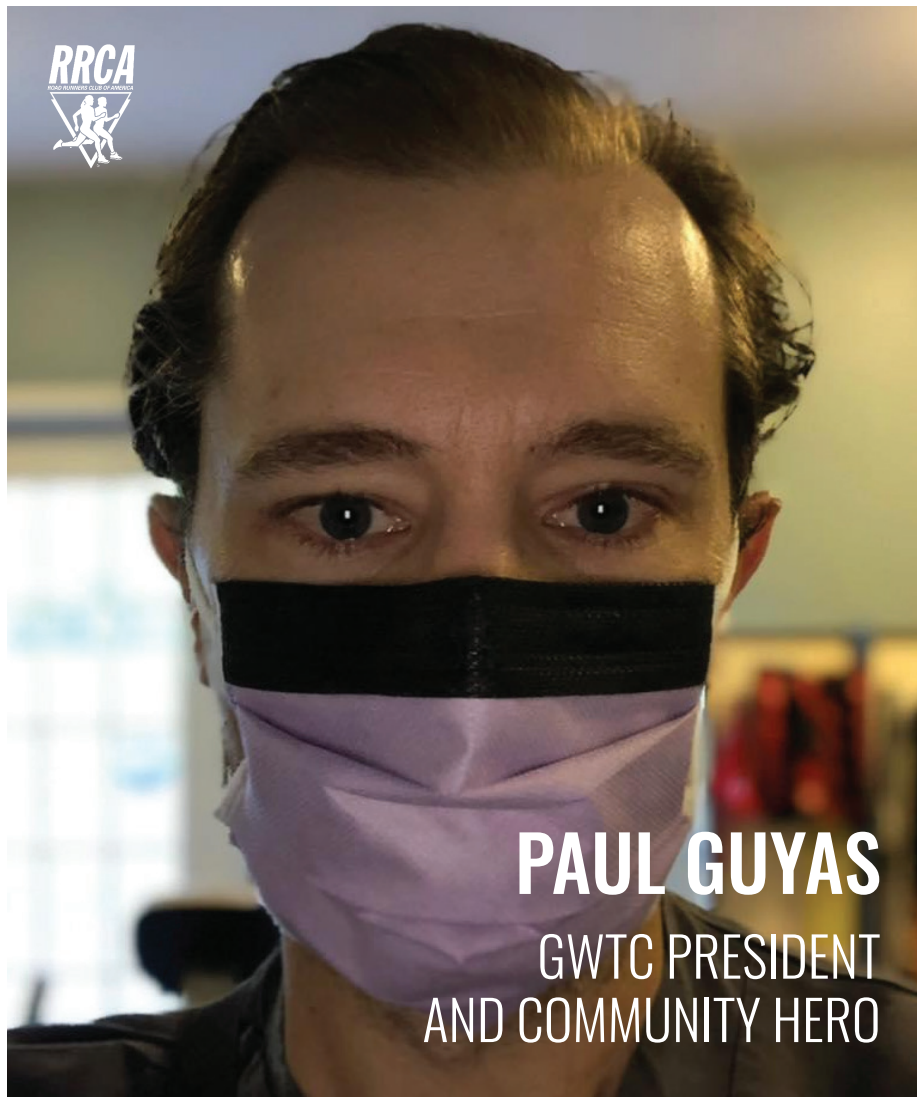


THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | JUNE/JULY 2020



PAUL GUYAS

**GWTC PRESIDENT
AND COMMUNITY HERO**

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VOLUME 45 | ISSUE 6



Gulf Winds Track Club
Tallahassee, FL

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | JUNE/JULY 2020

VOLUME 45 | ISSUE 6

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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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

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The start of Gulf Winds Track Club's 2018 Potluck Four-Mile Cross-Country Race at Meridian Park.

Photo credit: Herb Wills



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YOUR MEMBER BRIEFING

Your GWTC Board of Directors met on April 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-april-2020/>



You are welcomed to attend any GWTC Board of Directors meeting. The next meeting will be at 7:30 PM on Wednesday, June 10, 2020 via Zoom. Email FleetFoot@GulfWinds.org for the web address if you'd like to attend.

New Race Date for Palace Saloon 5K (2020)

The 2020 Palace Saloon 5K is scheduled to take place on October 24, 2020.

Springtime 10K / 5K / 1M (2020) Virtual Race Update– Zack Scharlepp

Zack reported that the virtual race has gone well with an additional 250 race registrants thus far since going virtual. Feedback from race participants has been positive, and board members were encouraged to continue to recruit people to participate in the virtual race. Given that the race was planned to take place in-person rather than virtually, the Springtime 10K / 5K / 1 M 2020 race is anticipated to ultimately result in a loss, as supplies and other race materials were already purchased in preparation for an in-person race.

Race Planning with Covid-19 – Mary Jean Yon

Mary Jean provided a report on races during COVID-19. Mary Jean encouraged flexibility and creativity in the planning of future races, underscoring the importance of keeping race directors plugged into discussions about upcoming

races. It was noted that many times decisions regarding future races might be made by those issuing permits and permission to use property. Further, it was highlighted that the club would remain solvent even if no additional races took place between now and the end of 2020, though it was also noted that the club's mission is much more than that.

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

In March, GWTC chip timed only one event, the Shamrock Scurry 5K/1M. The other four events scheduled to be chip timed during March were the Habitat for Humanity 5K (postponed to a later date to be announced); The Heritage 5K/1M (canceled or postponed to a later date); the St. Marks Duathlon (postponed to a later date); and Springtime 10K/5K/1M (became a virtual race). Of the four events scheduled to be chip timed in April, two have been rescheduled (Hops & Half Shells 5K/1M moved to August 29th; and The Palace Saloon 5K moved to October 24th), and two canceled (Rose City 10K/1M; and Nene Fest 5K).

Newsletter – Robert and Kory Skrob

Robert reported that a shorter newsletter was published in April and that plans to publish the May newsletter were underway. Gary Droze is slated to write an article in the May newsletter and the Scharlepps have agreed to discuss the conversion to a virtual Springtime race. Robert is open and happy to talk about ways to reduce newsletter costs and is focused on keeping members connected to running and one another in the interim. Further, printing and postage costs for the newsletter were discussed as well as the ratio of members receiving digital versus physical newsletters. Robert reported that 71 members receive the newsletter through US mail only, 418 receive the newsletter via email, and 125 receive the newsletter via both US mail and email.

Trail Coordinator – Jim Halley

Jim reported that the start of the Summer Trail Series will be delayed due to COVID-19 and that Trail Dynamics has been working to develop new trails at the Alfred Greenway. Thus far, 3 miles of new trails have been developed, averaging about 0.2 miles a day. A total of 22 miles of new trails are planned for the Alfred Greenway.

Triathlete Club- John Sivyver

St. Marks Duathlon has been rescheduled to take place on October 11, 2020. For those already registered for the 2020 St. Marks Duathlon with schedule conflicts for the new date, a deferral option for the 2021 St. Marks Duathlon will be offered..



Seconds after the start of the 2018 Paul Hoover 5K Freedom Run.

Photo credit: Herb Willis

PRESIDENT'S COLUMN - PAUL GUYAS



“Let me tell you about my run.”

It's difficult given all the precautions we are currently following and all the apprehension we feel. And it can get frustrating but we're all in this together and that is more important than ever.


So I park. I run. The visible trail is clear and maybe all these cars are people just like me: by themselves, just trying to get a run in. Not far into it, still warming up, I notice a side trail that I hadn't before and I take it. I find out it was purposefully created to draw attention to a specific landmark which I hadn't seen before. It's nice. This little side loop was just that though - little and a loop - which quickly brought me back to the main trail, but (I hadn't yet realized) I had a different mindset now.

Instead of staying on the main path, I chose a slightly more difficult route that I had done before, but didn't particularly like. Running this familiar location in an unfamiliar way gave rise to more openness to make nontypical choices and furthermore just to see that there were more choices that could be made.

I came across an access road that I had never seen before and did not seem to be crafted for running and walking, but more so for maintenance vehicles. However, it looked runnable enough so I gave it a go. Four miles later I hit the end of that road. I had a completely solo, completely enjoyable eight mile, out-and-back running spree. That's the opposite of annoying.

I know I'm not breaking any ground by writing a message about making the best of a bad situation, looking on the bright side, or taking the opportunity to try new things. Others have done a far better job than I can explain how we can enact broad and sweeping growth and enlightenment for ourselves and our society.

If I can add any fuel to that fire, I'm thrilled, but maybe don't take my advice figuratively, take it literally. Run somewhere new, get off the beaten path, find a novel route.

Stay safe out there my friends. See you soon. 

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FEATURED FEET CHASITY O'STEEN

Childhood ambition: To be great at whatever I do

Current occupation: Leon County Attorney

If money were no object, what profession would you choose? Professor and collector of antiquities a/k/a Indiana Jones

Favorite running memory: Training for the marathon with my husband, Jason

Indulgence: Dark chocolate

Non-running hobbies: Reading; traveling and spending time with my family; cycling on the Peloton.

Favorite reads: Anything by Louise Penny and Clive Cussler; the Flavia de Luce series by Alan Bradley is witty and clever.

Best place to run in Tallahassee:

Around the family homestead; there are enough elevation changes to make me feel like I'm working for it.

Preferred running technology: Just a good pair of running shoes

Perfect day: Anything with my family and good friends

Biggest challenge: Raising two amazing children 🏃



FEATURED FEET ALLEN BLAY

Childhood ambition: Famous Sports Announcer

Current occupation: Accounting Professor at FSU

If money were no object, what profession would you choose? Same one I have.

Favorite running memory: Running with Meb before the 2019 Tallahassee half marathon.

Indulgence: Boba milk tea

Non-running hobbies: Collecting baseball cards and causing trouble with my kids.

Favorite reads: Anything by Stephen King.

Best place to run in

Tallahassee: I've fallen in love with Phipps.

Preferred running technology: Garmin

Perfect day: Waking up on a cruise ship in Alaska, getting off the boat and running about 10 miles, then eating food I didn't have to cook the rest of the day. Ah, the good ole days of last summer.

Biggest challenge: Remembering my age. 🏃



HOW THEY TRAIN **TREVOR SUNUNU**



Age: 24

Did you compete in high school cross country or track? Yes, at Park Vista HS in Palm Beach County

Did you compete in college cross country or track? No

How many years have you been running?
12 Years

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

I try to keep around 100 now, but it was more like 70-80 for most of last year



What are some of your lifetime personal records?

Mile: 4:46	Half marathon:
2mile: 10:11	1:18:56
5k(track): 15:42	Marathon: 2:38:13
10k: 33:58	50miler: 8:04:31

What running events do you train for or what are your training goals? I'm currently training for the marathon (with the current global situation, I do not know which one specifically); my goal at the moment would be to break 2:30:00

What does your typical week of running look like during in-season training?

- Monday - 8mi AM/ 4mi PM EZ
- Tuesday: track workout in AM, often with 3mi warmup, about 10 mi of intervals consisting of anywhere between 1000-3200 repeats with short 1:00-2:00 rest, 3 mi cooldown
- Wednesday: 8mi AM/ 4mi PM EZ
- Thursday: 8mi AM/ 4mi PM EZ
- Friday: 8mi AM/ 4mi PM EZ
- Saturday: long workout in AM, anywhere from 20-32mi, EZ start then either a progression run, tempo, fartlek, or ending the run at race pace.
- Sunday: 8mi AM/ 4mi PM EZ (or a day off)

How does your training vary over the course of a year? Do you take recovery or down time?

I don't particularly plan for down time, but sometimes work gets a bit busy, so I ease off the miles and take it easy, especially since I work standing on my feet all night

Do you peak for certain races? Really, only for any marathon I race. I might do a light taper for some other races, but I usually train through the 5ks and such.

What time of the day do you normally run? “Early” (6am) morning and late afternoon or evening (though not often, I do like to do a midnight run)

How much sleep do you usually get at night? Sleep is my weakness, I try to stay over 5hrs. (Fun fact, I work nights and sleep during the day.)

What injuries have hampered your training over the past year? I’m blessed enough to have never been injured in such a way to impact my training.

Do you take any dietary or medical supplements? I do take gels (Maurten gel100/cafi100) during my long workouts and races, and the occasional Gatorade or protein shake.

What type of running shoes do you prefer? For training I wear Pegasus turbo 2; for races, the brand new Alphafly Next%. (I previously wore the Vaporflys.) Yes. I try to go the gym 3-5 days week. I try to keep it simple and do a low intensity, little bit of “everything” when I go, like say 30 min on legs (quads, hammys, glutes, and calves), then 30 min on upper body (bis, tris, pecs, lats, forearm). I would usually just do one set for one muscle group, and move on to the next group, and so on until I went back to do another set of the initial group I started with, my “rest” would be however many different groups I was working on before going back to start the cycle of sets over again. I do some light core at home almost daily.

Do you stretch? Sometimes. I stretch before races and hard runs, preferring dynamic stretching, such high knees, but kicks, and leg swings.

What are your favorite running routes? I like St. Marks trail and Tom Brown park

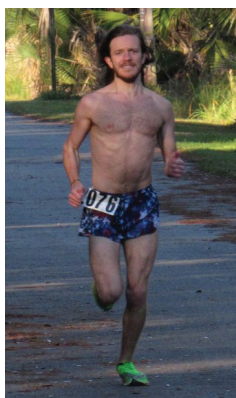
What running resources do you like that would benefit someone else? I don’t really have a comment for this, I’ve never been one to read too much about running.

If you have been running for many years, how has your training changed over the years? My training mostly just slowly increased in intensity through middle and high school, no distinct changes. Then after moving for college I eased up the running load for a few years, and am now back into heavier training again.

What examples can you give of specific training methods that have produced results? I’ve noticed some good results when changing my long slow runs to long runs with a workout incorporated into them, like ending my long run with some miles at race pace or adding a long progression run or fartlek into the long run. This has helped increase my strength and endurance for longer races, where I feel less fatigued when trying to finish the final miles of such races.

What advice do you have for beginning or experienced runners to help them

with their training? I might sound like I’m just saying what everyone else says, but it’s just so true. Just keep at it, never give up. The training will never truly be “easy”, but you’ll always feel better after finishing your run/workout. So never be discouraged by a bad workout or not wanting to head out and run, once you’re out there, you’ll forget those feelings 🏃





BACK OF THE PACK

BY JACK MCDERMOTT

It has been rather depressing these last few months - all races are canceled, the gym is closed, and we must work from home and spend more quality time with our spouses and children. Ugh! It is hard to believe that a tiny virus that looks like a cross between a Christmas ornament and Sputnik could cause so much mayhem.

Amidst this bleak backdrop, I finally encountered a glimmer of hope - wisps of a rumor that someone was planning an actual race event - a trail race no less. I put out feelers to the underground trail running community, many of whom admittedly have sketchy reputations, but I still could not substantiate the rumor. In my desperation, I embarked on a very precarious journey - a visit to the Dark Web.

The Vortex of the Dark Web

The Dark Web is an electronic playground of nefarious activity shielded from traditional search engines. After delving into this realm, I discovered lists of topics ranked by their level of degeneration - murder-for-hire, stolen credit cards, clown porn, something about the Tiger King, and then I found it! - Illegal trail running races during a pandemic lockdown. Details were vague. Allegedly a race was planned to be held at an undisclosed location in the woods of Tallahassee on April 19, at a distance of 19 miles. The race was either going to be called the Covert 19-Miler or Covid-19 miler; sources varied.

To maintain secrecy, I made inquiries under the codename "Marathonjack," and learned some basic details about the proposed event. (OK, in retrospect, I probably should have picked a better codename.) I was told the entry fee was one roll of toilet paper, and the prize money was going to be several rolls of toilet paper, and details would follow. After waiting patiently, I unfortunately learned the race had been called off. My best guess is the ringleaders of this illegal trail run were all arrested and are awaiting trial. I did hear the race was intended to begin near the Phipps property and meander to the Swamp Trail course. In fact, we were even encouraged to run it on our own. However, I knew if I attempted this myself, I would become hopelessly lost for days. I figured with the current public health emergency, local authorities would not want to spend resources organizing a search-and-rescue party for a "dumb runner lost in the woods."

Social Distancing

Let us not forget the origin of the word "pandemic" is the combination of the words panic and epidemic. So let us take the panic out of the equation, restore calmness, while observing basic caution like engaging in social distancing. Frankly, this is not a big sacrifice for me. I have been a member of the Gulf Winds Track Club for 20 years - and honestly, I do not like getting within six feet of most of you people anyway! Besides, my wife says I look sexy in a mask. Until next time - stay safe and keep your distance. 🧴



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VOLUNTEER SPOTLIGHT

TSIGIE TADESSE

Tell us briefly about your running experience.

Running was always my go to sport for fitness. I didn't start seriously racing until I joined GWTC. I have been struggling with injuries on and off since 2016 but I still can't find a sport that makes my heart and soul happy as much as running does.

How long have you been a member of GWTC?

I believe since 2013. My husband Geb registered us so I am not sure the exact year.

How did you first get involved as a volunteer?

My family and I were always grateful to the volunteers of our club and we always wanted to give back. Our daughter

especially loved volunteering more than racing so it just became something that we both looked forward to.

What do you enjoy most about volunteering?

I love cheering my fellow runners on and harassing my friends.

Why do you volunteer?

It allows me to give back to my fellow runners. Most of all I love spending time with our amazing and dedicated volunteers.

What are your volunteer projects planned for 2020?

I am not sure if we are going to have any summer or Fall races but if we do, I am hoping to volunteer for Turkey Trot. 🇹🇷



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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

We thank all who serve the public during this pandemic. A few of the many GWTC members who are heroes of our community.

FRONTLINE HEROES



Allison Thumm and husband Wayne



Scott Minert



Gary Johnston



Karen Godbey



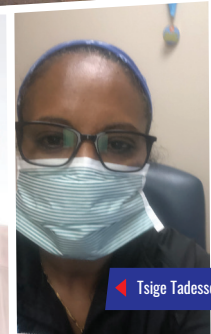
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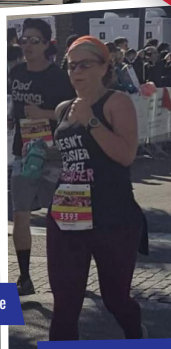
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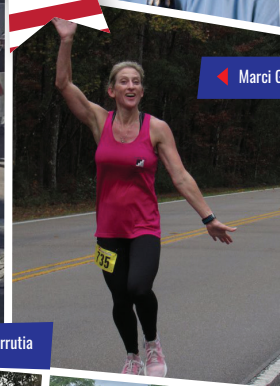
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