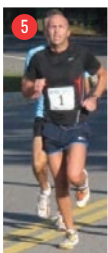
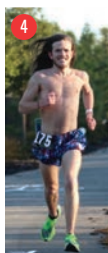
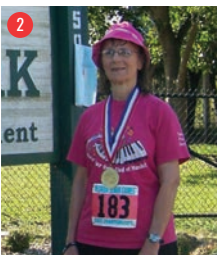
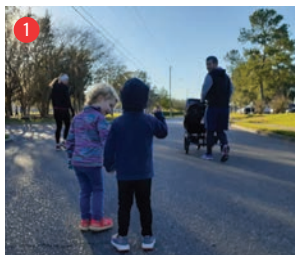
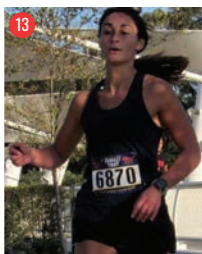
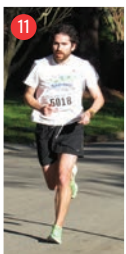
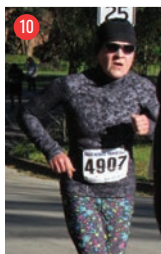
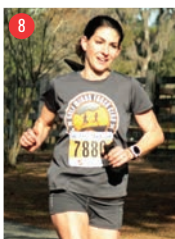
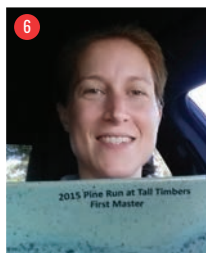


THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | SEPTEMBER 2020



Gulf Winds Track Club 2020 GRAND PRIX LEADERS



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2. BARBARA HUDSON
3. LAURA REINA
4. TREVOR SUNJUNU
5. TONY GUILLÉN
6. RUFFIAN TYNER
7. JUDI SHEPPARD
8. KATIE SHERRON
9. BRITTNEY BARNES
10. MARY TAPPEN
11. RYAN TRUCHELUT
12. TIM UNGER
13. CECILIA BOUAICHI
14. PAUL GUYAS
15. PAT DUGAN
16. TSIGIE TADESSE

VOLUME 45 | ISSUE 8



Tallahassee, FL

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | SEPTEMBER 2020

VOLUME 45 | ISSUE 8

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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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 finish line near the final cutoff for the Tallahassee Marathon 2019.

Photo credit: Kat Sack



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PRESIDENT'S COLUMN - PAUL GUYAS



A Major Disease Few People Talk About

September is Sickle Cell Awareness Month. Given our current situation much of our public health financial resources and society's attention are understandably directed toward coronavirus and COVID-19. A quick scroll through social media archives over the past few years will undoubtedly remind us of various diseases and conditions that demanded our attention, raised our awareness, and asked for our donations. It is likely however, that the single most common life-threatening genetic disease in the country was not represented.

Over 100,000 Americans have sickle cell disease but the awareness, attention, and ultimately the funding, do not compare to other less-prevalent diagnoses. Sickle cell disease causes defects in the red blood cells of the affected individual which in turn causes many serious health problems including fatigue, organ failure, and a lower life expectancy by 20 or more years on average. Intermittent sickle cell crises can cause severe pain which has been shown to be chronically under-treated when compared to other painful conditions.

Sickle cell is caused by an abnormal allele of a hemoglobin gene which is most common in descendants of sub-Saharan Africa as well as Central and South America including

the Caribbean, the Middle East including Turkey, Italy, and India.

GWTC and the Sickle Cell Foundation have worked together for more than 30 years to raise money and improve awareness about this disease. There are still way too many people who don't know or understand the devastating impact this disease can have.

Located in Tallahassee, The Sickle Cell Foundation Inc., a 501(c)3 non-profit, was founded in 1980 in order to provide resources for those affected directly and indirectly as well as engage in public education, legislative advocacy, healthcare facilitation, and fundraising.

The GWTC 5k for Sickle Cell Anemia and Tim Simpkins One Mile bring in some of the biggest donations for the SCF each year. This year, of course we are only able to host a virtual race and although we anticipate fewer participants, we hope to meet or exceed our 2019 donation to SCF. Please read the details of this year's virtual event and sign up for the race here: [FastestRaceInTown.com](https://www.FastestRaceInTown.com)

Cutting edge medical science at National Institutes of Health has developed a gene replacement therapy which includes chemotherapy, harvesting bone marrow, modifying an HIV virus to act as a carrier,



Continued from page 4

and reinserting the bone marrow. It's a grueling process. Although it will be five years until physicians will declare a patient "cured," some patients are already symptom free after 18 months.

Your participation in the GWTC 5k for Sickle Cell and financial contribution will help to achieve more outcomes like these:

Lynndrick Holmes of Mobile, Alabama on resolving his pain and disability: "It feels amazing, I didn't know how bad it was living with sickle cell until I got cured. Once I got cured, I was like, 'I can't believe I was living like that and I was expected to live out the rest of my life like that.'"

Jennelle Stephenson of Pensacola, Florida on getting back into rock climbing and other sports: "I am feeling amazing after the treatment; but it has been a year of adjustment, for sure, I have been testing my body's new limits, and really exploring my level of physical fitness."

The Sickle Cell virtual race and the registration will be active until the end of September. We will stop taking orders on August 31 for our even higher quality shirts which are always a big hit.

I am hopeful you can join us for this event and we look forward to the 40th anniversary event in 2021... 🏃‍♂️

FEATURED FEET THUMM FAMILY



ALISON THUMM

Childhood ambition: I wanted to be a Supreme Court Justice

Current occupation: Nurse Anesthetist

If money were no object, what profession would you choose? I would be a travel blogger! Go everywhere in the world and write about it.

Favorite running memory: In 2011, after what had been a really long and emotionally tough year, I ran the Chicago Marathon. I wasn't even sure I would finish. Wayne agreed to meet me at mile 16 and run the last 10 with me. As we

reached Grant Park at about mile 26, I took a left to finish and was smiling and Wayne pulled to the side and said we would meet on the other side. He had no idea he was about to get diverted around for another 10k. The memory of finding him in the crowd that day, albeit after a lot of searching has to be one of my favorite memories.

Indulgence: Red Wine

Non-running hobbies: I really like to ride my bike!

Favorite reads:

I have so many books piled up that I keep meaning to time find to read, this summer I'm going to follow my daughter's list

and next up is The Hate You Give and Monster - there are going to be some pretty heavy book club meetings at our house!

Best place to run in Tallahassee:

I really love Old Centerville, but because of time constraints I run most days in Betton Hills

Preferred running technology:

I would trade every Garmin I own for the technology in the Nike Vaporfly - next %, 4%... I love them all.

Perfect day:

I think my perfect day would start after about 10 hours of sleep, I would wake up to temperatures in the 70's. I would drink some coffee and then ride my bike on wide open roads for a really long time. I would then come home and get on a boat, where I would spend the rest of the day on the water with my family. Finishing it with an awesome dinner, cooked by someone else, and a really nice bottle of wine -- and then sitting on the water watching the day disappear with zero thoughts or worries about what would follow in the future.

Biggest challenge: My biggest challenge is balancing time and commitments with everything I want to do. 🏃

WAYNE THUMM

Childhood ambition: Professional Baseball Player. That dream ended after my freshman year of college

Current occupation: Area Manager for Southern Glazers Wine and Spirits

If money were no object, what profession would you choose? Food and Wine critic. Travel the world eating and drinking fantastic foods and wines.

Favorite running memory: Personal, completing my first marathon at the end of Ironman Chattanooga. I always told people I would never run a marathon. Overall, watching my kids race.

Indulgence: Great wine and Oreo DoubleStuff - usually not together

Non-running hobbies: Riding my bike. I

was a decent golfer before triathlon took over. Would like to start playing again.

Favorite reads:

The Hobbit by J.R. Tolkien

Best place to run in Tallahassee:

Betton Hills neighborhood. It's great to walk out the door and we have all distances mapped out. I have never really enjoyed trail running, but running with the kids for Cross Country has taken me there more.

Preferred running technology:

Garmin. However, I was skeptical about the Nike Vaporfly technology, but since Alison had them, I had to try them as well

Perfect day:

Early morning run, take kids to school, get in a bike ride, watch kids at a cross country meet, then finish off the day with a great dinner and glass of Pinot Noir

Biggest challenge: Finding the time to get in the training. Having a competitive wife, 2 active kids, and a full-time job.

Every Sunday we sit down and plan the week. Somehow, we get everything done.



FEATURED FEET THUMM FAMILY CONTINUED



PAYTON THUMM

What would you like to be when you grow up?: A defense Attorney

What grade will you enter in the fall? What school will you attend?: I will be in 8th grade at Maclay school

If you had the power to change something about the world right now, what would you change? I would end racial inequality.

Favorite running memory: For over a year and a half during middle school cross country we were all terrified to cross the street. There is a legend that a man got decapitated at the traffic light on Meridian. We still don't know if this is true, or something our coach made up to scare us and we talk about it all the time :) Does anyone know if this is true?

Favorite time and place to run?: Lake Overstreet in the morning

Favorite healthy food?: Avocados

Favorite not-so-healthy food?: Ice Cream

What extra-curricular activities do you do besides running?: Pole Vault!!

If you had 4 more hours in a day, what would you do with that time?: I would spend it all with my friends, probably in the pool or on TikTok.

Perfect day?: I would go run on the trails in the morning, take trip to the beach for

the day and then follow it up with movie night with my friends- and probably S'mores by a fire.

Biggest challenge?: I wish I had more time every day! I think I could sleep 12 hours a night if I had more time!.

CONNOR THUMM

What would you like to be when you grow up?: I would like to be an Engineer

What grade will you enter in the fall? What school will you attend?: I will be in 6th grade at Maclay school.

If you had the power to change something about the world right now, what would you change? I would try and end global warming.

Favorite running memory: Falling on the trails, because right before I fell I made sure to tell my friends if you look down, you will never fall...

Favorite time and place to run?: On the trails, in the morning.

Favorite healthy food?: Bananas

Favorite not-so-healthy food?: Ice Cream

What extra-curricular activities do you do besides running?: I like to play basketball a lot, and until COVID -19, I swam with ATAC.

If you had 4 more hours in a day, what would you do with that time?: If my mom would let me, I would use them all to play Fort Nite.

Perfect day?: I would run a little on the trails, play Fort Nite with my friends, spend some time at the beach with my family and probably sleep a lot.

Biggest challenge?: To keep doing things I am not really good at the first few times I do them.

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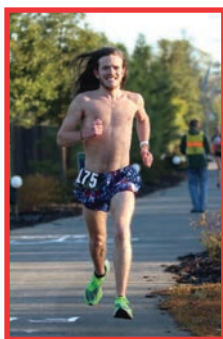
GULF WINDS TRACK CLUB 2020 GRAND LEADERS

With the halt in races our Grand Prix committee had to cancel the Grand Prix awards. Many members accumulated impressive Grand Prix points totals before the shutdown.

Here's the Grand Prix participants who earned 30 points or more at or before the final race of the Grand Prix, the Shamrock Scurry on March 8, 2020.

The Fleet Foot invited each member to submit their all-time favorite Gulf Winds Track Club race memory for your entertainment and amusement.

MALE 20-24 RESULTS



Trevor Sununu
55 points

My favorite memory would likely have to be running/finishing the Tallahassee marathon and enjoying the post race celebrations with many friends!

Chance Logan

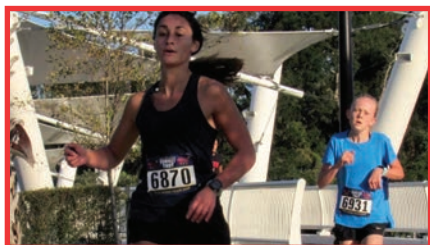
36 points

My greatest memory from the grand prix this year? I'd have to say my greatest though would be running Bowlegs. I ran Bowlegs on a week or so prior notice. My friend Drew Bennet invited me to run the race with him, and when signing up I was prompted to join the GWTC. I was ignorant that running Bowlegs and becoming a GWTC member would lead to me being inspired as never before as a runner. After running Bowlegs, I ran more of the GWTC club races where I made acquaintance with friendly rivals that inspired me to train harder and compete with them.

PRIX



FEMALE 20-24 RESULTS



Cecilia Bouaichi

44 points

The Rex Cleveland Mile. I was not used to such a short race, but I got a PR (5:37), and it was such a fun event spending time with other GWTC members at Railroad Square Craft House afterwards.

MALE 25-29 RESULTS

Jordan Bentley

32 points

Tristan Lanasa

31 points

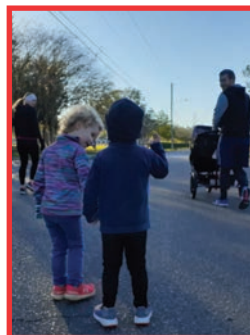
FEMALE 25-29 RESULTS

Amelia Wilson

34 points

One of my favorite running memories from 2020 was at the Run for Cookies 5k/1 miler. My daughter, Piney, did her first 1 mile race with her besties, Barrett and Rhys. It was a very cold morning, but the kids were pumped and toed the starting line at the very front. They remained in good spirits for most of the race, 1 mile is long when you are only 3! Her favorite part was seeing her

friends, and the snacks and dancing afterwards. We love getting out to races and we miss our Gulf Winds family! Until next time!





2020 GRAND PRIX LEADERS

MALE 30-34 RESULTS



Ryan Truchelut 55 points

My favorite Grand Prix memory is an easy choice as I've won exactly one GP race ever.

I had the rare experience of leading the 2018 Freedom 5k tape-to-tape; because the course is out-and-back, I was cheered by all my club friends on the way home. The prize was a trophy originally won by Paul Hoover, now sitting on my mantle.

That was my son's first time at Wakulla Springs, and we enjoyed our traditional post-race Indian buffet. A pleasant day all around.


I miss buffets and 5Ks. Let's stamp out SARS so we can have nice things again.

FEMALE 30-34 RESULTS

Brittney Barnes 44 points

I guess if I had to choose from the few races we had a chance to complete, I'd go with the Shamrock Scurry. I tend to like hills, not because I like them that much, but because others don't like them (Insert sly smile). That gives me an opportunity to use my strengths to catch up, but I always have a great memory from Shamrock just because it's always a great turnout and a good race. Besides who doesn't want after-race pancakes?





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2020 GRAND PRIX LEADERS

MALE 35-39 RESULTS

David Welling

51 points

FEMALE 35-39 RESULTS

Megan Flack

33 points

Katie Sherron

33 points

I absolutely love racing and I've run hundreds of miles with GWTC. But taking our son Barrett to the Summer Track Series last year when he was two is my most cherished GWTC memory. He ran his little heart out in distances from the 100m to the 400m. He chased his friends around the infield, cheered on the big kids, and had to be shoed away from the aid station for dumping water and cups everywhere. He proudly accepted his "champion cup" at the ice cream social. We would leave each week sweatier and stickier than the last. It was pure joy.



MALE 40-44 RESULTS



Paul Guyas

33 points

The 2012 Breakfast on the Track. Broke 5:00 in the mile. Ran a successful pancake 400m relay anchor leg under one minute. Second place in the hamstring 100m. Ate pancakes at the event.

Earned a packaged ham which Martha later made into a lunch salad. Finally, an ice bath in one of the kiddie pools in the Maclay Track infield as everyone else has gone home.



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2020 GRAND PRIX LEADERS

FEMALE 40-44 RESULTS



Ruffian Tyner **39 points**

One of my most memorable Gulf Winds races has to be the 2015 Pine Run. I had no idea what I was getting myself into, but I just needed one more half for my training since I was tapering for my first full marathon (MCM). The course at Tall Timbers is extremely challenging with the hills and trails especially since I only trained on the road and very quickly had to learn to pick up my feet. At the end of my race I had to sit down in the grass to avoid vomiting. Winning the Masters award was extra special since I felt so defeated by the course.

Kim Sims **39 points**

Laura McDermott **30 points**

MALE 45-49 RESULTS

Joe Woodson

44 points

Darren Whiddon

34 points

FEMALE 45-49 RESULTS

Lyssa Oberkreser

35 points

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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





GULF WINDS TRACK CLUB

MALE 50-54 RESULTS

Tony Guillen

51 points

If I have to pick one favorite memory off the top of my head, it would be Turkey Trot 2009. I had a particularly good stretch of running in the Fall of 2009 and was surprised when I picked up my race bib and Felton handed me the number 1. For someone who was not very athletic growing up it was pretty neat to pin that number on, and to do it at one of the best events that GWTC puts on was even more special. It added to my normal pre-race warming up, but it ended up being a great day with friends and family and I was happy to do the number proud and get a PR. Now if you have time, I'll tell you about my 100 other favorite GWTC memories.



FEMALE 50-54 RESULTS



Tsige Tadesse

39 points

It is really hard to just pick one because there are too many races that I love. But for the past 4 years the GWTC 30k & 15k race has become more than a race. I run this race to celebrate my dad's hevenversary. I love the beautiful clay road and most of all the selfless volunteers.

2020 GRAND PRIX LEADERS

MALE 55-59 RESULTS

David Knauf

42 points

Mike Manausa

33 points

FEMALE 55-59 RESULTS

Laura Reina

55 points

I have so many nice memories of GWTC races and runs with GWTC friends. I enjoyed this year's races, all of them, but my best memory goes back to the Wakulla Ultra in December 2018. Our family spent the day there. It was a perfect day to run long distances. Both Ettore, my husband, and I did our best times (on the 50 mi for him, the marathon for me), and Filippo, our son, ran along during some of the last loops. I owe him my time when he kept me going on the last loop! "Happy ending" picture attached.



Nancy Proctor

43 points

Paula O'Neill

42 points

MALE 60-64 RESULTS

Felton Wright

39 points

Morris Davis

32 points



Tim Unger

31 points

Turkey Trot 15k has always held some of the fondest GP memories for me. In 1999 I won the last 15k race of the century, battling all the way to the 8-mile mark with one of Leon county's fastest harriers. I can still remember having a conversation with myself that he would finish me at the end if I didn't go NOW! Trying to defend the Men's Championship came down to the same race in 2000. The Tim (Simpkins) & Tim (Unger) show finished 3rd & 6th in that final GP event to TIE for the Men's Championship.



GULF WINDS TRACK CLUB

FEMALE 60-64 RESULTS

Fran McLean

44 points



Judi Sheppard

37 points

My favorite all time GWTC event was the Tallahassee Half Marathon in 2016. A bunch of us used this as a training run for the Albany Marathon that year. We had a lot of fun! It's not always about a PR- sometimes it's just about the joy of running with friends!

Mary Tappen

35 points

The Tannenbaum 6k is always memorable for me. First is the director, Herb Wills, who I watched win many races in high school and college. He was a nationally recognized athlete. He would run people down in a track 10k and pass the whole field one by one like it was easy. For the past couple of years Peg Griffin has raced, she has opted to work races when she could have been

winning Grand Prix points for many years but for Tannenbaum, she completes our women's age group and finishes well. This past year, 2019, Janice Hochstein joined us. She was Janice Gage when I was much younger and quite a superstar, another nationally recognized Tallahassee runner. Seeing her out there was awesome. Finally, the finishes I never get to see, are sprints to the finish line between masters and very fast kids. This past year's, it was Jame Sands and Tony Guillen between 15 and 12 year-olds. For the women, the top two were 17, Alyson Churchill and Lilli Unger. Watching Lilli become a beautiful young lady who shares the love of running with her parents has been a privilege. This race is challenging and fun but the people who show up are the best part.



Mary Jean Yon

34 points

2020 GRAND PRIX LEADERS

MALE 65-69 RESULTS

Joe Vega

49 points

Jerry McDaniel

33 points

Tec Thomas

42 points

FEMALE 65-69 RESULTS

Pat Dugan

53 points

The Palace Saloon 5K and I have a long, challenging history. I first ran this race in 1985, attempting multiple times to beat that hill into submission. Life got in the way—young kids, starting a business—and I retired from racing. Fast forward 20 years. Peer pressure and an empty nest sucked me back into racing in 2011. Guess which race was my return to suffering—the Palace and its hill. I had to limp/hop to the finish in 2014 from mile 1 with an injury but have redeemed myself in subsequent years.



MALE 70-74 RESULTS

Ron Christen

55 points

John McCoy

35 points

Gene Opheim

41 points



FEMALE 70-74 RESULTS

Carol Winger

42 points

Susan Cornwell

41 points

MALE 75-79 RESULTS

David Darst

44 points



Photo credit: Britney Bevis

Jim Varley and David Darst at the 2019 Grand Prix awards celebration.

2020 GRAND PRIX LEADERS

FEMALE 75-79 RESULTS



Barbara T. Hudson

40 points

Probably my favorite memory is the first race I ever participated in. I was not a member at that time. At 72 years of age I was taking a class called "Run for God" and our "final" was Springtime 5K. "Just for practice" I signed up for the senior games race which ran in conjunction with the Shamrock Scurry. I won a gold medal for my age group and was hooked in spite of the fact that I could hardly walk for a week afterward. I recovered eventually and worked hard to be ready for my "final." That "about killed me" and I left as soon as I finished, not realizing one should stay for the awards ceremony. Later I found out I had also "won" that one. I have rarely missed the awards ceremonies since then.

MALE 85-89 RESULTS

Estan Rodriguez

33 points

MALE 85-89 RESULTS

Clementina Rodriguez

33 points

