

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | JANUARY 2020



From Gulfwinds to US Navy STAN LINTON



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VOLUME 45 | ISSUE 1



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NEWSLETTER OF THE GULF WINDS TRACK CLUB | JANUARY 2020

VOLUME 45 | ISSUE 12

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

Columnists: Jane Johnson (Featured Feet), Zack Scharlepp (Pres. Column), 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 update your new address and phone number. With RunSignUp.com you now have complete control of your preference and address. Log in anytime, change/update your preferences, and be in total control of your personal information.



Photo credit: Melanie Rhodes

Start of the Gulf Winds Track Club 5 mile/10 mile challenge on December 14.



President:	Paul Guyas850-273-9555Pguyas@Me.com
Vice President:	Jim Halley239-322-2908gulfwindstrails@gmail.com
Secretary:	Alyssa Terry561-267-8071alyssaterry21@gmail.com
Treasurer:	Laryn Flikkematreasurer@gulfwinds.org
Directors-at-Large:	Judy Alexander850-321-6886jalexander98@comcast.net
	Kristin Halley239-499-6461knhalley81@gmail.com
	Chiika Okoro202-276-4101gwtc_coaches@yahoo.com
	Tom Perkins850-894-2019tomperkins51@yahoo.com
	Tsige Tadesse850-363-7368tsigetadesse@gmail.com
	Herb Wills850-264-3975hwills@gmail.com
	David Yon850-425-6671david@radeylaw.com
	Jay Silvanima850-264-0739jsilvanima@aol.com
USATF Liaison:	
Past President:	Zack Scharlepp850-264-0810zscharps@yahoo.com
Newsletter Editor:	Robert & Kory Skrob.....850-270-8295FleetFoot@GulfWinds.org
Membership Chair:	Mark Priddy850-508-1961markpriddy@msn.com
Race Director Coordinator:	Mary Jean Yon850-668-2236maryjeanyon@comcast.net
Social Coordinators:	Vicky Droze850-942-7333vickydroze@comcast.net
	Joseph Petty850-325-0575Joseph.petty23@gmail.com
Triathlon Club President:	Wayne Thumm850-251-3300wtcapcity@aol.com
Education and Lecture Coordinator:	Chris Stanleyctstanley800@gmail.com
Equipment Manager:	Tee Thomas.....(850) 933-2725.....tathomas0851@yahoo.com
Clothing and Merchandise Managers:	Laura McDermott850-766-3889GWTCMerchandise@gmail.com
	Sherri Wise
Racing Team Coordinator:	Tim Unger850-544-4563runner1612@gmail.com
School Grant Coordinator:	Paula O'Neill850-656-2603moneill51@comcast.net
Trail Training and Racing Coordinator:	Jim Halley239-322-2908.....gulfwindstrails@gmail.com
Training Group Coordinator:	Tom Biance561-213-2092tbiance@comcast.net
Beginning Running Group Coordinator:	Chiika Okoro202-276-4101gwtc_coaches@yahoo.com

YOUR MEMBER BRIEFING

Your GWTC Board of Directors met on November 13, 2019. Here's a summary of the board meeting, distilled down for members. You are welcomed to view the complete minutes by visiting: www.gulfwinds.org/november-2019-minutes.



GWTC Awards Ceremony – Joseph Petty

Joseph reported the GWTC Awards Ceremony will take place on January 12, 2020 at Goodwood Museum & Gardens.

Corporate Documents Review Committee members – Paul Guyas

The Corporate Documents Review Committee last met approximately 3-4 years ago. Paul appointed five members to the committee: David Yon, Zack Scharlepp, Paul Guyas, Tom Bianca, and Thomas Finley.

All Year, One Price GWTC Racing Pass

The new GWTC365 program offers GWTC members with a single discounted purchase for all GWTC Club races for one year. It can be purchased on any date since the program will expire one year following the time of purchase. Members of this program will be responsible for completing their no-cost registrations on RunSignUp.com for each GWTC Club races within the established registration timeframes. For more information, please go to <https://runsignup.com/Club/FL/Tallahassee/GWTC365>.

Equipment Report - Bill Lott & Tec Thomas

Bill reported that the “broken” on/off power switch on the P.A. System has somehow corrected itself again; therefore, the P.A. System is now working. Moreover, Bill reported three chip timing mat antennas have been sent for repair, which was authorized at a prior Board meeting. The cost of the repair was \$450.00 (\$150.00 per antenna) plus \$88.93 shipping (both ways). Tec then requested feedback from board members regarding whether he should establish two fees including one for individuals who rent a clock and a different fee for individuals who do not rent out a clock. He also requested feedback on the possibility of establishing specific guidelines for individuals who wish to use the GWTC trailer. The board re-established that Tec has the autonomy to make these decisions independently due to his position as equipment manager. Then, due to some difficulties with the current locks to the GWTC rental unit, a motion was made for the equipment manager to purchase new locks for the GWTC rental unit; this motion was seconded and approved unanimously.

Chip Timing Reports –

Bill Hillison, Bill Lott, & Peg Griffin

GWTC chip timed three races during the month of October including one Club race (Pine Run 20K) and two non-club races (FCSAA/NJCAA Region 8 Cross-Country Championships and Trash Dash 5K).

Youth Council Report – Kaari Guyas

At the last meeting of the GWTC Youth Council attendees discussed various methods to attempt to get more kids to join the Youth Striders Program. They also talked about the possibility of using incentives to get Youth Striders' participants to participate more; one idea was to increase the amount of money given to a given participant's school as the amount he or she runs increases. Another discussion point included the possibility of holding a race at the end of the Youth Striders season; however, it was brought to the council's attention that there may be more participants if the race is held a couple of months following the end of the Youth Striders season due to November being busy.

Clothing Coordinator Report –

Laura McDermott and Sherri Wise

Laura reported that they would be present at the Turkey Trot Festival to sell merchandise. They also have discussed ordering marathon jackets again; however, they will most likely order half of the amount previously ordered since many GWTC members have already purchased a jacket. Also, since visors have been popular, they will be ordering more colors. Shop for GWTC swag at anytime by visiting <https://logoxpress.tuosystems.com/shopping/1151106>. 🏃

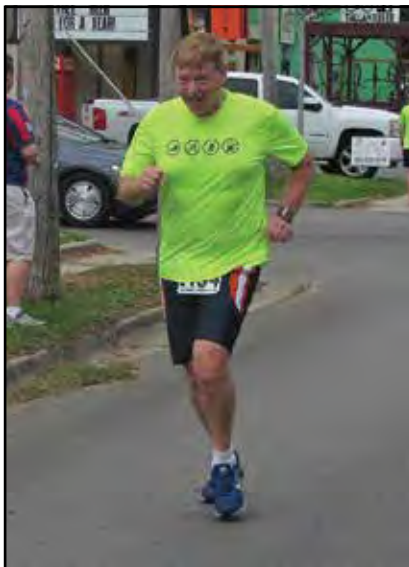


Photo credit: Herb Willis

In Memory of Jerry Chesnutt

On January 8th 2019, Gulf Winds Track Club lost a great friend who will be hard to replace since he was such a “one of a kind” type of guy. This friend was Jerry Chesnutt and he was a long time member of GWTC (and as well as the club Treasurer for both Track and Triathlon groups for better than 5 years). He had such a positive attitude and happy go lucky way about him. During his desperate battle with blood cancer he still remained a very upbeat person throughout the entire process never losing hope that he would get well. We were all very lucky to have been considered his friends.

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. For more information e-mail Nancy Stedman at nancystedman@gmail.com..



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

Looking back it seems clear that 2019 did not disappoint. Your volunteers at GWTC were busy and have much to celebrate.

Alyssa Terry deserves a big and special thank you for the often underappreciated job of Club Secretary. She performed her role well and also went above and beyond in trying to help us be more proactive.

Laryn Fliikkema deserves the next big and special thank you. As Treasurer, he had multiple simultaneous tasks going on and still got the books balanced and checks written. We also owe thanks to Tsige Tadese and Kristin Haley who gave us a good year as Directors at Large bringing forth good and worthwhile issues and progressive discussions about Club business. 2019 played host to still other changes like Mark Priddy handing off the Extreme Challenge duties to Mark Tombrink, Kat Sack handing the Equipment Manager duties to Tec Thomas but Kat also taking on Trailblazers from Jim and Kristin Haley, Robert and Kory Skrob taking over production of the Fleet Foot, Paula O'Neil becoming the new School Grants Coordinator, Robin Bennet the new Race Director for the TUDC, and Bobby York returning to direct the Trail Series. Thanks to all those who performed those roles admirably and to all those taking on new challenges.

GWTC produces 23 races per year! Did you know about the other programs and activities that we do? Fleet Foot magazine, holiday party and socials, annual awards, SMIRFS, Chenoweth Foundation/Fund, grand prix competition and awards,

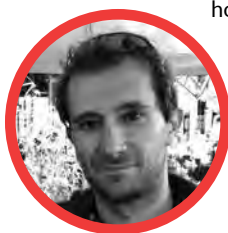
Education and Lecture Series, School Grant Program, Youth Striders, training groups, Beginning Runners Group, and we co-

host the eight-week Summer Track Series with Tallahassee Parks and Recreation. All of these are successful and appreciated programs lead by hard-working volunteers or groups of volunteers.

Of special note in 2019 were the clothing and merchandise team Laura McDermott and Sherri Wise who sold over \$10,000 of swag this year and the amazing timing team lead by Peg Griffin, Bill Hillison, and Bill Lott. They not only timed all 23 Club races, but 31 additional races clocking an amazing 20,000 total finishers in the year and collecting \$20,000 in fees for those services while managing to train some understudies along the way.

New projects? Did anything new happen in 2019? You betcha! We introduced the amazing, fantastic Youth Council who are hard at work on what Gulf Winds will become in its 6th decade. With the help of our friends at App Embark, we've totally redesigned the website and now there's an app for that. We've migrated into a new online environment for membership and race hosting (RunSignUp.com). We began two new committees: the Committee on Contract Review and the Trail Care Committee. We finished off the year introducing a program that I personally pushed for and produced - GWTC365.

Thank you to all the volunteers, members, non-member participants, charity partners, sponsors, families, and friends! Here's to 2020! 🍀



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.

JANUARY 2020

01 27th Annual Wilde Mountain

Scramble (approximately 5M, unless you cheat), 8:30 a.m. SHARP!!!

Forestmeadows Park and Athletic Center, 4750 N. Meridian Rd. Entry fee: \$2 or 2 scratch-off lottery tickets and a gift you don't mind pawning off on a fellow runner.

As always, whining, fussing or even the slightest grumble gets you disqualified. Pre-race contact forbidden.

***04** **Swamp Forest Trail Run** (Half Marathon/Quarter Marathon/20.55M), 8 a.m. Elinor Klapp-Phipps Park, Gate B, 1775 Miller Landing Rd. (1.3 miles west of Meridian Rd. on Miller Landing Rd.). Online registration available at RunSignUp.com (no additional fee). 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 (no additional fee). Visit www.GulfWinds.org; or Zach DeVeau at zachdeveau@gmail.com; or Jillian Heddaeus at jillianheddaeus@gmail.com.

18 **Verity Health 5K/1K at Bannerman Crossings**, 8:30 a.m. Bannerman Crossings Shopping Center, Thomasville Rd. at Bannerman Rd. Michelle Kynoch at michelle@verityhealthcenter.com. jillianheddaeus@gmail.com.

18 **Rotary Southside Dream Run 5K/1M**, 7:45 a.m. Anita Favors Thompson Plaza at Lake Anita (off FAMU Way). Visit www.southsidedreamrun.org, or Christic Henry at 509-5559; or Doreen Kobelo at 320-2290; or email to registration@southsidedreamrun.org.

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 thetrent@gmail.com or 488-0923.

25 **Victory Run & Extra Mile**, 8 a.m.

Tom Brown Park. Wendy Strickland at angelwingzfcic@gmail.com.

26 Tulip Trot Run 5K/1M Run for Parkinson's Outreach, 1:30 p.m. Cascades Park, 1001 S. Gadsden St. Online registration available at Events.com. Visit www.theparkinsonoutreach.org; or Michelle Pellito or Jodi Wilder at 364-0230 or contact@theparkinsonoutreach.org.

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 (no additional fee). Visit www.tallahassee marathon.com; or email race director at marathon@gulfwinds.org.

08 Run for the Cookies 5K/1M, 8:30 a.m. Lifetime Sports Complex, TCC Campus, 444 Appleyard Dr. Online registration available at RunSignUp.com. Visit www.gscfp.org; or Jeanne O'Kon at 264-4903 or okonj@flagler.edu; or Veronica Session at Girl Scouts of Gateway Council at (877) 764-5237.

08 FSU College of Law Student Bar Association Journey to Justice 5K, 8 a.m. Langford Green next to Doak Campbell Stadium, 288 Champions Way, FSU Campus. Visit www.legallaidtallahassee.org/; or Kaitlyn Kelley at fsusba@gmail.com.

***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 (no additional fee). 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. Caitlyn Brown at sawh850@gmail.com.

22 Tallahassee Glow Run 5K, 7 p.m. FSU Main Campus Fields. Online registration available at Active.com. Contact 435-3560 or development@cc.ptdicese.org.

22 1 Mile Heart and Sole Run, 9 a.m. Amphitheater, 131 S. Stevens St., Thomasville, GA. Todd Bennett at tbennett@archbold.org.

27-29 ACC Indoor Track & Field Conference Championships, time TBA. Loftus Sport Center, University of Notre Dame, South Bend, IN.

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 plbattantine@gmail.com.

29 U.S. Olympic Team Marathon Trials, time TBA (est. 12 p.m.). Atlanta, GA. 🏃



NEW PERSONAL RECORDS

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.

HOW THEY TRAIN **STANLEY LINTON**



After graduating from Florida State, Stan commissioned into the United States Navy. He's currently stationed in Monterey, California at the Naval Postgraduate School, completing his degree in Operations Research. Stan runs for the All-Navy Cross Country and Marathon team.

Age: 25

Did you compete in high school cross country or track? I competed in both cross country and track at Wakulla High School, coached by Paul Hoover.

Did you compete in college cross country or track? I competed in both cross country and track at Florida State University, coached by Bob Braman.

How many years have you been running? 10 Years

Lifetime personal records

3000m – 8:25	Half Marathon –
5000m – 14:27	1:04:58
10,00m – 29:56	Full Marathon –
	2:18:43

What running events do you train for or what are your training goals? This past June I qualified for the Olympic Marathon Trials in Atlanta, so that is the big event I'm training for. I train specifically for the 10K up to the Marathon, but I like to hop in the shorter races. Before I'm done racing on the track, my goal is to run under 14



minutes/29 minutes in the 5K/10K. I'd like to run 2:12 for the marathon.

Consider your training over the past 6 months to one year. How many miles a week do you typically run when not injured and consistently running?

I usually hang around 95 to 110 miles per week. I run twice a day on Tuesday, Thursday, Saturday, and occasionally Wednesday if I have time. The shorter run is a 5 to 6-mile jog.

What does your typical week of running look like?

- Monday - Recovery Day: 6-8 miles easy + Core/Weight Workout
- Tuesday – Fartlek or VO2 Session
 - AM: Easy 6 Miles (Slow)
 - PM: Deek Quarters (Named after Rob de Castella, Australian Marathoner) involves running 8x400m at 5K pace or slightly faster, with a recovery period of only 200m.
- Wednesday – Medium Long Run, Easy 14-15 Miles
- Thursday – Hill Session
 - AM: Easy 6 Miles (Slow)
 - PM: 10 x 200m climb with 600m jog recovery.

- Friday – Easy 10 Miles
- Saturday – Lactic Threshold Session
 - AM: 3 x 2-mile @ 5:05 per mile.
Recovery = 1mile float in 5:45.
 - 8 miles total in 42:00 (5:15 per mile)
 - PM: Easy 6 Miles (Slow)
- Sunday - Long Run, Easy 18-22 Miles
- Total Mileage = 96-104 Miles

How much sleep do you usually get at night? 7-9 hours usually

What injuries have hampered your training over the past year? The only injury that hampered my training past a few weeks was when I broke my big toe playing pickup football on the beach. As far as training injuries, I haven't sustained any major injuries that have really impacted my training.

Do you take any dietary or medical supplements? I take Iron, Chromium, Complex B-Vitamin, and Vitamin C.

What type of running shoes do you prefer?

- Easy Runs: Nike Pegasus, Asics Gel Nimbus, Asics Gel Cumulus.
- Track: Nike Matumbos or Nike Zoom Streak LTs
- XC: Nike Zoom Victory
- Road: Nike Vaporfly 4%

Do you stretch? Yes, but only before and after workouts/weight sessions. I use the Hypervolt Massage Device on muscles that are tight.

What running resources do you like that would benefit someone else?

These books/articles:

1. *Jack Daniels Running Formula* – Jack Daniels
2. *Running to the Top* – Arthur Lydiard
3. *Road to the Top* – Joe Vigil
4. *A Training System for Distance Runners* – Chris Wardlaw

How has your training changed over the years? When I just started training on my own, I had no clue where to start. Training with a Purpose - When I was a freshman in college, I used to hammer every training run, I worked out 4 times a week, and I raced almost every weekend. When I started reading books on training, I discovered I was doing too much and not letting my body recover. I learned the science behind running and adapted my training accordingly. I feel you should always know the purpose of the training you are doing. The same goes for coaches with their athletes. If you give an athlete training that is physically demanding, he/she should know why or they won't put their heart and soul into it.



What examples can you give of specific training methods, and what were the results?

When I started to increase my weekly mileage, I started seeing significant results. I went from a PR of 16:04 in the 5K to 14:56 in 1.5 years. I was running roughly 85 miles per week during this period. I really learned how to perform well in the longer races, particularly over an hour, when I started doing long tempos of 8 to 9 miles. 🏃‍♂️



Tallahassee, FL
Gulf Winds Track Club

(EXTREME CHALLENGE)

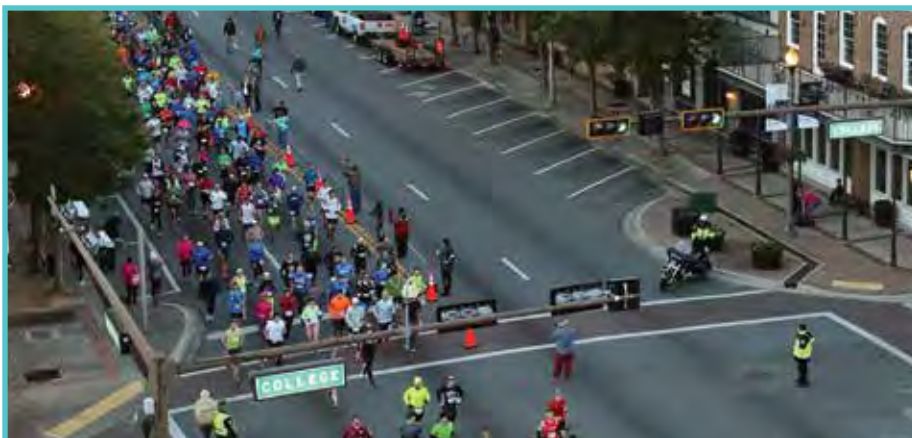
THE EXTREME CHALLENGE IS A BOOT CAMP ONLY FOR THOSE WHO HAVE THE PHYSICAL AND MENTAL TRAINING TO COMPETE AND FINISH.

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/



VOLUNTEERS NEEDED

(Especially if you like donuts)

Not Running the Tallahassee Marathon?

We hope you can run the full, half, or relay, but if not, we could really use your help on **Sunday, February 2, 2020.**

Our biggest need is course volunteers who keep runners safe from vehicles and ensure runners make all the correct turns.

Other duties include race day packet pickup and finish line assistance.

To volunteer, send an email to tlhmarathonvolunteers@gmail.com

What's in it for you?

- Race shirt
- Freebies from SoDough, Township, or Madison Social (for course volunteers only)
- The warm and fuzzies for being a do-gooder



FEATURED FEET **LILLI UNGER**

What would you like to do when you are an adult? I want to be able to give more

What school do you attend now? What grade are you in? Junior at Leon High School

What's your favorite subject in school? Language arts

If you could have one wave of a magic wand, how would you use it? Make Earth peaceful for all its inhabitants

When did you start running competitively? Middle school; prior to middle school I ran in races but didn't really understand what they were besides running.

What do you like most about running? The rhythm of it



Funniest running experience? Definitely not funny at the time: it was super cold and raining during a track practice (to the point that I was completely numb), but this weather did not warrant decreasing the number of 400s my teammate and I did because "we were already out there"; AKA

The Pneumonia Practice

Your favorite place to run in Tallahassee? Old Centerville Road

Your idea of a perfect day? The day I graduate high school

Biggest challenge (running or otherwise)? AP calculus

Words of advice to aspiring young runners? Look at the things you want to achieve like they're possible 🏃



Photo credit: Fred Deckert

Lilli Unger races to the finish line of the Melon Run on June 15, 2019 at 21:13.

FEATURED FEET CARLOS ZAPATA, MD

Childhood ambition:

I wanted to be a biochemist or biologist.

Current occupation:

Physician in Internal Medicine and Endocrinology.

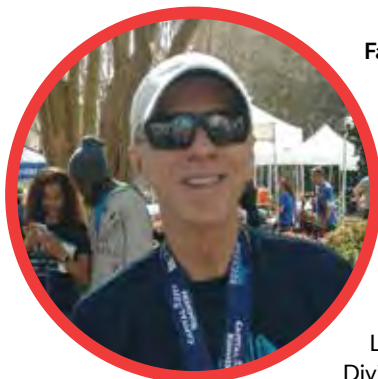
Favorite running memory:

I have several favorite memories. One was in November, 1997 when I ran my first New York City Marathon on the coldest day of the year. Being able to see the Statue of Liberty in New York Harbor from the Verrazano Bridge at the start and come across the finish line with a time of 4-hour 15-minutes was thrilling. Another special memory is when I ran the Vulcan Marathon in Birmingham, Alabama in 1978 with a time of 4 hours and 10 minutes – and when I ran Grandma's Marathon in Duluth Minnesota, on my 50th birthday with my daughter Meli. Also, running the Oak Mountain 50k trail race in Pelham, Alabama in a time of 8 hours and 48 minutes.

Wildest dream: My wildest dream is sleeping in the wilderness in a cabin surround by nature, creeks, and cold weather.

If money were no object, what profession would you choose? I would be a teacher in the field of medicine.

Indulgence: White chocolate, dark beer, flying jets and traveling around the world.



Favorite non-running hobby:

Mountain biking, listening to French tapes and classic music, reading maps.

Favorite books:

Les Miserables, El quijote de la mancha (Man of la Mancha), and the La Divina Comedia (the Divine Comedy).

Running inspiration:

My love for outdoor trails and keeping up my endurance so that I can inspire my patients to have a healthy lifestyle.

Perfect day: To have a day off and be able to run on a winter day.

Biggest challenge: Trying to accomplish my daily tasks without being overcome by daily stress.

Training regimen: I typically run 20-25 miles a week, with 4-6 miles runs when I can at the same AJ Henry park trails. The Cadillac Trail at Tom Brown Park is my favorite place for a 12-mile run. I run races for speed (and competition) and the trails for endurance. I love running at Oak Mountain State Park in Alabama – and the Blood Rock 100- and 50-mile trail run is my numero uno event. It is not easy pie. I believe the secret to racing well is to get your head and brain set for the event beforehand and go for it. I have practiced this since I started running 60 years ago. 🏃

1ST ANNUAL
**TALLAHASSEE
GLOW
RUN**



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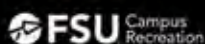


[TallahasseeGlowRun](https://www.facebook.com/TallahasseeGlowRun)



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COACHES CORNER

- ▶ What questions do you have about becoming a better runner?
- ▶ Would you like to train for a PR at the next race?
- ▶ Are you recovering from an injury and looking for training advice?



Gary Droze, head cross country coach for Tallahassee Community College has agreed to answer your questions each month in a monthly column. Gary was inducted into the Florida High School Athletic Hall of Fame in 2018 after more than a quarter of a century of winning championships for the Maclay School Cross Country and Track & Field teams. Email your running related questions each month when you email them to FleetFoot@GulfWinds.org.

Do You Have **Graphic Design Skills** and **Love Running?**

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.



GWTC Grand Prix

All GWTC members receive points for finishing in the top 12 positions by age group for Grand Prix events. It's a fun way to compete with fellow members throughout the year.

Upcoming Grand Prix Races:

January 11

Bowlegs Run for Scholarship 5K
9:00 a.m., FSU/FAMU Engineering
Building, Innovation Park; Online
registration at RunSignup.

January 25

The Trent 10K
Roberts Elementary School;
Online registration at Eventbrite.

Get the complete 2019 Grand Prix standings by visiting:
<https://runsignup.com/Series/GWTCGrandPrix>

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





READY TO TRI IN 2020? WHY ONLY RUN WHEN YOU CAN HAVE THREE TIMES THE FUN IN SINGLE EVENT? PLAN YOUR YEAR WITH THE 2020 GULF WINDS TRIATHLETE GRAND PRIX!

Triathlete Spotlight -Wayne Thumm

Athletes come to the sport of triathlon for a variety of different reasons and from equally as diverse backgrounds. For the track star in high school or the collegiate swimming phenom, triathlon is a natural progression. For others, involvement, and then addiction, comes by chance. For our Gulf Winds Triathletes 2019 President Wayne Thumm, it all started with a simple suggestion from his wife.



Triathletes finished the year in the fast lane racing on the Daytona International Speedway at Challenge Daytona!



VOLUNTEER SPOTLIGHT JOHANNA PETTY

Tell us briefly about your running experience? I am not a natural athlete. When my family first moved to Tallahassee about 10 years ago we learned about the running community and thought we would give it a try as a way to not only get in shape, but as a way to socialize. Here we are, many miles later, official 'runners'. In 2017, I ran my first marathon (and so far, only) in the Savannah Rock'n' Roll Marathon. It was a phenomenal experience and I hope to run at least one more at some point.

What do you enjoy most about volunteering? I love seeing how happy people are at the events. Volunteering is a way for me to give back to the

community for all of the great events I have participated in over the years.

Why do you volunteer?

I volunteer because I want people to feel the same joy about running that I feel. Without volunteers, these event would not be able to happen. The social events, such as the Annual Awards and Christmas Party, are a way to show appreciation to all of the GWTC members for participating and provide an opportunity for people to get to know each other. This is such a great organization and I am proud to be part of it. 🏃



VOLUNTEER SPOTLIGHT JOSEPH PETTY

Tell us briefly about your running experience? I hated running in the military. Maybe it was the shouting drill instructors or the 0430 wake-up call that ruined it for me-- but it was NOT my idea of fun. We moved to TLH after the Navy and I started running with Joel Piotrowski at the greenway after work. He lured me in with beer, and tricked me into enjoying the running part.

How did you first get involved as a volunteer? About 5 years ago, I took over for the previous social coordinator, Kathy Lindsay. I had already brewed beer for a few events and organized training groups for Brewtallat, but this was my first official volunteer role with the club.

What do you enjoy most about volunteering?

It's awesome just seeing everyone having a good time at the events. If everyone is having fun and the event is going smoothly, then you know all the planning and effort was worth it.

Why do you volunteer? I enjoy running and volunteer work, and I love what GWTC does for the community. It serves many important roles, such as promoting running, fundraising for community organizations, and providing a network for local runners, to name a few. 🏃



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.

**JANUARY
18**

GWTC 30K/15K

Registration, direct runners on the course a
ontact Zach DeVeau at zach.deveau@gmail.com
or Jillian Heddaeus
Jillianheddaeus@gmail.com.

TRAINING GROUP COORDINATOR

Share the joy of running your first race with new area runners. Coordinate running groups for club races. Past coordinators run training groups for Springtime 10K and Turkey Trot. You may also choose to promote running groups for other races such as Breakfast on Track 1 mile or even the Tallahassee Marathon. Our current coordinator, Tom Biance will continue to serve through the Springtime race to make for an easy transition. Email Tom at tbiance@comcast.net for more information and to get involved.

All Gulf Winds race directors, committee chairs and directors are welcome 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! 🙏)



Thanksgiving to our Turkey Trot volunteers who showed up to pass out water to the 10K and 15K runners as they climbed the final hill before the sprint to the finish line.



You can volunteer AND run the Turkey Trot by volunteering for the festival. There are a lot of race bibs to pass out to runners at the registration desk.

Holiday Party

Thank you for everyone who came to the party, and we appreciate the volunteers who made it happen for us.

