

# THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | MAY 2020

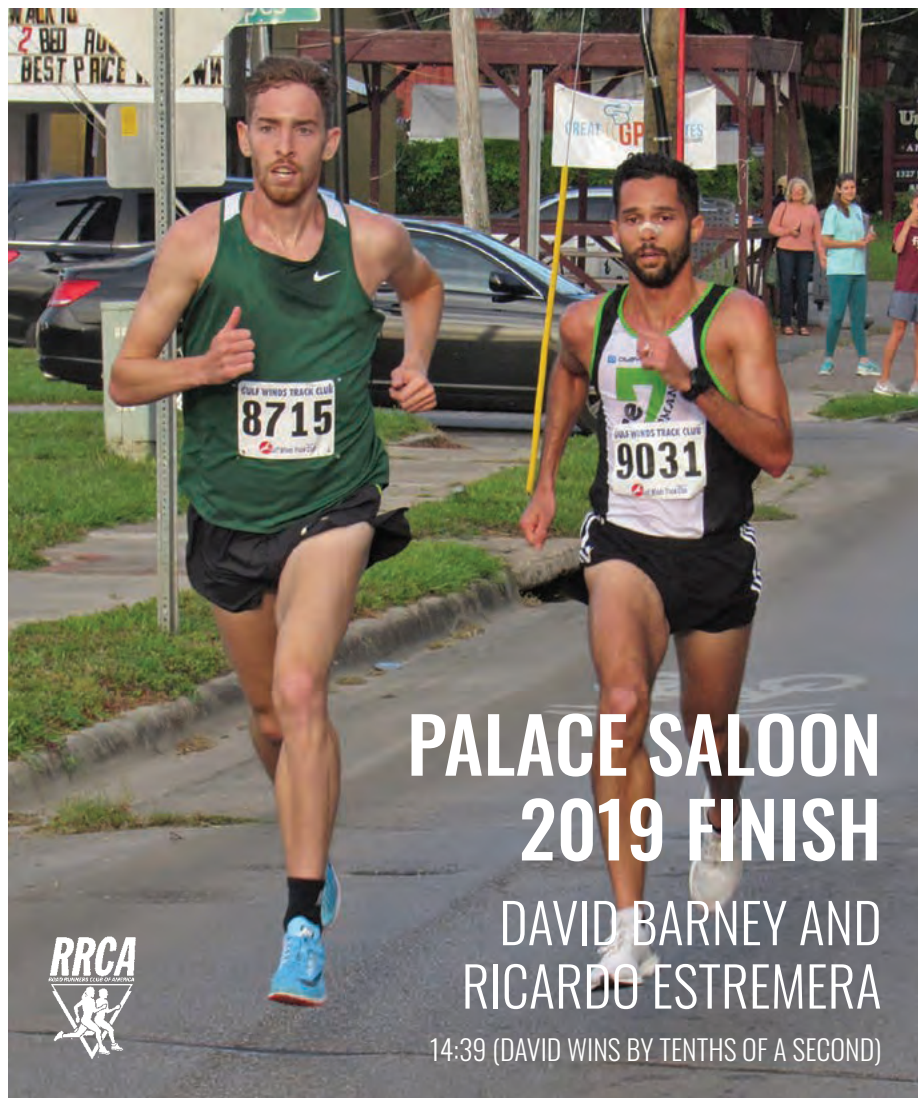


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VOLUME 45 | ISSUE 5



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**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).

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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

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Photo credit: Herb Wills

Palace Saloon 2019 starting line a moment after the "GO!" signal.



Tallahassee, FL  
**Gulf Winds Track Club**

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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 March 11, 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-march-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.

## Southern Scholarship Foundation Donation from 2010

Paul requested the board's input on a request from the Southern Scholarship Foundation to repurpose funds donated from Gulf Winds Track Club on September 17, 2010. Gulf Winds Track Club donated \$750 to the fund in 2010 with the intention of supporting the activities of a morning running club. The Southern Scholarship Foundation email reported that \$391.06 of the donation was used in 2010 for running events and that a remaining balance of \$233.16 has carried forward for nearly 10 years. Because the morning run group was short-lived, the foundation requested to use the remaining \$233.16 to support an upcoming Graduate Recognition and Potluck for their Spring 2020 graduates in Tallahassee. After some discussion, a motion to approve the request was made, seconded, and passed.

## Flash 12K / 6K (2020) Wrap-Up - Keith Rowe

Keith presented the 2020 Flash 12K / 6K wrap-up, reporting that an increase in total revenue and decrease in expenses from past years. Revenue

totaled \$7,785.63 and expenses totaled \$4,903.41, yielding a total net revenue of \$2,882.22. Fifty percent of the proceeds, \$1,441.11, was made to The RonStrong Foundation. The remaining \$1,441.11 was retained by the club. Congratulations Keith Rowe!

## Membership - Mark Priddy

Mark reported that Gulf Winds Track Club currently has 1,360 members in over 700 households. At this time last year, the club was reported to have 998 members in 514 households.

## Treasurer- David Yon

David presented the treasurer's report and distributed the club's Statement of Activity for July 1, 2019 - March 11, 2020, Statement of Financial Position as of March 11, 2020, and Statement of Activity Year-To-Date Comparison. Net revenue for the fiscal year was reported as -\$27,709.08, and total assets as of March 11, 2020 were reported as \$230,872.27.

## Chip Timing - Bill Lott

In February 2020, five races were chip timed, including two Club races and three non-Club races. Chip timed Club

races include the Tallahassee Marathon / Half Marathon / Marathon Relay and Flash 12K / 6K, while the non-Club races include the Run For the Cookies 5K / 1M, 1 Mile Heart & Sole Run in Thomasville, and Buck Lake Bobcat Trail Run 5k / 1M. In March 2020, GWTC is scheduled to chip time five races, two of which are Club races (Springtime 10K / 5K / 1M and the St. Mark's Duathlon) and three of which are non-Club races.

## Training Groups - Thomas Bianche

Thomas shared that the Springtime training group is still going strong and that Cadence Running has been very helpful with the groups. In addition, a call for pace leader volunteers was made, and there was discussion of putting out a poll in regard to a training group for Breakfast on the Track. An incident with one of the training groups was reported and has been handled.

## Youth Council - Kaari Guyas

Kaari reported that the Youth Council recently held a very successful meeting. It was reported that David asked some questions in regard to organizing a party for the Striders and that the Youth Council answered those questions. The Youth Council also discussed how the new Grand Prix scoring affects kids, and it was reported that the Youth Council are generally happy with the scoring.

The Youth Council also brainstormed ways to improve the Striders and will continue to work with David on organizing their party.

## Education and Lecture - Chris Stanley

While no report was given, it was shared that Chris is ready to transition out of his role as Lecture Series Coordinator. Accordingly, the board was encouraged to consider potential replacements for this position.

## Social - Vicky Droze

David shared that he is working with Vicky and several others on putting together a speaker event with Stan Linton and Adriana Piekarewicz on their experience in the 2020 Olympic Marathon Trials. Gary Droze agreed to moderate the event, which is slated for April 3rd, 2020. Reservations have been made at the League of Cities building at Kleman Plaza.

## Volunteers - Lyssa Oberkreiser

Race directors are encouraged to include sign-ups for volunteers with their race registration, and a request for David to call for volunteers in his weekly column was made. In general, members are encouraged to reach out to Lyssa for ideas involving volunteers and getting new people more involved in the club. 🏃‍♀️



The joy of personal achievement and friendship after finishing the 2019 Springtime Tallahassee.

Photo credit: Kat Sack



# PRESIDENT'S COLUMN - PAUL GUYAS

"This is like trying to build a plane while flying it."



Maybe you've heard that or a version before. I don't know from where it came, but I heard it recently and thought it was fitting. Most of us are dealing with this pandemic on many fronts. We're scared or at least nervous about our health and that of those around us. We are suddenly thrust unprepared into new roles. We're inconvenienced. We are trying to figure out a sense of new normalcy that seems to be in a constant state of change like a rug being pulled from under our feet. We're worried about our economies: personal, community, and beyond. We're concerned for what the future may hold. Many of you are probably working to adapt your business, your department, your families, your social circles, your schedules to accommodate this new and hopefully temporary world.

We at GWTC are doing the same things. We're assessing what we know, what we have, what we need. We're planning as best we can for future scenarios. Our primary priorities right now are to promote safety for our runners and our community, to abide by the guidance from authorities, to do our best to promote continued connectivity and engagement, and when appropriate to get everyone back out there running and racing together.

This is a call to action.

This is a call for innovation.

This is a suggestion box.

Maybe you've heard tales (urban legends?) of toothpaste companies increasing product usage by increasing the size of the hole at the end of the tubes? Alka-Seltzer was once a one tablet "plop fizz" until Helga Herzog doubled the dosage in the commercials and thus doubled sales. The point is that there are great and simple ideas that can have huge impacts and often they come from an unexpected place.

Do you have an idea or opinion about our Club and our future races and how we should proceed?

It will still be a while, but how can we best get going again? What would you want? Expect?

What are your concerns and questions?

Maybe it's time for something completely new?

Let me know. Be creative. Everything is on the table. Nothing is too far out of bounds. Let's build this plane. 🚀

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## FEATURED FEET KELLY WHALEN

**Childhood ambition:** Architect

**Current occupation:** Associate professor in special education at Florida State University

**If money were no object, what profession would you choose?** Open a Bed and Breakfast

**Favorite running memory:** My first trail race, which was my first time running a trail that was very wet and muddy. I stumbled a few times and loved it! I continue to love running the trails here.

**Indulgence:** Ice cream and pizza

**Non-running hobbies:** Anything outdoors; playing with my two dogs; cooking

**Favorite reads:** The paper version of the newspaper and classics including anything by Jane Austen

**Best place to run in**

**Tallahassee:** Too many to name, but I am currently running more on Heritage Trail because it is an easy trail for social distancing.

**Preferred running technology:** I don't really take advantage of technology too much but wear an Apple Watch. I have a love/hate relationship with my watch. I love the affirmations, but not the shaming.

**Perfect day:** A morning run on a trail, time with my dogs and cooking a wonderful meal with friends.

**Biggest challenge:** I am currently challenging myself to take 20 seconds off my fastest mile. 🏃‍♀️



## FEATURED FEET DARIEN ANGELIER

**Childhood ambition:** Artist

**Current occupation:** Owner of Guardian Automotive and Ohana Dive Charters

**If money were no object, what profession would you choose?** I would do what I do now on a bigger scale.

**Favorite running memory:** I started running seriously about a year ago because of how much fun I had doing the Beach Blast Triathlon.

**Indulgence:** Great Bicycle Shop

**Non-running hobbies:** Scuba Diving, Cycling, and Swimming

**Favorite reads:** anything historical

**Best place to run in Tallahassee:** J. Alford Greenway and Tom Brown

**Preferred running technology:** Garmin

**Perfect day:** about 70 degrees and blue skies

**Biggest challenge:** In running it would be finding the perfect form. 🏃‍♂️



# COACHES CORNER WITH GARY DROZE

## ABNORMAL TACTICS FOR THE NEW NORMAL



Good Ole Circle K. I confess a longtime habit of stopping there every morning for my diet soda caffeine hit on the way to work. Often, I cross paths with former GWTC Prez Felton Wright, who follows the same ritual. Now, upon entering I hide my schnozz and piehole under a bandanna bearing a Turkey Trot motif (prescient goodie bag pick by race directors David and Mary Jean Yon). But what about my potentially virulent fingers? Well, Circle K now features fuel gloves dispensers at all their pumps, so now I can give those dedicated, essential clerks a covered “jazz hands” wave upon entering. They still charge me full price. Ingrates.

Switching gears, let's consider possible adaptations for runners who want to maintain fitness without compromising responsibility in the battle against COVID-19. If you have access to a treadmill, there's good news and bad news. Good news: you get a Public Health Gold Star, unless your treadmill is within six feet (or 1.83 meters, or 1 fathom, or .009 furlongs, or 1.2 x a penny-farthing wheel diameter) of another exerciser. Bad news: treadmill running is nearly as boring as microeconomics. But a little creativity can lessen the tedium. For example, you might put the radio on

during your sessions. I tried the local classic rock station, which dutifully repeats the same eleven songs from the 1970s. To stave off boredom, I invented new lyrics for some of these overplayed pop chestnuts. Foreigner's “Hot-Blooded” became a nod to waifish marathoners.

*Well I'm flat-butt'd, check it and see*

*My butt's as bony as your grandmother's knee*

*Come on baby, can you hold up my pants?*

*Cuz I'm flat-butt'd, I'm flat-buttHEAD!*

*(derivative guitar solo)*

Similarly, the Eagles' “Peaceful Easy Feeling” transformed into a lament over the one time I tried a McDonald's Breakfast Burrito (three words that do not belong together) before a 10K.

*Now I got a greaseful, queasy feeling*

*And I know I can't keep it down*

*'Cause I'm already kneelin'*

*Shorts turned brown.*

*(mellow vocal fadeout)*

OK, enough of that silliness. Here are some possibly useful tips for taking it to the treadmill streets (Oops. I'm trying to dislodge a Doobie Brothers earworm. Thanks a lot, Gulf 104):

### 1. Exploit the opportunity for progression runs.

Similar to tempo runs, progression runs boost your lactate threshold (the fastest pace you can maintain without an abrupt heart rate increase). On trails or roads, progression efforts can be difficult to master or optimize. Not so on the treadmill, as you have finer control over the pace. A great treadmill progression workout for 5K training would be a 5 mile that starts with a gentle, evenly-paced first mile, then calls for gradually upping the pace every 2-3 minutes, with a goal of getting to or near 5K race pace during the last mile.

### 2. Footplant improvement.

Every footstrike on a treadmill generates a sound. Once you warm up to a decent, tempo-type pace on a treadmill session (e.g. within about 45sec/mile of your 5K pace), listen attentively to the sound volume produced by your footstrike, and try to minimize it. Most folks can do this by imagining they are pushing the treadmill surface behind them, rather than landing on it and lifting their knees. This is a real skill that better distance runners hone in their training and racing. While you can also work at making a lighter footstrike on the track or roads, the treadmill gives immediate feedback (unless your headphones are cranked to eleven).

### 3. Converting treadmill to hard surface running.

There is some research to support that raising the incline on treadmill to a modest 1.0-1.5% makes the effort closer to a hard surface equivalent. At 0.0% incline, the moving belt is doing some of the work for the runner, especially one who is experienced on the treadmill. A slight incline negates this assistance.

What if you have no access to any aerobic exercise equipment OR weights OR a personal trainer who can work with you while sporting a hazmat suit? Have no fear, the military is here! While in the Air Force, I employed the 6-Count Burpee (aka 6-Count Body Builder; Google it) when no other exercise options were available. Do these in 6-10 sets of 10-30 reps, with one minute recoveries

between sets, and you will have experienced a high-intensity, full body workout that rivals the hardest running interval bout.

Why are they called Burpees? Reputedly, they were invented by somebody who had burritos for breakfast. 🌯



# TAKING THE SPRINGTIME 5K/10K VIRTUAL

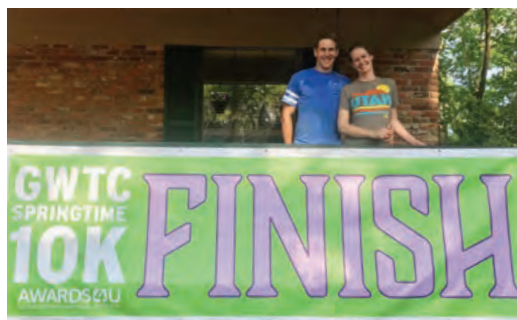
BY ZACH AND RACHEL SCHARLEPP

The Springtime 10k 2020 marks Zack's and my 3rd year directing. All details had been considered and were in place.

Then our community started to be directly affected by COVID-19 and we were faced with an unexpected race director challenge (or opportunity); a situation that will forever mark history. An email from Sargent Bedenbaugh on March 13th confirmed our predictions: the 45th annual Springtime 10k would be incredibly different from races past, as the City of Tallahassee pulled all permits as a precautionary health measure. The news settled and we began contemplating what the Springtime 10k means to the running and larger community.

Zack and I wanted to honor Tallahassee and her residents' resilient spirit, even amidst a global pandemic. We decided to go virtual. (We had over 2,000 singlets and 1,000 medals that would go to complete waste if we canceled.)

The turnout has been incredible! Runners and non-runners, both local and distant have participated. Some have run a racecourse Zack created special for the virtual run and others have created their




own course. Many have posted their routes, their race stories, and finisher pictures to Facebook and through email.

Participants have proven, once again, that we are a gritty, resilient bunch! We run in the proverbial rain or shine! We run together in-person or virtually! No matter what, we love that we can RUN!


As many of you reading this, Zack and I are looking forward to lighter days ahead. We are excited for a traditional Springtime 10k in 2021. We are also grateful for the opportunity COVID-19 has given us to reflect, re-prioritize, adapt, and strengthen. Thank you to all participants!

Wishing you had participated? The Virtual Springtime 10k continues through the end of the spring season (June 19th). We have boxes of singlets and medals left. Register through RunSignUp, choose your route, RUN, and then come pick up your well-earned swag. 🏃



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# VOLUNTEER SPOTLIGHT

## TOM PERKINS

### Tell us briefly about your running experience.

I ran my first race in Tallahassee in 1977. I have covered every distance from the 1 Mile to the 50K, Sprint Tri to the Ironman and Adventure races. I find the energy from other runners addictive and good for the soul.

### How long have you been a member of GWTC?

I'm not really sure. The running group in Tallahassee evolved over a period of time into GWTC. I can't claim to be a card carrying member because I don't remember when I started paying dues. People would hear about a run and just show up the day of the event.

### How did you first get involved as a volunteer?

After my 1st ever 5K, I was so stoked, I had to thank the person I thought was the race director. He was picking things up and putting them in the back of a truck. In order to talk with him, I found myself helping him load up. That's how it started.

### What do you enjoy most about volunteering?

Seeing the range of emotions that runners go through. Watching first time runners achieve something that they never thought was possible. Seeing friendships form because of running. Watching 2-year-old boys and girls run the 40 meter Diaper Dash at Summer Track. The list goes on.



### Why do you volunteer?

A well-run event is all about the volunteers. The backbone of GWTC is its volunteers.

### What are your volunteer projects planned for 2020?

Helping direct The Run for the Cookies 5K, Hops and Half Shell 5K, Summer Track Series, Miller Landing Madness and The Jingle Bell Run. In between, wherever Peg or Bill or David tell I should be next. If I didn't enjoy the people I'm with, I would not do it. 🏃

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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/1MILE GOES VIRTUAL



Catherine Awasthi



Sean Wilkinson



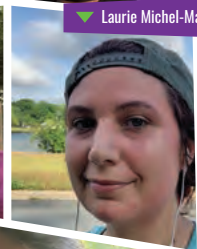
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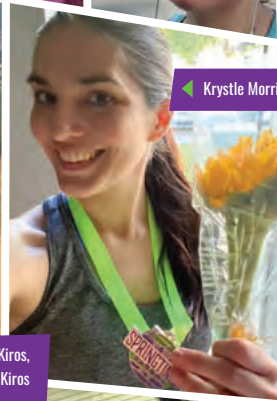
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Sarah Lewis



Tsige Tadesse, Leah Kiros,  
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Photo Credit:  
Facebook GWTC Springtime 10k group