

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | JUNE 2021



THE GWTC SUMMER TRAIL SERIES IS BACK!

ZACH
DEVEAU

CELEBRATES A
2ND PLACE FINISH
SUMMER TRAIL SERIES
AUG 24, 2019



Photo Credit: Fred Deckert



VOLUME 46 | ISSUE 4

Tallahassee, FL
Gulf Winds Track Club

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | JUNE 2021

VOLUME 46 | ISSUE 4

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.

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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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Summer Trail Series, Tom Brown Park, Aug 24, 2019

Photo Credit: Fred Deckert



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Beginning Running Group Coordinator:	Chika Okoro 202-276-4101 gwtc_coaches@yahoo.com

Road Runners Club of America Member Club
USA Track & Field Member Club #14-1275

YOUR MEMBER BRIEFING

Your GWTC Board of Directors met on April 14, 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 7:00 PM on Wednesday, June 9, 2021. Email FleetFoot@GulfWinds.org for the location details if you'd like to attend.

Forgotten Coast Relay

Nick Lowe (Florida Restaurant & Lodging Association) and Chip Evans shared their plans to organize a 75+ mile relay from the Old Capitol in Tallahassee to the Blue Parrot Restaurant on St. George Island next spring. Tentative date for the race is April 9, 2022 and plans, such as routes and distances are still being worked out. Teams would be responsible for their own logistics and support. Nick & Chip expressed a desire to have GWTC help get the word out about the race and their report was well received.

Diversity Committee IRC project – Amended Grant Budget Approval

Danny Manausa gave an update on the GWTC- IRC partnership which has been meeting on Wednesdays at Cascades Park. The program started March 17, 2021 and has been extended to May 19 which is an increase of four additional weeks. The group consists of approximately 30 kids representing eight families. Participants have received new shoes, with the help of Fleet Feet, and will soon be receiving custom t-shirts and drawstring bags. Danny presented an amended budget to account for this time extension noting that the major cost involved is transporting the participants to and from Cascades Park each week. A motion to approve the amended budget was made, seconded and passed.

Mike Boll's Family Letter & Donation

Mark Priddy shared a letter from the parents of Mike Boll that expressed their thanks for the love and support of their son who passed away earlier this year after a tragic accident. Included with that letter was a \$5,000 donation from Mike Boll's parents for the club and Mark welcomed ideas for how best to spend that money in Mike's honor.

Jerry McDaniel shared that the Thursday Night Tempo group had secured a picnic table in Mike's honor at the Miccosukee Greenway and invited everyone to a dedication ceremony scheduled for April 15 at the Edenfield entrance to the park.

David Yon noted that approximately \$2,000 had been donated to the Chenoweth Fund by individuals in Mike's honor.

Springtime Tallahassee – Rachel and Zack Scharlepp reported they are working with the City of Tallahassee to secure approval to hold the 10K race on May 15. The city will not allow the race to be run on Monroe Street so they are working on course alternatives. The race will be capped at 500 participants with no shirts and no finisher medals.

Pot Luck Bash – David Yon reported that he is working with the City of Tallahassee to obtain approval to hold the Pot Luck Bash on June 5 at Forest Meadows with a possible cap of 200 participants. Plans call for a morning run with no social event afterwards due to COVID concerns. The Chenoweth Committee still plans to honor local high school cross country and track & field athletes.

Summer Trail Series – Bobby York has submitted a permit application to the City of Tallahassee to host the Summer Trail Series on the following dates: June 12, July 10, July 24 and August 28. Participants will be capped at 150/race and Bobby promised to bring a budget back for approval at the May meeting. A motion to allow Bobby to move forward with the Summer Trail Series, pending approval by the City of Tallahassee was made, seconded and passed.

SMIRF's Update – David Yon

David shared that he is working with the City of Tallahassee to reconvene the youth running program known as "Summer Mornings Include Running Fun" (SMIRF) and hopes to start up again in June. The city has agreed to partner with GWTC again so that coaches for these sessions can be paid. Anyone interested in helping should contact David. More information will be provided at the next Board meeting.

Summer Track - David Yon for Tom Perkins


David reported that Tom Perkins is working with the City of Tallahassee to secure approval to hold the Summer Track weekly events at the Maclay School track. Discussions are continuing regarding details but the city seems agreeable to continuing this partnership. At this time, it appears the only available night for the Maclay track will be Monday nights but Tom is still working on this. There was some discussion about the possibility of rotating tracks around town to improve accessibility. A motion to authorize Tom to proceed with reconvening the Summer Track Series at Maclay School on Monday nights was made, seconded and passed.

Treasurer – Peg Griffin

Peg provided the treasury report as of March 31, 2021. Assets were reported at \$261,434.38 and Net Revenue was \$14,578.27. Peg reported that the club was assessed a penalty from the Internal Revenue Service of \$3,640 for its late submittal of 990 form for 2018-2019 year. She recommended a policy be implemented to assure this does not happen again.

Triathlete Club – Tina Bahmer

Tina reported that there have been two open water swims held at Maclay Gardens State Park in preparation for the Red Hills Triathlon. Bike Clinics are planned for May. The Tri-Club is planning to hold their next meeting in person at Momo's on May 17. Tina thanked Peg Griffin for her help with the Tri-Club budget and record keeping. 🏹



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RACE CALENDAR

JUNE 2021

03 Summer Track Series - Week 1, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Visit www.gulfwinds.org; or www.talgov.com/parks; or Tom Perkins at (850) 264-4595 or tomperkinsfsu@gmail.com; or Toni McDonald at (850) 891-3835, or Jeanne O'Kon at (850) 894-2019.

05 Great Potluck Bash 4M (Trail Prediction Run), 8 a.m. Forestmeadows Park and Athletic Center, 4750 N. Meridian Rd. Online registration available at RunSignUp.com (no additional fee). Visit www.gulfwinds.org; or David Yon at david@radeylaw.com.

05 Jackie Robinson Boys and Girls Club 5K Run/Walk, 8 a.m. Jackie Robinson Boys and Girls Club, 101 Sixth St. SW, Cairo, GA. Additional information and online registration available at www.mnw-bgc.org; or Amy Hagan at a.hagan@grady.k12.ga.us.

05 Bainbridge Public Safety Beat the Badge 5K/1M, 8:30 a.m. 1M; 9 a.m. 5K. Earle May Boat Basin Park, 100 Boat Basin Circle (Shotwell St. exit off U.S. Hwy 84/27 Bypass), Bainbridge, GA. Online registration available at Active.com. Julie Harris at julieh@bainbridgecity.com or (229) 248-2038.

10 Summer Track Series - Week 2, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Visit www.gulfwinds.org; or www.talgov.com/parks; or Tom Perkins at (850) 264-4595 or tomperkinsfsu@gmail.com; or Toni McDonald at (850) 891-3835, or Jeanne O'Kon at (850) 894-2019.

12 GWTC Summer Trail Series Race #1 - Cadillac Trail 5.5M, 8 a.m. Tom Brown Park. Online registration available

at RunSignUp.com (no addition fee). Visit www.gulfwinds.org; or Bobby York at byorkjr@msn.com.

17 Summer Track Series - Week 3, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Visit www.gulfwinds.org; or www.talgov.com/parks; or Tom Perkins at (850) 264-4595 or tomperkinsfsu@gmail.com; or Toni McDonald at (850) 891-3835, or Jeanne O'Kon at (850) 894-2019.

19 Monticello Kiwanis 5K Watermelon Run, 8:15 a.m. First United Methodist Church – Family Ministry Center, corner of South Water St. and Hwy 90 West, Monticello, FL. Online registration available at Eventbrite.com. Visit www.WatermelonRun2021.com; or Floyd Fagile at watermelonrun@gmail.com or (850) 997-6300.

24 Summer Track Series - Week 4, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Visit www.gulfwinds.org; or www.talgov.com/parks; or Tom Perkins at (850) 264-4595 or tomperkinsfsu@gmail.com; or Toni McDonald at (850) 891-3835, or Jeanne O'Kon at (850) 894-2019.

24-27 AAU Track & Field Region 9-2 Qualifier, time TBA. Mike Long Track, 1104 Spirit Way, FSU Campus. Visit www.aausports.org; or Alice Sims at alicebsims@comcast.net or 322-3929.

26 Paul Hoover Memorial Freedom Run 5K and Extra Mile Run/Walk, 8 a.m. 5K; 8:45 a.m. Extra Mile. Wakulla Springs State Park, 465 Wakulla Park Dr., Wakulla Springs, FL. (15 miles south of Tallahassee on SR 267). Online registration available at Eventbrite.com. Michael Atkinson at nexnbax1@comcast.net.



JULY 2021

01 Summer Track Series - Week 5, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Visit www.gulfwinds.org; or www.tal.gov.com/parks; or Tom Perkins at (850) 264-4595 or tomperkinsfsu@gmail.com; or Toni McDonald at (850) 891-3835, or Jeanne O'Kon at (850) 894-2019.

04 38th Annual Capital City Kiwanis Firecracker 5K/1M Sparkler Fun Run, 7:30 a.m. 1M; 8 a.m. 5K. Cascades Park, 1001 S. Gadsden St. Online registration available at RegFox.com. Visit www.cckcfirecracker5k.com; or Capital City Kiwanis at tallahasseeffirecracker5k@gmail.com.

08 Summer Track Series - Week 6, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Visit www.gulfwinds.org; or www.tal.gov.com/parks; or Tom Perkins at (850) 264-4595 or tomperkinsfsu@gmail.com; or Toni McDonald at (850) 891-3835, or Jeanne O'Kon at (850) 894-2019.

10 GWTC Summer Trail Series Race #2 - Swamp Forest Trail 4.5M, 8 a.m. Elinor Klapp-Phipps Park. Online registration available at RunSignUp.com (no additional fee). Visit www.gulfwinds.org; or Bobby York at byorkjr@msn.com.

10 Ernie Sims Track Invitational, time TBA. Florida State University School track, 3000 School House Rd. Alice Sims at alicebsims@comcast.net or 322-3929.

10 Nesmith 5K, 8 a.m. Phipps Farm, 4300 N. Meridian Rd. (across from Maclay School). Sue Ault at (850) 556-5922.

15 Summer Track Series - Week 7, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Visit www.gulfwinds.org; or www.tal.gov.com/parks; or Tom Perkins at (850) 264-4595 or tomperkinsfsu@gmail.com; or Toni McDonald at (850) 891-3835, or Jeanne O'Kon at (850) 894-2019.

22 Summer Track Series - Week 8, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Visit www.gulfwinds.org; or www.tal.gov.com/parks; or Tom Perkins at (850) 264-4595 or tomperkinsfsu@gmail.com; or Toni McDonald at (850) 891-3835, or Jeanne O'Kon at (850) 894-2019.

24 GWTC Summer Trail Series Race #3 - Magnolia Trail 4.5M, 8 a.m. Tom Brown Park. Online registration available at RunSignUp.com (no additional fee). Visit www.gulfwinds.org; or Bobby York at byorkjr@msn.com.

AUGUST 2021

07 Breakfast on the Track One Mile, 7:45 a.m. Maclay School Track, 3737 N. Meridian Rd. Online registration available at RunSignUp.com (no additional fee). Felton, Bonnie or Jamie Wright at BonnieDWright@gmail.com or 386-3500.

14 Miller Landing Madness 8K/5K/3K XC Run, 8 a.m. 8K/5K; 9 a.m. 3K. Elinor Klapp-Phipps Park, Gate B, 1775 Miller Landing Rd. (1.3 miles west of Meridian Rd. on Miller Landing Rd.). Online registration available at RunSignUp.com (no additional fee). Tom Perkins at tomperkinsfsu@gmail.com or 264-4595; or Bill Lott at blott@nettally.com or 656-1273.

28 TCC Cross Country Open, time TBA. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Gary Droze at gdroze@maclay.org.

28 GWTC Summer Trail Series Race #4 - Redbug Trail 4.5M, time TBA. Forestmeadows Park and Athletic Center, 4750 N. Meridian Rd. Online registration available at RunSignUp.com (no additional fee). Visit www.gulfwinds.org; or Bobby York at byorkjr@msn.com.

Continued on page 12

PRESIDENT'S COLUMN - MARK PRIDDY

Social and Training Running Groups



Looking for a social/training group run? We got 'em! Actually, we have them several days per week!

If none of these listed work for you then let's organize a few more.

We are a "running club" but we never exclude walkers and joggers. If running is not enough activity for you, the Gulf Winds Triathletes (affectionately known as the Tri Club) will add some biking and swimming to the mix.

The Tri Club has a well-deserved reputation for being "social"...and they are experts at training!

Why not start a strength training social group in addition to the cardio days? We will advertise those, too.

Unless you just parachuted into Tallahassee, you know Gulf Winds Track Club members have had to spend

their running dollars elsewhere recently. Our social media presence has sometimes gone sideways because inactive runners get bored from lack of training and interacting socially.

The club has tried to keep member enthusiasm, optimism, and morale high by offering our social running/training groups until actual races start back up. We will do more to promote and advertise these events.

Our racing events will start back soon. Dozens of club volunteers are working on that daily.

Patience is not in a runner's vocab, and it has been a difficult lesson to learn. I encourage you to get involved with these social running and training groups, and let's keep the focus toward a great running year! 🏃

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TRAINING GROUPS

GWTC Winthrop Park Express -

6 mile group run

Winthrop Park- Contact Keith Rowe

Monday @6 p.m.

WorkAddicts - 4 mile group run.

Fleet Feet Running Store.

Contact Erik Davis

Monday @6 p.m.

GWTC Tuesday Intervals -

(3 mile speed workout)

Maclay High School Track.

Contact Gary Droze; Bill Lott.

Tuesday @6:30 a.m

Harriman Circle Laps -

(3 mile speed workout)

Harriman Circle Park. Contact Philip Sura.

Tuesday @6:30 p.m.

Tuesday Early Morning Fartlek,

6:30 a.m., distance 5 miles. Edenfield Road parking lot, Miccosukee Greenway.

Contact is Jerry McDaniel at

jerrymcdaniel@hotmail.com.

Wednesday 5:15 pm. Cascades Park

Run/Walk with our International Rescue

families. Distances vary. Contact Chris

Turner or Dan Manausa.

GWTC Wednesday Intervals -

(3 mile speed workout)

Rotating Location. Contact Tristan LaNasa

Wednesday @ 6 p.m.

Thursday Evening Tempo, 5:00 p.m.,

distance 4-5 miles. Edenfield Road

parking lot, Miccosukee Greenway.

Contact is Jerry McDaniel at

jerrymcdaniel@hotmail.com.

WorkAddicts - (4 mile group run)

Fleet Feet Running Store.

Contact Erik Davis.

Thursday @6 p.m.

GWTC Optimist Park (3 mile group run)

Optimist Park.

Thursday @6 p.m. Contact Tom Bianca.

Vaccinated Imitation Adults

(13-20+ mile group run)

Location varies. Must be vaccinated.

Contact Nancy Stedman.

Sunday @ ~7:30 a.m.

Forest Meadows on Sunday Mornings

beginning at 7:30.

Run trails around Lake Overstreet.

Most times the crowd runs approximately 9.5 miles.

Alternatives for shorter and longer runs. 


RACE CALENDAR - Continued from page 9

SEPTEMBER 2021

06 Bluebird Run for Brookie B. 5K/1M,
8 a.m. 1M; 8:30 a.m. 5K. J.R. Alford
Greenway, 2500 S. Pedrick Rd. Online
registration available at Eventbrite.com.
Visit www.bluebirdrun.com; or Bill Bowers
at wbbowers@centurylink.net or 228-1263.

**11 5K Run/Walk for Sickle Cell Anemia/
Tim Simpkins 1M Fun Run,** time TBA.
Jake Gaither Community Center and Golf
Course, 801 Bragg Dr. Online registration
available at RunSignUp.com (no additional

fee). Visit www.sicklecellfoundation.org.
or Sickle Cell Foundation at info@sicklecellfoundation.org or 222-2355.

**18 Women's Distance Festival 5K/1M, 8
a.m. 5K women; 8:05 a.m. 5K men; 9 a.m.
1M.** Optimist Park, 1806 E. Indianhead Dr.
Online registration available at RunSignUp.com
(no additional fee). Visit www.gulfwinds.org; or Lisa Unger at
unger4122@comcast.net or 264-9615. 

COMMUNITY OUTREACH DIVERSITY AND INCLUSION COMMITTEE

Christopher C. Turner, Chair



10 weeks. 30 smiles. Kids aged from 5 to 18. 8 families. El Salvador. Colombia. Syria. Congo. Uganda.

Nearly \$8,000 raised. 90 sponsors. \$5,000 grant awarded. Taxis. Ice Pops. Brand new running shoes. Laughs. Men. Women. LGBTQ. Black. White. Hispanic. All parts of the track club, represented to support.

Hot days. Small children. Language barriers.

It was all worth it. Last year, we had no clue where to start. We just knew we needed to do something. There is an immense privilege that we all have, the ability to buy running shoes, to race. To get to a safe location to train. We have the ability to budget, to go without an extra cup of coffee in order to buy some nutrition. To stay in a cheaper hotel when we fly to a race. These are things we take for granted.

Over the last three months, thanks to the work of members of the Gulf Winds Track

Club, we found a new appreciation for the things that we have. We found a new appreciation for the community. When people want to come together, they will. Some of the kids may not run again. Some may wait years before they decide to run again. Others are already looking at taking up Duathlon and or running in school. The opportunity is there and was given to them. They saw a community supporting them, love them, care for them. They saw mentors of all races, genders, colors, and orientation, even if they didn't know it. They saw people who wanted to help them.

What's next? We keep going forward and seeing who and how we can continue to help in the community. There is always more that we can do. Keep your eyes on the horizon.

On behalf of the Diversity and Inclusion committee, and the IRC, I want to thank you all for your support. Truly. 🏃

COMMUNITY OUTREACH THE RUN PAST COVID 5K

Sometimes it seems like a long way from Tallahassee and the halls of GWTC to the Gadsden Correctional Facility (GCF), just outside

of Gretna. Often, it is not the miles that create the great distance, but a life lived behind barbed wire fences and gray walls with doors that clang loudly when closed. GWTC has had a partnership with the correctional facility for women running club since March of 2012.

However, after more than a year away, primarily because of COVID – 19, it seemed the program was fading into the past. But two people were determined not



to let that happen. And before you know it Mary Jean Yon and Charles Moore were planning the first event since January 26, 2020.

And then there were thirteen members of GWTC making their way to GCF to participate in a 5K run, inside the walls of the facility on May 30, 2021. The course was three loops around the facility. Bill Lott had organized a finish crew that performed almost flawlessly. Finish times ranged from 23:48 to 54:36. Club members ran with different inmates urging them on and being encouraged by their new and old friends. 🏃‍♂️

BREAKFAST ON THE TRACK MILE

**AUGUST 7, 2021
7:30 AM**

Macley School Track

On-line entries only, no race day entries.

Great entry awards for all participants!

Appropriate Covid precautions will be in place. All participants will receive a "to go" breakfast. No pancakes, but there will be a lot fun!



Photo Credit: Fred Deckert

COMMUNITY OUTREACH THE 2021 STRIDERS & SMIRFS RUNNING CAMP

Summer Mornings Include Running Fun

Produced and Sponsored by Gulf Winds Track Club and the City of Tallahassee

This Summer Running Program is sponsored jointly by the City of Tallahassee Parks, Recreation and Neighborhood Affairs and by Gulf Winds Track Club. The program's goal is to provide opportunities for students in elementary, middle and early high school to improve their running skills and endurance during the summer months. The program is recommended for students age 8 and above who want to learn about running to improve their skills.

The first day for the 2021 program is Tuesday, June 1, 2021. We expect the last day to be July 30.

Practices will be held Monday thru Friday and begin at 7:45 a.m. Runners should arrive by 7:30 a.m. and start warming up. We know public schools don't wrap up until the 10th of June so if you want to wait to show up, just let us know.

Practices will end between 8:45 and 9:00 a.m.

Drop off and parking for the Phipps practices are at the Meadows Soccer Complex located at 701 Miller Landing Road.

Practices will include running around the soccer fields and in Elinor Klapp-Phipps Park, which includes 670 acres



of protected land along the bank and in the watershed areas for Lake Jackson. The trails are magnificent and home to many GWTC races (the Potluck Bash, for example) and several high school cross country meets. We will have some excellent coaches working with the program this year. We want to teach

fitness, pacing, mechanics and endurance. Most importantly, we want our participants to love the sport.

Want to join the team? Register at RunSignUp and receive our "Welcome to the SMIRFs" package. And don't forget to check out our Facebook Page. Email or call one of the names below if you are interested in coaching or have any questions about the program.

David Yon - Gulf Winds Track Club; email - david@radeylaw.com or 850-321-8768

Toni McDonald - City of Tallahassee; email - Toni.McDonald@talgov.com

FEATURED FEET KENDRAH RICHARDS

I am originally from Kokomo and Indianapolis, IN. I moved here to go to college in 1995. My dad is from Greensboro, FL and he grew up here. The land has been in our family since the 1850's so I consider myself a Floridian. I went to TCC and FSU and graduated with a bachelor's degree in Communications. I also have two master's degrees from the University of West Florida, one in Public Administration and one in Instructional Technology. I work for Tallahassee Community College Foundation as the Donor Stewardship Officer. I love working with our donors. I have been at TCC for eleven years.

In 2015 I started on my weight loss journey. I was 286 lbs. and I wanted to get healthy before I turned 40 in 2016. I was overweight for fifteen years. I started eating healthy and just walking in front of the TV until the weight started coming off. I then joined a gym in 2016 and kept working towards my goal. I started running in July 2016. Someone challenged me to do a half marathon. I never really liked running before but I started training and I fell in love with running. Running also helped me on my weight loss journey. I started doing races on Saturday pretty regularly, about 2-3 a month. And I did my first half marathon in July of 2017 in Indianapolis at Eagle Creek. This is the park my dad used to take me and my sisters growing up and it marked one year of running. It was a tough race but the challenge was very rewarding and it made me want to improve on my running time for my half marathons. I have lost over 130 lbs. just from eating healthy, working out and running!

I joined Gulf Winds Track Club as soon as I heard about it because everyone I met at the races were so nice and most of the races I completed were all GWTC races so it was a no brainer. Racing with people you know always makes you work

harder. Plus, GWTC races are so organized and everyone who volunteers make it special and amazing.



I train pretty regularly. I usually do my morning runs on the treadmill before work. I also workout at Sweat Therapy after work. I like staying active. But I recently had surgery and I am still recovering. I have not been running for the last six months so I am anxious to get back out there and start running again. It always seems like after an injury or surgery it takes me some time to get back to where I was at before but once I get there it always feels like home. Running clears my mind. The feeling I get after a run is very addicting. It always puts me in a great mood. And I love racing because it is always something to look forward to on the weekend.

During the beginning of the pandemic, not having that Saturday morning race to look forward to was a little depressing at first. But I started doing virtual races to keep me active. This gave me something to train for and the races I signed up for helped so many worthy causes so it was well worth it. I will say that even though virtual races are fun, I miss racing with all my GWTC friends. I always seem to run faster when I am at a GWTC race. Of course, that could be disputed since my times are posted publicly lol.

Being a race director is something I never thought I would do. I always like showing up at a race about 15 minutes before the start. But last year I became the race director for our Hops & Half Shells 5K Trail Run and One Mile Fun Run. It was fun learning how to manage and put on a race but also very challenging doing so in the middle of a pandemic. 🏃‍♀️

FEATURED FEET MARK TOMBRINK

What is your daily routine? I'm usually awake between 4:00 and 5:30 in the morning during the week. On Wednesdays, I have a group that meets at 5AM, and I put in twelve to fifteen miles. The other days during the week, I either run and/or swim. The mileage during the other four days can fluctuate depending on what I want to do. When I run, I want to do at least five miles. There are days that I just run or just swim. During the summer when I don't have tutoring obligations, I like to pack my running clothes and go to some trail after work. During the weekend, I like to either do some race or some long run (still getting up early on these days) on Saturdays. On Sundays, I still like to run long. Lately, though, I may occasionally sleep in some and run some trail that is off the beaten path on Sundays. IT simply depends on that particular Sunday.

How do you train? Some people like to focus on a specific race months in advance and focus exclusively on that based on years on comprehensive research, data, and expert advice. Not me. I refuse to treat this like a job, and I want to treat this like the hobby that it is. I train for whatever is next. I run races because they are fun and help keep me involved in the local community. I prepare by frequently running long and ensuring that I can endure the next long distance. I will occasionally do a shorter race and treat it like speedwork. I enjoy the long and slow mindset the most, though.

What other athletic activities do you participate in? I like to swim several days a week, although I don't have the form to swim competitively. Fortunately, I'm only looking to compete in running races. I have a tennis buddy who is on hiatus due to COVID fears, but we would often meet once per week when we did play. Because sports involving a ball aren't my forte, I still haven't beaten him. That doesn't mean that I don't have fun doing it, though.

How has the pandemic changed your focus?

Although I was having this itch before the pandemic, I was starting to do some long races out of town. The lack of local races has certainly accelerated that desire. I've been doing some other races that have been on my to-do list. Also, although my evening tutoring obligations have prevented me from doing this to an extent, the fact that Tuesday intervals have been outright canceled has prevented me from doing them. I liked doing them for the socialization and the fact that they help make my running during races more efficient.



Why are you a GWTC member? I very much enjoyed running before joining GWTC, but I just ran on my own and did my own thing. I had heard of the running club and did a small number of the club races. Once I reluctantly joined in 2013, I soon realized how much of an outstanding community this club happens to be. I have formed great relationships with folks who I would have very likely not otherwise have met if it weren't through running. I have also gone places and done things that can simply be described as awesome. Being a member of this outstanding organization has also given the opportunity to challenge myself in so many various ways. I wish that I had joined GWTC years before my inaugural year.

Why are you a race director? I have done just about everything that I have wanted to accomplish with running, especially in the local circuit. I want to give back to the local community, and that includes GWTC. I want to become more involved in ways other than just being a participant. 🏃

2021 SUMMER TRACK SERIES

Presented by

Gulf Winds Track Club and Tallahassee Parks and Recreation

Maclay School Track | 3737 N. Meridian Road | 6:45 p.m.

Thursdays - June 3, 10, 17 & 24, and July 1, 8, 15 & 22

FREE 8-Week Program Open to the Public
for Runners of all Ages and Abilities

Weeks 1, 3, 5 & 7

June 3 & 17 and July 1 & 15

40-Yard Dash (ages 5 and under)

100-Meter Dash

400-Meter Dash

1,600-Meter Run (Metric Mile)

5,000-Meter Run

Weeks 2, 4 & 6

June 10 & 24 and July 8

40-Yard Dash (ages 5 and under)

100-Meter Dash

200-Meter Dash

800-Meter Run

3,200-Meter Run (Metric 2 Mile)

Week 8, July 22 - Events determined by Track Series

Organizers; Annual Ice Cream Social;

and Gulf Winds Track Club Summer Grand Prix Awards

Decisions involving inclement weather will be made at the starting time of the track meet. Participants should bring their own water or other hydration.

For more information, visit

www.gulfwinds.org or www.talgov.com/parks;

**or contact Toni McDonald at (850) 891-3835, or Tom Perkins
at (850) 264-4595; or Jeanne O'Kon at (850) 894-2019.**



RUN & WALK for BROOKIE B

Labor Day, September 6, 2021
at
J.R. Alford Greenway

1M FUN RUN/WALK over the scenic
Lafayette Heritage Trail Canopy Walkway

8:00^{am}
START TIME

5K TRAIL RUN/WALK in the
J.R. Alford Greenway with chip timing

8:30^{am}
START TIME

for suicide awareness
and prevention

Full details and registration at
www.BluebirdRun.com

Brought to you by NAMI Tallahassee,
the National Alliance on Mental Illness



MARGARETE DECKERT

BREAKFAST
ON TRACK 2019
15:41.85



Photo Credit: Fred Deckert