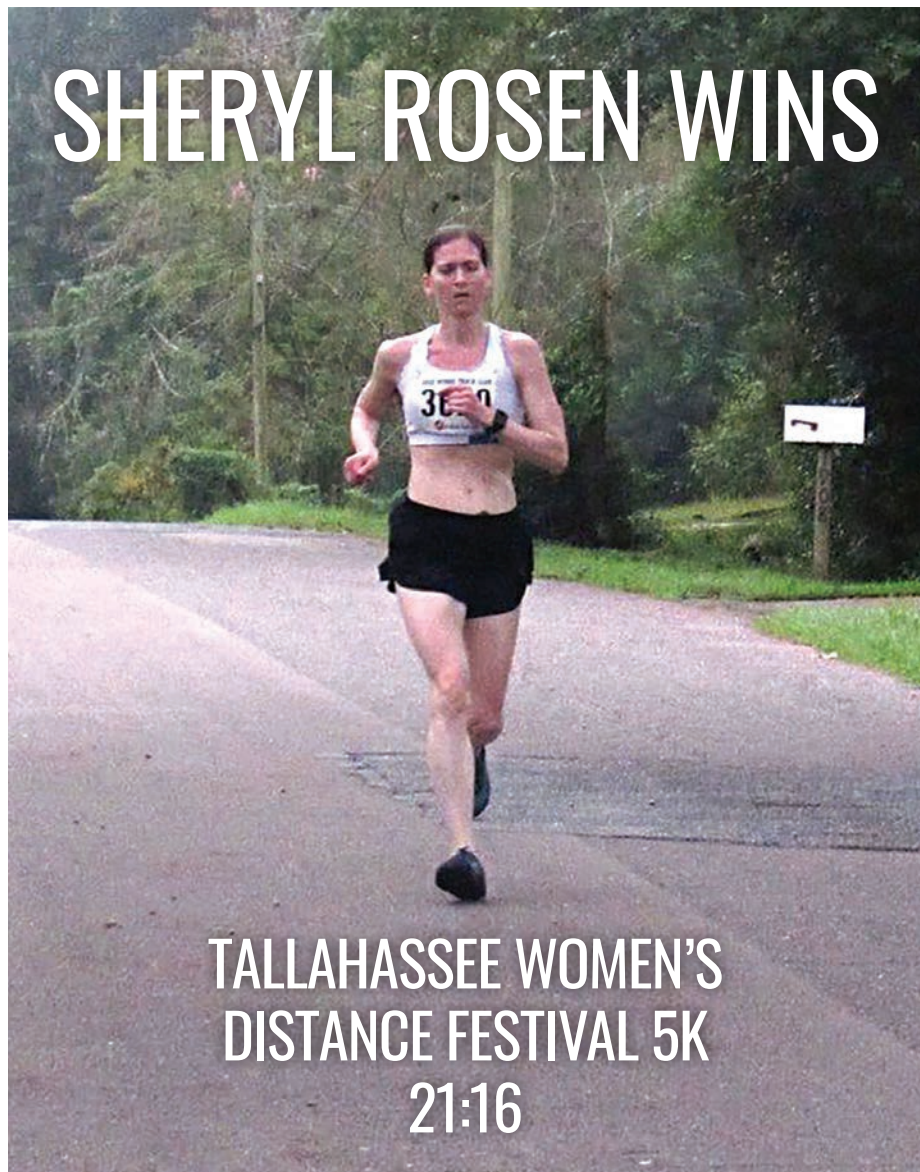


THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | OCTOBER 2021



SHERYL ROSEN WINS



TALLAHASSEE WOMEN'S
DISTANCE FESTIVAL 5K
21:16

Photo Credit: Herb Willis

VOLUME 46 | ISSUE 7



THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | OCTOBER 2021

VOLUME 46 | ISSUE 7

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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Women's field at the start of Women's Distance Festival.

Photo Credit: Herb 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 August 11, 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, October 13, 2021. Email FleetFoot@GulfWinds.org for the location details if you'd like to attend.

Diversity Committee

Tarik Noriega has been a member of Gulf Winds for twenty-five years. He presented to the board his concerns and questions about the Diversity Committee and questioned why the committee was needed. His primary concern focused on who the club was reaching out to and whether this might result in opening doors to unwarranted topics. After some discussion, the board decided to table this topic until adequate time was available to fully discuss.

Grand Prix/Tannebaum – Mark Tombrink

Mark shared that plans are on track to have a full list of nominations for awards, however, if one category did not fill based upon the direction of the year it would be removed from the list.

Mark also explained that there is a policy in place that the Youth Grand Prix cannot exceed the 5k distance. This year the Tannebaum 6K is listed in this competition and Mark asked the board for guidance. In the spirit of the year, a motion to allow the 6k distance for this year was made, seconded and passed. Any changes after this year would require a change in the existing policy.

At the moment the date of the Tannebaum race is not secured, possibly looking at December 12th.

Conflict of Interest- David Yon

David presented to the board the conflict-of-interest forms for board members and race directors to look over and sign. The three thoughts when going over the form are perceived, potential, and actual conflicts of interest. This is a requirement of the Road Runners Club of America and is also needed to file the club's 990 tax return. Completed forms should be returned to David.

Election Update- Paul

Paul mentioned to the board to remember nominations for the fall election. He continues to work on implementing an electronic voting system, complete with photos, links and profiles so the club can have more information on who nominees are.

Treasurer – Peg Griffin

Peg provided the treasury report as of July 31, 2021. Assets were reported at \$246,331.79 and Net Revenue was -\$7202.37.

Triathlete Club – Tina Bahmer

Tina was pleased to report there are twelve races on the Tri Club's Grand Prix for the year, with the next race being in Cordele, Georgia. The club's St. Marks Duathlon is their main race, and it offers 10 scholarships to those needing assistance with the \$55 registration fee. The tri club meets every third Monday. Andy Roberts will be the speaker on August 16 and a bike clinic will be held on August 22nd.

Race Director Coordinator – Mary Jean Yon

Mary Jean shared that the race directors met, via Zoom, on August 8 and discussed upcoming races and safety plans that will be put in place. Felton Wright gave a recap of Breakfast on the Track and attributed the lower attendance, in part, to COVID concerns. He also shared the precautions taken such as having only online registration, no awards ceremony and no cooked breakfast following the race.

David shared some updates with the group on how the Atlanta Track Club implemented COVID precautions with this year's Peachtree Road Race.

Mary Jean also updated the board on the status of the Prefontaine 5k race. The new race director, Mike Baker has a conflict with the date and proposed a possible virtual race. Doug Bell has been assisting Mike with this race in his role as past director. A motion to have Doug Bell direct the race again this year was made, seconded and passed.

Membership – Tristan LaNasa

Memberships and households were reported at 1057 and 557, respectively, as of August 11, 2021. These figures are compared to those at this time last year, which included 1,319 memberships and 695 households.

Equipment – Bill Lott/Tec Thomas

The Time Machine that was sent for repair due to printing issues has been returned and the problem was repaired under warranty. The only cost to GWTC was \$20.12 to ship the machine to the manufacturer.

Chip Timing– Bill Lott

Three races were chip timed in July, the Firecracker 5K and GWTC Summer Trail Series Races #2 -Swamp Forest Trail and #3 – Maclay Gardens State Park. Three Club races are to be chip timed during August and include the Breakfast on the Track 1 Mile, Miller Landing Madness 8K/5K/3K. and GWTC Summer Trail Series Race #4 – Redbug Trail. Four races are scheduled to be chip timed in September, one non-club race and three Club races. The non-club race is the Bluebird Run for Bookie B. 5K/1M, and the three Club races are the 5K Run/Walk for Sickle Cell Anemia, Women's Distance Festival 5K/1M, and Prefontaine 5K Forest Run.

RACE CALENDAR

OCTOBER 2021



01 FSU Middle School XC Meet (LCS middle schools only), 7:30 p.m. girls; 8 p.m. boys. FSU Rec SportsPlex East, 3950 Tyson Rd. Scott Hansen.

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 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 LCS XC City Championships (LCS middle schools only), 6 p.m. girls; 6:30 p.m. boys. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Scott Hansen.

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.

010 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 at 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 6K garnet; 9 a.m. college men 8K open; 9:30 a.m. college women 6K 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.

16 Argyle VFD Fund Run, 8 a.m. Lake DeFuniak, 1183 Circle Dr., DeFuniak Springs, FL. Online registration available at running4free.com. Scott Johnson t (850) 419-1673; or Chief Day at (850) 419-0170.

16 Run Baby Run! 5K, 8 a.m. (CT). Citizen's Lodge Park, 4574 Lodge Dr., Marianna, FL. Online registration available at Active.com. Visit www.pcmarianna.com; or Vicki Duzelz at (850) 526-4673 or (850) 272-0225 or pcmarainna08@gmail.com.

24 Marching Chiefs 5K, 9 a.m. Bill Harkins Field (Chiefs Field), located next to the Flying High Circus, FSU Campus. Online registration available at RegFox.com. Visit www.marchingchiefs5k.com; or Felecia Foster at racedirector.mc5k@gmail.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).

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

12 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@pace-center.org.

13 Catfish Crawl 5K/1M, 8 a.m. (CT). M & B Depot Park, 16977 NE Pear St., Blountstown, FL. Online registration available at ItsYourRace.com.

Visit www.blountstownfire.org/catfish-crawl; or Ben Hall at blountstownfire@gmail.com or (850) 674-4988.

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, 5 p.m. Cascades Park, 1001 S. Gadsden St. (race starts near Myers Park tennis courts, crosses the Capital Cascades Bridge, and finishes near the iconic TLH sign on South Adams St.). 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.

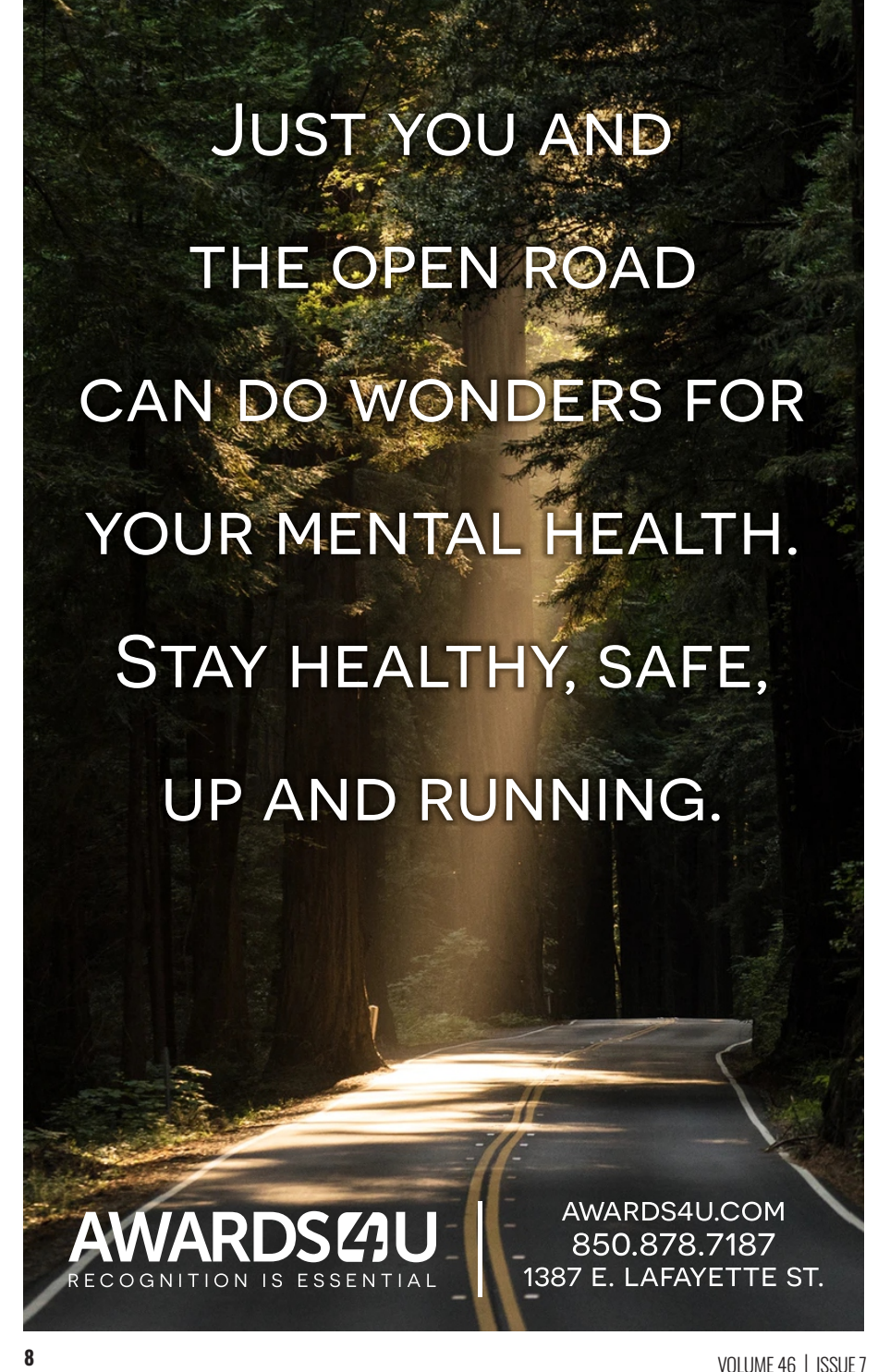
25 Tallahassee Turkey Trot 15K/10K/5K/1M (5K/1M GP for Youth Only), 8 a.m. 1M; 8:30 a.m. 15K/10K/5K. Southwood State Office Complex, 4055 Esplanade Way. Online registration available at RunSignUp.com (no additional fee). Visit <http://tallyturkeytrot.com>; or David Yon at 668-2236 or david@radeylaw.com.

DECEMBER 2021

04 GWTC 10M/5M Challenge, 8 a.m. Hawks Rise Elementary School (use Meridian Rd. parking lot entrance). Online registration available at RunSignUp.com (no additional fee). Visit www.GulfWinds.org; or Mark Tombrink at mat06@my.fsu.edu or 10MileChallenge@gmail.com.

04 Jingle Bell Run, 6:15 p.m. Corner of S. Monroe St. and Park Ave. Online registration available at Raceit.com. Visit www.tal.gov; or Tallahassee Parks & Recreation at 891-3866 or 891-3860.

11 USATF Club Cross-Country National Championships, 8 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.usatf.org/events.



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PRESIDENT'S COLUMN - MARK PRIDDY

What motivates you? That question is a pretty broad one and we don't think about it much, but we really need to. Now I am not talking about fluff answers like the ones you might give in a job interview such as "I'm good at meeting deadlines", or "I work well as part of a team."

Maybe you do those things, but I am talking about what motivates you to get out of bed in the morning. What gets you up and moving before that alarm sounds?

Not only do I ask myself daily, but I like to ask other people the same question. What motivates you to run or walk, or swim or bike? Why are you a member of Gulf Winds Track Club or the Tri Club?

Here are some actual conversations recently. The answers are interesting, and well, sometimes motivating. Look at the answers and see what motivated the behaviors.

Q. Why did you run 15 miles at 4 am this morning? **A.** I'm training for a fall marathon and it's too hot when the sun rises.

Q. What brings you out to the Beginning Runners Group? **A.** I want to be able to run a mile, then maybe a 5k.

Q. Why do you want to serve on this track club committee? **A.** I just want to do something to help the club. (good answer).

Q. You biked 50 miles then swam for an hour? **A.** It's what I do!

Q. Why are 4th graders running with middle school kids at the Owl Run 3k? **A.** The kids just love to run!

Runners really do a lot of things to stay motivated. They say things like "I think I will just run a mile then I'll see how I feel, or I'll do one then I'll think about doing another". When I ran marathons on a regular basis, my goal was not to run 26.2 miles, the goal was to run one step at a time. The only step that mattered was the one I was making at that moment, and for me to not focus on the total task.

In training, or more importantly in life decisions, find a motivational technique that works for you. Motivation learned by running can be used in your daily activities, even when you are not running. I encourage you to start thinking about what motivates 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:

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 HEATHER VICKERS

When did you start running? I have always loved being outdoors and active, but I really didn't start running until 2000 when I graduated from college.

Childhood ambition? I grew up doing competitive gymnastics. So my dream was to go to the olympics and then to open my own gym. If that didn't work out then I thought about being an air force pilot, an FBI agent or an astronaut.

Current occupation? After working for 16 years in environmental protection, I was called to ministry. Four years ago I began working as a fundraiser at the Florida Baptist Children's Homes and One More Child. I just love it! We place foster children in loving homes, help single moms get back on their feet, and support struggling families.

If money were no object, what profession would you choose? I believe I am right where I am supposed to be. I love my job, the people I work with, and those I am able to serve.

Favorite reads: One of my favorite books that I have read recently is Something Needs to Change by David Platt. I also enjoy Kisses from Kati

Favorite running memory: I remember going up to run the Chattanooga 50-mile trail run. My friends, Judy and Jo Lena went with me. It was a cold, rainy, nasty day. At the start of the race it was absolutely pouring down rain. I remember the race director huddled under an umbrella and shouting "GO!" All of the runners hopped out of the cars wearing their headlamps as we took off into the woods. Judy and Jo Lena would find me along the course at the aid stations to

encourage and support me. At the aid station at mile 35 I was cold, wet, and tired. I was ready to quit. I wanted to be warm and dry

again. But Judy and Jo Lena brought me a dry change of running clothes, some warm broth, and helped me change into dry socks and shoes. Judy ran the last 15 miles with me as a pacer, and Jo Lena was cheering for us at the finish.

I love the running community, the words of encouragement, the selflessness of the volunteers, and the stories of people I meet along the way.

Indulgence: Publix chocolate covered peanut butter pretzels!

Non-running hobbies: hiking, camping, cheering at my son's soccer games

Best place to run in Tallahassee: I love running at Tall Timbers once a year at the Pine Run. I enjoy running the trails at Phipps every other day.

Preferred running technology: None. No watch, no music, no phone.

Biggest challenge: Running on the road when I really want to be in the woods running on the trail.

Perfect day: Camping with friends on a fall weekend in north Georgia, Tennessee, or North Carolina and running a 50k. 🏃



FEATURED FEET **GARY JOHNSON**

When did you start running? 2010

Childhood ambition? I thought I was going to be a history teacher.

Current occupation? Vice President of Clinical Operations/Nurse Practitioner

If money were no object, what profession would you choose? I wouldn't change a thing except maybe if work a little less. I love being a nurse.

Favorite reads: Hardwiring Excellence by Quint Studer. All the Dean Karnazes books.

Favorite running memory: Too many to say, but probably my favorites are the family's annual pilgrimage to Chattanooga for the 3 day stage race. Before COVID I had run it 7 times and it became one of the family's favorite destinations.

Indulgence: Sweets-chocolate, cookies, cake, all of that good stuff

Non-running hobbies: Spending time with my family has been the only other fun

thing I do outside of work. I recently started jiu jitsu with my son. He's been at it for a long time-just trying to keep up



Best place to run in Tallahassee: Any of the trails around are my favorites. Honestly I love running anywhere.

Preferred running technology: Just my Garmin Fenix 5

Biggest challenge: Committing to a training schedule for longer races. Work, school, and life seem to get in the way of following it consistently.

Perfect day: Sleep in a bit, long run on the trails, hang with the family which now includes our first granddaughter, park with Chloe, go to jiu jitsu with Jacob, come home and watch some TV with Dalay. 🏈

Call for board nominees

Nominations Committee Chair Paul Guyas

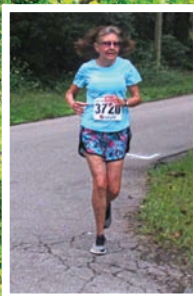
We are seeking volunteers for board positions beginning January 2022. If you are interested in serving, please contact Paul Guyas at 850-273-9555 or Pguyas@Me.com.

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



39th Annual Tallahassee Women's Distance Festival 5K

— SEPTEMBER 18, 2021 —



Photos by: Herb Wills