

# THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | APRIL 2020



Photo credit: Herb Hills

**Club News**  
**President's Column**  
**Featured Feet**

4-5, 12  
6-7  
9

**Coaches Corner**  
**Back of the pack**

10-11  
14-15

VOLUME 45 | ISSUE 4



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## 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

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Shovel ceremony at Groundbreaking Day at Apalachee Regional Park Championship Cross-Country Course on 6 March 2020

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Road Runners Club of America Member Club  
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# YOUR MEMBER BRIEFING

Your GWTC Board of Directors met on February 12, 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-february-2020/>



You are welcomed to attend any GWTC Board of Directors meeting. The next meeting will be at 7:30 PM on Wednesday, April 8, 2020 via Zoom. Email [FleetFoot@GulfWinds.org](mailto:FleetFoot@GulfWinds.org) for the web address if you'd like to attend.

## **Al Dhafra Air Force Base 5K**

Lt. Col. James Taylor of the US Air Force is a local runner who frequently runs GWTC races when he is not deployed. Lt. Taylor is hosting a 5K on February 26, 2020 at the Al Dhafra Air Force Base but, due to recent events, is unable to go off base to purchase shirts for registered runners. Lt. Taylor contacted Jay Silvanima for a price quote on race shirts, and, Jay, Tom Perkins, and David Yon requested the board consider covering \$1,500 of the expenses to purchase, screen, and ship the shirts. The original email was issued for a vote on January 21, 2020, and Paul noted that the motion passed with a 12 to 1 vote on January 25, 2020.

GWTC covered \$1,500 of the expense to purchase, screen, and ship shirts to the Al Dhafra Air Force Base, which is located in the United Arab Emirates.

## **Proposed Partnership in Thomasville – Jim Halley, Matthew Chancey, and Jeff Capps**

Jim Halley, Matthew Chancey, and Jeff Capps shared thoughts on a potential GWTC partnership in Thomasville. Specifically, Jim was contacted by Matthew, owner of Active Soles Running

Company, about the possibility of increasing the involvement of GWTC in Thomasville. It was further suggested that GWTC increase involvement in both Thomasville and Wakulla County / Crawfordville, perhaps through organized training runs and informational GWTC events. Discussion of the subsidiary club structure, such as that of the GWTC Tri Club, took place. However, rather than forming subsidiary clubs, it was suggested that runners in Thomasville and Wakulla County / Crawfordville join GWTC, forming satellite GWTC running groups.

Workouts and informational sessions were identified as the preliminary steps in establishing satellite groups. Recommended weekly workouts include (1) a long run, (2) a track workout, and (3) a mid-week fun run. In addition, informational socials were suggested to help build membership bases in Thomasville and Wakulla County / Crawfordville, and discussion of including the satellite training runs on the GWTC website and in the Fleet Foot took place. In the future, liaisons in Thomasville and Wakulla County / Crawfordville could be identified. Jim Halley offered to spearhead the development of

these satellite run groups. The board authorized a budget of \$500 to cover social events in Thomasville and Wakulla County / Crawfordville and start-up costs, such as Gatorade, coolers, and cups for the running groups.

### **Chip Timing Annual Report – Bill Hillison**

Bill Hillison presented the annual chip timing report. Notably, GWTC's timing committee timed 20,000 runners this past year and 128,000 runners over the past 8 years. The timing equipment was used to time all 18 GWTC races as well as 29 non-GWTC races, rendering a total of 47 days of timing over the past year. A nominal rental fee is charged for the timing of non-GWTC races, yielding net profits of \$16,000 this year and totaling \$113,000 over the past 8 years. The equipment has also been used to time races that GWTC would have otherwise needed to pay professionals to time, saving the club \$22,000 this past year and \$118,000, collectively. Thus, net savings / collections are about \$40,000 and \$250,000, respectively. The costs of the timing equipment were also noted, totaling nearly \$85,000.

The demands of timing these races were also addressed. Specifically, substantial time and effort is required of volunteers to time races, and currently the demands for chip timing exceed available manpower. Calls for additional help timing races were made.

### **RRCA Annual Awards Acceptance – Judy Alexander**

Judy shared that, following her December nomination, Chika Okoro won the RRCA's Beginning Running Group Annual Award. Because Chika is unable to attend the awards ceremony in Portland, Oregon

on March 21<sup>st</sup>, it was suggested that Sarah Thompson, co-coordinator of the beginning running group, go in her place to represent GWTC. The board authorized an expense reimbursement up to \$2,000.00 to cover Sarah's expenses to attend the RRCA award ceremony and convention. And a warm congratulations to Chika and Sarah.

### **Appointment of New Pine Run Race Directors – Paul Guyas**

Carter and Jennifer Hay were appointed as the new race directors of the Pine Run.

### **Appointment of New TUDC Race Directors – Paul Guyas**

Tom Biance and Sarah Thompson were appointed as the new race directors of the TUDC.

### **Appointment of New Grand Prix Committee Members – Paul Guyas**

Mark Tombrink and Phillip Sura were appointed as new members of the Grand Prix Committee.

### **Creation and Appointment of Assistant Membership Chair – Paul Guyas**

The non-voting position of Assistant Membership Chair was created, and Tom Biance was appointed as the Assistant Membership Chair.

### **Creation and Appointment of Volunteer Coordinator – Paul Guyas**

The non-voting position of Volunteer Coordinator was created, and Lyssa Oberkreser was appointed as the Volunteer Coordinator. A vote took place with no opposition. The motion to create and appoint was passed.

### **Swamp Forest Wrap-Up – Bobby York**

Bobby presented the wrap-up for the

*Continued on page 12*

# PRESIDENT'S COLUMN - PAUL GUYAS

What a wild time to be alive. The Corona virus and COVID-19 outbreak has everyone rocked. Nothing seems to be normal or at least whatever happens to be our sense of normal seems to change day by day. Anything that I write here will be outdated by the time you read it - that's amazing. Things have changed quickly. I went hesitantly for a group run last Sunday morning and by the end of the day I'm sending out messages regarding cancelling everything.

Please let's all work together. Have patience. Exercise understanding and empathy. Assume everyone is doing their best in their own situation and circumstance. Don't add to the panic. Don't spread rhetoric. Don't take sides. No one has all the answers to all the questions, but if you have questions do your best to find the best answer which is not always the first or the easiest one. Educate others. Listen to what others have to say and consider if their advice is good or if their perspective makes sense to you, but you have to listen - you can't skip that step.

## **Stay home.**

Can you imagine what it was like trying to avoid exposure in the 1918 "Spanish" Flu outbreak? Radio was in its infancy, narrow bumpy roads were sparsely populated by Ford Model-T's producing 20 horsepower. Houses did not have electricity. There was no television. The point is that in 2020 we are primed for isolations and potential quarantines.

How many times in the past 5 years have you heard someone bemoaning



the increasing isolation and decreasing personal connection of society? As much as there may be some truth in that, we have been preparing. We can do this.

We have smartphones and television and robots to clean our floors. With the push of buttons or even the sound of our voices, we can have the things we need delivered to our door (for now anyway). We have telephone, text, video chat, video games. We have paper books, home improvement projects, board games, gardens, home gyms. We can sit and chat, play charades, meditate, listen to music, learn a new skill. We can do this.

"But I need to run." Yes! Go for it. Be safe and be smart. Currently, no one is advising against being outside in open spaces. Running down the street or on a trail through the woods is fine.

However, this is no time for groups. Plan ahead. Bring your own water and think about everything that you might touch or come close to and make a plan.



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One of the reasons running is so popular is because engaging with it is so easy. We don't require teammates or a specific arena or playing surface, just a pair of shoes. Run alone or with your family that you are already isolating with. If your non-runner family members need to get out of the house, take them running. Help them.

Be patient with the Club and the Race Directors (and the President). This is unprecedented. Going back decades, the Club has had very few races cancelled and the three I heard about were due to tornadoes twice and a hurricane once. We've never been faced with multiple races in a row being threatened.

The 2020 Springtime 10k/5k race has gone to a virtual format and Palace Saloon 5k has been rescheduled to October 24th and I really hope we'll be in a better place

then. Each race has its own challenges and particulars and each race director wants to put on a good event. They will try. We will try.

If you have ideas and suggestions, please communicate them. Send them to me if you like. If you are willing to help out as we go through this uncharted territory, please say so. There's going to be a ton of work to put life back together and I know this Club and its members will be there when the time comes.

In the meantime, stay safe out there. Connect with those who need connection. Wash your hands.

I will NOT see you out there... yet. 🚫

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# FEATURED FEET DAVID WELLING

**Childhood Ambition:** Navy Seal

**Current Occupation:** CPA

**If money was no object, what profession would you choose?** Carpenter

**Favorite Running Memory?** DC Marine Corp Marathon

**Indulgence:** Pizza

**Non- Running Hobbies:** DIY / Woodworking

**Favorite Reads:** More of a Podcast guy

**Best Place to run in Tallahassee:** Pedrick Pond

**Preferred Running Technology:** iPhone & Armband

**Perfect Day:** Morning 5k run, afternoon in the workshop, then dinner out with my wife.

**Biggest Challenge:** CPA Exam - and the Marathon was a close second. 🏃



# FEATURED FEET KAREN WELLING



**Childhood Ambition:** Teacher

**Current Occupation:** CPA

**Money No Object Profession:** I would open a bakery.

**Favorite Running Memory:** Finishing the Tallahassee Half-Marathon.

**Indulgence:** Dark Chocolate and Chocolate Chip Cookies

**Non- Running Hobbies:** Baking / Cooking

**Favorite Reads:** Food magazines & blogs; mysteries

**Best Place to run in Tally:** Killlearn

**Preferred Running Tech:** None

**Perfect Day:** Morning run in cool weather then spending time with friends and family.

**Biggest Challenge:** Right now, my biggest challenge is getting enough sleep with a newborn. 🏃

# COACHES CORNER NOW WHAT?

BY GARY DROZE



**Well, shucks.**

You've finally attained hard-earned fitness through dutiful attendance at one or more weekly group training sessions. You've tested and honed that fitness with early season races. Now you're ready to trot out a display of 5K conditioning at the zippy Springtime course or the venerable Palace Saloon 5K, a venue famed for generating more fast times than Ridgemont High (for you young pups, that's a Boomer pop culture reference).

But suddenly, a globetrotting pathogen has erased both your near-term race opportunities and your group training sessions. Now what?

First, let's I.D. a few positives. With so many race cancellations, your entry fee outlay over the next few months should be nil, freeing up those dollars for hand sanitizer or a down payment on a case of toilet paper. Too, your burgeoning race T-shirt collection will at last be on hold for a while. Finally – and this is the buried lead – you have a chance to maintain or even increase 5K conditioning, while also increasing the mental toughness that accrues from training solo.

One disadvantage to regular racing is that it calls for more light days (easy pre-race day runs and post-run recovery days) than a non-racing routine. A typical race week might look like so...

**Monday:** recovery day from Sunday long run

**Tuesday:** 5K race pace intervals

**Wednesday:** recovery day

**Thursday:** moderate tempo run (hold back, due to upcoming Saturday race)

**Friday:** easy pre-race day, short distance

**Saturday:** race day

**Sunday:** long easy run

**Jettison the weekly races, and you can now shoehorn in more quality. For example...**

**Monday:** recovery day from previous weekend

**Tuesday:** 5K race pace intervals

**Wednesday:** recovery day

**Thursday:** aggressive tempo run

**Friday:** easy day, but medium distance

**Saturday:** progression run

**Sunday:** long easy run

**Now let's add some specifics to those non-race week quality sessions...**

**Tuesday intervals:** Certainly, you could accomplish them on the track, and simply continue with the GWTC routine that features 3 miles of goal-5K pace intervals (e.g. 6 x 800m), interspersed with short recoveries of 1-2 minutes. Running them on your own could be mentally taxing, but on the plus side, you can optimize these sessions by incorporating two items that I can never include when training groups on Tuesday mornings/evenings: active recovery and pulse-based rest. Ideally, you should keep moving (brisk walk or light jog) instead of coming to a complete halt between repetitions, but if I mandated this at GWTC practices, I'd never get everybody to the starting line for successive reps. Also, recovery times within groups are always a compromise, with the fastest runners getting too much rest, and some of the slowest, not enough. As a solo intervals runner, you can take the proper rest YOU need, which should be not 1 second more than is needed to hold sub-5K race pace for the entire session. Generally, that means starting another

repeat when your heartrate has dropped about 40-50 beats from what it was during the repeat. Again, I can't use this optimal approach in the GWTC sessions, because we'd end up with 20 groups, instead of three! What if you can't force yourself to grind out lonely track work? Perhaps try the only intervals I can stand to do solo: run Lake Overstreet or a similar trail, alternating 2-3 minutes at 5K race effort with 1 minute jogs, for a total run of about 40 minutes, including warmup/cooldown jogs.

**Thursday aggressive tempo run:** Warmup, then 4 miles at between 10K and 10 mile race pace. That's too hard for two days prior to a Saturday race, but those races are out of the picture for now!

**Saturday progression run:** You may be a bit sluggish from Tuesday/Thursday, but that's okay. A progression run starts at a mild pace, then gradually accelerates each mile. The degree one speeds up is based on fatigue level from the week. Ideal for 5K training would be a 6-miler that begins with an easy jog and finishes with a final mile right at 5K race pace.

A major factor in exercise adherence is social facilitation, as when you have committed to meet weekly with training partners. While that is inadvisable now, you can still commit to sharing workout results. Knowing that you must report what you did run – or did not run – may be enough incentive to get you out the door.

October 24 will be here before we know it.  
There's a beer at the end of the tunnel! 🍷



**If you have a question about becoming a better runner, email your questions to [FleetFoot@GulfWinds.org](mailto:FleetFoot@GulfWinds.org).**

# YOUR MEMBER BRIEFING

*Continued from page 5*

Swamp Forest races, which took place on January 4, 2020. In brief, total expenses for the race were \$7,433.87 and total revenues were \$5,469.12, yielding net proceeds of \$1,964.75. One More Child and Friends of Our Parks were named as the approved charities for race donations. The board resolved to donate \$500 to each charity, for a total donation of \$1,000, with the remaining \$964.75 proceeds retained by the club.

## **Bowlegs 5K Wrap-Up – Bill Hillison**

Bill provided a wrap-up of the Bowlegs 5K, which occurred on January 11, 2020. Both the budgeted and actual expenses and revenues of the race were presented along with direct donations to the scholarship fund. Notably, the sole purpose of Bowlegs is to provide scholarships to FSU students in need. The race is co-hosted with the Faculty and Friends Club of FSU, who help tremendously with the costs and volunteer work of the race. Historically, all of the proceeds from Bowlegs have been donated to the scholarship fund, and a motion to continue this tradition of donating 100 percent of the proceeds to the scholarship fund was made, seconded, and passed.

## **10 / 5 Mile Challenge Wrap-Up – Vicky Verano**

Vicky presented the wrap-up for the 10/5 Mile Challenge, which took place on December 7, 2019. Notably, race turnout was up from 2018, with 98 runners and 180 runners for years 2018 and 2019, respectively. Given the lower turnout, the 10/5 Mile Challenge was unable to make its usual donation to the Leon County Humane Society in 2018,

as the race proceeds were negative. However, proceeds for 2019 were positive. Accordingly, it was requested that 100 percent, rather than the usual 50 percent, of the proceeds from the 2019 10/5 Mile Challenge be donated to the Leon County Humane Society, considering the race was unable to donate in the prior year. The board approved the request to donate 100% of the 2019 proceeds to the Leon County Humane Society.

## **Equipment – Tec Thomas**

Tec provided a report on GWTC's equipment, highlighting that the new equipment rental form is on the GWTC website. While the updated form is on the website, not all race directors utilize the equipment rental form. Proper and timely completion of the equipment rental form was stressed for efficient and effective supply of equipment for races. In addition, a broken table was reported.

## **Chenoweth Fund – David Yon**

David reported that Girls on the Run asked the Chenoweth Committee for \$1,500 and that the Committee is voting to give them \$1,000. The board authorized the recommendation of the Chenoweth Committee for a donation of \$1,000.00 to Girls on the Run.

## **Training Groups – Thomas Bianca**

Tom reported that the Springtime training group is two weeks in and will continue for six more weeks. The new running store, Cadence, has been helping by providing pace groups. In addition, Tom is seeking volunteers for Training Group Coordinator. 🏃



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# BACK OF THE PACK JACK MCDERMOTT

One of the “family” issues I have been dealing with is a psychological condition called “Runner’s Envy.” Unfortunately, Laura (wife) has a serious knee injury and is out of commission for a while. It has been so bad that I have to tell her I am leaving the house to have an affair rather than tell the truth: I am going out for a secret run.



**Hopefully, she will be back in action soon, but then again ... what's the point? Everything is canceled!**

I now feel like a lost puppy without a purpose. The Boston Marathon was postponed, Springtime Tallahassee 10K canceled, and now Palace Saloon 5K (No morning beer on Saturday?!?!). My coworkers have cautioned me against these running gatherings, but I tell them my running friends are way healthier than you people! [Which, as you guessed it, does not make me a popular co-worker.]

## **Preparation for Corona-ggedon:**

I have been hunkering down by stockpiling 1,000 rolls of toilet paper (OK. So why do we need so much toilet paper? As a runner, I probably use more tissues than the average person, but if the world is really ending, the last thing I will be thinking about are my bowel movements). And due to the cleaning supply shortages I have been manufacturing my own hand sanitizer using aloe vera, aftershave, and motor oil. (It's kind of messy). I also have been hoarding Monster drinks, Twizzlers, and dog treats. Now, if only I had a bunker ...

Another part of my preparation is to amass a variety of relevant movies

including “Outbreak,” “Pandemic,” “Invasion of the Body Snatchers” and the “The Walking Dead.” Again – not thinking everyone will turn into zombies, but I want to be prepared just in case. And the worst thing about this health scare is now I have to start washing my hands! Ugh! If only I had remembered to buy soap ...

## **Marathon Olympic Trials**

No, I did not get to run in the Olympic trials; I barely missed qualifying by 46 minutes and 27 seconds. Maybe I will try again in 2024. However, it was an exhilarating experience just to be a spectator. Unlike the main Atlanta Marathon, runners doubled back so we could see them multiple times. I was inspired to see Adriana Piekarewicz and Stanley Linton --- both formerly of Tallahassee, and both of whom ran superbly!

Another advantage of watching the event live is that we were not interrupted by the President. I called Laura only to hear, “Oh my gosh, the President interrupted the Olympic Trials to talk about the Taliban.” And I guess as an afterthought ... talked about coronavirus. Now the Olympics are in peril, the stock market is crashing, and the coronavirus isn't a hoax --- at least things worked out with the Taliban. Also recently – the administration's

encouragement of “Social Distancing” is not working, so they adopted a new strategy: “Act Like a Millennial” – basically use your iPhone to update social media all day, and don’t have an actual conversation with an actual person. It’s easy!

I did get the pleasure of running the real Atlanta Marathon on March 1, which was hard due to undulating streets. My cousin and I were rehabbing from injuries so we cruised to a 3:47 marathon. We figured it was good preparation for the Boston Marathon in April, except, rats!, that race was postponed and rescheduled for September 14. Now, we will have to run in the heat of late summer --- average temps for Boston are 73 degrees! The last I heard; the race directors had asked the Massachusetts Legislature to create a holiday September 14 to free-up the school buses needed to transport runners.

The real question is: What will this new one-time holiday be called?

The real Boston Marathon is on Patriot’s Day to commemorate the battles of Lexington and Concord, so I did some historical research to help the Boston Athletic Association (B.A.A.) with this momentous decision of creating a similarly-themed holiday. Some historical events that happened on September 14: President McKinley dies in 1901 (“McKinley Day”), the Seedless Watermelon is invented in 1951 (“Watermelon Day”), OPEC was formed in 1960 (“Cartel Day”), and the Minimum Wage was raised to \$1.40 an hour in 1966 (“I Don’t Get Paid Crap Day”). Hmm ... for whatever reason, not a lot of important events happened on that day. Anyway, I hope they sort it out and get the school buses, or I may be forced to hitchhike to Hopkinton. Until next time. 🏃

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# GULF WINDS TRACK CLUB'S **2020 FLASH 12K & 6K**



Photos by Herb Wills