson at thetrent10@gmail.com or 488-0923.

FEBRUARY 2020

***02 Tallahassee Marathon/Half**

Marathon, 7:30 a.m. Start at Leon County Courthouse, 301 South Monroe St., downtown Tallahassee; finish in College Town at Madison Social, 705 S. Woodward Ave. Online registration available at RunSignup.com. Visit www.tallahassee-marathon.com; or email race director at marathon@gulfwinds.org.

08 Run for the Cookies 5K/1M

(5K/1M GP for youth only), 8:30 a.m. TCC Student Union (next to TCC Library), 444 Appleyard Dr. Online registration available at RunSignup.com. Visit www.gscfp.org; or Jeanne O'Kon at okonj@tcc.fl.edu.

***15 Flash 12K/6K, 8:30 a.m.**

San Marcos de Apalache Historic State Park, 148 Old Fort Rd., St. Marks, FL. Online registration available at RunSignup.com. Visit www.GulfWinds.org; or Keith Rowe at keith.rowe@live.com.

15 SAWH 5K, 9 a.m.

Integration Statue on Woodward Plaza, behind Oglesby Student Union, 75 N. Woodward Ave., FSU Campus.

22 1 Mile Heart and Sole Run,

9 a.m. Amphitheater, 131 S. Stevens St., Thomasville, GA. Todd Bennett at tbennett@archbold.org.

22 Tallahassee Glow Run, 7 p.m.

FSU main campus fields. Register at Active.com. Contact 435-3560 or development@ptdlocese.org.

29 Buck Lake 5K/1.2M Family Trail

Run, 8:30 a.m. J.R. Alford Greenway, 2500 S. Pedrick Rd. Online registration available at Eventbrite.com. Patty Ballantine at plbattantline@gmail.com.

29 U.S. Olympic Team Marathon Trials,

time TBA (est. 12 p.m.). Atlanta, GA. 🏃



NEW PERSONAL RECORDS

KAARI GUYAS 7:04 mile @ Rex Cleveland

SADE GUYAS 7:04 mile @ Rex Cleveland

GWTC loves to celebrate with you as you become a stronger runner. Send your new personal records to FleetFoot@GulfWinds.org so we can recognize you. Provide us the name, race and time.

THANKS FOR SO MANY RELENTLESS YEARS

David Yon, November 17, 2019

In September of 2013, I wrote of an 84-year-old Fred Deckert: “He is simply relentless.” At the time, Fred estimated that he had taken and posted more than 50,000 pictures of runners in local races during the previous three years. I suspect that number is tenfold greater for all years. His tenure as editor of the GWTC’s newsletter began in January 2004 and to the best of my knowledge, as of September of 2013, he had timely published every single edition. That familiar stern voice was transmitted over the e-lines each month: “The Fleet Foot deadline is the 18th this month! Where is your column?” I know, but I swear the voice jumped off the computer screen.

That relentless commitment did not change much over the next 6 years. It was not until May of 2016 that Fred had to rely on somebody else to publish the Fleet Foot while he was bed bound in the hospital. The next “miss” is this month’s (December 2019) issue. Not surprisingly, Fred (with help from Margarete) has chosen his successors



and set them up to take over editing and publishing the newsletter. He announced the change in the November issue of the newsletter. (And it appears they did a fantastic job getting Robert and Kory Skrob to take over.)

At age 90, Fred is slowing down; I rarely see him atop a ladder but so far he has shown up for at least 35 races this year in addition to the Thursday night track meets. Margarete has 86 years of good living including finishing more than 1000 races and being an integral part of Fred’s work.

Fred’s best photos came from the summer track meets. In 2013, I wrote “He towers above the track and its participants, high above it all on his aluminum ladder. Click, click, click, hundreds of times, maybe more. He finds every kid, every adult, frames them and snaps. I am not sure he has missed a Thursday in several years. Relentless.”

Almost every Saturday of the year there is at least one road or trail race where Fred is in action. Most weekends there



are more races than one, sometimes as many as five. And you will find Fred Deckert working at least one of them. If he can figure out how, he will be at more than one. It is the same sound - click, click, click. His camera is honest as it captures almost every runner, regardless of how much pain is written across their face or how brightly their face lights up when they see that camera. There is rarely a ladder out there to climb up, but Fred Deckert will find the best spot to capture the most people possible. Did I say, "relentless"?

Fred Deckert has had his camera going strong at local races since 2008. He has learned a lot over that time, upgrading his digital cameras and knowledge to improve the quality. His Picasa library is amazing, loaded with a lot of great pictures and memories. He has spoiled our running community (with help from Herb Wills) "rotten" by making such a great collection of photos available with the subject's name and with no charge for his efforts. And yes, those runners have come to expect it. If we are late posting the link to the latest round on the GWTC web site, the emails start coming, demanding to know "where are Fred's pictures?"

Of course, Fred has meant much more to the running community than just a good photographer and newsletter editor. He was a good runner when he arrived in Tallahassee with his wife Margarete. He has a marathon personal best of 3:10:32 and has covered 50 miles in 7 hours and 47 minutes. But injuries took a toll on his legs and eventually the outdoor runs became gym workouts. Not surprisingly, he is relentless about his workout schedule.

We all owe Fred and Margarete a huge thanks for their relentless efforts for GWTC. They are both members of the GWTC Hall of Fame (2003), Fred is a recipient of the Cleveland-Caldwell Advancement of the Sport Award and Margarete was Runner of the Year in 1990. While those awards were long ago (1990, 1995 and 2003), Fred (and Margarete) have continued their relentless efforts to make the sport of running more friendly for its participants. Fred celebrated his 90th birthday in October and Margarete is enjoying 86 years.

Father time is also relentless, and Fred has more than earned the right turn the newsletter over to Kory and Robert. Here is hoping, however, that there is enough of that relentless spirit left to post a few more pictures of Margarete running. 🏃





Tallahassee, FL
Gulf Winds Track Club

(EXTREME CHALLENGE)

THE EXTREME CHALLENGE IS A BOOT CAMP ONLY FOR THOSE WHO HAVE THE PHYSICAL AND MENTAL TRAINING TO COMPETE AND FINISH.

Few meet the challenge. It will require you to carefully plan, train, and utilize your decision-making skills. To qualify, you must run all GWTC club races within the same calendar year. If a club race offers multiple distance events, you must complete the longest distance event presented at that race. And, you must complete the event within the race director's established time limit.

If you meet the challenge, you will be handsomely rewarded. Awards will be unique, because few are tough enough to conquer the challenge. All that you have to do is be a member of the Gulf Winds Track Club prior to the first race of the year, register for the races and complete the longest distance at each and every Gulf Winds Track Club race. Your participation will be noted.

As you consider your 2020 New Year's Resolutions commit to great health and extreme fun with the GWTC Extreme Challenge.

Get all the details an the list of races for 2020 by visiting:
www.gulfwinds.org/races/gwtc-extreme-challenge/

BOWLEGS 5K RUN FOR SCHOLARSHIP

Sponsored by the Faculty & Friends Club of FSU and Gulf Winds Track Club

A Gulf Winds Grand Prix Race
One Mile Fun Walk for Walkers

OUR SPONSORS



Lucy Ho's



DATE: Saturday, **January 11th, 2020** at 9:00 a.m.

PLACE: Start/Finish at the FSU/FAMU Engineering Building
Innovation Park - Pottsdamer Street - Across from Seminole Golf Course
RRCA Certified (FL 12001 EBM) winding through the Innovation Park area
For more information call Larry Giunipero (878-5569) or Bill Hillison (893-4557)

AWARDS: *BOWLEGS shirt to all fully-paid preregistered entrants. Race day until supply is gone.*

Medallions for 1st Place in Five-Year Age Groups

Hand-crafted Awards for (One award per participant):

- Male & Female Runners (Top three)
- Male & Female Faculty Club Walker
- Male & Female Faculty Club Runner
- Male & Female Student
- Male & Female Walker
- Male & Female Educator

All registered entrants have a chance to **win prizes** from local merchants
(Winners must be present at drawing held after the race)

FEE: \$22 (GWTC members \$20) by Thursday, January 9th or \$25 subsequently. \$15 no shirt.
Checks payable to: The Faculty & Friends Club of FSU

ENTRY: Online: Visit Gulfwinds.org - Calendar (RunSignUp.com)

By Mail:

BOWLEGS 5K RUN FOR SCHOLARSHIP
2345 Tour Eiffel
Tallahassee, FL 32308



Tallahassee, FL
Gulf Winds Track Club

Holiday Party

Join your running friends
for dinner, drinks and fun.



December 14 at

Shiloh Farms
1500 Benjamin Chaires Rd
Tallahassee, FL 32317

Live music by

SLOW LOW CROW

FEATURED FEET **SHERRI WISE**



Childhood ambition: Veterinarian

Current occupation: Household Chief Executive

If money were no object, what profession would you choose? If money were no object I'd still have the object of talent....

Favorite running memory: I have so many over the span of 25 years that it's almost impossible to pick just one. So, I give you the one that makes me laugh each time I think of it—3 years ago eating dirt on the third lap of the Swamp Forest run after feeling cocky about not falling during the first two laps. One second I was vertical, the next second laid out on the ground. Of course, there was the time I got lost on Munson too...

Indulgence:

Mani/pedi at Royal Nails

Non-running hobbies:

reading, fishing, napping, talking

Favorite reads: This year: All The Light We Cannot See; Educated

Best place to run in Tallahassee:

"Bradley's" aka Old Centerville Road

Preferred running technology: Garmin Forerunner

Perfect day: A low key, sunny but cool day kicked off with a run with Imitation Adults, brunch with family, mid afternoon nap, followed by outdoor family time and dinner.

Biggest challenge: relinquishing control.

MEMBERSHIP REPORT


Gulf Winds Track Club has 1,312 members representing 726 separate and distinct households.

Forty-nine of those memberships are complimentary, 90-day trial offers given to new participants of the Beginning Runners Group (BRG). The BRG complimentary memberships will expire on January 31, 2020.

All GWTC current members, including the BRG, will receive renewal email notices from RunSignUp (RSU) starting 45 days prior to membership expiration. If it is a Family Membership renewal, the Primary, head of the household member will receive the email.

Renewal reminder emails will continue to be sent automatically prior to the membership expiration date, 30 days out, 10 days, 2 days before and the day AFTER membership expires. Automatic emails will stop once the member renews, or day after expiration.

Hall of Fame Memberships do not expire. If a HOF member wants to join the Tri Club, contact the GWTC Membership Director.

The Runsignup notice explains the process to renew online. Account information can be updated during the renewal and you can also renew your Gulf Winds Triathlete Club membership at the same time. 

FEATURED FEET MELVIN JONES



Childhood ambition: Computer Hacker. I wanted to work with computers from a very early age and it worked out I guess. I'm no hacker, but I get around well enough. I wish I had the foresight to have wanted to be retired. :)

Current occupation: Computer Slave - I do consultant/support/QA/technical documentation work for a software company.

If money were no object, what profession would you choose? I'd like to think I'd spend more time helping others with things I have knowledge/experience with.

Favorite running memory: My favorite running memory is probably during the Springtime Tallahassee race when I ran with a good buddy of mine. We had done some training together and ran the race on each other's hip. We ran hard start to finish and we supported each other to finish with PRs. Lots of great feelings from that day!

Indulgence: IPAs/Chips

Non-running hobbies: Cycling, Legos, gardening, yo-yos, woodworking, roller skating, learning new things... Jack of all trades, master of none.

Favorite reads: I should read more... Most of the reading I do is technical documentation or random articles about things that interest me. Occasionally I'll read a few comic books...

Best place to run in Tallahassee: Tallahassee has SO many great places to run it would be difficult to pick a favorite. I enjoy running downtown, in

my neighboring areas and the trails. Part of the draw for running for me is that I can do it just about anywhere with minimal effort/prep time. I pick where I am going to run based on the challenge I'm looking for and the time it will take to get there/back. I use the flats to relax and work on cadence, I use the hills to increase difficulty... I'm always looking for a new place to run.

Preferred running technology: I am more on the minimal side of running technology these days. Currently, I run comfortably short and long distances in Brooks PureFlows. I use an average pair of socks, running shorts and a dri-fit tank. With regards to electronics, I prefer only to bring my watch to track my course and help me plan when I should be heading back to my start point. I use a Garmin VivoActive 1...

Perfect day: A perfect day begins at some vacation location. I awake early and slip out of bed trying not to disturb my wife and children. I get dressed and out for a run with no idea where I'm going. I take off in whatever direction looks interesting and my exploration begins! Running allows me to take in many more details of areas and I love the freedom of not worrying about a pace or where I'm going. As I go on a path, I look for views/perspectives that I would not see if I wasn't on foot and enjoy taking in the surroundings of the environment. Ideally, I get in at least 6 miles and make it back just as the house is waking up. I shower, enjoy some coffee, and kick off the day of relaxing with the family. 🏃

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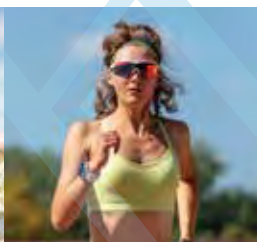
How would you like to have the opportunity to graphic design the **FLEET FOOT** each month?

Plus, we are also planning to design a monthly email with links back to GulfWinds.org for our members who prefer digital newsletters.

To discover how you can add your artistic touch to the Fleet Foot each month, send an email to FleetFoot@GulfWinds.org.



HAVE YOU BEEN CONSIDERING A TRI?



The Red Hills Triathlon offers a Super Sprint distance, a terrific option if you'd like to see if triathlon is for you. Plus, there's a series of free clinics to get you started and ensure your success.

Mark your calendar for the upcoming Introduction to the Sport of Triathlon, it's Your Time to Tri, on January 13, 2020
check www.redhillstri.com for details.

Would you like to contribute to the FLEET FOOT?

Share your writing or photography skills with your fellow GWTC members.

Our goal is to encourage running and celebrate making ourselves better each day. Reach out if you'd like to contribute with member profiles, race coverage or have ideas that would make Fleet Foot even more fun to read each month.



Email FleetFoot@GulfWinds.org



Annual Business Meeting

AGENDA

- Remarks and/or reports from Board Members/Officials
- Introduction of new Board Members for 2020, and
- Opportunities for questions and comments from members in attendance.

Sunday December 8th at 5:30 pm

Growler Country

3305 Capital Cir NE, Tallahassee, FL 32308

Open to all GWTC members





Join us in celebrating 20 years of Red Hills Triathlon

EARLY REGISTRATION IS NOW OPEN!

APRIL 18, 2020, 7:30AM

Alfred B. Maclay Gardens State Park

3540 Thomasville Rd Tallahassee, FL 32309

20th Annual Red Hills Triathlon Sprint - 1/3m swim, 19.3m bike, 5k run

Not quite ready for this distance?

Check this out...

Time to Tri Super Sprint! - 1/4m swim, 9.6m bike, 2 mile run: This is an opportunity to explore the sport of triathlon without a huge time or equipment investment, right here, in your own backyard!! Time to Tri will have swim-wave starts beginning immediately after the last wave of Red Hills Triathlon Sprint. Both events will likely be wetsuit legal.

Begin your triathlon journey in 2020

- Tech t-shirt to all participants
- Commemorative medal to all finishers of both events
- Post-race celebration
- Overall and age group awards

www.redhillstri.com

<https://runsignup.com/Race/FL/Tallahassee/RedHillsTriathlon2019>

Supporting ALS Therapy Development Institute

ALS is not incurable, only underfunded.

Support us in our race against time.



VOLUNTEER SPOTLIGHT PAT DUGAN



Volunteer Spotlight – There is simply no disputing that GWTC ceases to exist if its volunteers suddenly disappeared. Fortunately, that is not going to happen. But there is always a need for new volunteers. Yes, it is work, but it is also very rewarding. This feature, Volunteer Spotlight, will tell the volunteer story. Our focus will be on members who volunteer but do not get a lot of recognition. Without these volunteers, things start falling apart very quickly.

Tell us briefly about your running experience.

I've been running for a little over 40 years. My fast days are long over but I continue to run/walk for fitness and the social aspects related to spending time with so many great people either training or at events.

Are you a member of GWTC? If so, for how long?

Yes, I joined sometime in the early 80s.

How did you get involved with Turkey Trot and what were your duties? Did you run the race?

I started running the precursor to the Turkey Trot, the Chenoweth 15K, in the 80s. I quit running races for about 20 years but when I returned to the racing scene in 2010 I resumed running various distances each year at the TT. My usual

volunteer activity for this event is to work packet pickup.

What other volunteer duties have you done recently?

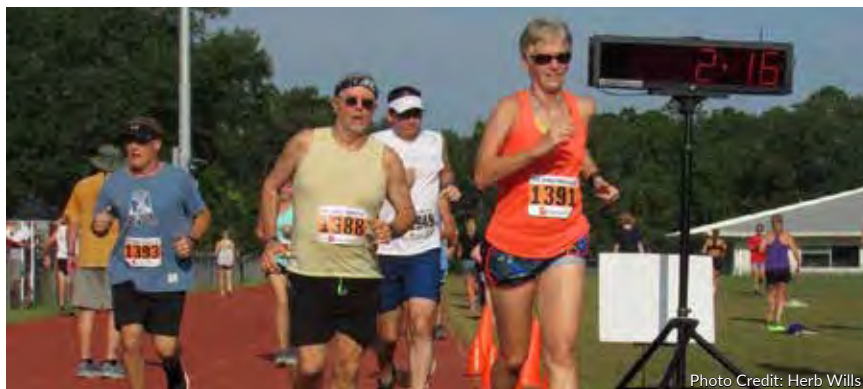
My volunteer duties are usually limited to packet pickup for various races. I have helped on the course on a few occasions when I haven't participated in a race.

Why do you volunteer?

I have more time availability to work packet pickup than most members so I feel it is an appropriate time contribution. I enjoy working packet pickup because of social interactions. I enjoy talking to the participants.

What is your next volunteer project?

I can guarantee I'll be working Turkey Trot packet pick up again if the Yons need me. 🏃



VOLUNTEER OPPORTUNITIES

ALL ABOUT FRIENDS,
FAMILY AND GOOD HEALTH



Everything you enjoy in club is because of the dedication of our wonderful volunteers. They do it to hang out with friends and because you always get more than what you put in. Would you like to volunteer this month? Consider bringing a friend or making it a family affair.

DECEMBER 7	GWTC 5 & 10 MILE CHALLENGE	Registration, direct runners on the course and water table support, contact Vicky Verano & Ana Sutherland at 10milechallenge@gmail.com.
DECEMBER 14	TALLAHASSEE ULTRA DISTANCE CLASSIC 50M/50K	To monitor runners on course and support nutrition table throughout the day contact race director Robin Bennett at tallahasseeultra@gmail.com.
DECEMBER 14	ANNUAL HOLIDAY PARTY	Need a volunteer to pick-up/ set-up kegs of beer as well as someone to pull together a team to clean-up during and after the event. For details contact social chair Joseph Petty at support@greenflux.us.
DECEMBER 21	TANNENBAUM 6K	Registration, direct runners on the course and water table support, contact Herb Wills at hwills@gmail.com. (There could be a pair of gloves in it for you.)

All Gulf Winds race directors, committee chairs and directors are welcomed to provide your volunteer opportunities for this new monthly section via email to FleetFoot@GulfWinds.org. Your new Fleet Foot editors apologize if we didn't include your volunteer opportunity this month. (We are new! 🙏)

NCAA® DI SOUTH REGIONAL

November 15, 2019

Apalachee Regional Park, Tallahassee

Joyce Kimeli a Junior from Auburn University finishes the 6K first overall in 19:59.5. Florida State University won the women's team competition with Ole Miss finishing in second place and Tennessee in third.



Senior Gilbert Kigen from the University of Alabama bested his teammate Vincent Kiprop by 4 tens of a second to set a new College Mens 10K course record of 29:49.5 to finish first overall. Ole Miss won the men's team competition with Middle Tennessee State finishing in second place and Alabama in third. 🏃



On January 1st Leon County will begin extensive renovations to build a new covered pavilion, concession stand with restrooms, awards stage and a finish line structure. These new structures are scheduled to be completed by October 1, 2020 to prepare to host the NCAA Cross Country Championships in 2021.

It all started with the work of Gulf Winds Track Club volunteers to clear the first trails. With the financial commitment of Leon County ARP is becoming a world class facility attracting our nation's best collegiate runners to Tallahassee. 🏃