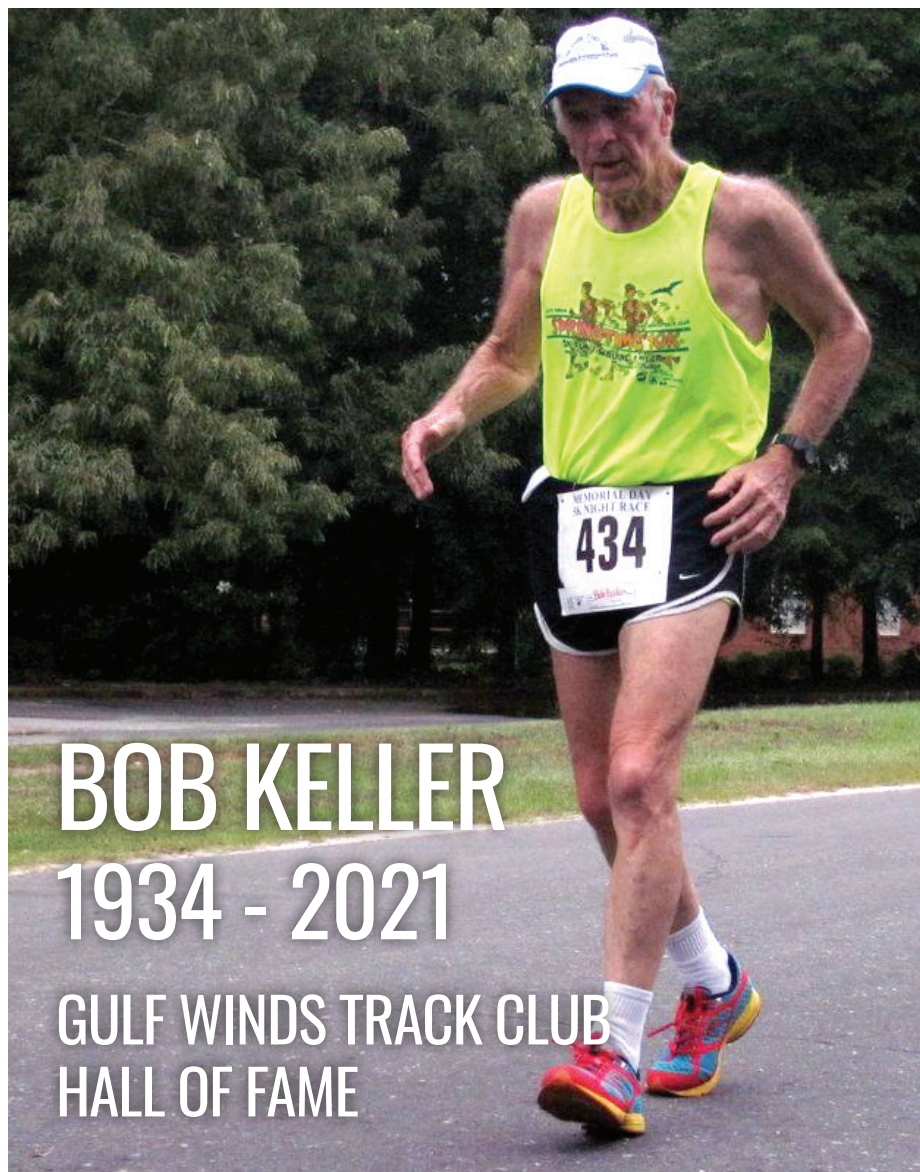


THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | SEPTEMBER 2021



BOB KELLER
1934 - 2021

GULF WINDS TRACK CLUB
HALL OF FAME

Photo Credit: Herb Willis



VOLUME 46 | ISSUE 6

Tallahassee, FL
Gulf Winds Track Club

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | SEPTEMBER 2021

VOLUME 46 | ISSUE 6

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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Miller Landing Madness

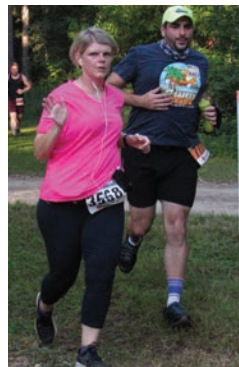


Photo Credit: Fred Wills



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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 July 14, 2021
Here's a summary of the board meeting, distilled down for you.

You are welcome to attend any GWTC Board of Directors meeting. The next meeting will be at 7:00 PM on Wednesday, September 8, 2021. Email FleetFoot@GulfWinds.org for the location details if you'd like to attend.

2022 Extreme Challenge Nick Lowe (Florida Restaurant & Lodging Association) and Chip Evans shared that Mark Tombrink recommended reinstating the Extreme Challenge now that racing has resumed. Mark is working on coming up with ideas for the prizes for those who complete the Challenge to make it more enticing. The board approved for Mark to move forward with the Extreme Challenge starting in 2022.

Equipment Manager Mark Priddy reported that Tec Thomas will be stepping down as the Equipment Manager in September. Vicky Droze will then assume the position. It is possible the location of the storage unit may move to North Monroe Street if units are available.

GWTC 10K Series Michael Kennett checked in with the board to see if the GWTC 10K Series should continue after being impacted in 2020/2021 due to COVID. It was suggested to keep the series open to races within a 100-mile radius as well with the limited 10K races we currently have. A motion to move forward with the GWTC 10K Series was made, seconded, and approved.

Women's Distance Festival Lisa Unger announced this year will be the 40th anniversary of the Women's Distance Festival (WDF), which began in 1982. Lisa presented a budget that included \$3,250 for expenses, and estimated revenue at \$4,425. Proceeds would be split between GWTC and Brehon Family Services. A motion to approve the budget for WDF was made, seconded, and approved.

Pine Run Budget Proposal Jennifer and Carter Hay, the new race directors for the Pine Run presented a budget for approval for the race which is scheduled for October 2 at Tall Timbers. They are planning on 150 registrants. The budget contained \$2,475 in expenses and anticipated revenues of \$3,400. Proceeds would be split between GWTC and Tall Timbers.

2021 Nominations/Elections Reporting for the Nominations Committee, Paul Guyas presented his plans to move forward with online voting for the club's election this fall. Compared to past expenditures for election ballots, envelopes, and mailing, this online platform should save money and hopefully provide a better participation level. Paul stated he is looking for volunteers to help test the system.

Anonymous Donation for Youth Running Jerry McDaniel presented the different options that the club has to spend the \$412 anonymous donation for youth running. Suggestions included: summer track, the SMIRF program, the IRC Running program, and possibly

reaching out to Chris Turner to explore shoes for youth in need. It was agreed to table the discussion until a later date to finalize where the donation will best be used.

Palace Saloon Budget Mark Priddy presented the proposed budget for the Palace Saloon which is scheduled for October 9. The budget included total estimated expenses of \$11,982, and total revenues of \$15,400. Estimated proceeds would be \$3418, to be split between GWTC and three charities. Those charities include the American Cancer Society, the Parkinson's Foundation/Tallahassee and the Javacya Arts Conservatory. Some noted changes were ticket prices being increased, an added port-a-potty for persons with disabilities at both the start and the finish. The beer price is still being negotiated.

SMIRFs and Funding Request David Yon reported that the SMIRFs ten-week program was going well and he applauded the efforts of Brandi Campbell, Hawthorne Hay, Kasey Mick, and Emily Molen for their help in coaching the kids. The major expenses for the program are the stipends for the coaches (\$2,000 total) and t-shirts for the kids. David requested funding of \$2,678 to pay these costs. A motion to approve the SMIRF budget was made, seconded, and approved.

Treasurer – Peg Griffin Peg provided the treasury report as of June 30, 2021. Assets were reported at \$253,534.16 and Net Revenue was \$5,886.82 Peg also presented a proposed GWTC budget for FY 2021-22 which included projected revenues of \$369,430 and projected expenses of \$341,413 resulting in \$28,017 net for the year. It was noted that the SMIRFs budget was approved earlier in the meeting and that those figures would be added to the FY 2021-22 budget, bringing projected revenues to \$370,108 and expenses of \$344,091, resulting in \$26,017 net for the year. A motion to approve the FY 2021-22 budget with the addition of the SMIRFs figures was made, seconded, and approved.

Membership – Tristan LaNasa Memberships and households were reported at 1,048 and 545, respectively, as of July 14, 2021. These figures are compared to those at this time last year, which included 1,314 memberships and 696 households. Mark Priddy ordered 400 copies of the GWTC Membership Trifold for new members at a cost of \$306.00. The trifolds are sent out as new members continue to join to welcome them into the Gulf Winds family.

Diversity Committee – Chris Turner Chris Turner noted, via email, that the ACT fundraising would be launched the week of July 20th. David Yon has also reached out to the Boys and Girls Clubs of the Big Bend in hopes of expanding the club's outreach with them.

Chip Timing– Bill Lott Four races were chipped timed in June, which included two Club races (Potluck Bash 4-Mile Prediction Run and the GWTC Summer Trail Series Race #1 – Cadillac Trail) and two non-Club races (the Melon Run 5K and the Paul Hoover Memorial Freedom Run 5K). Three races are scheduled to be chip timed in July and consist of one non-Club race (the Firecracker 5K) and two Club races (Race #2 – Swamp Forest Trail and Race #3 – Maclay Gardens State Park of the GWTC Summer Trail Series). In August, all three races scheduled to be chipped timed are Club races (Breakfast on the Track 1 Mile, Miller Landing Madness 8K/5K/3K, and the GWTC Summer Trail Series Race #4 – Redbug Trail)

RACE CALENDAR

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.

(no additional fee). Visit www.GulfWinds.org; or Carter Hay at chay@fsu.edu; or Jennifer Hay at jennghayfl@gmail.com.

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.

07 Run ELC 5K/1M, 5 p.m. Railroad Square, 602 McDonnell Dr. Visit www.elcbigbend.org; or Kara Palmer Smith at (850) 552-7338 or Alicia Love at (850) 552-7302.

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).

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

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.

16 Run Baby Run! 5K, 8 a.m. (CT) Lake Defuniack, 1183 Circle Drive, DeFuniak Springs. Visit www.argylevolfd.com/5k

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).

NOVEMBER 2021

06 Art Fest Half Marathon/5K/Fun Run, 8 a.m. Half; 8:30 a.m. 5K; 9 a.m. Fun Run. Colquitt County Art Center, 401 7th Ave. SW, Moultrie, GA. Online registration available at RunSignUp.com. Josh Lovett at joshualovett83@gmail.com.

07 Pensacola Women's Half Marathon, 7 a.m. (CST). Plaza Del Luna, 900 S. Palafox St., Pensacola, FL. Pensacola Sports at (850) 434-2800 or www.pensacolasports.org.

11 Full Press Apparel Veteran's Day 5K/1M, 8 a.m. Corner of E. Park Ave. and S. Gadsden St., downtown Tallahassee. Online registration available at RunSignUp.com.

com. Visit <http://VetEventsTally.org>; or Karen Bauer at vice.president@vetinc.org or (914) 772-5915.

02 FHSAA Cross-Country State Championships, time TBA. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.fhsaa.org.

12 NCAA Division I South Region Cross-Country Championships, time TBA. Huntsville, Ala. Visit www.ncaa.com.

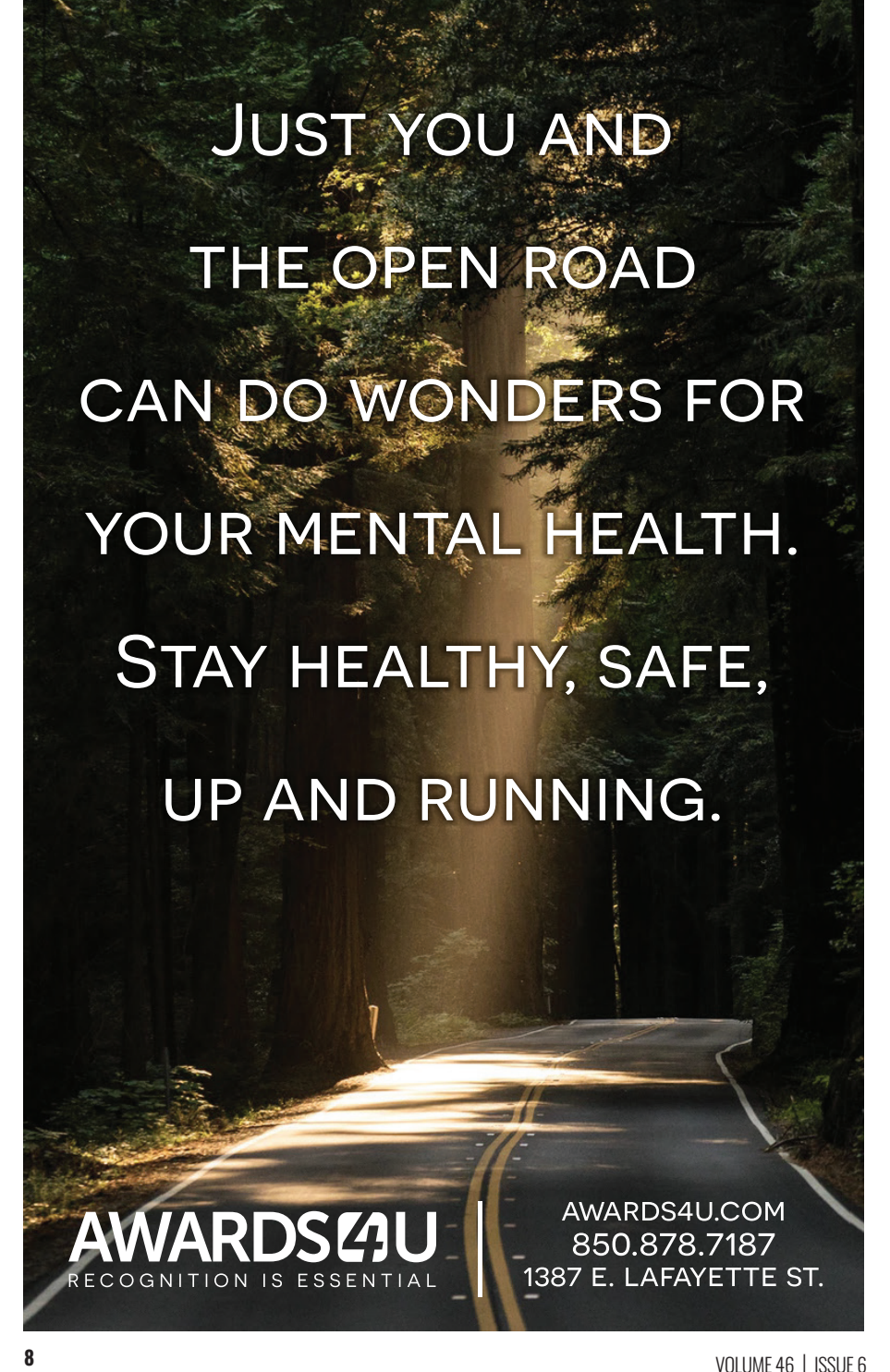
13 Race for Pace 5K/1M, 9 a.m. Pace Center for Girls, 311 E. Jennings St. Online registration available at RunSignUp.com. Visit www.pacecenter.org/locations/leon; or Kathleen Hampton at 241-0241 or kathleen.hampton@pacecenter.org.

20 NCAA Division I Cross-Country National Championships, 10 a.m. men; 11 a.m. women. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.ncaa.com.

20 Rex Cleveland Magic! Mile and Turkey Trot Festival Kickoff, TBA. Cascades Park, 1001 S. Gadsden St. (race starts near intersection of Golf Terrace Dr. and Fairway Dr. in Myers Park, crosses Cascades Bridge, and finishes on FAMU Way by Railroad Square). Online registration available at RunSignUp.com (no additional fee). Toma Wilkerson at toma.wilkerson@comcast.net; or Myrna Hoover at mhoover@fsu.edu.

20 Fur Fest 5K, 8:15 a.m. J. Lewis Hall Park, 1492 J. Lewis Hall Sr. Ln., Woodville, FL. Nancy Stedman at nancystedman@gmail.com.

25 Tallahassee Turkey Trot 15K/10K/5K/1M (5K/1M GP for Youth Only), 8 a.m. 1M; 8:30 a.m. 15K/10K/5K. Southwood State Office Complex, 4055 Esplanade Way. Online registration available at RunSignUp.com (no additional fee). Visit <http://tallyturkeytrot.com>; or David Yon at 668-2236 or david@radeylaw.com. sicklecellfoundation.org; or Sickle Cell Foundation at info@sicklecellfoundation.org or 222-2355. 🏃



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PRESIDENT'S COLUMN - MARK PRIDDY

Make a Positive Contribution

I had never heard of Elbert Hubbard until a few weeks ago. Was he a famous runner? He certainly lived an unconventional life. He was a soap salesman, anarchist, criminal, artist, explorer, and an American writer. Died in the water when his submarine was bombed. Fits the runner's profile. Probably a Triathlete.

Many of his philosophical quotes have become movie lines and even been quoted by Bugs Bunny.

One of his famous quotes was "We awaken in others the same attitude of mind we hold toward them." In other words, people treat you the way you treat them.

So, does this have anything to do with running? Maybe. There are a lot of reasons why people run. People say they feel healthier and that they have more energy. You feel differently about yourself, and about other people. I often say to myself "I'm glad I did that." I feel more positive about my place in the world after being outside, on a trail, connected to nature.

Many of you feel that same way on a bike, or on a walk, or in the pool. Call it endorphins if

you like, but exercise makes you feel good about yourself.

Now, I propose that we start to bring that post workout feeling along with us and use it all day long as we deal with our non-athletic friends...and family members.

On a typical day maybe, you have a bad day at work, traffic was awful, and when you get home the dog and cat are hiding, the kids are screaming, and you argue with your spouse. You get that "oh no, grumpy is home" look.

Let us all carefully consider our attitudes and outlooks today. Remember how optimistic and positive you felt after your workout? Remember that runner's high? The challenge now is to consciously direct those good feelings into all corners of our day, and most importantly, toward our loved ones.

Let's try it just for today and see what happens. 🏃



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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 Bianco.

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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Wealth Management Advisor

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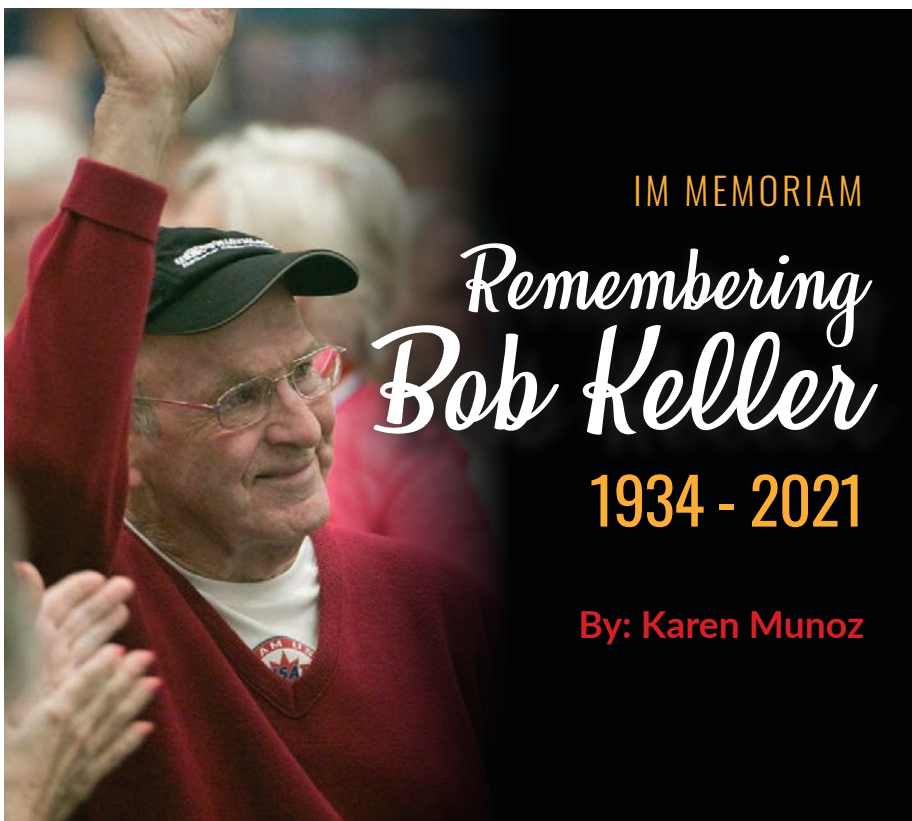
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IM MEMORIAM

Remembering Bob Keller

1934 - 2021

By: Karen Munoz

Bob was a legend to so many. He was a member of Gulf Winds Track Club for more than 40 years when he received a membership into the Gulf Winds Hall of Fame. When Gulf Winds Triathletes was formed he became a member and eventually received Triathlete of the Year. He was known by so many in Tallahassee and beyond.



to be involved in just about everything. When he wasn't busy working out, he would volunteer wherever needed.

Bob's extensive racing life took him far and beyond, traveling the United States and Europe to compete in duathlons and triathlon world championships.

Bob's athletic career started with running and evolved into triathlon years later. He started with six of his gym buddies that he ran with every Monday, Wednesday, and Friday without fail for nearly 30 years. He loved

Bob was a special person with lots of athletic talent and was loved dearly. He received many awards throughout his athletic career, competing in over 1000 races over the years. Bob's cherished wife Stacia was always by his side acting as his Sherpa Extraordinaire.

2021 BEGINNING RUNNING GROUP

**WANT TO START A
STEADY RUNNING
ROUTINE?**

**NEED MOTIVATION
TO STICK WITH IT?**

**JOIN US FOR
TOOLS, TRAINING,
& SUPPORT!**

**NEW TO RUNNING
OR GETTING BACK
INTO IT?**

**WANT TO
COMPLETE
A 5K?**

SEPTEMBER 22ND - NOVEMBER 10TH 2021

GROUP MEETS ON WEDNESDAYS AT 6:00PM

at the FSU track (Mike Long track), part of the
McIntosh Track & Field facility on the corner of Spirit Way & Chieftain Way

WHAT YOU NEED TO KNOW:

Cost? Free for GWTC members and the community!

Visit www.gulfwinds.org to join the club or renew membership, then register for the Beginning Running Group by completing the "GWTC Training Groups Waiver" in the Training section

Parking? Use campus parking garage at the corner of Stadium Drive & Spirit Way or the parking lot across from the track on Spirit Way.

What do I wear? Wear running shoes and comfortable, breathable running/fitness attire.

What do I bring? Bring a water bottle and beach towel/mat for stretching after the run. Please leave valuables in your vehicle.

IT'S NOT TOO LATE TO JOIN IN:

October 3rd	Distance 1.5 miles
October 10th	Distance 1.75 miles
October 17th	Distance 2 miles

Participants under age 14 must be accompanied on all runs by an adult.

Visit the Training page at www.gulfwinds.org or contact Brandy Fortune at gwtc_coaches@yahoo.com for more information or to volunteer

3 GROUPS AVAILABLE EACH WEDNESDAY:

Run-Walk-Run

Training Week 1 started with a 1 minute run:1 minute walk – or 1:1 ratio – for 1 mile. Each week, the number of minutes running increases as the goal distance steps up (i.e. 1:1 for 1 mile, 2:1 for 1.25 mile, etc.). These runners progress toward continuously running 3 miles by the 8th week.

• Run-Walk Only

These runners complete the goal distance each week using a set 1 minute run:1 minute walk ratio. This won't change from week to week (i.e. Week 1 is 1:1 for 1 mile, Week 2 is 1:1 for 1.25 mile, etc.).

• Running

These runners progress toward running 3 miles continuously with little to no walking by the 8th week. They will increase running distance by ¼-mile each week, without taking a walk break if possible, adding roughly 2 to 3 minutes to their running endurance per week.

NUTRITION - ANNA JONES, RD

Intuitive Eating, A New Way to Approach Food and Our Bodies

Hi. I'm Anna. Allow me to introduce myself. As a private-practice, holistic, non-diet Registered Dietitian I work with clients to address their habits and behaviors to positively impact health.



I believe that health and wellness is about so much more than what we weigh and the calories in/calories out model. Stress, sleep, social connection, mental well-being, how and why we eat, and how we approach movement, etc. all have an undeniable impact on health and are pieces of the puzzle of overall wellness. The framework and principles of intuitive eating, as well as mindful eating and health at every size, guide my work in helping clients make sustainable and long-lasting changes in behaviors and habits instead of having the scale be the be all, end all determinant of health. I am honored to have been asked to contribute and look forward to sharing my perspective on nutrition, movement, and self-care in Fleet Feet periodically.

In today's column, I thought I would share a little about intuitive eating...

A big part of my practice is teaching, and weaving in throughout my work, the principles of intuitive eating. It is the way I naturally relate to food so when I discovered it, it drastically changed my work with clients and made it more meaningful.

Intuitive eating is a non-diet approach to eating that emphasizes internal cues and listening and paying attention to our bodies over external diet rules, fad diets or trends. As a non-diet approach, the

focus is shifted away from the scale, and instead on promoting health-enhancing behaviors, better body image, and finding peace and enjoyment with food. To help guide eating choices, intuitive eating helps you get back in touch with internal cues, like hunger and fullness, cravings, and how food makes you feel. Intuitive eating also helps bring light to the influence of unhelpful diet rules, like what, how much, and when to eat, so you're better able to respond to your internal cues.

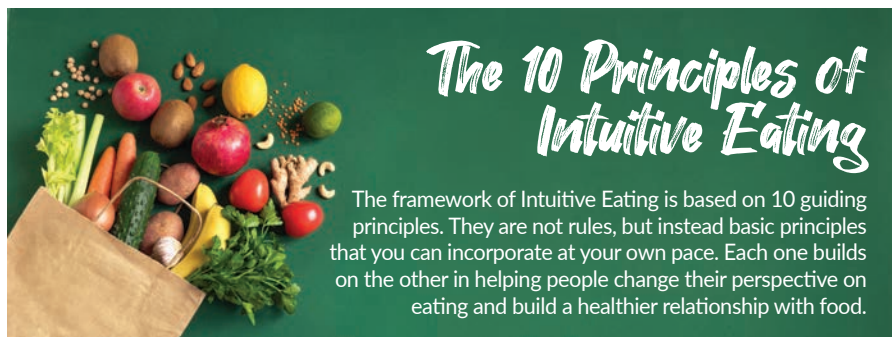
Intuitive eating ultimately is about re-learning to trust our innate inner body wisdom to make choices around food that feel good in our body, without judgment and without influence from diet culture. The weight-inclusive framework recognizes and welcomes people of all sizes and shapes, rejecting the insane notion that we are all meant to make it our life's work to be some "ideal" weight or size.

We are all born intuitive eaters, with the ability to stop when we are full, to eat when we are hungry and to eat satisfying foods. As babies and kids, we have the innate ability to listen to our body's cues and eat what our bodies need. When a baby is hungry, they will let you know and when they are full; they have the instinctual ability to stop eating.

As we grow older, through many factors such as “good” and “bad” messaging around food and eating, genetics, environment, and exposure to diet culture beliefs and rules our ability to trust ourselves can get disrupted. We also learn that certain bodies are more valued than others and are told that changes to the way we eat can make our body more or less valuable. When this happens, we get away from using internal cues and start listening to external cues and rules about what, how much, and when to eat. This can set off a cascade of unwanted food behaviors including chronic dieting, restricting,

binging, emotional eating and obsessing about food. We get so discombobulated that we get to a point where we don’t think we can function without someone else telling us what, when, and how often to eat.

That is where intuitive eating comes in. It teaches a different approach to eating and our bodies than the typical diet culture, weight-centered approach that many of us turn to over and over without success and directs us back to our natural state of being with food and our bodies.



- 1 REJECT THE DIET MENTALITY
- 2 HONOR YOUR HUNGER
- 3 MAKE PEACE WITH FOOD
- 4 CHALLENGE THE FOOD POLICE
- 5 DISCOVER THE SATISFACTION FACTOR
- 6 FEEL YOUR FULLNESS
- 7 COPE WITH EMOTIONS WITH KINDNESS
- 8 RESPECT YOUR BODY
- 9 MOVEMENT- FEEL THE DIFFERENCE
- 10 HONOR YOUR HEALTH WITH GENTLE NUTRITION

COMMUNITY OUTREACH DIVERSITY AND INCLUSION COMMITTEE



Gulf Winds Members and Tallahassee's Running Community Raise \$10,799 for Diversity and Inclusion Running Program

Thanks to more than 79 donors Gulf Winds Track Club raised \$10,799 to provide shoes and transportation to the children of refugees, asylees, victims of human trafficking, survivors of torture, and immigrants. Often, children are living with their entire family in a one-bedroom apartment.

Volunteer coaches put on a 10-week running program to bring these children into the running community. Most have never

run before, but like most children they have innate talent just waiting to be activated.

As a club, these children will feel welcome in our community, they will be seen and we will demonstrate that they are important, just as they are.

There were several corporate sponsors that stepped up to support Tallahassee's running community. 🏃



BO AND NIKKY MANAUSA





LEARNING & EDUCATION SERIES

Gulf Winds Track Club August Learning and Education Meeting

Casa Grande Margaritas & Cocina

Monday, September 15, 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.

FEATURED FEET ELYSE GALLEGOS

When did you start running? I started focusing just on running and triathlons in college, Ole Miss! Didn't want to come back home with the dreaded "freshman 15", so I picked up swimming, biking, and running to fuel that competitive edge I had and just fell in love with it. The rest is history.

Childhood ambition? I wanted to be either a P.E. Teacher or a Pediatrician, but always wanted to work with kids.

Current occupation? Former Neonatal ICU nurse, on permanent maternity leave as a stay-at-home Mom.

If money were no object, what profession would you choose? My heart will always belong to my NICU babies and families.

Favorite reads: Unbroken by Lauren Hildebrand. I love to read up to date articles on sports nutrition.

Favorite running memory: Running a half marathon 3 months post-partum while pushing Neyland in the stroller and hearing the guys' comments as I passed them :)

Indulgence: Carrot cake!

Non-running hobbies: I have a baby and a toddler. My hobby is keeping them both alive and fed every single day.

Best place to run in Tallahassee: I have this loop I run near my house that ends with a 1.2 mile climb up Welaunee from Capital Circle. I love ending runs with a challenge and to also focus on having good form. It's a good kind of terrible all at the same time.

Preferred running technology: Suunto 9 Baro watch

Biggest challenge: Family/ workout balance, but family always comes first so it's not much of an issue.

Perfect day: When my husband barbecues for us all (he's literally the best pit master ever), and my toddler does what I say the first time I ask :) haha. 🍌



FEATURED FEET **TARIK NORIEGA**

When did you start running? Sprints in my teens, long distance in my mid-twenties, and middle distance in my early thirties.

Childhood ambition? The great Yuri Gagarin inspired me to become the first Hispanic astronaut. But alas, it was not meant to be!

Current occupation? Economist, editor, fact-checker, tutor, and consultant.

If money were no object, what profession would you choose? That's an easy one: a world-traveling food critic.

Favorite reads: The Holy Bible, anything by Peter Schweizer, murder mysteries, psychological thrillers, and Track & Field News, of course.

Favorite running memory: Being my high school's top sprinter during my senior year. Few things can top the excitement of a track and field meet at Showalter Field.

Indulgence: High Fructose Corn Syrup.

Non-running hobbies: Stamp collecting, TV game shows, TV show soundtracks, bass guitar, Brain Wars, Wordscapes, Cobra Kai, Columbo, and Manifest.

Best place to run in Tallahassee: The Maclay School Track, no doubt.

Preferred running technology: Only a good pair of lungs (the legs are never the problem!).

Biggest challenge: Tuesday morning intervals with GAD (Gary Anthony Droze).

Perfect day: Up all night, sleep all day..



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.



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.

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**

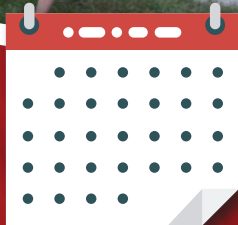
This is a fast event for multi-sport athletes looking to test their speed or a great beginner event for those who are interested in their first multi-sport event. Bikers or runners are welcomed to put together a relay team to join in the fun. All abilities are welcome.

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

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

MILLER LANDING *MADNESS*







Tallahassee, FL

Gulf Winds Track Club

MILLER LANDING MADNESS

