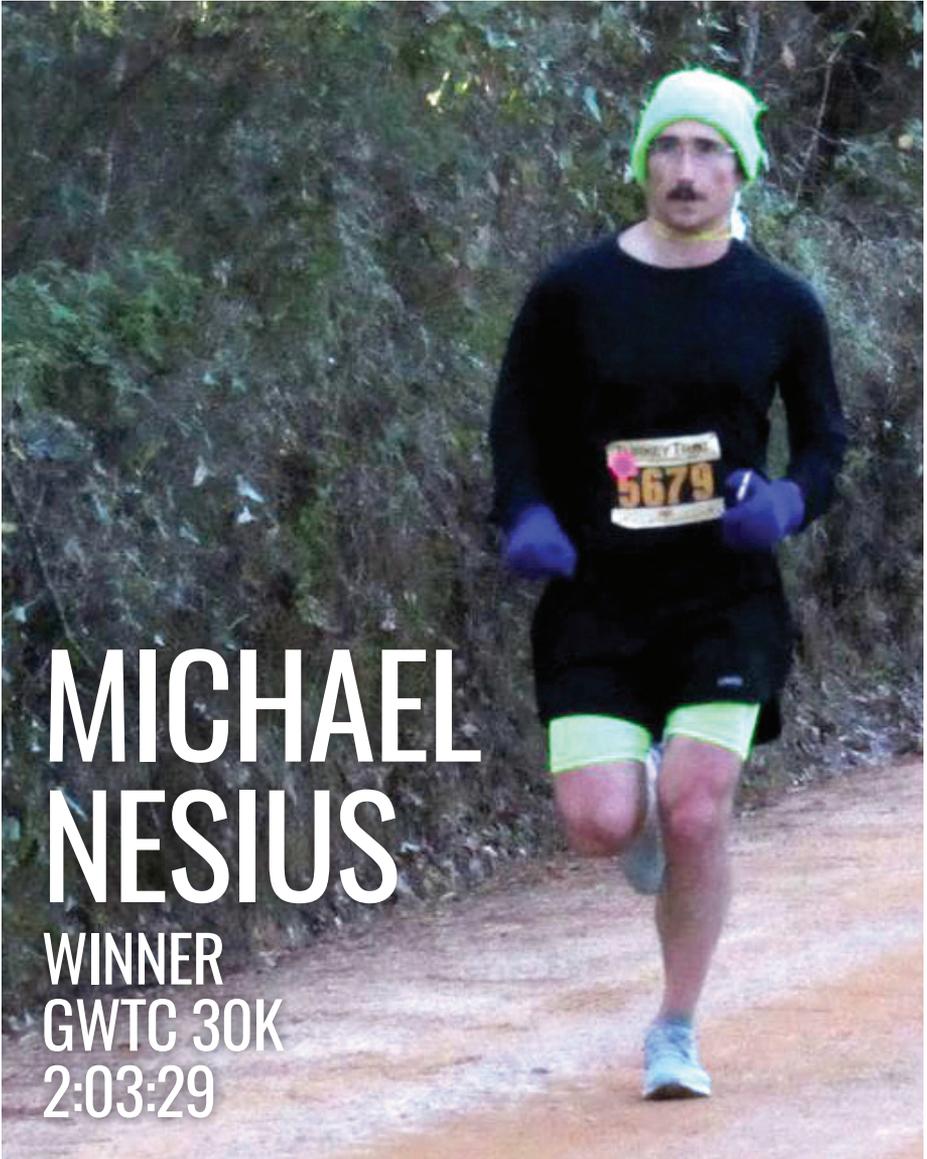


THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | FEBRUARY 2021



MICHAEL NESIUS

WINNER
GWTC 30K
2:03:29

Photo Credit: Herb Willis

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | JANUARY 2021

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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:

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.

Advertising Payments.:

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.

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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

Change of Address:

The US Post Office will not forward your newsletter; you must update your new address and phone number. With RunSignUp.com you now have complete control of your preference and address. Log in anytime, change/update your preferences, and be in total control of your personal information.



Photo Credit: Herb Willis

Apalachee Regional Park Cross-Country Running Course's new operations building lit up for business the morning of Florida State University's Winter Cross Country Classic on February 5, 2021.



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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 January 13, 2021
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, February 10, 2021 via Zoom. Email FleetFoot@GulfWinds.org for the web address if you'd like to attend.

Awards Ceremony

Mark Tombrink gave an update on the Awards Committee's efforts to produce a video featuring the 2020 award winners. To date, two of five award presentations have been filmed: the Community Award (Casey Hutto) and the Volunteer of the Year (Keith Rowe.) Mark and Kat Sack are hoping to wrap up production soon and are also planning to include something in honor of Mike Boll and Charlie Yates.

Turkey Trot Wrap--Up

David Yon presented the budget wrap-up for the 2020 Virtual Turkey Trot which resulted in net proceeds of \$11,879.22. Typically, the race proceeds are shared 50/50 with the beneficiaries of the race (the Refuge House, the Boys & Girls Clubs of the Big Bend and the Kearney Center) and GWTC. David requested this requirement be waived to give the charities additional funds by splitting the proceeds equally among all four groups. In support of the proposal, David noted this has been done for several years because of the unique nature of the race which is held on Thanksgiving Day. A motion to split the proceeds of the 2020 Turkey Trot four ways was made, seconded and passed.

GWTC 30K/15K

Zach DeVeaue updated the group on plans for the upcoming GWTC 30K/15K saying all safety protocols were in place and the race was full. A packet pick-up is scheduled for January 14 at Fleet Feet and race participants have been encouraged to pick up their race numbers then. The traditional trash pick-up was held on January 9 along the course and was very successful.

Youth Running

David Yon reported that he hopes to pursue the reinstatement of the SMIRF (Summer Mornings Include Running Fun) program this summer and is willing to head up the program. Kat Sack also expressed an interest in helping. Follow-up information will be sent to the board as it becomes available. David also mentioned current youth running events which are held on Tuesdays and Thursday evenings.

Flash 12K/6K Budget Approval

Keith Rowe gave a quick overview of his plans for the Flash 12K/6K which is scheduled for February 13, 2021. Registration has been capped at 100 participants and is quickly filling up. A virtual component is also included which Keith anticipates will grow once the in-person race reaches capacity. He presented a budget for the race which included anticipated revenues of \$2,805 and expenses of \$2,750 resulting in \$55.00 net proceeds. A motion to approve the proposed budget for the Flash was made, seconded and passed.

Treasurer – Peg Griffin

Peg provided the treasury report as of December 31, 2020. Assets were reported at \$267,841.40 and Net Revenue was \$19,633.06.

Triathlete Club – Tina Bahmer

Tina invited everyone to the Tri-Club's Annual Awards Ceremony which will take place, via Zoom, on January 25, 2021. The guest speaker will be Mike Reilly, the official Voice of Ironman, who has a new book out titled "Finding My Voice." Mike is a member of the Ironman Hall of Fame, the USA Triathlon Hall of Fame and the Running USA Hall of Champions.

Membership – Mark Priddy

Memberships and households were reported at 1,073 and 555, respectively, as of January 13, 2021. These figures are compared to those at this time last year, which included 1,340 memberships and 717 households. There are also 241 Tri-Club members.

Education and Lecture – Kat Sack

Kat shared that she is working on arranging a panel discussion on how races and training groups are proceeding during these COVID times. Potential speakers include Jillian Heddaeus, Zach DeVeau, Keith Rowe and others to be determined.

Trail Work Committee – Dominic Milner

Dominic shared that he is hoping to coordinate more trail cleanups and asked for any advice regarding COVID safety protocols.

Website – David Yon

David complimented Peg Griffin for the work she has done to freshen up and redesign the GWTC website. He reminded everyone that he and Peg are always looking for ideas and input regarding how to improve the site.

Grand Prix Committee – Mark Tombrink

Mark reported that the committee is waiting to recommend whether the 2021 Grand Prix competition takes place. In addition, he will work with Mark Priddy to fill vacant positions on the committee as Thomas Bianca and Paul Guyas will be cycling off.

Training Groups – Tristan LaNasa

Tristan was unable to attend the meeting but followed up with an email sharing his COVID-19 Plan and requesting approval to move forward with Wednesday Night Intervals. A motion to allow Tristan to open up all training groups provided the club's COVID-19 plan is in place and all participants sign the GWTC Training Groups Waiver was made, seconded and passed via email.

PRESIDENT'S COLUMN - MARK PRIDDY



Will You Run 5,000 miles this year?

Gulf Winds Track Club member Harold Allen likes to set very high running goals. Not only does he set them, he achieves them. His running resumé is impressive.

He ran 31 marathons in 31 days in 2018 to raise awareness for mental health.

He has run 100- mile events 9 times.

So, Harold, what are your goals for 2021?

"I have two goals for this year. One, I am going to run 5,000 miles, and the second goal is to run a sub 3-hour marathon." He continues, "The 5,000 miles scare me a little. I have a full-time job and five little girls. The high training miles should help me reach that sub three-hour marathon goal"

His long-range goal is to travel from New York City to San Francisco, on foot.

He has been challenged before, but he has a support group who hold him accountable. "I run in the mornings, and I get in additional miles after work. Sometimes I feel tired after work, but I make myself go for a second run in the evenings. My friends know my goals so I can't slack off. I see kids hanging out on the streets and I want them to see me out running and I want to be an example to

them. "I speak to everybody".

Harold knows all too well what can happen to teens who have a lot of idle time to hang out with friends. When he was 17, he was arrested and sentenced to ten years in prison for a crime he insists he did not commit. "I was being at the wrong place at the wrong time. But a lot of good came out of it. I learned to respect myself and other people".



Life hasn't been easy since he got out, but Harold has a strong work ethic and truly wants to be an example to youth and to other runners. He volunteered to help coach the Bainbridge High School cross country team. He likes to speak to folks on the street corner as he runs because he wants to set the exercise example. "Get on a

bike or walk in the woods and feel God's presence".

At this point in January, Harold is on pace for his 5,000-mile running goal. In fact, the day after our interview, he texted me at 12:03 a.m. to tell me that he had just completed his evening run. There is no doubt that he will get that sub 3-hour marathon. And he just might also try to work that New York to San Francisco walk/run around his schedule.

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DAN MANAUSA

CLEVELAND-CALDWELL ADVANCEMENT OF THE SPORT



For several months, Danny was seeking opportunities to increase access to running and sports for disadvantaged youth and he

had several ideas, but none had enough polish to be able to get the Club behind him. Then through sheer determination, he found the opportunity he was looking for, the ACT program. From start to finish, he led this initiative which ended up earning the Club \$7665 so far and we may still end up getting the grant we applied for which is up to \$25,000 (*we will know this amount by mid-December*). At his request and through his efforts in planning and organizing, we will be using these funds specifically to Bridge the Gap so that disadvantaged and marginalized groups and individuals can gain the access to running that we all enjoy.

KEITH ROWE

BILL LOTT VOLUNTEER OF THE YEAR



For well over 17 years Keith Rowe has led the Monday evening Winthrop Park Express running group through the local neighborhood. His dedication and loyalty each Monday are nothing short of exemplary. In addition to leading the Monday evening run, Keith is the Race Director for the Flash 12K/6K club race.

For weeks in advance, Keith pours himself into the event paying attention to every detail to ensure a fun and successful time for all. Keith has been the Flash Race Director for several years and his enthusiasm does not wane. I have witnessed times at race events where Keith will jump in when he sees there is a gap where a volunteer is needed. On numerous occasions this year and past years Keith will be the Support and Gear (SAG) vehicle for runs and bike rides (both club event and ad-hoc event) to keep the participants hydrated and address any gear or physical needs. Keith shows us what it is to be a committed member of GWTC and contribute to its success as a running club. This is a well deserving individual who not only volunteers his time and talents to GWTC, he also promotes the sport of running and GWTC itself year-

Awards

MARK PRIDDY

HALL OF FAME



Mark is a true unsung hero who has worked in the background so quietly, he's never received an award! He has volunteered at too many races to count, been the RD of at least 2, & he's been the Membership Chairman for countless years. He has been the voice of reason in so many controversial club subjects and he's always had the club's best interests at heart. This is a man who travels extensively yet always finds time to go to meetings, encourage others and generally be present in the running moment.

HOWDY'S COMMUNITY AWARD



Kevin and his team have never let us down. They have left toilets out at races (Miller Landing Madness) after hurricanes have postponed them and not charged us. Kevin is super-responsive and available at a moment's notice to help with anything, and he gives us a discount, no matter how few toilets we order.

CASEY HUTTO COMMUNITY AWARD



Mr. Hutto has been his own force in supporting youth running in our community by arranging opportunities for our kids to compete and to learn about the sport. He is often reaching into his own pocket to take care of expenses that otherwise might keep someone out of the race. I can and will be happy to go into a lot more detail if you would like.



Join us! 20 years of
Triathlon!

Red Hills

REGISTRATION IS NOW OPEN...again

APRIL 17, 2021, 7:30AM

Alfred B. Maclay Gardens State Park
3540 Thomasville Rd Tallahassee, FL 32309

Strict COVID protocols will be in place

20th Annual Red Hills Triathlon Sprint - 1/3m swim, 19.3m bike, 5k run

Not quite ready for this distance? Check

this out...

Time to Tri Super Sprint! - 1/4m swim, 9.6m bike, 2 mile

run: This is an opportunity to explore the sport of triathlon without a huge time or equipment investment, right here, in your own backyard!!

Time to Tri will have swim-wave starts beginning immediately after the last wave of Red Hills Triathlon Sprint. Both events will likely be wetsuit legal.

Begin your triathlon journey with a Super Sprint!

- Tech t-shirt to all participants
- Commemorative medal to all finishers
- Overall and age group awards

www.redhillstri.com [https://runsignup.com/Race/FL/](https://runsignup.com/Race/FL/Tallahassee/RedHillsTriathlon2019)

Tallahassee/RedHillsTriathlon2019 Supporting ALS Therapy
Development Institute

ALS is not incurable, only underfunded.

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Rose City Virtual 5K Walk/Run

Saturday, April 3-24, 2021

- **DATE** — April 3-24, 2021. May complete your selected course and record your time any time in this three week period.
- **WHERE** — Your high school track, Cherokee Lake, your neighborhood or the certified Rose City Walk 5K (3.1 mile) course.
- **ENTRY** — \$21 by April 15, 2021. **NO LATE REGISTRATION. NO REFUND.**
- **AWARDS** — Ultra cotton T-shirt with 2021 design on front and 2021 design on back (a souvenir shirt), a specially designed tote bag and a gift from a previous Rose City Run event.
- **AWARD PICK-UP** — "Drive by" pick-up at Scott Elementary School on 188 North Howell Street, Thomasville, Georgia on **SATURDAY, APRIL 24, 2021 FROM 8 TO 11 A.M.** Bring your verification form. The school is one block from the Rose City 5K course.

ROSE CITY 5K WALK/RUN VERIFICATION FORM

On _____, 2021, I walked/ran (circle one) 5,000 meters (3.1 miles) in _____ minutes and seconds at the Rose City Walk Course/the track/Cherokee Lake or my neighborhood (circle one).

PRINT NAME _____

SIGNATURE _____

NAME: _____ (first) _____ (last)

MAILING ADDRESS _____ (street or box)

PHONE: _____ (city) _____ (county) _____ (state) _____ (zip) AGE (As of 04/24/21): _____

BIRTHDATE: _____ SEX: _____ E-MAIL _____

EMPLOYER AND CLUB AFFILIATION: _____

CIRCLE ONE: T-SHIRT SIZE: Youth Large or Adult S M L XL XXL (\$2 extra) XXXL (\$3 extra)
ENCLOSED IN \$_____ \$21.00 by April 15, 2021 — No late registration. No refund.
 (Make check payable to Rose City Run)
 Name and number of emergency contact: _____

For and in consideration of my being allowed to participate in the Rose City Walk/Run (hereinafter "the event") on behalf of myself, my heirs, personal representatives and assigns, I hereby assume all risks and waive all claims for injury or illness which may result, directly or indirectly, from my participation in the event and agree to indemnify and hold harmless the City of Thomasville, the Thomasville YMCA, sponsors, organizers and their respective employees, elected officials, appointed officials and any other person or entity associated with the event and from all actions and claims, including attorney's fees, which may be incurred by reason of my participation in the event. I understand that anyone entering the event who is not adequately trained is taking a definite risk of suffering physical ailments. I do hereby state that I have trained properly and that I am physically prepared to participate in the event, and I expressly assume the risk of any illness or injury which may result from my participation in the event.

I authorize the use of any photograph, moving picture, or any other graphic depiction such as immediately before, during or after my participation in the event by the organizers or others and I expressly waive any claim or privilege or privacy, or right to compensation for the publication of any such photograph, film or other graphic depiction.

Signature of Entrant _____

MAIL ENTRY FORMS TO:
ROSE CITY WALK/RUN

P.O. Box 1037 Thomasville, Georgia 31799
 (229) 224-9878

E-MAIL: rcr@ymca-thomasville.org

May register online:

www.ymca-thomasville.org
 click on Rose City Run events and registration and verification forms



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GULF WINDS TRACK CLUB
30K/15K
RACE PHOTOS





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GWTC 30K/15K RACE PHOTOS

