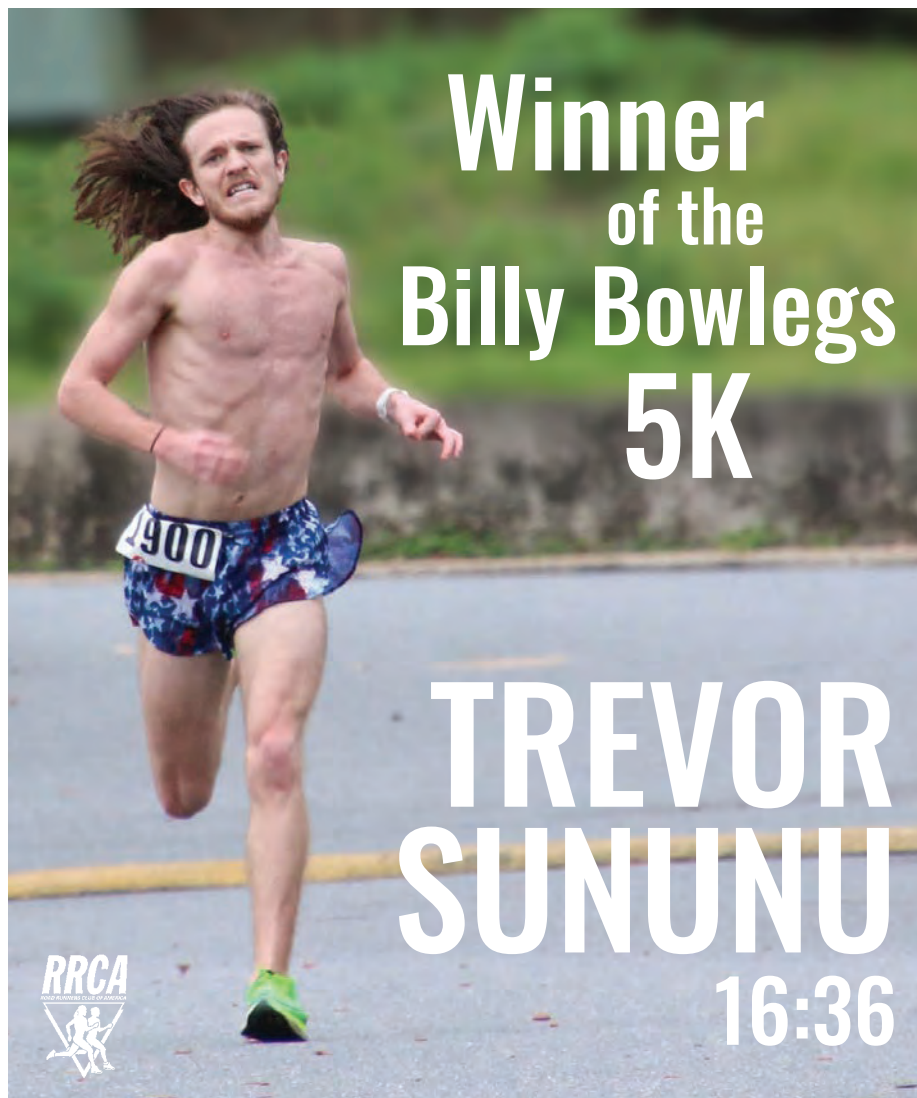


THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | FEBRUARY 2020



Winner
of the
Billy Bowlegs
5K

TREVOR
SUNUNU
16:36



Photo credit: Neil Charness

Club News
President's Message
GWTC Awards

4-5
7
10

Featured Feet 22-23
Volunteer Spotlight 24
Volunteer Opportunities 25

VOLUME 45 | ISSUE 2



THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | FEBRUARY 2020

VOLUME 45 | ISSUE 2

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

Columnists: Jane Johnson (Featured Feet), Paul Guyas (Pres. Column), Gary Griffin (How they Train), 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), and 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: Neil Charness

Race volunteers at Billy Bowlegs 5K. Volunteers make these races possible. Thank you!



President:	Paul Guyas850-273-9555Pguyas@Me.com
Vice President:	Jim Halley239-322-2908gulfwindstrails@gmail.com
Secretary:	Alyssa Moore.....allyssabmoore13@gmail.com
Treasurer:	David Yon850-425-6671..... treasurer@gulfwinds.org
Directors-at-Large:	Judy Alexander850-321-6886jalexander98@comcast.net
	Tristan Lanasa.....mr.tristan93@gmail.com
	Chika Okoro202-276-4101clokoro@live.com
	Tom Perkins.....850-894-2019tomperkins51@yahoo.com
	Sarah Thompson.....fraucow@aol.com
	Herb Wills850-264-3975hwills@gmail.com
	Heather York.....hvritchie@gmail.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 Coordinator:	Vicky Droze.....850-942-7333vickydroze@comcast.net
Triathlon Club President:	John Sivyersivyerj@gmail.com
Education and Lecture Coordinator:	Chris Stanleyctstanley800@gmail.com
Equipment Manager:	Tec 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 Bianca561-213-2092tbiance@comcast.net
Beginning Running Group Coordinator:	Chika 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 December 11, 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/minutes-december-11-2019/>



You are welcomed to attend any GWTC Board of Directors.

The next meeting will be at 7:30 PM on February 12, 2020 at the Hampton Inn & Suites Tallahassee I-10-Thomasville Rd, 3388 Lonnbladh Road, Tallahassee.

Concerns & Solutions for GWTC Treasury – Chika Okoro

Chika stated there was a question raised in the previous board meeting regarding whether GWTC should hire a CPA to assist with finances. Chika believes it may be a good idea to implement a checks and balances system into the GWTC treasury system to ensure accuracy; however, multiple board members including outgoing treasurer, Larryn, Flikkema, raised concerns that more than one person involved with bookkeeping would likely result in errors. Joseph Petty volunteered to be involved with bookkeeping if assistance is needed. All questions were addressed. Incoming treasurer David Yon will come back to the board with suggestions for what is needed as he gets situated into the role.

Treasurer's Report – Larryn Flikkema

As of December 31, 2019, Gulf Winds Track Club's Statement of Financial Position reads as follows: total assets of \$268,255.00. GWTC's Statement of Activity from July 1, 2018 – December 31, 2019 includes a gross profit of \$198,977.84, total expenditures of

\$189,304.19 and net revenue of \$9,673.65. GWTC's monthly statement of activity for December includes a monthly gross profit of \$107,268.75, total expenditures of \$45,189.62 and net revenue of \$62,079.13.

Equipment Report – Bill Lott and Tec Thomas

Bill reported the trailer lights are not working again. Tec added that TUDF says the trailer will not be necessary for use in that event. Also, no other GWTC events have requested the trailer for the remainder of the year. Tec also reported via email that locks for the storage unit have been purchased and will be installed by the end of the month. Tec Thomas and Bill Lott will have keys. Moreover, new rental rates will take effect in the beginning of 2020.

Chip Timing Reports – Bill Hillison, Bill Lott, and Peg Griffin

Bill reported the three chip timing mats that were reported sent for repair last month were received back from repair the week before Thanksgiving and were used at the Turkey Trot races. He also

stated GWTC chip timed five races, three non-club races and two club races in November. The non-club races were the UPLIFT Run for Children of HOPE 5K/1M, Race 4 Readiness 5K/1M, and Run the Race 5K/1M. The club races were the Rex Cleveland Magic! Mile and Turkey Trot 15K/10K/5K/1M. A report covering the year 2019 will likely be presented at the January Board meeting.

Membership Report – Mark Priddy

Mark reported Gulf Winds Track Club currently has 1,447 members from 785 households. There have been 135 new members since the November GWTC board meeting. Mark is looking into options using the RunSignUp.com platform to more easily clarify active members vs non-members to potentially increase membership. Moreover, the Board acknowledges the passing of long-time member Jerry Chesnutt. Jerry was Club Treasurer from 2010-2014. A memorial is planned by the family sometime in January 2020.

Trail Coordinator Report – Jim Halley

Jim reported Tallahassee's trails appear to be in good shape. He also stated Tallahassee is currently developing a trail master plan with a consultant. Changes to the trails may include a power line extension through Apalachicola Forest and Munson within the next few years. Moreover, there will be both a 4-hour and 24-hour Florida Extreme Adventure Race in Tallahassee on April 18th and 19th, 2020. These races will include running, biking, kayaking, orienteering, and more through the

woods of Tallahassee. If you do not wish to participate in one of these races, they are currently looking for volunteers.

Training Report – Thomas Bianca

Tom stated the Turkey Trot Training Group wrapped up last month with approximately 20-30 people participating every week. There will not be a Tallahassee Marathon nor Half-Marathon Group this year. Tom will be coordinating with Zack and Rachel Scharlepp in the near future to organize a Springtime Training Group. Tom reports considering stepping down from the position of GWTC Training Group Coordinator in the near future. Please contact Tom if you are interested in stepping into this role, as he will be more than happy to provide the necessary training to be successful in this role.

Social Report –

Vicky Droze and Joe Petty

Vicky stated via email that the GWTC Holiday Party will take place on Saturday, December 14, 2019. During the meeting, Joe stated Kearns Hiatt has volunteered to be the new lead for the Low Country Boil that is traditionally served at the GWTC Potluck Bash. Joe also said that everything is prepared for the holiday party with the exception of security; since there have been 235 people register for this year's holiday party, we will need 2 security guards. 🚔

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>

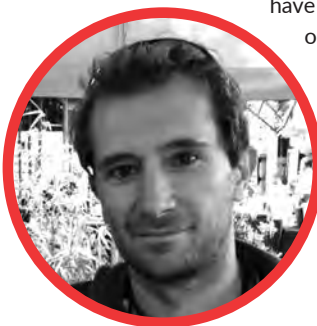
Monthly meetings are held the third Monday of every month at 6:30 p.m. at Momo's Pizza in Killearn, on Market St. 

PRESIDENT'S COLUMN - PAUL GUYAS

During a recent email exchange with a club member about an unrelated matter we started speculating about all the different committees that exist within the club. This reminded me that many GWTC members don't really know what the club and board are doing. Most would appreciate more insight.

The scope of work of the club is immense. Your GWTC has been creating committees, projects, races, service projects, race services, scholarship funds and communication media for 45 years. Much of it still exists somewhere or another. But, it's a big challenge even for your club's leadership to keep up with everything volunteers are doing.

I'm proud to report that a GWTC committee roll call is underway. We are taking a census of all the GWTC committees, their mission, current chairs and members. Once we have finished putting this together we'll publish it on the website and Fleet Foot so you can see what's going on.



When all members have more visibility on what's happening we will be in a better position to recognize the volunteers who have been doing great work for our community through these committees. And you'll know who to ask to get the answers you are looking for.

And just maybe you would enjoy participating in one or more of our committees. Or identify a new opportunity to fill in a gap within the Tallahassee running community. We can always use more help. Always.

While making a list of committees isn't exciting, it does progress the club toward a better and stronger future. Which is the quintessence of my job.

And, this all began It began with a simple conversation and some thoughtful questions - these move us forward. My door is always open. Who has the next question? 🏃



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.

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.

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 <https://www.legalaidtallahassee.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 (Seminole Alliance for World Heath) Kisses for Haiti 5K, 8:30 a.m. Integration Statue on Woodward Plaza, behind Oglesby Student Union, 91 N. Woodward Ave., FSU Campus. Online registration available at RunSignUp.com. Caitlyn Brown at sawh850@gmail.com.

16 FSU Medical Response Unit's 11th Annual Run for Your Life 5K, 9 a.m. Unconquered Statue on Langford Green, Doak Campbell Stadium, 288 Champions Way, FSU Campus. Online registration available at RunSignUp.com. FSU Medical Response Unit at 644-3349 or UHS-MRU@fsu.edu.

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, 12:03 p.m. men; 12:13 p.m. women. Centennial Olympic Park, 285 International Blvd. NW, Atlanta, GA.

MARCH 2020

07 Shamrock Scurry 5K/1M, 8 a.m. Killearn United Methodist Church, 2800 Shamrock South (at the Killarney Way traffic circle). Online registration and additional information available at www.shamrockscurry.com; or email to scurry@kumconline.org.

07 Capital City Senior Games (50+) - Track and Field, javelin 9 a.m.; fun walk 9:30 a.m., all other events on rolling schedule starting at 10 a.m. Godby High School, 1717 W. Tharpe St. Online registration and information available at www.talgov.com/seniorgames; or Lucas Williams at 891-3825 or lucas.williams@talgov.com.

07 Whigham School Tribe Trot and 5K, 8 a.m. Whigham School, 211 W. Broad Ave., Whigham, GA. Will Bundrick at wbundrick1@gmail.com or (706) 436-0690.

14 Habitat for Humanity 5K, 8:30 a.m. Centerville Conservation Community Lake House, 6633 Lake Pisgah Dr. Online registration available at EventBrite.com. Visit www.TBRnet.org; or Tallahassee Board of Realtors at 224-7713; or Mariela Bartens Santurri at mariela@marielasellshomes.com.

14 Harvest of Life 5K MAD (Making A Difference) Dash/1M, 8 a.m. Thomasville Road Baptist Church, 3131 Thomasville Rd. Online registration available at Eventbrite.com. Dan or Sarah Evans at evans@harvestoflife.org; or Dawn Gamache at dawngamache@thomasvilleraod.org.

21 The Heritage 5K Run/Walk/1M Youth Run, 8 a.m. Commercial Bank, E. Jackson St. (US Hwy. 319) at South Crawford St., Thomasville, GA. Visit www.ymca-thomasville.org; or Thomasville YMCA at (229) 226-3446; or Cindy Quigg at cquigg@ymca-thomasville.org or (229) 226-3446.

22 St. Marks Duathlon (5K run/20K bike/2.5K run), 8 a.m. 25 Riverside Dr., St. Marks, FL. Online registration available at RunSignUp.com. Visit <https://gulfwindstri.com/st-marks-duathlon/>; or email to info@stmarksduathlon.com.

26-28 FSU Relays. Mike Long Track, FSU Campus. Visit www.seminoles.com.

28 Springtime 10K/5K/1M, 7:45 a.m. Leon County Courthouse, 301 South Monroe St., downtown Tallahassee. Online registration available at RunSignUp.com (no additional fee). Visit www.springtime10k.com; or www.gulfwinds.org; or Zack or Rachel Scharlepp at springtime10k@gmail.com.

GULF WINDS TRACK CLUB AWARDS

A NIGHT FOR SMILES

By David Yon

It was indeed a night for smiles and a chance to say thank you to a lot of people for their hard work on behalf of the Gulf Winds Track Club and the Tallahassee running community. There is so much effort and knowledge that goes into a year of planning, preparing and implementing running events that, even though it is not possible to recognize all the deserving people, it is fun to recognize some of the top contributors at the Annual GWTC Awards Ceremony.

It is also an evening to recognize those who have raced well in the club's Grand Prix competition. More than 487 people competed in 19 races in 2019 with 110 people qualifying for an award. There was also a Kid's Grand Prix which consists of eight races.

COMMUNITY AWARD

PRESENTED BY TIM UNGER

In September 1999 a hole-in-the-wall restaurant opened just off the campus of FSU on Tennessee Street with a half dozen or so employees and an original, made-from-scratch recipe for a New York style feast. The restaurant flourished & continues to fill the bellies of college students and all Tallahassee residents as well. Gulf Winds Track Club has a special history with this establishment that goes back to their opening near FSU.

This Tallahassee institution has been sponsoring Gulf Winds Track Club team events since that humble Tennessee Street business opened. Our 2019 Community Award winner has been helping our club as a sponsor of events going back to the last century.

John McIntire bought the restaurants late in 2018 and has embraced the history of the relationship that Gulf Winds Track Club has enjoyed.

We have all enjoyed the delicious "slices as big as your head" for twenty years and counting. As our uber competitive racing team captains will tell you. "NOTHING beats a Momo's team party!"

Here's to another 20 years of great times at our favorite restaurant in Tallahassee...

Please join me in congratulating Gulf Wind Track Club's 2019, now our club's 37th Community Award winner Momo's!



BILL LOTT VOLUNTEER AWARD

PRESENTED BY FELTON WRIGHT

I am honored to make this presentation as I am reminded that my mother was the first recipient of this award. Volunteers are the heart and soul of what keeps Gulf Winds Track Club going. Without them, the club does not survive.

The 2019 Volunteer of the year is a little annoying. This individual is always smiling and approaching race directors about what help they may need, before they can ask for assistance. This individual has asked me repeatedly during the last year if I know if a certain race director needs help, and who to contact.

This individual has been a member of the Turkey Trot Volunteer Committee for the past three years. Being a holiday race, that is quite a job and time commitment.

This year's Bill Lott Volunteer Award winner has been recognized by the club for the 2016 runner of the year.

Director of the St Marks Duathlon.

Yesterday after running Bowlegs, he was out at Bradley's picking up trash along the road for the upcoming 30k on the other side of town.

Two years ago, this year's award winner was performing all of his pre-race duties for Turkey Trot, but he also had plans to run the 15k. When the starting bell sounded, the award winner ran off with the lead pack...no big surprise...but he did manage to surprise everyone when he came up the GWTC one mile- split clock. Volunteers were standing around but alas...nobody had started the clock. So, the volunteer of the year did a quick time-out, race over to the clock, started it, flashed a smile at the volunteers and rejoined the race. He ended up finishing second in a time of 52:25.

Please join me in congratulating Charlie Johnson as our 2019 Bill Lott Volunteer of the year.



Photo credit: Robert Skrob

RACE DIRECTOR OF THE YEAR

PRESENTED BY DAVID YON

With no experience directing a race, this person stepped up to take on one of the most complicated and highest profile races in Tallahassee. She was willing to take on this job in large part because for many years she had worked hard to make sure volunteers were in the correct place and water tables were taken care of by good leaders.

Of course, every race director really wishes they had a remote control for the weather. I don't know of anyone who does, not even this terrific director, so when bad weather hit her race, she just made the most of it and wisely guided the race through the process. Processes like "David get your butt back out on the course and remark the tunnels. The rain has washed the chalk away."



Photo credit: Brittany Bevis

Continued on page 13



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.



GULF WINDS TRACK CLUB AWARDS (CONTINUED)

This will be her third year as the director for the Tallahassee Marathon. In the first year the GWTC board tried to assure her by surrounding her with a committee. Many times, she'd be sitting there quietly while her committee would argue about this or that. She was the one who would say enough is enough, let's decide and then implement.

She's dealt with different routes, police closing some of the busiest streets in Tallahassee, and aforementioned weather. She has worked to find the right mix of hills, scenery goodies for runners to keep the marathon growing.

This race director has been a long-time runner in the club. I recall watching her run for Marianna High School, especially in the state end of year meets. And, she's often winning the races she competes in including nine Turkey Trot 15K wins and two Springtime 10K titles. She is a past recipient of the GWTC Runner of the Year Award.

The race is the Tallahassee Marathon and the 2020 version is coming soon, so get registered if you haven't already. I proudly present to you the GWTC Race Director of the Year - Sheryl Rosen.

CLEVELAND-CALDWELL ADVANCEMENT OF THE SPORT

PRESENTED BY JUDY ALEXANDER

The Cleveland-Caldwell Advancement of the Sport award is given in recognition of those who make significant contributions to the advancement of running, through research, education or some other area of expertise.

This award winner, who also happened to be inducted into the GWTC Hall of Fame, has advanced the sport in many ways, including the following:

Making runners happy and encouraged by taking and sharing their running photos

Collecting and providing shoes to kids and adults who didn't have proper footwear during the Summer Track Series (and standing on a ladder to take the aforementioned photos)

Co-directing the Tallahassee Ultra Distance Classic with another valued member of our club

Co-directing the Couples Caper, a fun Valentine's Day couples relay

Producing the Fleet Foot, month after grueling month, for over 15 years

I spoke with this member's daughter, and she said she sat with this award winner once while the Fleet Foot was being prepared. She was mind-boggled by all the pieces and parts that had to fit together and work in harmony before our newsletter could be published. This newsletter editor just turned 90 years old.

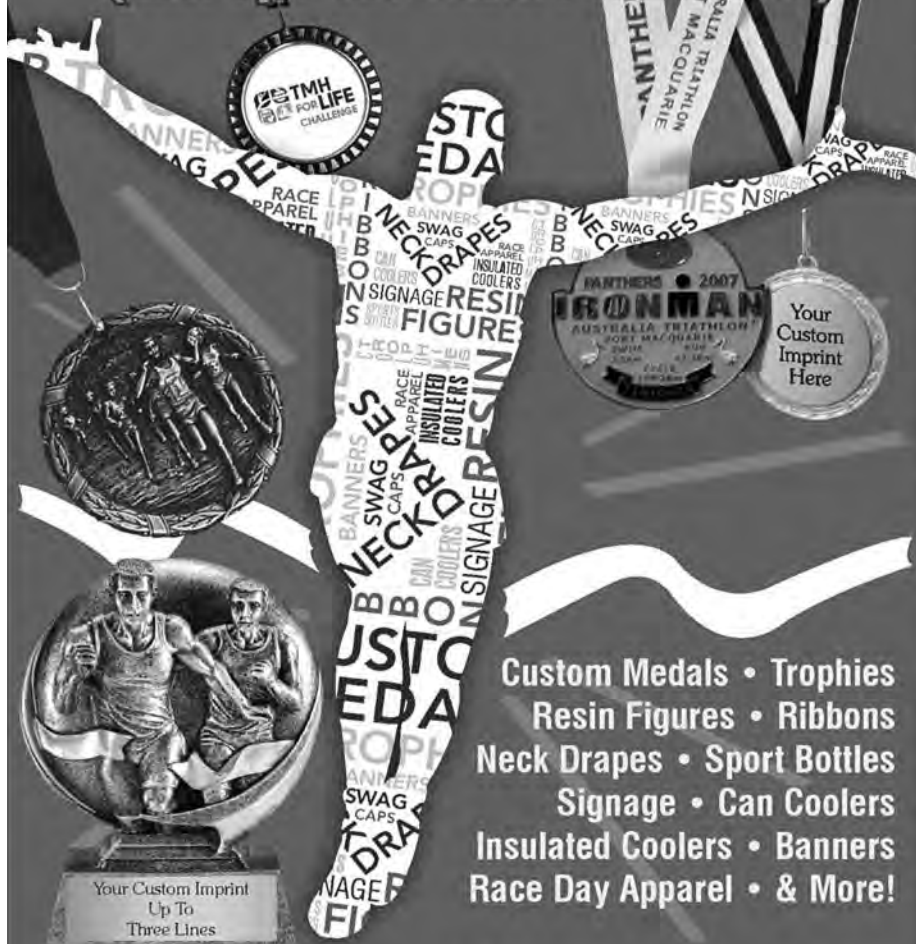
It is absolutely my honor and my pleasure to present the 2019 Cleveland-Caldwell Advancement of the Sport Award to Mr. Fred Deckert.



Photo credit: Brittany Bevis

Continued on page 15

Everything You Need for the End of the Race (Except the Refreshments)



Custom Medals • Trophies
Resin Figures • Ribbons
Neck Drapes • Sport Bottles
Signage • Can Coolers
Insulated Coolers • Banners
Race Day Apparel • & More!

AWARDS4U

RECOGNITION & PROMOTIONAL PRODUCTS

1387 E. Lafayette Street Tallahassee, Florida 32301

850.878.7187 www.awards4u.com

We will meet or beat
ANY online price from
ANY online company.
We're your trusted LOCAL
source that can provide
ALL your race day awards.

FEMALE RUNNER OF THE YEAR

PRESENTED BY MIKE BOLL

The GWTC Female Runner of the Year ran her first Marathon at the Tallahassee Ultra in 2018. This run was really a confidence builder for her for running the Tallahassee Marathon and other races she had planned.

She was the first place Master's female at the Swamp Forest Half Marathon (and second female overall). She was the first-place female in the 30K this past year after a tough competition with the second-place female finisher.

She ran the Tallahassee Marathon. This was her second marathon and was only 2 months after her first, and she easily broke the 4-hour marathon time.

She was then first place in her age group at the Cookie Run, the Flash, the Hops and Half Shells race, and the Catfish Crawl.

While at the Rose City run, where she again placed first in her age group for the second year in a row, she stopped into a local bike shop in Thomasville and found a new gravel bike she liked. She is now riding clay road rides in addition to the road and mountain bike riding.

She completed her first 50K this year at the Tick Tock Ultra in Lakeland, FL. She ran the Tallahassee Ultra 50K this year too. She is now dedicating her training to run more longer distance races with a goal of a 50 miler this year.

With her accomplishments, she is very deserving of the Female runner of the year. The GWTC Female Runner of the Year, Lourena "Lou" Maxwell.



Photo credit: Robert Skrob

MALE RUNNER OF THE YEAR

PRESENTED BY PAUL GUYAS

I nominated this Male Runner of the Year because what he did this year was particularly noticeable to me. What I'm saying is that I got a good look at the soles of his shoes because he was always in front of me.

In the last 7 years: winning the AG 4 times and finishing 2, 3, 5, ... mile PR 5:01, 5k PR 17:04 and a half marathon PR 1:25:49.

He has finished first in his age group in every GWTC Grand Prix race he ran this year. While that's impressive, consider his competition.

Just a couple of years ago, the winner had overall finishes in the 35-40 range. But that's the past. This year, we witnessed greatness.... he finished the last 7 miles of his first marathon barefoot.

This year, GWTC had something occur that is without precedent. Finishing the overall Grand Prix competition in 16th place which I believe is a club record for an athlete in his 60's.

Ladies and gentlemen the GWTC 2019 MROY getting stronger with age, Bill McNulty.



Photo credit: Brittany Davis

Continued on next page

GULF WINDS TRACK CLUB AWARDS (CONTINUED)

FEMALE TRIATHLETE OF THE YEAR

PRESENTED BY KORY SKROB

Our female triathlete of the year began her triathlon season at Red Hills with a penalty. That's right.

But that's not why we are giving her the award.

She completed 10 Grand Prix triathlons which is more than anyone else in our club, man or woman. And she is fast, earning podium finishes including a Master's win at Sprint on the Flint, 1st place AG at Ft. Rucker Triathlon, 2nd place AG at Georgia Veterans Triathlon and 3rd place AG at the Callaway Olympic Triathlon and Red Hills.

Plus, she competed in two Ironman 70.3's at Florida Gulf Coast and Augusta.

These results are all the more impressive when you realize she had injuries this spring into the fall that prevented her from running.

She has served on the Gulf Winds Tri board the last three years, is the new Vice President for 2020, publisher for the Gulf Winds Triathletes newsletter, our holiday party planner and social media specialist.

And, triathlon is just her hobby.

More importantly, she's the wife of Steve and mom to Allison, Olivia, Madeline and triplet boys, Jack, Ben and Luke. Yes, that's 6 children!

And, when she's looking for a little extra exercise, she wakes up at 3:30 am to go teach Boot Camp classes beginning at 5:00 am. All this she fits in while managing her real estate holdings spread across several states.

Although she's only lived in Tallahassee a few years, she's brought positive energy, joy and friendship to everyone she meets. I am honored to announce your Gulf Winds Triathletes, female triathlete of the year, Tina Bahmer.



Photo credit: Brittany Bevis

MALE TRIATHLETE OF THE YEAR

PRESENTED BY BILL DILLON

Our winner this evening is a man who has been a fixture in Tallahassee triathlon circles for many years. As a competitor, he is usually not the fastest racer outside of his division but he is always working hard and competing.

Our winner is certainly not a person that shies away from a challenge but rather tackles them head on. He has finished multiple Ironman and Half-Ironman races.

He is a multiple time finisher of the Escape from Alcatraz Triathlon. This race requires participants to jump off a boat into 55 degree water with strong currents and swim 1.5 miles to shore, hoping all the way that you don't have an encounter with the sharks, seals or sea

lions who reside on the course. After the swim there's the 18 mile ride and a 8 mile run through the hills of San Francisco.

During this last year, our winner, decided to tackle Ironman Lake Placid, one of the more difficult Ironman races outside of Kona. Although he had already done this race several years before, he decided to do it again, along with a group of other Tallahassee athletes, to raise money for the RonStrong Foundation, named in honor of former club member Ron Nieto who passed away from cancer in 2018, with the funds ultimately being used for the benefit of the TMH Cancer Center.

Aside from being a great athlete and all-around great guy, our winner is a man who also values his faith and his family. He is active in his church and he is the proud father of a recent college graduate and new college freshman. He has a wonderful wife who is his biggest fan and who graciously puts up with all of these crazy races.

Going into 2020, in collaboration with Team Fox, our winner will be working to raise funds for Parkinson's research. This new collaboration takes on a bit of a more personal challenge but one that our winner, his family and friends will tackle with dedication and perseverance.

Without further ado, I am proud to present the Gulf Winds Male Triathlete of the Year to my friend Robert Palmer.

Continued on next page



Photo credit: Brittany Bevis

Wright and Associates

M. Felton Wright

Senior Vice President

Wealth Management Advisor

850.599.8978

Merrill Lynch

215 South Monroe Street

Suite 300

Tallahassee, FL 32301

fa.ml.com/wrightandassociates



Merrill Lynch

Bank of America Corporation

Merrill Lynch Wealth Management makes available products and services offered by Merrill Lynch, Pierce, Fenner & Smith Incorporated, a registered broker-dealer and Member SIPC, and other subsidiaries of Bank of America Corporation.

© 2018 Bank of America Corporation. All rights reserved. | ARVBHCMB | AD-03-18-0222 | 470944PM-1017 | 03/2018

GULF WINDS TRACK CLUB AWARDS (CONTINUED)

GWTC HALL OF FAME

PRESENTED BY MARY JEAN YON.

Anybody like cookies? Girl Scout cookies? The 27th running of the Run For the Cookies 5K will take place on February 8th and I am going to hazard a guess that our award winner has been there for all 27 years letting the Girl Scout Council of the Big Bend think they were the race directors when we all know otherwise.

Every summer she plays an integral role in putting on the Summer Track Series and helping to introduce area youth to running. Other races this award winner has played a strong leadership role in include: Miller Landing Madness, the Palace Saloon, Hops & Half Shells, Woodstock at SouthWood and probably many more than I can list here.

And she's not afraid to pitch in and help too. Just ask Hall of Fame member, Peg Griffin, who summed it up like this, "She is a leader and her style is to lead by example. She does not ask anyone to do anything she is not willing to do, or has not already done, herself."

My best memories of this award recipient are how much she contributes to the Tallahassee Turkey Trot. Over the span of 15 years in all sorts of venues and weather conditions to make sure every runner gets entered into the Turkey Trot data base. Here's another quote from Peg: "She is always willing to assist and gives 100% to any effort she undertakes. There are no shortcuts. There is a right way to do something and a wrong way to do something and she always chooses the right way."

Our award winner also chaired the GWTC Awards Committee for many years and helped shape that process to ensure the integrity of the system.

So, that is a small slice of what this award recipient does within the club. She's also involved at Tallahassee Community College, inducted into the TCC Hall of Fame in 2018. She's opened many opportunities for GWTC to partner with TCC.

Please join me in congratulating Jeanne O'Kon as the newest member of the GWTC Hall of Fame.



Photo credit: Jeanne O'Kon

RUN YOUR COOKIES OFF




girl scouts
of gateway council

Join us for Run for the Cookies 5K and 1-Mile Fun Run on Sat., Feb. 8 at Tallahassee Community College. All 5K participants receive a T-shirt and **FREE box of Girl Scout cookies!**

Proceeds benefit Girl Scouts of Gateway Council.

Run for the Cookies (5K)
\$20 through Feb. 1
\$22 Race Day

1-Mile Fun Run
\$12 through Feb. 1
\$15 Race Day

Register at: RunForTheCookies.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:

February 15

Flash 6K

8:30 a.m. at St. Marks

Online registration at RunSignup

February 29

4th Annual Bobcat 5K

9:00 a.m. at JR Alford Greenway

Online registration at Eventbrite

Get the complete 2020 Grand Prix standings by visiting:
<https://www.GulfWinds.org/grand-prix-2020>

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





5K/1 MILE

**JR ALFORD GREENWAY
SATURDAY, FEBRUARY 29, 2020
9:00 AM / 8:30 AM**

PARTNERSHIP OPPORTUNITIES

BuckLakeTrailRun.com



Grand Prix Race

FEATURED FEET MICHELLE HADDEN

Childhood ambition: Be a veterinarian.

Current occupation: high school English teacher

If money were no object, what profession would you choose? My current profession

Favorite running memory: The amazing sunrise and chill in the air as I ran down Mt. Hood during the Revel Mt. Hood marathon this past June.

Indulgence: Publix chocolate chip cookies and iced coffee

Non-running hobbies: Reading and watching too much reality TV

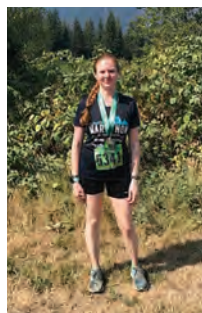
Favorite reads: Currently, North by Scott Jurek

Best place to run in Tallahassee: Lafayette Heritage Trail Park

Preferred running technology: Garmin

Perfect day: 60 degrees and sunny and ends with a beautiful sunset

Biggest challenge: Trying to qualify for Boston 🏃



Buying or selling your home?
Call a name you can trust.



- * Helping sellers & buyers & in our area since 1990 *
- * Expertise in pricing & preparing for the market *
- * I can show you any listed property! *
- * Marketing power of Coldwell Banker *

Nancy Stedman, Broker Associate, CRS, GRI



(850) 545-7074

nancystedman@gmail.com

FEATURED FEET CHARLIE KLINE

Childhood ambition: Professional baseball player

Current occupation: I am a 9th grade teacher at a school for students with learning disabilities outside of Philadelphia. I'm also in graduate school at Saint Joseph's University to get my master's and teacher certification in Secondary Education for Social Studies.

If money were no object, what profession would you choose? I would love to either coach running full-time or be involved with a craft brewery. Perhaps some sort of running coach at a brewery? I don't know how that would work, exactly.

Favorite running memory: Training for the Tallahassee Marathon with Chris O'Kelley and us both running 2:52 – his first ever marathon and a huge PR for me.

Indulgence: Good beer (any sort of IPA or pale ale) and good coffee.

Non-running hobbies: Playing guitar, golfing, reading, watching the NFL or playoff NBA. Also, I really want to get into fishing when it gets warmer outside.

Favorite reads: I love reading any sort of biography. My favorites have been *Steve Jobs* by Walter Isaacson and *Tiger Woods* by Armen Keteyian and *Jeff Benedict*. *Cycle of Lies* by Juliet Macur is probably my favorite book ever. Beyond that, I enjoy reading a variety of fiction, including *Gone Girl* by Gillian Flynn, *The Circle* by Dave Eggers, and *IT* by Stephen King.

Best place to run in Tallahassee: Man, do I miss running in Tallahassee. What

an embarrassment of riches! The Miccosukee Greenway and Tom Brown Park were definitely my favorite spots to run. The soft surface trails in Philadelphia are few and far between, unfortunately.

Preferred running technology: Not much, really. I use a Garmin 235 watch and run in Brooks Adrenalines. I try to keep track of my mileage and replace my shoes every several hundred miles – I had a ton of overuse injuries in college (3 stress fractures and a battle with Achilles tendonitis) so I now pay extra attention to the condition of my shoes.

Perfect day: A strong cup of coffee followed by a run in the morning with my friends and two brothers. Then, a nice brunch with more coffee and some larger activity (swimming, hiking, a round of golf, etc.). Take a nap and either read or find a good movie or TV show. After dinner, quaff a few IPAs and play card games or board games with my fiancée and our friends.

Biggest challenge: Working with 9th graders is certainly a larger challenge than anything I've ever faced as a runner! I feel like I have so much to learn about being a Social Studies teacher and a high school cross country coach. When things seem overwhelming, I try to remember the mantra, "tough times never last, but tough people do". 🏃



VOLUNTEER SPOTLIGHT

STEPHANIE LILES-WEYANT

How long have you been a member of GWTC?

Gulf Winds Track Club has been my family since around 1995. I gave birth to my first child, Luke, and decided that I needed to start running to lose that pregnancy weight. I discovered pretty quickly just how much I loved running and the Gulf Winds club members taught me so much about running and racing.

How did you first get involved as a volunteer?

As part of the Gulf Winds Track Club and Gulf Winds Triathlon Club, you feel that you want to give back as much as the club has given you. I honestly cannot remember the first time that I've volunteered for the club, because I have always been happy to help with races or anything else that the club needs. I've volunteered at several races and have been on several committees and boards. I enjoy it all! I will always be available to help in any way that I can.



What do you enjoy most about volunteering?

I love my Gulf Winds family and love giving back to the club that has been in my life for so long.

Why do you volunteer?

Being a race director for Red Hills Kid's Triathlon and Tallahassee Youth Triathlon Series, I know that a race cannot be successful without volunteers. I have always been so grateful for my volunteers, I make sure that I also volunteer for races.

What is your next volunteer project?

My next volunteer project will be the run cooTrdinator for the St. Mark's Duathlon and for Red Hills Triathlon. As much as I love to compete, I do make sure that I volunteer some years to give back to the sport and races that I love. 🏃‍♀️



Photo credit: Fred Deckert

Stephanie Liles-Weyant placed First Female Masters at the Palace Saloon 5K on April 13, 2019.

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.

POSITION	DESCRIPTION
TIMING EQUIPMENT SUPPORT	Seeking help to transport, setup, and teardown timing equipment for races. Help is also needed with equipment maintenance between races. Contact Bill Lott at blott@nettally.com
COURSE MARKER	Seeking 2-3 volunteers to help with course marking for club races. Needs will vary, depending on racing event. For more details, contact Tom Perkins at: tomperkins51@yahoo.com
TRAINING GROUP COORDINATOR	Coordinates existing training groups, organizes additional groups to train for specific GWTC races, and advertises and promotes GWTC training events. Contact Paul Guyas at pguyas@me.com
VOLUNTEER COORDINATOR	The first point of contact for anyone looking to volunteer for the Club. Will receive volunteer information and match volunteers with roles based on volunteer's interests and skills, as well as club needs. Assists race directors, group run coordinators, and club leadership, as needed, to identify volunteer opportunities and recruit volunteers for varying needs throughout the year. Regularly publicizes and promotes volunteer roles and opportunities via all GWTC communication platforms. Contact Paul Guyas at pguyas@me.com

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! 🙏)

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?**

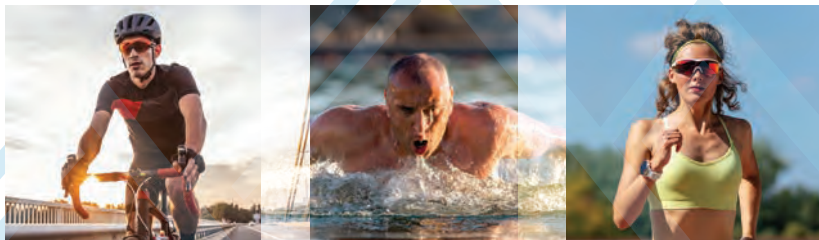
How would you like to have the opportunity to graphic design the **FLEET FOOT** each month?

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.



HAVE YOU BEEN CONSIDERING A TRI?



Free Clinics with Registration

Feb 9, 2pm, Bike 101 | Southwood Town Center

Brief orientation then, ride. Be prepared to ride. We will briefly begin covering the USAT rules for the bike segment of triathlon. Q&A. You will need: bike, helmet, and appropriate attire for the weather.

Mar 1, 2pm, Intro to Transition, Brick = Ride + Run | Southwood Town Center

Intro to transition. Q&A. You will need: bike, helmet, running shoes, and appropriate attire for the weather.

Mar 15, 2pm, Brick #2 | Killearn Lakes Elementary 8037 Deer Lake East

We will practice transitions. You will need: bike, helmet, running shoes, and appropriate attire for the weather.

***March 22 8am, St Marks Duathlon (3.1 mile run/12.4 mile bike/1.6 mile run)

Not free - you must register for this event. Time to give yourself a test! This is great real-world practice. <https://gulfwindstri.com/st-marks-duathlon/>.

Mar 29, 2pm, Brick #3 | Killearn Lakes Elementary 8037 Deer Lake East

Last transition practice and Q&A before race day. You will need: bike, helmet, running shoes, and appropriate attire for the weather.

***April - Open water swim practice, Tentative Date April 5 at Maclay Gardens

Practice organized by Gulf Winds Triathletes. Membership in Gulf Winds Triathletes is required to participate. Membership is \$35 for individuals and \$50 for a family. A Gulf Winds Triathletes membership includes your GWTC membership for a year from date you join Gulf Winds Triathletes.

Note: Bike clinic dates are tentative and subject to change for inclement weather. racedirector@redhillstriathlon.org

Awards Ceremony

