

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | AUGUST 2021



2021 SUMMER TRAIL SERIES

LEONARDO CANETE
PACES DANIEL WURGLER

NEAR THE SIX-KILOMETER MARK OF GULF WINDS TRACK
CLUB'S 2021 CADILLAC TRAIL RACE. DANIEL WOULD
LATER PASS FOR AN 8 SECOND VICTORY.

Photo Credit: Herb Willis



VOLUME 46 | ISSUE 5

Tallahassee, FL
Gulf Winds Track Club

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | AUGUST 2021

VOLUME 46 | ISSUE 5

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

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.



Summer Trail Series, Tom Brown Park, June 12, 2021

Photo Credit: Herb Wills



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

RACE CALENDAR

AUGUST 2021

07 Breakfast on the Track 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.

07 24th Annual St. George Island Sizzler 5K/1M, 6:30 p.m. 1M; 7 p.m. 5K. Mango Mike's Sports Bar & Grill, 36 West Pine Ave., St. George Island, FL. Online registration available at Eventbrite.com. Race director at ecccfranklin@gmail.com.

14 Miller Landing Madness 8K/5K/3K XC Run (3K GP for Youth Only), 8 a.m. 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 894-2019; or Bill Lott at blott@nettally.com or 656-1273.

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 addition fee). Visit www.gulfwinds.org; or Bobby York at byorkjr@msn.com.

28 Dueling Summits XC Invitational 5K/3K/1M, 7:15 a.m. Community 5K; 8 a.m. Girls High School 5K; 8:40 a.m. Boys High School 5K; 9:30 a.m. Girls Middle School 3K; 10 a.m. Boys Middle School 3K. Elinor Klapp-Phipps Park, Gate B, 1775 Miller Landing Rd. (1.3 miles west of Meridian Rd.). Online registration and additional information available at <http://fl.milesplit.com/>; or Chris Sumner at LFCSumner3@gmail.com.

SEPTEMBER 2021



04 Midnight Chase 5K, midnight (CT). VFW American Legion Building, 17680 Ashley Dr., Panama City Beach, FL. Online registration available at RunSignUp.com. Panhandle Runners at panhandlerunnersfl@gmail.com.

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 RunSignUp.com. Visit www.bluebirdrun.com; or Bill Bowers at bill@bluebirdrun.com.

11 5K Run/Walk for Sickle Cell Anemia/Tim Simpkins 1M Fun Run, 8 a.m. 1M; 8:30 a.m. 5K. 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

17 FSU Cross Country Open, time TBA. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.seminoles.com.

18 Women's Distance Festival 5K/1M, 8 a.m. 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.

25 Prefontaine 5K Forest Run, 8:30 a.m. Silver Lake Recreation Area, Silver Lake Rd., Hwy 20 West, 3.5 miles past Capital Circle. Online registration available at RunSignUp.com (no additional fee). Mike Baker at (850) 591-2282 or gomek@comcast.net.

OCTOBER 2021

02 Pine Run at Tall Timbers 20K, 7:30 a.m. Tall Timbers Research Station, 13093 Henry Beadel Dr. off CR 12. Online registration available at RunSignUp.com (no additional fee). Visit www.GulfWinds.org; or Carter Hay at chay@fsu.edu; or Jennifer Hay at jennghayfl@gmail.com.

02 Live Better 5K Pink Run, 8 a.m. Lewis Hall Singletary Oncology Center, 919 S. Broad St., Thomasville, GA. Online registration and additional information available at www.archbold.org/pinkrun. Race director at (229) 584-5520.

02 FSU Family Weekend 5K, 8 a.m. Askew Student Life Center, 942 Learning Way, FSU Campus. Registration and additional information available at <https://familyweekend.fsu.edu>.

02 Tate's Hell 5K, 9 a.m., Crooked River Grill at St. James Bay Golf Resort, Carrabelle, FL. BeLinda Wharton at bhwharton@gmail.com.

09 Palace Saloon 5K, 8 a.m. Start at Messer Fields, corner of Jackson Bluff Rd. and Dupree St.; finish at Palace Saloon, 1303 Jackson Bluff Rd. No Race Day Registration. Online registration available at RunSignUp.com (no additional fee). Visit www.gulfwinds.org; or Mark Priddy at MarkPriddy@msn.com.

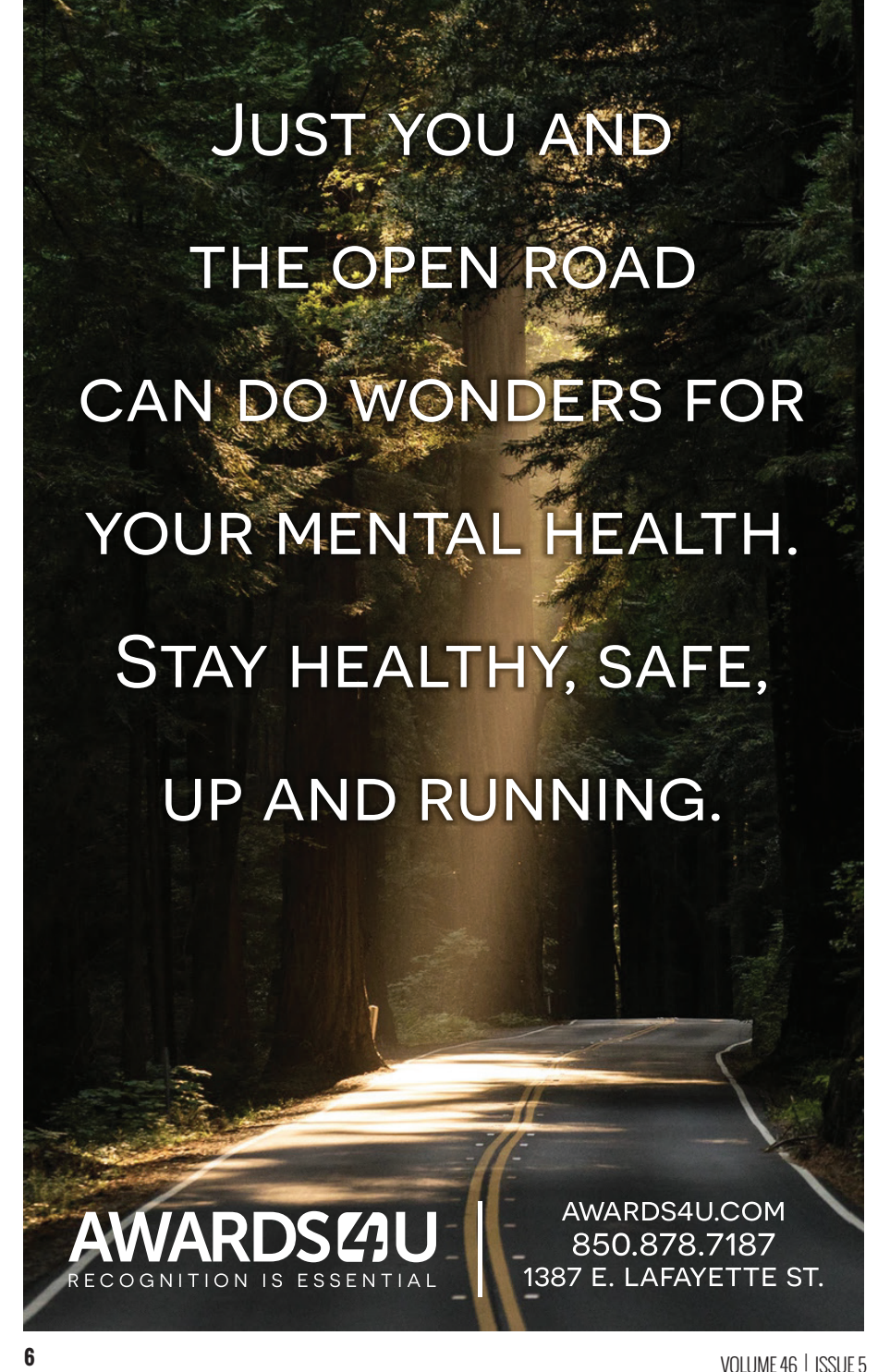
10 St. Marks Duathlon (5K run/20K bike/2.5K run), 8 a.m. 25 Riverside Dr., St. Marks, FL. Online registration available at RunSignUp.com. Visit <https://gulfwindstri.com/st-marks-duathlon/>; or David Strange d.f.strange@gmail.com.

15 FSU Cross Country Invitational/Pre-Nationals (College/JV High School/Middle/Elementary Schools), 8 a.m. college men 8K garnet; 8:30 a.m. college women 5K garnet; 9 a.m. college men 8K gold; 9:30 a.m. college women 5K gold; 10 a.m. college men 8K open; 10:30 a.m. college women 5K open; 5 p.m. open junior boys 3K; 5:25 p.m. open junior girls 3K; 5:50 p.m. high school boys JV 5K; 6:20 p.m. high school girls JV 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.seminoles.com (college); or www.visittallahassee.com (high school/middle school/elementary school).

16 FSU Cross Country Invitational/Pre-State (High School), 7:40 a.m. boys high school elite; 8:05 a.m. girls high school elite; 8:30 a.m. boys high school select; 8:55 a.m. girls high school select; 9:20 a.m. boys high school varsity A; 9:50 a.m. girls high school varsity A; 10:20 a.m. boys high school varsity B; 10:50 a.m. girls high school varsity B. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.visittallahassee.com.

29 NJCAA Region 8 Cross Country Championships, 8 a.m. men 8K; 9 a.m. women 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.njcaa.org.

30 Boston Mini Marathon (13.1M)/Relay/5K, 8 a.m. half/relay; 8:15 a.m. 5K run; 8:45 a.m. 5K walk. Boston Community Club on North Main St., Boston, GA. (start/finish at Synovus Bank, 124 E. Jefferson St.). Online registration available at RunSignUp.com. Visit www.bostonga.com; or Brad Johnson at bradjohnson@synovus.com, or (229) 584-0924 (day), or (229) 226-4679 (evening).



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PRESIDENT'S COLUMN-MARK PRIDDY

Make a Positive Contribution

This past week, I was a few hundred miles away from Tallahassee and I observed some issues that got me thinking about our great running club. I was gently reminded that without our volunteer members, we are a just club in name only.

My mother wanted a meal from her favorite restaurant. When we arrived, we were greeted with a sign telling us that there was no dine-in service. Curbside pickup only. Not enough staff to open the dining room. Another business had an outdoor banner that read: \$1,500 signing bonus for new hires. Yet another restaurant could not offer bar service because they had not been able to hire any experienced bartenders.

This is the fastest-growing city in the state, with a major university and a construction boom that is forcing the federal government to construct two additional interstate highway exchanges to reach the city.

I got to thinking that if organizations cannot attract PAID helpers, how can we, as an all-volunteer organization, move forward to create and grow the number of events we offer you.

As your Club President, I try to take a "big picture" look at Club operations.

We have an elected, and very competent, Board of Directors. They, along with our Race Directors and Club Coordinators are the operational engine for GWTC.

I look at my role as someone who can keep everyone moving forward, and to make myself always available to assist them in every possible way.

I'm always looking to find people who want to learn and grow with us...including my eventual successor as Club President! Who are our volunteers and how can we coach others to jump in and help?

First, club volunteers are learners. We try new things. Sometimes we fail, but we are not failures! We help each other improve.



Secondly, our volunteers sacrifice. They dedicate tremendous amounts of time and energy to serve this Club. Some have a lot of time, some have much less. We have a place and need for each one.

I have been told (in a critical tone), that there are 8-10 people who "run this Club".

Reflect on that untrue statement for a moment. This club has over 1,000 members. Do these 8-10 people you always see working events, sacrifice their personal time for fame and glory, or do they make themselves available in order to make this Club one of the most successful running clubs in the whole state of Florida?

You know the answer to that question. Our people work for free. They don't get \$1,500 bonuses. They sometimes get a free shirt, food, or drink, and they always go home with a good feeling of knowing that they made a positive contribution.

Would you please call up a race director today and ask them what you can do to support their race?

Would you please email me today and ask "what can I do"?

The Club IS successful, and it takes many people to keep this engine running.

Let's expand the number of people who "run this club" to include you. We have a place for you! 🏃

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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

GWTC Tuesday Intervals -
(3 mile speed workout)
FSU Mike Long Track.
Contact Gary Droze; Bill Lott.
Tuesday @6:30 p.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. 🏃

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GWTC Grand Prix

All GWTC members receive points for finishing in the top 12 positions by age group for Grand Prix events. It's a fun way to compete with fellow members throughout the year.

Upcoming Grand Prix Races:

August 7

Breakfast on the Track Mile
Kids 1 Mile / Adults 1 mile

August 14

Miller Landing Madness
Kids 3k / Adults 8k

September 11

Sickle Cell
Kids 1 Mile / Adults 5k

September 18

Women's Distance Festival
Kids none / Adults 58k

September 25

Prefontaine 5k
Kids 5k / Adults 5k

October 2

Pine Run
Kids none / Adults 20k

October 9

Palace Saloon 5k
Kids none / Adults 5k

TBA

Rex Cleveland Magic Mile
Kids 1 Mile / Adults 1 Mile

November 25

Turkey Trot
Kids 1 Mile or 5k / Adults 15k

TBA

GWTC 5 and 10 Mile Challenge
Kids none / Adults 10 Miles

December 18

Tallahassee Ultra Distance Classic
Kids none / Adults 50 Miles

TBA

Tannenbaum 6k
Kids 6k / Adults 6k

Kids must run at least two of the kids distance Grand Prix races to qualify for awards. Adults will need to run at least three Grand Prix races to qualify for awards.

FEATURED FEET **BRANDY FORTUNE**

(New co-coordinator of the Beginning Running Group with Elizabeth Kamerick.)

Brief running history: I was never really a runner, my run journey began in 2018, when I decided I would like to run the Turkey Trot instead of walking it like I had done for many years. I joined the Gulf Winds Beginning Run Group, and I was hooked. Not only did it help me lose a lot of weight, but I have met such a good tribe through this group and all the other Gulf Winds Training Groups. Everyone has different paces, different goals, but we all share the love of running, and that you cannot beat.

Childhood ambition: To be an archaeologist, I may have been Indiana Jones obsessed.

Current occupation: Capital Punishment Research Specialist

If money were no object, what profession would you choose? Personal Trainer, love helping people reach goals

Favorite reads: I am an avid reader, so it is impossible to pick just one good book.

Favorite running memory: Turkey Trot 2018, I did run that race, not the fastest, but I ran it, and I remember my niece and her mom there at the end with tears in their eyes because I actually accomplished my goal, best feeling ever when others are proud of you.

Indulgence: Ice Cream

Non-running hobbies: Walking, swimming, biking, weight lifting, pretty much anything outdoors is a win.

Best place to run in Tallahassee: I love Lafayette Herritage, its shady and beautiful.

Preferred running technology: Garmin

Perfect day: Sunny day near the water

Biggest challenge: Finding time to fit all the things I love in every day. 🏃‍♀️



FEATURED FEET TOM DERZYPOLSKI

Brief running history: My running history started because of a girl. I was a sophomore in high school and one day a girl I thought was cute turned around in her desk and said, "Tom, I'm running cross country – do you run? Tryouts are after school." I showed up and ran my tail off, and although a cute girl brought me into the sport, a love of running is what actually developed. That was 30+ years ago and I've logged quite a few miles since.

Childhood ambition: I always wanted to serve in the military. Specifically, I wanted to be a Navy SEAL. Although becoming a SEAL was not in the cards for me, becoming a Navy Corpsman (Medic) was. I also wanted to have a family....an amazing wife and great kids. I'm basically living my dream.

Current occupation: Co-Founder and President of BowStern Marketing Communications

If money were no object, what profession would you choose? High School History teacher.

Favorite running memory: Finishing my first Ironman 70.1 with my family waiting at the finish line.

Indulgence: Cold Beer

Non-running hobbies: Sailing

Favorite reads: Wild at Heart by John Eldredge

Best place to run in Tallahassee: I love running in my neighborhood, Betton Hills.

Preferred running technology: My Garmin Fenix Watch

Perfect day: Run, breakfast with Stephanie, then a day sailing.

Biggest challenge: Time. 🏃



Call for board nominees

Nominations Committee Chair Paul Guyas

We are seeking volunteers for board positions beginning January 2022. If you are interested in serving, please contact Paul Guyas at 850-273-9555 or Pguyas@Me.com.

The committee is planning to conduct the election online. Look for details and instructions in coming months.



COMMUNITY OUTREACH DIVERSITY AND INCLUSION COMMITTEE



Children of refugees, asylees, victims of human trafficking, survivors of torture, and immigrants are living in Tallahassee.

Volunteers are standing by to provide coaching and positive support to include them within our running community. Will you provide support for shoes and transportation for these children?

As a result of last year's fundraiser, club volunteers were able to provide running coaching to children of refugees, asylees, victims of human trafficking, survivors of torture, and other immigrants within Tallahassee.

Your contribution enables Gulf Winds to qualify for matching grants and bonus contributions to expand the impact of your dollars through the Gannett USA Today Networks A Community Cares program. However, we must demonstrate

a large number of individual contributions to qualify for the largest grants. Every contribution of any amount helps us bring national money to Tallahassee by making a contribution today.

All proceeds you contribute go towards providing shoes, equipment, and transportation to children within our community. It demonstrates to the kids and their parents that we all care about them. 🏃‍♂️

CONTRIBUTE HERE TODAY: [HTTPS://BIT.LY/2021GWTC](https://bit.ly/2021GWTC)



LEARNING & EDUCATION SERIES

Gulf Winds Track Club August Learning and Education Meeting Casa Grande Margaritas & Cocina Monday, August 9, 2021 at 6:00 p.m.

ENJOY MORE LEON COUNTY RUNNING TRAILS

You'll discover the gorgeous running trails throughout Leon County, get your county parks and trail questions answered and find out about the exciting cross country season this fall at the newly renovated Apalachee Regional Park.

YOUR PRESENTER IS:

Amanda Heidecker, Former FSU Runner,
GWTC member & Director of Leon County Parks & Recreation

LOCATION:

**Casa Grande Margaritas & Cocina (Midtown)
1800 Thomasville Rd Suite A, Tallahassee, FL 32303**

Formerly Beef O'Brady's in the JoAnne Fabrics shopping center

You are welcome to submit questions in advance and please RSVP to ensure we are prepared to accommodate you by emailing jalexander98@gmail.com or via the Facebook event page.

BREAKFAST ON THE TRACK MILE

AUGUST 7, 2021
7:30 AM

Maclay School Track

On-line entries only, no race day entries.

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



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





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



GULF WINDS TRACK CLUB presents

MILLER LANDING MADNESS

8K/5K/3K

CROSS COUNTRY RUN

8K and 3K (Youth Only) are 2021 GWTC Grand Prix Races

SATURDAY, AUGUST 14, 2021

Gate B, Elinor Klapp-Phipps Park

(1.3 miles west on Miller Landing Road)

8K/5K start at 8:00 a.m.; 3K starts at 9:00 a.m.

ENTRY FEES

Online Registration available at www.RunSignup.com.

No surcharge for online registration. Help this race become paperless!

PRIOR TO RACE DAY

AGE 18 AND UNDER: No fee, minimum of 4 cans of food.

OVER AGE 18: \$15.00 donation and min. of 2 cans of food.

NO T-SHIRT: \$12.00 donation and min. of 2 cans of food.

ON DAY OF RACE

AGE 18 AND UNDER: \$5.00 donation and minimum of 4 cans of food.

OVER AGE 18: \$20.00 donation and minimum of 2 cans of food.

NO T-SHIRT: \$15.00 donation and minimum of 2 cans of food.



**Register searching RunSignup.com,
visiting GulfWinds.org or <https://bit.ly/2021MLM>**

CELEBRATING 40

YEARS OF RACING TOWARDS A CURE
5K RUN/WALK for SICKLE CELL ANEMIA

GULF WINDS TRACK CLUB *presents*
5k for Sickle Cell Anemia • Tim Simpkins 1 Mile
September 11, 2021

The 40th annual 5k for Sickle Cell Anemia & Tim Simpkins 1 Mile will be the best yet. The course through Jake Gaither Neighborhood is very fast and provides participants with a great chance to run personal bests.

Volunteers for this race are abundant and enthusiastic.



Proceeds from the race go to Sickle Cell Foundation to help families dealing with Sickle Cell Disease.

Register using QR code, searching RunSignup.com, visiting GulfWinds.org or <https://bit.ly/2021SCA>



GULF WINDS  TRACK CLUB



GULF WINDS TRACK CLUB

presents

46th Annual Palace Saloon 5K

October 9, 2021



2800 Jackson Bluff Road
Tallahassee, FL US 32304

**Register searching RunSignup.com,
visiting GulfWinds.org or <https://bit.ly/2021PS5k>**



presents

The St. Marks Duathlon

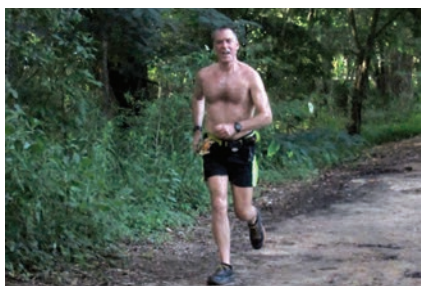
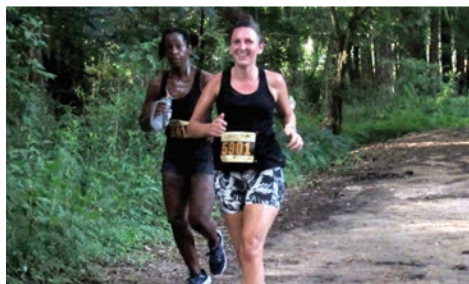
October 10, 2021

RUN	BIKE	RUN
		
3.1 Miles	12.4 Miles	1.55 Miles

This is a fast event for multi-sport athletes looking to test their speed or a great beginner event for those who are interested in their first multi-sport event. Bikers or runners are welcomed to put together a relay team to join in the fun. All abilities are welcome.

USAT liability rules require all participants to be 16 or older.

**Register searching RunSignup.com,
visiting GulfWindsTri.com or <https://bit.ly/2021SMD>**



Summer Trail Series Tom Brown Park

June 12, 2021

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Tallahassee, FL

 **Gulf Winds Track Club**