

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | MARCH 2021

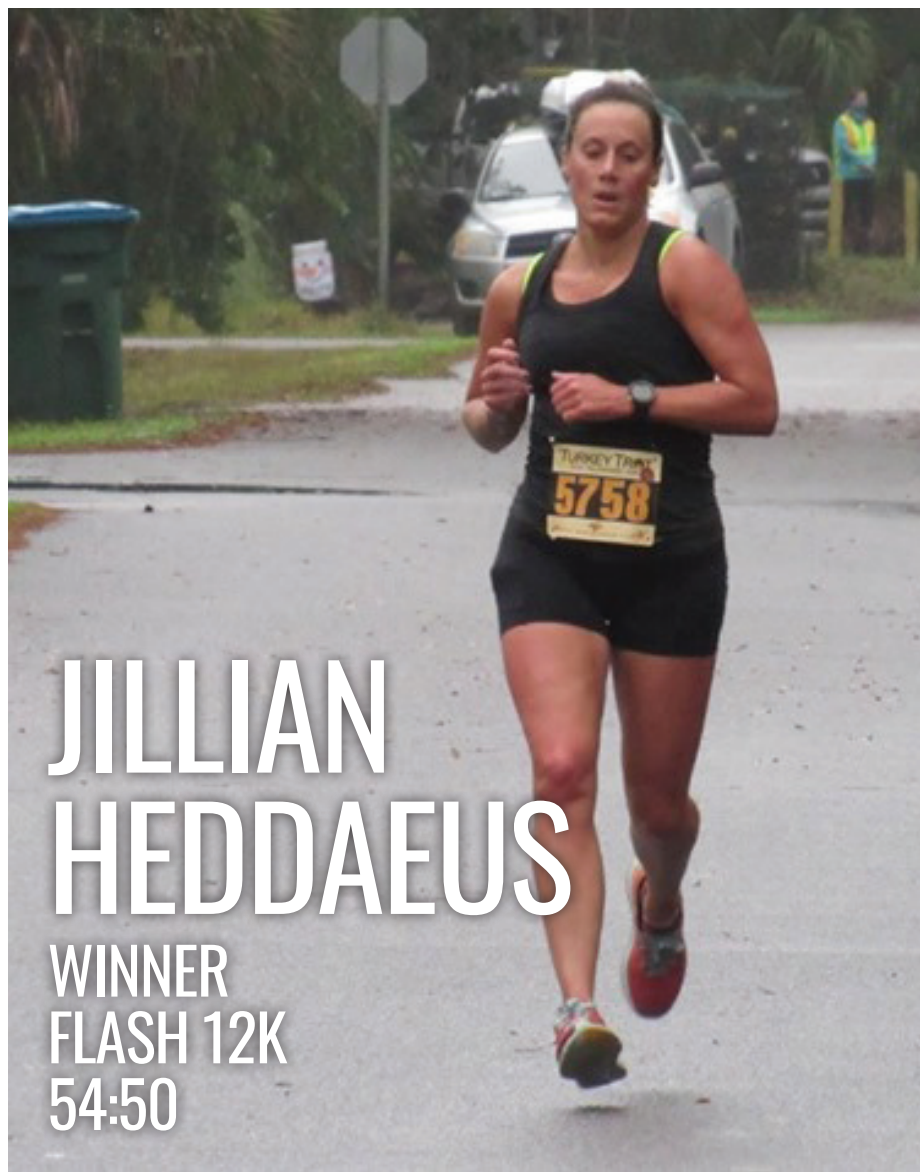


Photo Credit: Herb Willis

JILLIAN
HEDDAEUS

WINNER
FLASH 12K
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VOLUME 46 | ISSUE 3

Tallahassee, FL
Gulf Winds Track Club

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | MARCH 2021

VOLUME 46 | ISSUE 3

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.

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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Road Runners Club of America Member Club
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YOUR MEMBER BRIEFING

Your GWTC Board of Directors met on February 10, 2021
Here's a summary of the board meeting, distilled down for you.

You're welcomed to attend any GWTC Board of Directors meeting. The next meeting will be at 7:30 PM on Wednesday, April 14, 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, final product posted soon.

Bylaws Update

Every five years the club must form a committee to review the club's bylaws. This task began at the end of 2019 but got stalled due to COVID. The board asked the committee to restart those efforts.

Gulf Winds Track Club Endorsement of New DEP Trailhead Extension

A letter of endorsement has been requested by Blueprint Intergovernmental Agency for a new trailhead near FAMU Way. This letter would be used to help secure grant funding to construct the facility. Mark presented a draft endorsement letter to send and a motion to send it was made, seconded and passed.

Treasurer – Peg Griffin

Peg provided the treasury report as of January 31, 2021. Assets were reported at \$266,362.13 and Net Revenue was \$17,653.79.

Membership – Mark Priddy

Memberships and households were reported at 1,011 and 522, respectively, as of February 10, 2021. These figures are compared to those at this time last year, which included 1,316 memberships and 695 households.

Chenoweth Fund – David Yon

David reported that the committee had received two requests for funding. The track teams at Lincoln High School and Rickards High School each requested \$1,000 for uniforms and equipment. A motion to approve these expenditures was made, seconded and passed unanimously.



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PRESIDENT'S COLUMN - MARK PRIDDY



Volunteering Relieves the Stress of Hibernation

It has been written that Noah's Ark was built by volunteers and the Titanic was built by paid professionals.

Gulf Winds Track Club is operated by volunteers who work hard to make the club a community asset.

We usually think of volunteers as those helpful folks we see at our road races. Our first two races this year, the 30k/15k and the Flash 12k/6k had over 50 energetic volunteers. Thanks to all of you!

ALL club members are volunteers in some way. You can ask your friends to renew their memberships, tell others about our trail running programs or our kid's races. Each member has a role to play to encourage club participation and growth.

I worked the finish line chute at the Flash and one finisher immediately asked, "are the results online yet"? This comment started me thinking about our Timing Crew. You know the faces, Bill Hillison, Peg Griffin, and Bill Lott. You may even take them for granted because they are always there for you. The fact is, they need some of you to help them so they can have a free Saturday morning occasionally.

Look at the numbers. In 2019 (pre-COVID), these three timed 30 non-GWTC races and generated \$19,953 in timing revenue. Additionally, they timed 23 GWTC races, which don't pay for the equipment rental.

The three of them volunteered to chip time 53 races!

We can no longer ask nor expect them to continue that pace. We need just five, 2-person volunteer teams to start a rotating crew of chip timers. With a membership base averaging between 1,000 - 1,400 members, I know there are 10 of you out there who will step up and help.

More member volunteer timers will keep those "paid professionals", and the inevitable increased costs, away from the timing of our club events.

Do you also know that our Equipment Manager (Tec Thomas), and his assistant, Bill Lott, make themselves available over 50 weeks per year to lease out our racing equipment? Thank you, Tec and Bill! Are you willing to help them for a couple of hours a few times per year?

Leaders will step up and volunteer for one or both. Don't assume someone else will do it.

They (and the Track Club) need you.

One last thing. I do not have administrative privileges over the GWTC Facebook page. Club volunteers monitor this site and they do a fantastic job of keeping the content focused on running and fitness. We have young people and over 2,000 non-club members following this page. You are adult enough to know to keep it free of profanity and political comments.

Thank you in advance, and happy running! 🏃

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FEATURED FEET JAY & NANCY



JAY SYLVANIMA

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

I have been working from home since the first week of April last year. This has allowed me more options for midday runs. When I was working from the office, I tried to get my weekday runs in prior to work. Recently it has become unusual for me to run before 10 AM during the week. This allows me sleep and I feel better for it.

Are you running more or less now than you were pre-Pandemic? About the same. Although this past summer was a running fiasco for me, as I managed to go from one injury to the next, all beginning with a non-running injury. I have been running consistently since last October and averaging 30 miles per week. Starting in the fall, Nancy and I have hosted some very limited timed runs. The most recent one was at the St. Marks Headwaters Greenway. It was great to run with the other runners who showed up to run 2 or 3 hours on a marked 3K loop course.

What has been your biggest challenge during the Pandemic? Well, that is a hard one. Like a lot of us, Nancy and I are social animals and we really miss having

dinner parties and random get-togethers. Recently it has been trying to get my folks vaccinated. Then there is supervising 10 employees remotely for the past 11 months...yeah, that.

What are some unexpected positive things (running or non-running) you've seen come out of the Pandemic? Working from home allows me to spend a lot more time with our pets and to observe our downtown neighborhood during business hours. And, of course, sneaking out for runs in the middle of the day more often. The quarantine has made me more conscious of my purchasing habits (plastics, food, gas, etc.) and to change a few for the better.

Did you start any new sports or workout routines during the Pandemic? Since I quit going to the gym, I do core work at home now.

What is your biggest concern as a runner about having COVID-19? The long-term effects are relatively unknown. I don't want to be part of the problem, so I have been very conscientious in avoiding group gatherings and have severely limited travel.

What do you miss most about your pre-Pandemic running lifestyle? Travel, then the social aspect of local races.

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?

Once, or perhaps if, I return to the office I think I'll more or less return to my previous running routines. As I age, it seems like I am in search of a new routine, so who knows.

What's your go-to style for face coverings? Basic stuff, really don't have one. Frankly, I hate wearing them.

Favorite TV binge watches during the Pandemic? Original Star Trek. 🚫

NANCY STEDMAN

How has your running routine changed as a result of the COVID-19 Pandemic? I was feeling kind of beaten up from 4 marathons plus the 50k during 2019 so my mileage in 2020 was lessened from the get-go, but then I started up for Boston... and we all know what happened there.

Are you running more or less now than you were pre-Pandemic? Way less! My weekly mileage used to be high 30s - mid 50s per week. It's now around 20 - low 30s a week. I did run 37 last week... most mileage since May 2020.

What has been your biggest challenge during the Pandemic? Staying motivated. Since the start of 2021, I've been running daily. Some days are just a bit over a mile!

What are some unexpected positive things (running or non-running) you've seen come out of the Pandemic? Positives include taking our dog Bella out a lot more! Also just taking a long break from consistent "high mileage" training is something I'm trying to tell myself is good, ha ha.

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

Nope! Just working more, reading more, cooking more. I've taken up bread baking and haven't bought a loaf at the store in months!

What is your biggest concern as a runner about having COVID-19? My goal is avoiding it, since the long-term effects are undetermined at this time. So far, I have succeeded.

What do you miss most about your pre-Pandemic running lifestyle? Meeting up with a bunch of runners on Sundays (Imitation Adults) for long runs, races to see other runners and volunteers, and trips to go do out of town marathons.

What do you miss most about your general pre-Pandemic lifestyle? The travel and my waistline. And seeing people a lot more!

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'll probably never return to the amount of mileage I was doing consistently as it's a bit too much on my 59 year-old body. I'll be happy just to finish a marathon and not be as concerned about the time it takes to do it. Doing the 50 states is really more about the travel and less about the race times! I hope...

What's your go-to style for face coverings? Old Navy masks. Good variety and fit!

Favorite TV binge watches during the Pandemic? Star Trek :) Binging on listening to vinyl records also. We are both music lovers, wife, 2 active kids, and a full-time job. Every Sunday we sit down and plan the week. Somehow, we get everything done. 🚫





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WINNER
FLASH 12K
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