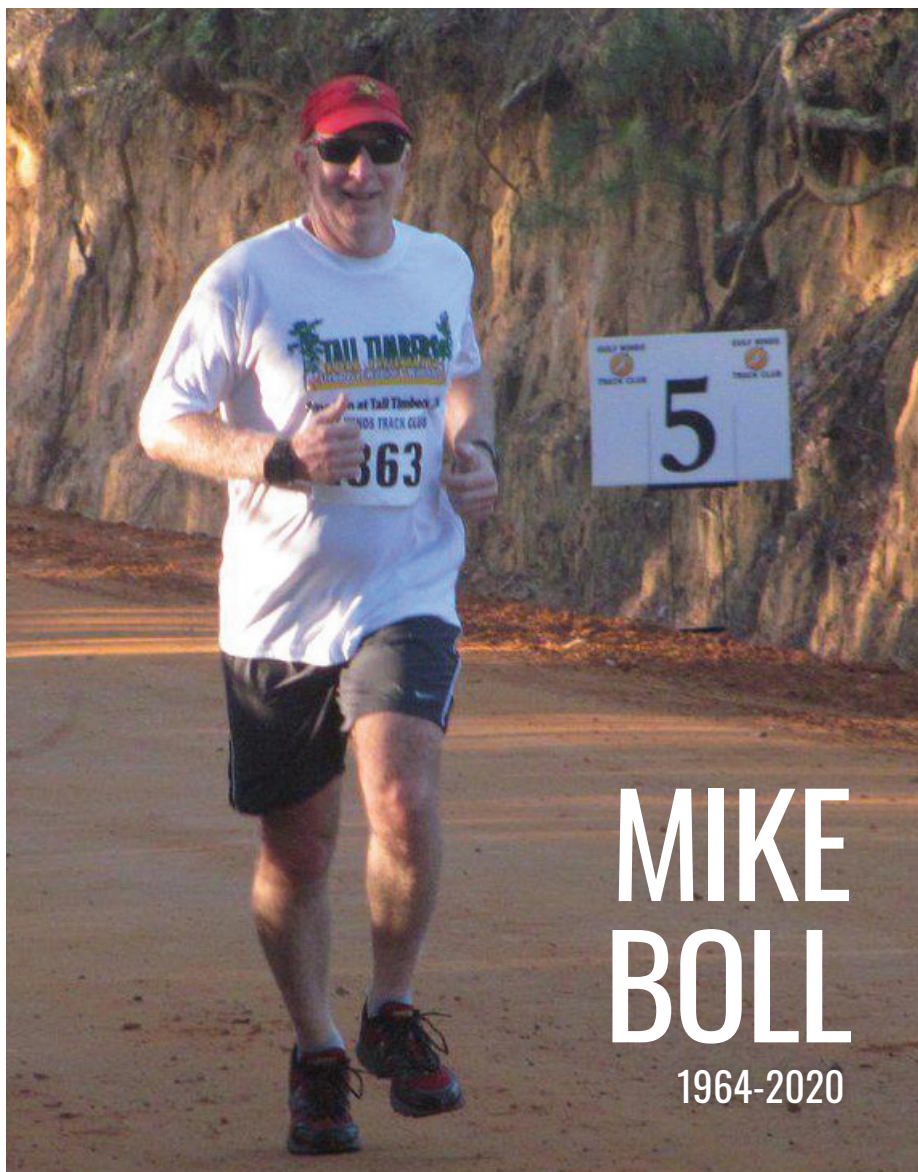


THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | JANUARY 2021



MIKE BOLL

1964-2020



VOLUME 46 | ISSUE 1

Tallahassee, FL
Gulf Winds Track Club

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | JANUARY 2021

VOLUME 46 | ISSUE 1

Editor: Robert & Kory Skrob, (850) 270-8295, FleetFoot@GulfWinds.org

Columnists: Jane Johnson (Featured Feet), Mark Priddy (Pres. Column), Gary Griffin (How they Train), Bill Lott (Race Calendar).

Advertising Copy:

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Advertising Payments.:

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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.

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Matthew Allen Miller, a Tallahassee-based artist with a specialty in endurance sports art, captures the finish line of the Tallahassee Marathon February 2020.

Matt Miller | matthewallenmiller@gmail.com



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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 December 9, 2020.
Here's a summary of the board meeting, distilled down for you.**

You are welcomed to attend any GWTC Board of Directors meeting. The next meeting will be at 7:30 PM on Wednesday, January 13, 2021 via Zoom. Email FleetFoot@GulfWinds.org for the web address if you'd like to attend.

Turkey Trot Wrap-Up:

Mary Jean & David Yon reported that the Virtual Turkey Trot was a success with 1,564 participants and a large number of people (247) participating in the Turkey Trot Hero program. David stated that over \$21,000 net profit is anticipated for the race and promised to bring a full report to the board at the next meeting. Direct donations from runners for the three charities totaled \$9,594.01 Of that the Boys and Girls Clubs of the Big Bend was to receive \$2,779.33, The Kearny Center \$3,407.34 and the Refuge House \$3,407.34. David requested permission to send that money, which is separate from race proceeds, to the charities right away. A motion to share these donations with the Refuge House, Boys & Girls Club of the Big Bend and the Kearney Center was made, seconded and passed. Additional funds will be shared with these same three organizations once the race financial wrap-up is completed and approved.

GWTC 30K/15K Approval & Budget Request:

Jillian Heddaeus and Zach DeVeau presented a plan for the GWTC 30K/15K, to be held January 16, 2021. The plan includes capping the number of participants (30K- 50 runners and 15K – 100 runners), wave starts for both races, no post-race activities, masks requirements whenever feasible and especially for volunteers, minimizing the amount of congregating and limited use of indoor facilities. A motion to approve this plan was made, seconded and passed.

In addition, a proposed budget was presented that incorporated the implementation of these safety protocols. Discussion ensued about the club purchasing standard equipment for all races to use such as gloves, trash grabbers, signs, thermometers for screening race participants and volunteers and other safety related items related to COVID-19. A motion to approve the budget and allow the purchase of all items needed was made, seconded and passed.

Flash 12K/6K Approval & Budget Request

Keith Rowe presented a plan for The Flash 12K/6K, to be held on February 13, 2021. He stated he has received permission from the City of St. Marks and the State Parks Division to hold the race in accordance with his proposed safety plan and barring any unforeseen issues with conditions related to the presence of COVID-19. His plan closely followed the

30K plan and also includes capping the number of total participants at 100. Keith stated he still had some things to work out with his proposed budget and deciding whether to hold a packet pick-up. He received positive feedback and promised to return to the next board meeting with both his amended plan and budget for approval.

Run To Posey's

Mary Jean Yon noted that her recent posts on Facebook and Gwinds regarding this traditional Christmas Eve run were intended to explain that there would be no organized efforts to support the run this year due to concerns with COVID-19. While not considered one of GWTC's official races, this popular event does draw a loyal following that prompted the inclusion of safety recommendations for those that choose to do the run on their own.

Training Groups

Tristan LaNasa reported that he has inherited the job of leading the Wednesday Night Intervals from Jim Halley. Tristan is looking for a new venue for these workouts and is giving some thought to moving around to various locations, including Lincoln High School. He requested permission to proceed. A motion to allow training groups to open up again, provided the coordinator submit a COVID-19 plan, was made, seconded and passed.

Keith Rowe added that the Winthrop Park Express has continued to meet on Monday nights and has a COVID-19 safety plan that they follow. He offered to submit that plan for approval but asked for clarification for why his Facebook post was taken down after announcing a recent Run to the Lights at Dorothy B. Owen Park. As a result of that action, Keith had removed the Winthrop Park Express from GWTC. Discussion ensued and clarification was offered that training groups had been previously suspended (due to concerns with the pandemic) which triggered the need for discussion of this action. A motion to reactivate the Winthrop Park Express as part of GWTC and to continue the Run to the Lights, contingent upon having an approved COVID-19 plan, was made, seconded and passed.

End of Yahoo Groups

Mark Priddy shared a notice from Yahoo notifying GWTC that, effective December 15, 2020, all Listservs will go away...including the club's Gwind Listserv. Mark will send out a notice to the current group members. It was also decided to explore other options to create a members-only private discussion group as a replacement.

Road Runners Club of America (RRCA) Membership

David stated that it is time to renew the club's RRCA membership for 2021. Membership includes liability and medical insurance that covers all club events, Directors & Officers and volunteers. The premium is based on the number of club members and is estimated to cost \$3,366. A motion for David to proceed with this renewal was made, seconded and passed.

Membership – Mark Priddy

Memberships and households for the year were reported at 1,223 and 652, respectively, as of December 9, 2020. These figures are compared to those at this time last year, which included 1,416 memberships and 766 households. There are also 275 Tri-Club members.

IN MEMORIUM



MIKE BOLL • 1964-2020

Mike completed more than 100 GWTC races over the last 20-years. From his Featured Feet article in 2018, Mike's proudest running memories were his 2010 PR at the Palace Saloon and running his first marathon in Hilo, Hawaii. And he was proud to have his parents at the finish line at Ironman Florida. Mike loved wind surfing and riding his bikes.



RETURN TO LIVE RACING, WITH PRECAUTIONS

GWTC 30K/15K



JANUARY 16, 2021

© 2013 Herb Wills

The race starts near The Retreat at Bradley's Pond across the road from Bradley's Country Store on Centerville Road, approximately 12 miles north of Capital Circle NE. The course is predominantly run on hard-packed red clay road (Old Centerville and Sunny Hill Farm) through plantation lands (first and last 2.25 miles paved)

Cutoff Time: Four Hours

The 2021 GWTC 15k/30k is limited to a total of 150 participants with the following capacities set on each race:

30k - 50 registrations | 15k - 100 registrations

Registration is online only, and there is no race day registration. Registration will close Wednesday, January 13, 2021. There is no race shirt this year.

Check availability and register at: <http://bit.ly/30K15K2021>

PRESIDENT'S COLUMN - MARK PRIDDY



What a year!

A new calendar year always brings optimism and renewed hope for better days to come. The club is moving toward a "somewhat normal" schedule of events. Remember when real people lined up at a start line on an actual running course?

That is going to happen again in 2021.

Let's first look back at some of the success stories from a year where the whole world suffered mental fatigue and was forced to make life-changing behaviors.

Our Beginning Running Group program was recognized as the Number 1 BRG program in America! Led by Chika Okoro, assisted by Sara Shuler Thompson, and a loyal group of pacers, Chika was presented the award by the Road Runners Club of America. A most prestigious honor indeed.

Stan Linton and Adriana Piekarewicz made us proud with their outstanding performances at the U.S. Olympic Trials in Atlanta. Several dozen of our members lined the course to cheer them as they competed with the greatest runners in America.

Dan Manausa and the club's diversity committee led by Chris Turner raised \$7,665 from 88 of our members and

qualified for a \$5,000 matching grant, 'A Community Thrives' (ACT) grant from the Gannett Foundation. The money will be used exclusively for outreach efforts to reach people in our community that may not have had access to running due to economic or physical barriers.

Our race directors have done an incredible job and have worked tirelessly to create quality running events. Race events before March were well attended and were very successful. Other RD's had to reschedule, go virtual, or cancel because of the pandemic. Months of planning and replanning behind the scenes shows what quality people we have in those positions.

Bill and Kelli Dillon, Mike Weyant, and Charlie Johnson with the Gulf Winds Tri Club created a new version of the St. Mark's Duathlon. They designed a safe and successful race plan.

Generous donations to the Chenoweth Fund showed a large increase over previous years.

Our president, Paul Guyas, provided leadership, and the Officers, Directors, and Committee leaders all worked together to keep our club in sound financial condition even when few dollars were being deposited. They have done

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Continued from page 4

incredible work. A huge "thank you" to those rotating out of positions.

The Grand Prix Committee, under the direction of Mark Tombrink, got very creative with the awards presentations.

OK, let's talk about 2021. I see some exciting, creative activities shaping up.

Running may be thought of as a solitary sport, but runners know that it is a very social activity.

I believe with all my heart that outdoor activities like walking, running, hiking, biking, and swimming are truly life-changing behaviors.

Some good indicators that we are entering familiar territory again:

30K/15K race directors Jillian Heddaeus and Zach DeVeau submitted a detailed event plan to get us back on the racing circuit in January.

Race Director Keith Rowe has us back running the Flash 12k/6k in February. He has taken safety to a higher elevation while keeping the event a reason to have some fun.

The ACT funds are going to help those potential athletes in our community who need some support. In turn, many will enter running events, and hopefully, some will become future officers in our club.. 🏃

FEATURED FEET JENNIFER HAY



How has your running routine changed as a result of the COVID-19 Pandemic?

Running is more about the people for me than the PRs, so I run to have a regular gab session with friends and to be part of our cool Tally running community. Pre-pandemic I was a host for one of my running group's pre-dawn runs. Waking up at 5:10 to meet friends for a run under the stars was a great way to start the day. When schools closed and social distancing started, our running group discontinued group runs, so for the first time in a long time, I had to do solo runs. Running by myself just confirmed what I already knew: I don't like running by myself.

Are you running more or less now than you were pre-Pandemic?

I have completely replaced running with 5 mile walks, and I'm scared of the pain of running again! Ha! I'm hoping fall temps and the pandemic pounds I've added will inspire me to start running again. I've told Carter I'm counting on him to be my comeback coach.

What have been your biggest challenges during the Pandemic?

I miss people! I've always considered myself an introvert, but I miss volunteer work, running with friends, and being out in the running community on Saturdays. And all the things I need to do at home are

not fun things, so I don't want to do them! (Does it really matter if the storage room is a mess?) I'm in serious need of some inspiration and motivation.

What are some unexpected positive things (running or non-running) you've seen come out of the Pandemic?

I'm so grateful for the extra family time, especially with our teens who are so close to leaving us! Our son Hawthorne started college this year, so having him stuck at home with us for the five months before he left is time I'll always be grateful for. I also appreciate that the pace of life has slowed down dramatically with Carter working from home and Ainsley taking high school classes on-line. All of us get to chat more before the day gets started, and Carter and I have been able to take walks after dinner. I hope we'll be able to hold on to some of this time together when life goes back to "normal."

Did you start any new sports or workout routines during the Pandemic?

I started a Facebook page with health and fitness challenges to create the community of women I was missing since our group runs ended. It has really been nice getting to know new friends who jumped in on non-running challenges. They've been a great inspiration and good company. This weekend, I'm starting a new strength program since I can't use the excuse that sore muscles would interfere with my running. :)

What is your biggest concern as a runner about having COVID-19?

I think the scariest things about Covid are how random and unpredictable it is and that we don't know what the long-term effects are. I worry most about how it can affect our kids' health. And I sure don't need anything that makes running harder than it already is!

What do you miss most about your pre-Pandemic lifestyle?

What I miss the very most is getting to watch my kids do the things they love to do. I hate that our son Hawthorne missed out on most of the track meets his senior year, and because his college cross country season was cancelled, we're missing that too. I'm still holding out hope for a track season for him and a spring competitive dance season for our daughter Ainsley. I miss cheering for them and their teammates and hanging with team parents. And I'm really looking forward to going out to eat again!

Do you plan to return to your previous running routines when the Pandemic restrictions are lifted, or are there things you will do differently going forward?

I feel like we are in a bit of a long haul for social distancing, but I'm hoping to pick up

with small group runs soon! And maybe I'll finally figure out how to make running and strength training work together.

What's your go-to style for face coverings?

We have a stash of Old Navy/Gap cotton masks and Lucky and Charmed masks that are our go-to's.

Favorite TV binge watches during the Pandemic?

The amount of time Ainsley and I have spent in front of the TV is absurd! We've binged a ridiculous number of series! My faves are "Jane the Virgin", "Madam Secretary", and "Parenthood". As a family, we've gotten a lot of laughs from "Brooklyn 99". And I occasionally crashed Hawthorne's "NCIS" binges. 🏹

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FEATURED FEET CARTER HAY



How has your running routine changed as a result of the COVID-19 Pandemic?

My weekday running used to be after work and on trails on the way home from the office. But now that I'm working from home and skipping the commute, it's mainly in the morning and I leave from the house. I've liked the change, and I still get some trail time using the trails in the Centerville/Pisgah Church area.

Are you running more or less now than you were pre-Pandemic?

More to begin with—when quarantining first began, I ran on 25 consecutive days, which is highly unusual for me. I enjoyed it, realizing that recovery can occur even when running every day. But, it was exclusively easy pace running. I knew that if I ever wanted to speed up, I'd need some rest days. I'm now back to my normal 5 days per week (35-45 miles) + 1-2 swim days. I've added some weekly fast running back in, and I might do a 10-mile fast run in November to give me a little focus.

What have been your biggest challenges during the Pandemic?

Very few challenges—we've been fortunate and are grateful for that. We were able to legitimately quarantine from the beginning, and all the family time at home has been fun. Our daughter Ainsley has handled online 11th grade really

well, and our son Hawthorne is doing his Rhodes College remote education from Colorado while living with his XC/track teammates. He's had an incredible experience—in some ways better (and certainly safer) than going to campus.

What are some unexpected positive things (running or non-running) you've seen come out of the Pandemic?

Working from home has gone surprisingly well, and I've enjoyed skipping time in the car. It's also nice to see my family more during the day. A simple life that revolves around family works well for us.

Did you start any new sports or workout routines during the Pandemic?

Not racing leaves time and energy to focus on neglected things. I've been doing more hip/glute/hamstring conditioning and trying to fix minor stride issues. I've often placed too much burden on my calves, especially when racing or doing speed work, and I think this explains some nagging calf/heel issues. I've enjoyed researching this stuff and working on it. For those interested, there is fascinating stuff online on the superstar basketball player Steph Curry, whose trainer helped him fix some mobility habits that led to repeated ankle and calf issues.

What is your biggest concern as a runner about having COVID-19?

The unpredictability is what scared us—some healthy people who get COVID struggle mightily for unknown reasons, sometimes transmitting it to other people. Our goal from the beginning was unequivocal: Don't get COVID. We've followed the research closely on what represents low, medium, and high risk activities, and we've kept to the low risk stuff. And we've caught good luck so far by not being in the wrong place at the wrong time.

What do you miss most about your pre-Pandemic running lifestyle?

I've missed GWTC racing, but I miss the social aspects of race day probably more than the racing. Race day is a good time to see lots of people I don't normally get a chance to see. Same goes for the summer track series at Maclay—I've always enjoyed that. But I've been running with small groups on the weekends since about mid-summer—after 2+ months of solo running, it's been nice to see people again.

What do you miss most about your general pre-Pandemic lifestyle?

Traveling and seeing our friends and family from Texas.

Do you plan to return to your previous running routines when the Pandemic restrictions are lifted, or are there things you will do differently going forward?

Aside from more racing, I think I'll keep it like it is now. My work schedule and my aging body affects my training more than anything else!

What's your go-to style for face coverings?

Cotton, three layers, and I go for the solid colors—nothing too flashy.

Favorite TV binge watches during the Pandemic?

One episode per day is about as much as I do, so it takes a while to get through things, but I've enjoyed these: "Barry", Season 1 with Bill Hader (HBO via Amazon), "True Detective", Season 1 with Matthew McConaughey and Woody Harrelson (HBO via Amazon), and "Justified" with Timothy Olyphant (Hulu).

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ALL GULF WINDS TRACK CLUB MEMBERS INVITED:



MIKE REILLY

GULF WINDS TRIATHLETES VIRTUAL MEETING

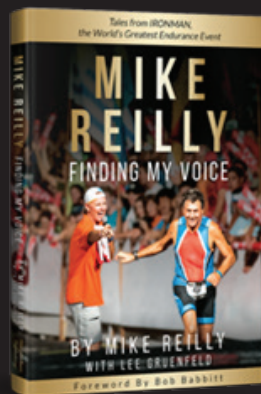
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Mike Reilly brings his insider's perspective as the long-time World Championship race announcer and one of the most prominent personalities in the endurance sports field. Mike is the official "Voice of IRONMAN" worldwide and a member of the IRONMAN Hall of Fame, the USA Triathlon Hall of Fame and the Running USA Hall of Champions. Mike is the only person to have been inducted into all three.

Mike has done on-site announcing and television coverage for over 1000 triathlon and running events in 10 countries. Last October marked his 30th appearance in a row as announcer* of the IRONMAN World Championship in Kailua-Kona, Hawaii.

He's called over 180 IRONMAN races around the world altogether and his iconic call of "You are an IRONMAN!" has been heard by over

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A MESSAGE FROM THE GWTC PAST PRESIDENT - PAUL GUYAS

This is my 23rd and final “President’s Column.” As I sit to write this one, I know it will be my shortest, but I also know it will be my sweetest as I look back and thank all those involved in leading and shaping this club that I love. Surely, I’ll omit someone and the instant I finalize this, more names will occur to me – so apologies in advance.

Thank you to: Zack Scharlepp, Jim Halley, Felton Wright, Tony Guillen, David Yon, Mark Priddy, Katie Sherron, Alyssa Terry, Alyssa Moore, Judy Alexander, Kristen Halley, Laura McDermott, Tom Perkins, Herb Wills, Bill Lott, Chika Okoro, Jay Silvanima, Tim Unger, Fred Deckert, Mary Jean Yon, Joseph Petty, Kathy Lindsey, Vicky Droze, Mike Weyant, Kory Skrob, Kat Sack, Rachel Scharlepp, Tom Bianca, Johanna Petty, Peg Griffin, Laryn Flikkema, Sheryl Rosen, Mike Peymann, Wayne Thumm, Tsige Tadesse, John Sivyer, Tina Bahmer, Mark Jeter, Pam Presnell, Robby Turner, Sherri Wise, Gary Droze, Keith Rowe, Jeanne O’Kon, Lisa Unger, Danny Manausa, Bill Hillison, Jane Johnson, Gary Griffin, Erik Anderson, Stephanie Weyant, Amy Hines, Zach DeVeau, Jillian Heddaeus, Bobby York, Larry Guinipero, Chris Stanley, Nancy Stedman, Robin Hill, Mike Baker, Paula O’Neill, Mark Tombrink, Tec Thomas, Mike Savage,


Bill McGuire, Chris O’Kelly, Dom Milner, Sonya Dudley, Robert Skrob, Tristan LaNasa, Doug Bell, Angie Milford, John McCoy, Heather York, Bonnie Wright, Vicky Verano, Meredith Snowden, Sarah Thompson, Michael Kennett, Jeff Rollins, Ana Sutherland, Bill Dillon, Jamila Allen, Charlie Johnson, Lyssa Oberkresser, Britany Bevis, Carter Hay, Jennifer Hay, Phillip Sura, Jack McDermott, Chris Turner, Myrna Hoover, Toma Wilkerson, Mary Register, Tom Findley, Leah and Johnny Kiro, Stella and Clifton Lewis, Chloe Molen, Jacob Johnston, Trent Parsons, Lisa Chadwick, Brett Moody, Jeff Bowman, Michelle Butler, TJ deVlieger.

It has been my pleasure to serve as the leader of this fine club and these fine people. My most grateful and sincere thank you for supporting me and each other.

Lastly, and mostly: Martha Guyas, Kaari Guyas, Sade Guyas. These are my people and the reason I do everything. Thank you for supporting me and allowing me the time and space to lift this club with my best effort.

Thank you to everyone reading – the members. You are what makes this whole thing worthwhile.

-Yours, Paul Guyas

A photograph of a paved road with yellow double lines, curving through a dense forest. Sunlight filters through the trees, creating a warm, golden glow on the road and foliage. The text is overlaid in white, sans-serif capital letters.

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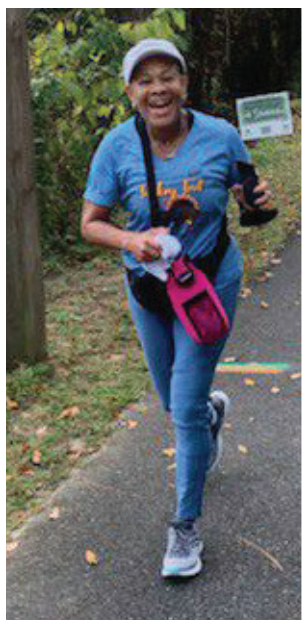


TALLAHASSEE TURKEY TROT VIRTUAL RACE PHOTOS



Instead of 5,000 or 6,000 registered participants, we had the 1,564 participants. Although we couldn't hold a live event in 2020 many people were able to participate and incorporate that spirit of community and family the Turkey Trot is all about.





TALLAHASSEE TURKEY TROT PHOTOS

