

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | MARCH 2020



CHARLIE YATES

2/9/1925 – 2/3/2020

Member: GTWC
Hall of Fame



Photo credit: Mary Jean Yon

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VOLUME 45 | ISSUE 3



Gulf Winds Track Club
Tallahassee, FL

THE FLEET FOOT

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VOLUME 45 | ISSUE 3

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.

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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: Herb Wills

Start of the 27th annual Run For The Cookies 5K on February 8.



Tallahassee, FL
Gulf Winds Track Club

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

YOUR MEMBER BRIEFING

Your GWTC Board of Directors met on January 8, 2020. 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-january-2020/>



You are welcomed to attend any GWTC Board of Directors meeting. The next meeting will be at 7:30 PM on Wednesday, March 11, 2020 at David and Mary Jean Yon's home. Email FleetFoot@GulfWinds.org for the address.

Tallahassee Ultra Distance Classic (TUDC) – Paul Guyas

It was reported that the TUDC race director position is open with multiple parties interested in filling the role. An ad hoc TUDC Race Director Selection committee was formed by Paul; committee members include Paul Guyas, David Yon, Mary Jean Yon, and Chika Okoro. The committee remained open to new members through the end of the meeting.

In addition, mitigation of the TUDC marathon course accuracy matter was discussed. Runners in that race were not clearly directed and many ended up cutting the course short. The board moved to give those who ran the 2019 TUDC marathon free entry to any GWTC race that occurs in 2020 and to use the General Fund to cover the race fees. David Yon volunteered to spearhead the follow-up with those impacted.

The net proceeds of the 2019 TUDC were estimated to be \$4,864.26, of which 50 percent will be donated to Friends of Wakulla Springs State Park.

2019 Turkey Trot Wrap- Up – David Yon

David presented a wrap-up of the 2019 Turkey Trot. Net proceeds from the race totaled \$22,548.02 with 5,052 total finishers reported. Half the proceeds will be donated to The Kearney Center, The Refuge House, and Boys and Girls Club of the Big Bend, splitting the donation equally among the three.

David shared that there has been a lot of momentum with schools expressing interest to get involved with Turkey Trot. Two youth training groups, a Tuesday night and Thursday night group run, persist through the school year.

Membership –Mark Priddy

The year end membership counts for 2019 includes 1497 members for the year representing 754 households. Both of these counts are up from 2018.

Treasurer- David Yon

GWTC's Statement of Activities for July 1, 2019 – December 31, 2019 includes the following: gross revenue of \$198,977, total expenditures of \$189,304, and net revenue of \$9,673. The club operates on a July 1– June 30 fiscal year.

Chenoweth Fund – David Yon

A donation was approved for \$1,000.00 for Lincoln High School Track and Field Club new equipment.

Training Groups – Thomas Bianche

Springtime training group will be starting up on January 27, 2020. He noted that a Facebook event will be created soon, and annual waivers are expected to be addressed in the near future. 🏃



NEW PERSONAL RECORDS

Paula O'Neil – Swamp Forest Quarter Marathon @ 1:12:05

GWTC loves to celebrate with you as your 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.



Charlie Yates with Mark Priddy

In Memory of Charlie Yates

February 9, 1925 – February 3, 2020

Charlie Yates was a dedicated Gulf Winds Track Club member, past president and a member of the Hall of Fame. Charlie started the Sunday Afternoon Fun Run at the FSU track during the 1980's. He always had a smile on his face and an encouraging word for each of the kids. This was an event for families to get out and run with their kids on the track.

GWTC was family to him. While he completed his most recent race, The Run for Cookies in 2012, Charlie continued to register for club races to support the club.

Mark Priddy remembered Charlie recently writing, "Several years ago I had signed up to run the Springtime 10k. The race director asked me if I would walk with Charlie who had also signed up and was in his mid 80's at the time. We walked the course and Charlie had to sit down and rest about every half mile before he could continue. At every rest break runners would pass by and say 'Hey Charlie!' and 'Great Job Charlie!' I felt like I was running with a rock star!

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. 🏃

TWO GTWC MEMBERS ARE 2019 NATIONAL RUNNING AWARD RECIPIENTS

Since 1971, the RRCA has honored dedicated individuals for their outstanding service to the RRCA and the sport of distance running. We are delighted to announce the 2019 National Running Award recipients.

Outstanding Beginning Running Program: Gulf Winds Track Club Beginning Running Program, Tallahassee, Florida

Headed by Chika Okoro and Sarah Shuler, the Gulf Winds Track Club (GWTC) Beginning Running Program prepares new or returning runners to complete a 5K. The environment is welcoming and friendly, and coaches work with participants to help them find the best routine and strategy to meet their fitness goals. Countless members have completed the beginning training program then proceeded to join the club on a full-time basis, becoming regular runners with more ambitious objectives. Chika and Sarah's leadership of this program, including managing various pace group leaders, has been nothing short of exemplary. 🏃



Chika Okoro, left and Sarah Shuler, right run for the finish line at the 2018 Women's Distance Festival. They were honored by the Road Runners Club of America for the work they did to create a strong beginner's running group for the members of GWTC.

Photo credit: Fred Deckert

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:

March 7

Shamrock Scurry 5K
8 a.m.

Killearn United Methodist Church
Online registration available at
EventBrite.com.

April 11

Palace Saloon 5K

8 a.m. Start at Messer Fields, corner of Jackson Bluff Rd. and Dupree St.; finish at Palace Saloon, 1303 Jackson Bluff Rd.
Online registration available at
RunSignUp.com

Get the complete 2019 Grand Prix standings by visiting:
www.gulfwinds.org/grand-prix-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.

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 available at EventBrite.com. Visit 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.

07 Sprint4Speech 5K Run and Walk2Talk 1M, 9 a.m. Begins at J.R. Alford Greenway, 2500 S. Pedrick Rd. and ends at Heritage Trail Park, 4900 Heritage Park Blvd. Online registration available at Active.com. Carla Wood at carla.wood@cci.fsu.edu; or Kaitlin Lansford at kaitlin.lansford@cci.fsu.edu.

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 and additional information available at www.harvestoflife.org/maddash.html; or 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.

APRIL 2020

04 Hops and Half Shells 5K Trail Run/1M Walk, 8:30 a.m. TCC Wakulla Environmental Institute, 170 Preservation Way, Crawfordville, FL. Online registration and additional information available at www.TCC.fl.edu/HopsAndHalfShells; or Kendrah Richards at richardk@tcc.fl.edu.

04 Wolf Dash 5K/1M, 8 a.m. Lawton Chiles High School, 7200 Lawton Chiles Ln. Online registration available at Eventbrite.com. Visit www.chileswolfdash.com; or J.P. Swoop at chileswolfdash@gmail.com or 488-1756; or Kim Damron at kimd143@msn.com.

04 The Conley Swarm 10K/5K/1M, 8 a.m. Conley Elementary School, 2400 E. Orange Ave. Online registration available at RunSignUp.com. Pam Jameson at JamesonP2@leonschools.net.

***11 Palace Saloon 5K**, 8 a.m. Start at Messer Fields, corner of Jackson Bluff Rd. and Dupree St.; finish at Palace Saloon, 1303 Jackson Bluff Rd. Online registration available at RunSignUp.com (no additional fee). Visit www.ps5k.com; or www.gulfwinds.org; or Mark Priddy at MarkPriddy@msn.com.

11 Florida High EGG-xtraordinary5K/Fun Run/Easter Egg Hunt, 8:30 a.m. Florida State University Schools in Southwood, 3000 Schoolhouse Rd. Online registration available at RunSignUp.com. Tonja Ward at tonjahward@gmail.com or (713) 965-3955; or Tyrone McGriff at tmcgriff@fsu.edu or 245-3881.

11 Worm Gruntin' 5K, 8 a.m. Rose St. at second stop sign (Yellow Jacket Ave. and Main St.), downtown Sopchoppy, FL. Online registration available at Active.com. Visit www.wormgruntinfestival.com; or Susan Shearer at (850) 545-6678 or smshearer@aol.com.

11 Torreya State Park's 85th Birthday Bash 5K Run/Walk Fund Raiser & 1M Family Fun Run/Walk, 8 a.m. Torreya State Park, 2576 NW Torreya Park Rd., Bristol, FL. Online registration available at RunSignUp.com. Joe Edgecombe at joeruns@yahoo.com.

18 Red Hills Triathlon and Time to Tri Super Sprint, 7:30 a.m. Maclay Gardens State Park, 3540 Thomasville Rd. Online registration available at Active.com. Visit www.redhillstriathlon.org; www.redhillstri.com; or Kathy McDaris at racedirector@redhillstriathlon.org.

18 Rose City 5K Walk, 8:30 a.m. Thomasville Center for the Arts (formerly Thomasville Cultural Center), 600 E. Washington St., Thomasville, GA. Visit www.ymca-thomasville.org; or Thomasville YMCA at (229) 226-9878 or rcr@ymca-thomasville.org.

25 Rose City Run 10K/1M, 8 a.m. North Broad St. at corner of Broad St. and Monroe St., near U.S. Post Office, Thomasville, GA. Visit www.ymca-thomasville.org; Thomasville YMCA at (229) 226-9878 or rcr@ymca-thomasville.org.

FEATURED FEET BRITANY BEVIS

Childhood ambition: To be a World Champion equestrian. I showed horses competitively for 13 years and won ten World/Reserve World titles. Two years ago, when I moved from Texas back home to Florida, I found myself with absolutely nothing to do. That's when I discovered running!

Current occupation: Editorial Manager for an equine industry publication

If money were no object, what profession would you choose? Most people in the club can probably guess this. Taking photos is one of my favorite things to do, and the best part of my job. While I do some freelance work in town with events, portraits, and family photography, it would be amazing to have that be my sole occupation.

Indulgence: Although I typically eat pretty healthy, I have a big sweet tooth. I love dessert, especially anything with chocolate. One of my tricks is to keep dark chocolate covered almonds in the house, so at least I feel like I'm getting some protein. I've also discovered Halo Top protein ice cream. After a long run or ride, I like dark chocolate Kodiak Cake protein waffles with peanut butter and berries. You can probably sense a theme here...

Non-running hobbies: Triathlon! So, still 1/3 running I suppose... My favorite thing to do on the weekend is go for a long bike ride with my friends. Of course, I love photography. I also enjoy hiking trails with my dog, Ellie Mae, and doing yoga.

Favorite reads: Most recently, I've read, ROAR by Dr. Stacy Sims and Life's Too Short to Go So F*cking Slow by Susan

Lacke. I also discovered The Spellman Files by Lisa Lutz, which is about a family of dysfunctional private investigators. I frequently read Clive Cussler adventure/mysteries and historical fiction. I read a lot, and very fast, so I have to rely on the library or I would run out of money.

Best place to run in Tallahassee: One of the reasons I love Tallahassee so much is the incredible trails. I only run on the road if I have to for a race or for faster interval workouts. Lately, my current favorite for long runs is the Miccosukee Greenway, because of the compact gravel surface and rolling hills. Other favorites include Totm Brown, Elinor-Klapp Phipps Park, and Lake Overstreet.

Preferred running technology: I have the Garmin 945 that I use for running as well as a heart rate strap. It took me a long time to find the right shoes, because I like cushion and have a relatively high arch. My favorite is the Hoka Clifton 6, and I use the Hoka Speedgoat for more technical trails.

Perfect day: An early morning, long ride with friends followed by what we like to call "Hamburger Saturday." Then, reading a book with my pup on my outdoor patio or taking a short nap. Finally, yoga class followed by someone making me dinner and watching a movie.

Biggest challenge: I've been running for two years now (first race was Springtime

Continued on bottom of next page



FEATURED FEET THOMAS BIANCE

Childhood ambition: I never had any idea of what I would want to do when I was kid. I never looked that far into the future.

Current occupation: IT Procurement for the Department of Financial Services

If money were no object, what profession would you choose? I would want to do something that would allow me to travel the world. I like visiting different places and experiencing different cultures.

Indulgence: Chocolate is my weakness. I also enjoy it when I get the opportunity to sleep in.

Non-running hobbies: A few years ago, I took up cycling and like to race a few sprint triathlons each year. I also like to go bowling and hope to pick it back up when the FSU union is rebuilt this year.

Favorite reads: I try my best to read some news articles each day to be informed of what is happening.

Best place to run in Tallahassee: I like to run around Southwood, Winthrop Park, Optimist Park, Cascades Park and Myers

Park. I have also grown to appreciate the trails and some of my favorite trails are the Multiuse trail at Tom Brown, Lafayette Heritage, Miccosukee Greenway, Lake Overstreet and the ARP.

Preferred running technology: My Garmin Forerunner 610 and a Gymboss Timer for Run/Walk intervals. I also like using the RunGo app to map out different routes that can be shared with the Training Groups.

Perfect day: A chance to relax in the morning. Weather around 60 to 70 degrees with no humidity so I'm not forced to try and run before the crack of dawn.

Biggest challenge: Realizing that my mind will want me to quit before my body needs to stop. Trying not to fall back in the same traps that got to my heaviest weight. It is also difficult to see the strength in myself that my friends tell me that they see in me. 🏃‍♂️



Britany Bevis - Continued

Tallahassee in 2018) and have had a big challenge each year. When I first started running, I was extremely worn out and felt like I couldn't breathe. I learned about iron deficiency anemia in female athletes during a talk given by Gary Droze at a tri-club meeting. I had tests done and discovered that I had almost no iron in my body. After two rounds of infusions at the hospital, and now taking 159 mg of iron a day, I feel like a normal human and keep getting faster.

This past year, after adding cycling to my list of activities, I developed soreness on the outside of my right knee. Diagnosis: Patellar tendonitis and quadricep tendonitis from a leg length discrepancy and weak glutes. Six months later, thanks to an incredible chiropractor- Dr. Cal Melton; 2X a week strength work- the ladies at Just Get Fit; bike fit experts- Hubs and Hops; physical therapy- Dr. Chris Gray, and amazing coaches- Annie and Jeff Bowman, no more pain and getting ready for my first 70.3! 🏃‍♂️



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>

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HOW THEY TRAIN **ALYSSA MOORE**



Age: 25

Did you compete in high school cross country or track? If so, where? Yes, I ran at Floyd Central High School in Floyd Knobs, Indiana.

Did you compete in college-cross country or track? If so, where? Yes, I competed for the University of Southern Indiana in Evansville, Indiana.

How many years have you been running? I played a lot of sports growing up and finally narrowed my focus on running in 2009, after a spinal cord injury prevented me from competing in most other activities. While I was bummed at the time, I cannot tell you how thankful I am for that injury, as it brought me to running!

How many miles a week do you typically run? I average about 50 miles a week, running 5 – 6 days week. While I would love to cover more miles, this seems to be a sweet spot in terms of balancing my studies and health.

What running events do you train for? I'm a sucker for longer distances! I would love to train for another marathon and also get into some triathlon training. My body seems to be injury prone, and I think switching between the swim, bike, and run training might help me stay healthy. A half ironman and then full iron man are the long-term goals! Short-term goals include learning how to ride a bike and swim without my goggles leaking... J

What does your typical week of running look like?

- Monday: Rest
- Tuesday: Morning shake-out and evening intervals; 9 – 10 miles; weights

- Wednesday: Maintenance run; 6 miles
- Thursday: Fun run with David Yon and young runners; 4 miles
- Friday: Easy tempo run / fartlek; 6-8 miles; weights
- Saturday: Long run with the gang; 15 miles (distance varies)
- Sunday: Forest Meadows loop with the gang; 10 miles

Do you use weight training? Yes, I love lifting and find it helpful for injury prevention and speed. I use a variation of our lifting routine from college, which involves a total body workout twice a week. High repetition with light weight is the general theme of the routine.

Do you stretch? My evening routine involves static stretching and core, while I do dynamic stretches before races and workouts. I also incorporate some light static stretching after runs and hope to improve in the stretching department this year!

What are your favorite running routes? Goodness, this question would have been a lot easier to answer before I moved to Tally; it is SO beautiful here! I love running the Forest Meadows loop, Miccosukee Greenway, and Lafayette Heritage Trails. Running from Bradley's

Country Store is especially beautiful and reminds me of running back home.

What training methods produce results for you? The Moneghetti fartlek is a hidden training gem! The workout has several iterations, but my favorite includes: 4 x 90 seconds on, 90 seconds off; 4 x 60 seconds on, 60 seconds off; 4 x 30 seconds on, 30 seconds off; and 4 x 15 seconds on, 15 seconds off. I recommend treating the "on" periods as controlled surges and keeping the "off" periods close to tempo pace. The workout is great for practicing changing gears and naturally leads to negative splitting, as the interval periods reduce in time as the workout progresses. From a mental perspective, these are fun and easy workouts to do on your own virtually anywhere and usually yield pace averages close to tempos!

What advice do you have for runners to help with training? Have fun, be patient, and always keep the greater picture in mind: running is a blessing and something that we choose and get to do! I truly believe if you work hard and keep a positive attitude, the fast times will come, but running is about so much more than black and white numbers on a clock! Regardless of if you are a beginning or seasoned runner, enjoy every run; soak in the scenery and company. Celebrate the little victories and trust your training process. I think, in the end, we won't care so much about how far or how fast we ran. Instead, I think the experiences, friendships, and memories that running brings us are what matter most. 🏃‍♀️

Wright and Associates

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Senior Vice President

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BACK OF THE PACK JACK MCDERMOTT

Not sure if this constitutes a “comeback,” but I am here with more musings about the misadventures of running you will not see in any professional Runners World article. If you have been running as long as I have – you certainly have a laundry list of stupid things you will never do again – which inevitably you do again – during a marathon. So what has happened since I have been gone? Well, I got old. In fact, I am now a Grandmaster – a title that is great in chess, not as a runner.



So one of the worst things about getting old, other than not knowing how technology works (“Siri: Why am I running so slow?”), you get tired earlier, and those dreaded AARP advertisements in the mail (How do they know?!)- is that recovering from a vigorous marathon is even tougher. That is why this article is dedicated to helping the aging runner.

Sometimes the best advice is actually old advice that has been around a long time. I am talking about the acronym “RICE” – Rest, Ice, Chocolate, and Elevation (Wait. Did he say Chocolate?).

1. REST So, rest never really worked for me. When I started running, I would pick a race, taper, run it, and rest and eat afterwards. I was the only beginning runner who was getting slower and fatter. Too much rest and eating, and not enough running. Now I prefer “active” recovery – run with a slow friend (be sure not to tell them they’re slow), walk your dog, play dodge-ball, do something, but continue to work out, just work out at something under 100%. Unless you get hit in the face playing dodgeball, you will eventually recover.

2. ICE Ice, especially ice baths, work really great -- there is only one problem – ice is really cold. Like “ouch” cold. For my ice bath, I put on two sweatshirts and a winter cap for the top half of my body, and then emerge my bottom half. The key is to last at least two minutes (or basically until your “privates” go numb). After that – it is a little more tolerable. I have only done this a handful of times, but this is the one thing that actually works.

3. CHOCOLATE OK. Yeah, yeah, it is supposed to be compression. But I put chocolate as a reminder to celebrate and reward yourself after a marathon. Whether it is eating chocolate, drinking a beer, or buying Pokémon cards (Wait. How old are you, 11?)--- do whatever it takes to reward yourself. You earned it! As far as compression, after a marathon the last thing I want is to feel like I am being “squeezed” by someone or something. I need my space.

4. ELEVATION

When I put my feet on my desk at work my boss complains (“Stop being so lazy!”), and when I do this at home, my wife complains (“Get your dirty feet off the couch arms!”). Therefore, I have never really tried this. I did read a blog about a woman who swears by it ... she lays on the couch and puts two feet on the wall (I call this the “birthing” position), but I am not so sure this will work for me. I have never really been comfortable in the birthing position; maybe it’s a guy thing.

OK, actually, upon reflection there is not much you can do to recover from

a marathon when you get older. You just need to face reality: it will hurt, you will be sore, and it will take a while to get back to normal (Well, to the extent anyone who runs marathons for fun can truly be judged as “normal”). Just take some Advil and deal with it.

To me, being an older runner is more about having a positive attitude and exercising patience. In fact, being happy as an older marathon runner is a lot like being happy in your marriage – all you need to do is lower your expectations (Whoa? What?! Sorry, Laura). Just remember, growing old beats the alternative. Until next time... 🐾

“...being an older runner is more about having a positive attitude and exercising patience.”

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SAN MARCOS DUATLÓN



MARCH 22, 2020

The St. Marks Duathlon will be held in the quaint waterfront town of St. Marks, Florida. The race consists of a 5K (3.1 miles) run, 20K (12.4 miles) bike, and 2.5K (1.6 miles) run in that order.

**Everyone is welcome at the duathlon,
with three categories:**

1

Full
Duathlon

2

Duathlon Relay
(up to 3 competitors)

3

Duathlon Fat
Tire Division

Race details and registration at:
<https://gulfwindstri.com/st-marks-duathlon/>

Volunteers Needed

If you aren't ready to compete in a duathlon but would like to be part of the event there are several volunteer opportunities.

It'll be a fun atmosphere and your help is essential.

See which volunteer opportunity is best for you by visiting:
www.bit.ly/StMarksDu



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Rose City Walk

Saturday, April 18, 2020

5,000 Meter Walk

- Ultra cotton T-shirts and specially designed tote bags awarded to those who finish the course.
- Entry fee \$21.00 postmarked by midnight April 4, 2020. After April 4, \$24.00 late entry fee. No race day registration. **No Refund.**
- Walk begins at 8:30 a.m. at Thomasville Center for the Arts, 600 East Washington Street.
- Silver trophies to first three males & females & first three Thomas County males & females.
- Special Business & Civic Club Participation Trophies.
- Entrants must be 13 years or older to participate.

5,000 METER ROSE CITY WALK

NAME: _____
(first) (last)

MAILING ADDRESS: _____
(street or box)

(city) (county) (state) (zip)

PHONE: _____

AGE (As of 04/18/20): _____ BIRTHDATE: _____ SEX: _____

E-MAIL _____

EMPLOYER AND

CLUB AFFILIATION: _____

CIRCLE ONE: T-SHIRT SIZE:

Youth Large or Adult S M L XL XXL (\$2 extra) XXXL (\$3 extra)

ENCLOSED IS \$ _____ \$21.00 or \$24.00 for late fee after April 4, 2020
(Make check payable to Rose City Run)

Name and number of emergency contact _____

Walkers will not have bibs.

For and in consideration of my being allowed to participate in the Rose City Walk (hereinafter "the event") on behalf of myself, my heirs, personal representatives and assigns, I hereby assume all risks and waive all claims for injury or illness which may result, directly, or indirectly, from my participation in the event and agree to indemnify and hold harmless the City of Thomasville, the Thomasville YMCA, sponsors, organizers and their respective employees, elected officials, appointed officials and any other person or entity associated with the event of and from all actions and claims, including attorney's fees, which may be incurred by reason of my participation in the event. I understand that anyone entering the event who is not adequately trained is taking a definite risk of suffering physical ailments. I do hereby state that I have trained properly and that I am physically prepared to participate in the event, and I expressly assume the risk of any illness or injury which may result from my participation in the event.

I authorize the use of any photograph, moving picture, or any other graphic depiction made immediately before, during or after my participation in the event by the organizers or others and I expressly waive any claim or privilege or privacy, or right to compensation for the publication of any such photograph, film or other graphic depiction.

Signature of Entrant

MAIL ENTRY FORMS TO:

ROSE CITY RUN

P.O. Box 1037
Thomasville, Georgia 31799
(229) 226-9878

E-MAIL: rcr@ymca-thomasville.org

May register online:

www.ymca-thomasville.org
click on Rose City Run
events and registration

43rd annual Rose City Run

Saturday, April 25, 2020

10,000 METER RACE

- Ultra cotton T-shirts and specially designed tote bags awarded to those who finish the course.
- 12 age divisions for males and females
- Silver trophies for first three males and first three females in each age division.
- Race day late registration 6:30-7:30 a.m. at Big Oak
- Race starts at 8:00 a.m. on Broad Street at post office
- Entry fee is \$22.00 postmarked by April 11, 2020. \$25.00 late entry fee. No refund.
- Splits will be called every mile.
- Fluids available before, during and after the race.
- All courses TAC certified.
- Atlanta Track Club qualifying event.

1-MILE RUN

- One-mile run is for males and females 12 and under. Cost is \$12 early entry fee and \$15 after April 11. No refund.
- Trophies will be awarded to the first three males and three females in each three age divisions.
- Age divisions 6 & under, 7-9 and 10-12.
- Race starts at 9:30 a.m. on Broad Street at post office
- Ultra cotton T-shirts and specially designed medals awarded to participants who complete the course.

10,000 METER RUN

(Please Circle Which Race)

1-MILE RUN

NAME: _____
(first) (last)

MAILING ADDRESS: _____
(street or box)

(city) (county) (state) (zip)

PHONE: _____ PUBLIC OFFICIAL ☐ YES ☐ NO

AGE (As of 04/25/20): _____ BIRTHDATE: _____ SEX: _____

SCHOOL, EMPLOYER

AND CLUB AFFILIATION: _____

E-mail address: _____

CIRCLE ONE: T-SHIRT SIZE: Adult S M L XL
XXL (\$2 extra) XXXL (\$3 extra)

CHILD: S (6-8) M (10-12) L (14-16)

ENCLOSED IS \$ _____ FOR MY ENTRY (Make check payable to Rose City Run)

*****Bibs can be picked up race day at the Big Oak beginning at 6:30 a.m.******

For and in consideration of my being allowed to participate in the Rose City Run (hereinafter "the event") on behalf of myself, my heirs, personal representatives and assigns, I hereby assume all risks and waive all claims for injury or illness which may result, directly, or indirectly, from my participation in the event and agree to indemnify and hold harmless the City of Thomasville, the Thomasville YMCA, sponsors, organizers and their respective employees, elected officials, appointed officials and any other person or entity associated with the event of and from all actions and claims, including attorney's fees, which may be incurred by reason of my participation in the event. I understand that anyone entering the event who is not adequately trained is taking a definite risk of suffering physical ailments. I do hereby state that I have trained properly and that I am physically prepared to participate in the event, and I expressly assume the risk of any illness or injury which may result from my participation in the event.

I authorize the use of any photograph, moving picture, or any other graphic depiction made immediately before, during or after my participation in the event by the organizers or others, and I expressly waive any claim or privilege or privacy, or right to compensation for the publication of any such photograph, film or other graphic depiction.

Name and number of emergency contact _____

Signature of entrant, or of parent or legal guardian if under 18 years of age.

MAIL ENTRY FORMS TO:

ROSE CITY RUN

P.O. Box 1037 (229) 226-9878
Thomasville, Georgia 31799

May register online at

www.ymca-thomasville.org
click on Rose City Run events
and registration

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

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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

GWTC - 2020

SPRINGTIME 10K/5K/1 MILE

✿ SATURDAY, MARCH 28 ✿

The Springtime 10K is held prior to the Springtime Tallahassee parade in a beautiful downtown race venue featuring a celebration for race finishers with a post-race party in downtown Tallahassee.

The 10K/5K races will be held on USATF certified courses, beginning on Monroe St. in downtown Tallahassee in front of the Leon County Courthouse and covering rolling hills through the beautiful Myers Park neighborhood.

The 1-mile race will begin at 7:45 a.m., followed by the 10K and 5K races starting at 8:10 a.m.



ONLINE REGISTRATION:

<https://runsignup.com/Race/FL/Tallahassee/Springtime10K5K1Mile>

VOLUNTEERS NEEDED!

Have a blast, join the post-race party and get a special shirt when you volunteer.

For more information email: volunteerspringtime10k@gmail.com

TALLAHASSEE

MARATHON

— Half Marathon & Relay —

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Photos by Britany Bevis

