

THE FLEET FOOT NEWSLETTER OF THE GULF WINDS TRACK CLUB | NOVEMBER 2021





Photo Credit: David Yon









THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | NOVEMBER 2021

VOLUME 46 | ISSUE 8

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).

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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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An early morning at the Apalachee Regional Park on October 16,2021 at 7:40 AM at the start of Elite Boys Race of the FHSAA Pre State High School Cross Country Meet.

Photo Credit: Tom Perkins









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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 September 8, 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, November 10, 2021. Email FleetFoot@GulfWinds.org for the location details if you'd like to attend..

Corporate Document Review Committee - Mark Priddy

Mark asked for the board's approval to appoint Michael Kennett and Jamilla Allen as new members to the Corporate Document Review Committee. Other members that would continue to serve are David Yon, Paul Guyas, Heather Vickers and Mark in his role as President. A vote to approve was postponed until the October meeting due to the lack of a quorum.

Nominations Committee - Mark Priddy

Mark asked for the board's approval to appoint Mike Savage and Julia Sura to work with Paul Guyas on the Nominations Committee to assist with the upcoming club election. A vote to approve was postponed until the October meeting due to the lack of a quorum. Springtime Tallahassee Update – Mary Jean Yon

Mary Jean noted that Zack & Rachel Scharlepp are stepping down as the race directors for the Springtime Tallahassee 10K/5K/1-Mile races so the search is on for a new race director. She also mentioned, on behalf of Tom Perkins, that Tom is proposing changing the Springtime course so that the start and finish are in the same place by the FDOT parking lot. After some discussion, this topic was tabled until the October meeting so that Tom could be there to participate. Bill Lott mentioned that the current course certification expires 12/31/21.

Renewal of RRCA Runner Friendly Community Designation - Mark Priddy

The Road Runners Club of America maintains the Runner Friendly Community Designation program which highlights communities throughout the U.S. that stand out as runner friendly. GWTC received this designation in 2016 which expires at the end of the year. Mark announced that Judy Alexander volunteered to handle the renewal process to maintain this designation for another five years.

Treasurer - Peg Griffin

Peg provided the treasury report as of August 31, 2021. Assets were reported at \$256,417.91 and Net Revenue was -\$2,883.75.

Triathlete Club - Tina Bahmer

Tina reminded everyone that the club's St. Marks Duathlon is scheduled for October 10, 2021 and encouraged attendance. The club has scholarship registration opportunities available if the fee would prevent someone from racing. The Tri-Club is planning to revise/refresh their club kits and will be looking for sponsors. Kory Skrob will be the next









club president and there are still openings on the election ballot for officer positions and five directors-at-large.

Race Director Coordinator - Mary Jean Yon

Mary Jean shared that this year's Steve Prefontaine 5K Forest Run, will once again be a virtual run. Doug Bell has designated the weekend of September 24-26 for the running of the event. The course will be well marked and will follow the Twilight Trail starting from J. Lewis Hall, Sr. Park in Woodville. Runners can upload their times in RunSignUp in order to be eligible for awards.

Bill Lott reported that the Run For the Cookies 5K will not be held this year. It appears that after 28 years it has run its course

Membership - Mark Priddy for Tristan LaNasa

Memberships and households were reported at 1,073 and 568, respectively, as of September 8, 2021. These figures are compared to those at this time last year, which included 1,328 memberships and 696 households.

Education and Lecture - Judy Alexander (Interim)

The next lecture will take place on September 15th with featured speaker Amanda Heidecker, the head of Leon County Parks & Recreation. The event will take place at Casa Grande Margaritas and Cocina, located at 1800 Thomasville Road.

Equipment - Bill Lott/Tec Thomas

Bill reported that a new battery was installed in the PA System at a cost of \$30.09. A new extension handle was also installed on the PA System at a cost of \$59.58. Vicky Droze will be taking over as Equipment Manager. The equipment will be moved to the Fort Knox facility on North Monroe Street at the end of September and Vicky will be seeking volunteers (approximately six) to help with that project. Stay tuned for details.

Chip Timing- Bill Lott

During August, three GWTC races were chip timed. Those three races included the Breakfast on the Track 1 Mile, Miller Landing Madness 8K/5K/3K, and Summer Trail Series Race #4 – Red Bug Trail. Two Club and one non-Club races are scheduled to be chip timed in September. The non-Club race is the Bluebird Run for Brookie B. 5K/1M, and the Club races are the 5K for Sickle Cell Anemia/Tim Simpkins 1 Mile and Women's Distance Festival 5K/1M. In October, three Club races and one non-Club race are scheduled to be chip timed. The three Club races are the Pine Run 20K, Palace Saloon 5K, and St. Marks Duathlon, while the non-Club race is the Boston Mini-Marathon in Boston, Georgia.

Grand Prix Committee - Mark Tombrink

Mark reminded everyone that the Grand Prix Committee is planning to have the traditional awards program in January at Goodwood. Details to follow. He also reminded everyone to help get the word out about the 2022 Grand Prix series. Particularly to nonclub races that want to apply. The application is posted on the GWTC website and must be submitted no later than October 17, 2021.







RACE CALENDAR

NOVEMBER 2021

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.

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

THSAA Cross-Country State
Championships, timesTBA. XC Course at
Apalachee Regional Park, 7550 Apalachee
Pkwy. Visit www.fhsaa.org.

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.

Catfish Crawl 5K/1M, 8 a.m. (CT) 5K; 9 a.m. (CT) 1M. M & B Depot Park, 16977 NE Pear St., Blountstown, FL. Online registration available at ItsYourRace.com. Visit www.blountstownfire.org/catfishcrawl; or Ben Hall at blountstownfire@

gmail.com or (850) 674-4988.

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

Visit www.ncaa.com.

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.

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.

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@radevlaw.com.

DECEMBER 2021

O4 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.

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

USATF Club Cross-Country National Championships, 8:30 a.m. community 5K; 9:15 a.m. masters women 6K; 10:15 a.m. masters men (60+) 8K; 11:15 a.m. masters men (40-59) 10K; 12:15 p.m. open women 6K; 1 p.m. open men 10K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.usatf.org/events.





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12 Tannenbaum 6K Cross-Country Run, 9 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Online registration available at RunSignUp.com (no additional fee). Visit www.GulfWinds.org; or Herb Wills at hwills@gmail.com.

Tallahassee Ultra Distance Classic 50M/50K/Marathon, 7 a.m. Wakulla Springs State Park, 15 miles south of Tallahassee on SR 267. Online registration available at UltraSignUp.com. Visit www. TallahasseeUltra.com; or www.GulfWinds. org; or Nancy Stedman at nancystedman@gmail.com.

JANUARY 2022

O2 Swamp Forest Trail Run (Quarter Marathon/Half Marathon/20.5M), 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). Bobby York at byorkir@msn.com.

98 Bowlegs 5K Run for Scholarship, 9 a.m. FSU/FAMU Engineering Building, Innovation Park, 2525 Pottsdamer St. (across from Seminole Golf Course). Online registration available at RunSignUp.com (no additional fee). Visit www. GulfWinds.org; or Larry Giunipero at 878-5569; or Bill Hillison at 893-4557.

at Bradley's Pond, 9002 Bradley Rd. (across from Bradley's Country Store on Old Centerville Rd.). Online registration available at RunSignUp.com (no additional fee). Visit www.GulfWinds.org; or Jillian Heddaeus at jillianheddaeus@gmail.com; or Zach DeVeau at zach.deveau@gmail.com.

The Trent 10K/5K/1M, 8 a.m. 1M; 8:30 a.m. 5K/10K. Roberts Elementary School, 5777 Pimlico Dr. Online registration available at Eventbrite.com. Visit http://www.trentstouch.com; or Kim McFarland or Kim Vinson at thetrent@gmail.com or 488-0923.

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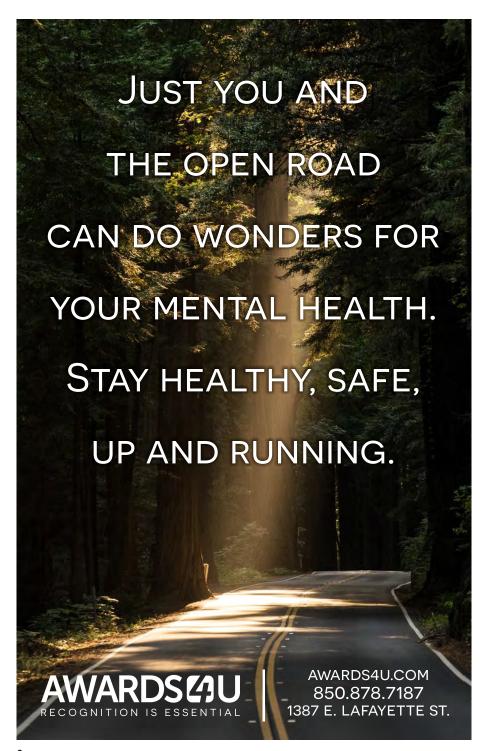
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PRESIDENT'S COLUMN - MARK PRIDDY

Racing is back! It is a little different, maybe a few baby steps at first, but we are back running. Since my last report, we have presented the Sickle Cell 5K, the Woman's Distance Festival 5k, the Pine Run 20K, and the Palace Saloon 5K. The Turkey Trot is on deck, followed by the 10 Mile/5 Mile Challenge, the Tallahassee Ultra Distance Classic, and the Tannenbaum 6K. Now get out there and support our events!

On a personal note, the Palace Saloon 5K, normally a spring race, cut in line this year and ran as an October race because we were unable to get the permits to run it earlier (BOC...Because of Covid), and we just could not wait 2 years between runs. We will run it again on its normal rotation date in April, so you'll get to test your fitness level twice within a 6 month period!

The Palace Saloon 5k had 14 runners finish UNDER a 6 minute per mile pace with 3-time winner Stan Linton finishing ablaze with a 14:45 finish time. That is a 4.45 per mile average. Amazing!

No more trash talk about which race is the fastest in town!

Now, let's change the pace and talk about Marathoners. The 50 State Marathon Club is the gold standard for Marathons. You must run 50 marathons in 50 different states. Gulf Winds Track Club Past President and Hall of Fame Member Felton Wright just joined that prestigious 50 State Marathon club a couple of weeks ago.

I don't want to overlook anyone, but as far as I can tell, only 4 of our club runners are members of that exclusive club (Felton, Ron Christian, Cynthia Christian, and Kathy McCarty). Many of our running members just might join that group of four, given a little more time.

By no means an exhaustive list, but here are a few club members that I personally know who have completed doubledigit marathons races. As far as I am concerned, anyone who completes 1 Marathon is a hero to me.

Jack McDermott (marathonjack) - 240 Marathons (41 states). 240 marathons is not a misprint!

Jennifer Shafer Pendarvis - 70 Marathons (15 states).

Laura McDermott - 62 Marathons (22 states).

Nancy Stedman- 45 Marathons (28 states) once she finishes Indiana this month.

Mark Priddy- 44 Marathons (18 states).

David Yon - 35 Marathons.

Birgit Maier-Katkin - 31 Marathons.

Lynn Landis - 29 Marathons.

Mary Jean Yon - 22 Marathons.

David Landis - 11 Marathons.

Heather Fuselier - 10 Marathons

As you can see from this short list just how difficult it is, logistically, to run in each of the 50 states.









Gulf Winds Track Club also has members who compete as Ultrarunners (those who run beyond 26.2 miles), Triathletes (run, bike, swim). Ironman triathletes, 5-minute milers, and race walkers. Some folks can run a 5-minute mile, and some run longer distances. All are gifted athletes.

I really appreciate all the talented athletes we have in Gulf Winds Track Club.

Lastly, the election ballots are being sent electronically this year. We have some three dozen folks on the ballot, all wanting to be part of our club leadership. Great job Nominating Committee! Be sure to check your email and cast your votes. Many thanks to each and every one who volunteers to serve.

The annual Gulf Winds Track Club Holiday Party (and annual Club meeting) is Saturday. December 18th at Shiloh Farms, 1500 Beniamin Chairs Road. Come out and Celebrate!

Take care, be safe, and get outside on to the roads, the trails, and the track.

Happy Thanksgiving everyone!







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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 Biance.

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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BOWLEGS 5K RUN FOR SCHOLARSHIP

Sponsored by the Faculty & Friends Club of FSU and Gulf Winds Track Club

One Mile Fun Walk for Walkers





Lucy Ho's





December 18

Tallahassee Ultra

Distance Classic

Adults 50 Miles

Kids none /

DATE: Saturday, January 8th, 2022 at 9:00 a.m.

PLACE: Start/Finish at the FSU/FAMU Engineering Building

Innovation Park - Pottsdamer Street - Across from Seminole Golf Course RRCA Certified (FL 12001 EBM) winding through the Innovation Park area For more information call Bill Hillison (893-4557) or Larry Giunipero (878-5569)

AWARDS: BOWLEGS shirt to all fully-paid preregistered entrants. Race day until supply is gone.

Medallions for 1st Place in Five-Year Age Groups

Awards for (One award per participant):

•Male & Female Runners (Top three)
 •Male & Female Faculty Club Walker
 •Male & Female Faculty Club Runner
 •Male & Female Faculty Club Runner
 •Male & Female Educator
All registered entrants have a chance to win prizes from local merchants

(Winners must be present at drawing held after the race)

REGISTER: Visit Gulfwinds.org - Calendar (RunSignUp.com) Discount for early signup



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:

November 20 - Rex

Cleveland Magic Mile

November 25

Turkey Trot Kids 1 Mile or 5k /

Adults 15k

December 4

GWTC 5 and 10 Mile

Challenge

Kids none /

Adults 10 Miles

December 12

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 KEARNS HIATT

When did you start running? I had a brief romance with trail running starting back in 2011. But for whatever reason, I never took to it seriously. At the time, I was getting into warrior dash type adventure races. But I didn't stick with it. It wasn't until a few years ago that I truly started running. I have some friends that oversaw the food (and more importantly Beer) for the Gulf Winds Potluck prediction run about three years back. Under the guise of "helping out", I attended the potluck dinner. It was there that I met my current girlfriend. She encouraged me to take up running seriously. She has been my instructor and running partner since.

Childhood ambition? Musician/Rock star. I thought that would have been cool.

Current occupation? Network administrator in the wireless group at Florida State University.

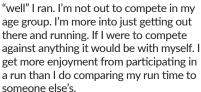
If money were no object, what profession would you choose? Teacher, adventure guide/instructor for anything outdoors -Running, Mountain Biking, Kayaking.

Favorite reads? Manuals. I love learning how things work. From computer hardware to bicycle parts to small motors. Video cameras, IP Phones, Laundry Dryers. You name it, I'll read its manual. I'm a RTFM (Read the F\$&#ING Manual) kind of person.

As for Authors I like Horror from authors like Ann Rice, Clive Barker, Steven King, Poppy Z Brite.

Favorite running memory? Finishing my first Gate River run in Jacksonville ranks up there. This is to date my biggest running accomplishment. But I think my Favorite memory is not a single memory but a collage of several moments. From my first Flash run to the different Gulf Winds Trail series runs. Form running

with my girlfriend at Southwood when It was just the two of us to running with any of the weekly Gulf Winds group runs. To me it's more the connection I feel rather than how



Indulgence? Peanut M&M's. I can't be trusted with them.

Non-running hobbies? My First love is Mountain biking. I like riding the local trails and going out of town to ride in places like Santos, White springs, Forever Wild in Dothan. I have been involved in the Beginner Mountain biking group for over 15 years. Leading it for the past 12 years. Kayaking and camping are also up there on my Thing-I-Do list.

Best place to run in Tallahassee?

Personally, I like to run off road. There is just something about running on dirt and roots that I prefer over pavement. So in that regard the Elinor Klapp-Phipps Park is my favorite. It's where I started running and I have the most sentimental attachment to those trails. Tom Brown and the Alford Greenway good too. As for paved roads, running in the Southwood and Indianhead Lehigh neighborhoods.

Preferred running technology? I don't know that much about Running Technology. I have a heart rate monitor and Garmin watch that I use to track my runs. My girlfriend has gotten me to wear Real Running shoes. And for that I am truly grateful. I now know that there are shoes









that are for trail (off road) running and for running on pavement. She also has me get rid of old shoes once I have worm then out. Something I didn't do before.

Biggest challenge? So far, the biggest challenges have been the TMBA (Tallahassee Mountain Biking Association's) Brewtallaty race. A 3-mile trail run, followed by a 10-mile single-track off-road bike ride and then another 3-mile run.

That was until I did the Gate River run in Jacksonville. Thar run has been the biggest and hardest things I have done so far.

Perfect day? I have so many different ideas of what a Perfect day is, but they all have something to do with being outside.

A cold day with a gray overcast sky out in the forest riding mountain bikes. Being drenched in sweat, standing in the shade after a run on a hot sunny Florida day. Splashing around looking for scallops in the Gulf. But mostly just being with the people that I love. Whether it's at a camp site or a back yard or an outdoor concert venue.

Oh, and cuddling with my cats. Can't have a perfect day without the Kittie cuddles.

FEATURED NAOMI HILL

When did you start running? I started running at around the age of nine, when I did my first triathlon (although I think I walked most of the race anyway).

Childhood ambition? As a child I wanted to be an artist - I loved all things drawing and painting!

Current occupation? I work in the Eating Behaviors Research Clinic in the Psychology Department at Florida State University as a research assistant.

If money were no object, what profession would you choose?

I would work in a national park or open a restaurant!

Favorite reads? My favorite will always be the Harry Potter series, but recently I've been enjoying the historical fiction genre.

Favorite running memory? Traveling with my triathlon team in college - my favorite place we raced was the San Francisco/ Berkeley area.

Indulgence? I love anything chocolate and peanut butter flavored!

Non-running hobbies? I like to read, cook/bake, and tend to my (ever-increasing number of) houseplants



Best place to run in

Tallahassee? I'm still getting to know the area, but I always enjoy the loop at Forest Meadows and Miccosukee Greenway

Preferred running technology? I recently upgraded my running watch from a hot pink Garmin from 2009 - I ran a lot of miles with it but it was time for a watch that actually tells me accurate pace and distance!

Biggest challenge? I'd have to say moving to Tallahassee and learning how to be a "real adult" - lots of changes and things to learn everyday, but finding a running group has been one of the highlights!

Perfect day? Going for a run, making brunch, doing a fun activity outside with friends/family, happy hour, and playing board or card games.









50 MARATHONS

GWTC HALL OF FAMER COMPLETES DREAM WITH MARATHON IN NEW JERSEY, HIS 50TH STATE

By David Yon



Tallahassee's Felton Wright completes the Atlantic City Marathon in New Jersey, his 50th state, on Oct. 17, 2021, to finish a 46-year quest.

"There he is," someone shouted. I think Bonnie Wright was the first to spot him. Sure enough, I could see that little left-right sway making its way toward the finish line of the Atlantic City Marathon in the state of New Jersey. The end of a 46-year journey.

Felton Wright was about to complete a marathon in his 50th state on Oct. 17, 2021. A very impressive accomplishment and a very long journey. A total of 1,320.95 miles that began in the state of Louisiana in the city of New Orleans when he was 17 years old. The logistics of finding and running 50 marathons in 50 different states is a tough challenge, made even more difficult in the shadows of the COVID monster.

"Run with him, run across the finish line," I

heard Bonnie say. "I don't think he would want that," I responded. It was his moment. But then I found myself cheering him on as I jumped on to the course and ran with him for a short while. That ended though when I asked, 'How are you feeling? "I can't talk, he responded."

But he didn't need to talk, he needed to run and that is just what he did, finishing state number 50 in a time of 3:51.07.

I asked Felton for his thoughts on this impressive venture.

Q. When did you run your first marathon? How old were you?

A. In 1975 I ran the New Orleans Marathon at age 17 (way too young). Jeff Galloway was the only person I knew who had run one at that time. A high school friend of mine, Stephen Hodge, drove to New Orleans with me to run it. We had no idea what we were getting into. (Note – finish time was 2:59:33)









Q. How many marathons and ultras have you run? More than 50, I guess.

A. I checked. I have run 65 individual marathons. 3 full Ironman Triathlons with a marathon, and 2 50ks.

Q. When did you start thinking about running in all 50 states? When did it become a firm goal?

A. About 10 years ago when Ron and Cynthia Christen completed their 50 states quest. It inspired me. I think I had about 15 states at the time. Ron has given me great advice since then. I have also met many others from around the country that have or are trying to complete it. The journey has been more important than the goal. I have been blessed to be able to travel to some interesting places with friends to run marathons.

Q. Which marathon effort was the most fun, which was the hardest, and which one was your favorite?

A. The hardest marathon was Pike's Peak because it was a trail marathon that ran up to 14,000 feet and then back down. My favorite has to be the 1986 Tallahassee Marathon which I won, on Valentine's Day, and then proposed to my wife. (She said yes!)

Q. When and where was your "darkest hour"?

A. It was 4 weeks ago. I ran the Sandia Crest Marathon in New Mexico which started at 10,000 feet and came down for 13 miles. My quads were destroyed by mile 4 and it was a struggle to finish. Every step hurt.

Q. Did COVID impact your schedule in anyway?

A. Definitely! I was on the way to the airport in March of 2020 to go run a marathon when I received a text that the race was cancelled. For almost 1½ years all marathons were postponed and or cancelled due to COVID.

Q. What would you tell someone who is trying to decide whether to do 50 states?

A. Enjoy the journey! It will take you to places that you never dreamed of visiting or running. You will meet some incredible people, and discover we live in a great country!

Q. What is next?

A. A good friend reminded me several hours after finishing my 50th state that I should do all 6 of the major marathons. I have already done 3 of them. So, I have London, Berlin, and Tokyo on the list now. I also want to go back and run the New Orleans Marathon again in 2025 which would be 50 years after my first one there.

GULF WINDS HALL OF FAMER

One of Felton's great gifts is his ability to get people involved in the sport of running and show them how to enjoy it. He was named Runner of the Year in 1985 and along with his wife Bonnie and son Jamie was named Co-Race Director of the Year in 2001.

Finally, in 2004 he was elected to the GWTC Hall of Fame joining his father, Leitch Wright, as the only farther-son team in the Hall of Fame.

He inspired three people (Jillian Heddaeus, Carter Hay and Allen Blay) to run their first marathon and one (Chris O'Kelley) to run his third marathon in Atlantic City.



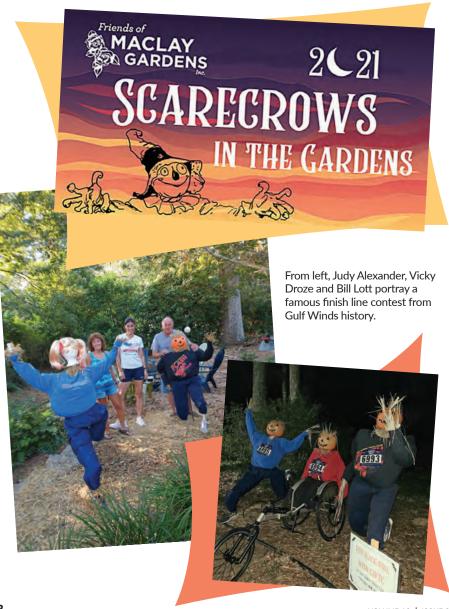
From left to right, Tallahassee runners: Jillian, Felton, Allen and Chris at the Atlantic City Marathon in New Jersey.





CLUB FUN

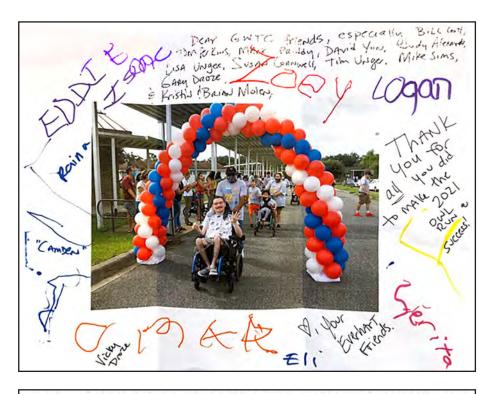
Gulf Winds Track Club are represented at the Friends of Maclay State Gardens Scarecrows in the Gardens event. A small group of passionate club members assembled a scarecrow exhibit to enter the competition. (And yes, they want to win at this competition too!)











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