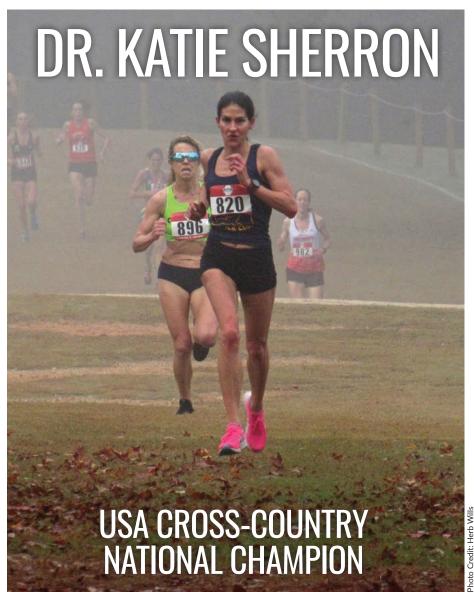
THE FLEET FOOT







THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | JANUARY 2022

VOLUME 47 | ISSUE 1

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.



Chris O'Kelley wins the Gulf Winds Track Club 10 Mile Challenge on December 4, 2021 with a time of 59:44.

2



PO Box 3447, Tallahassee, FL 32315-3447 | www.GulfWinds.org

President:	Mark Priddy	850-508-1961	markpriddy@msn.com
Vice President:	Heather Vickers		hvritchie@gmail.com
Secretary:	Jeanne O'Kon		okonj@tcc.fl.edu
Treasurer:	Peg Griffin		treasurer@gulfwinds.org
Directors-at-Large:	Stephanie Liles-Weyant		sliles@comcast.net
	Tom Perkins	850-894-2019	tomperkins51@yahoo.com
	Kendrah Richards		kfsugal@gmail.com
	Philip Sura		philip.sura@mac.com
	Herb Wills	850-264-3975	hwills@gmail.com
	Lisa Unger		lisa.s.unger@gmail.com
	David Yon	850-425-6671	david@radeylaw.com
USATF Liaison :	Jay Silvanima	850-264-0739	jsilvanima@aol.com
Past President:	Paul Guyas	850-273-9555	Pguyas@Me.com
Newsletter Editor:	•		FleetFoot@GulfWinds.org
Membership Chair:	Tristan LaNasa		tristanlanasa@gmail.com
Race Director Coordinator:	Mary Jean Von		maryjeanyon@comcast.net
Social Coordinator:	•		tbahmer@gulfwindstri.com
Triathlon Club President:			Kory@Skrob.com
Education and	Not y On ob		Rory@Skrob.com
Lecture Coordinator:	Judy Alexander	850-321-6886	jalexander98@comcast.net
Equipment Manager:	Vicky Droze	850-942-7333	vickydroze@comcast.net
Clothing and			
Merchandise Managers:	Laura McDermott Sherri Wise	850-/66-3889	GWTCMerchandise@gmail.com
Racing Team Coordinator:	Tim Unger	850-544-4563	runner1612@gmail.com
School Grant Coordinator:	Jennifer & Carter Hay	chay	@fsu.edu jennghayfl@gmail.com
Trail Training and Racing Coordinator:	Tristan LaNasa		mr.tristan93@gmail.com
Beginning Running Group Coordinator:			gwtc_coaches@yahoo.com

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



YOUR MEMBER BRIEFING

Your GWTC Board of Directors met on November 10, 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, January 12, 2022. Email FleetFoot@GulfWinds.org for the location details if you'd like to attend.

Election Update- Mark Priddy

With the upcoming election there were a few concerns regarding candidates and ballots. A bylaws update is coming up and it may be updated for ballot purposes in the future. Brittney advised the board that she would not run for reelection. Jeanne O'Kon will run for the office of Secretary and her name was to be added to the ballot. A motion was made to approve the updated ballot; assuming all candidates are in good standing and reflecting revisions in Secretary and Social Chair positions. The motion was seconded and passed.

Treasurer - Peg Griffin

Peg reported the treasury report as of October 31, 2021. Assets were reported at \$264,746.68 and net revenue was \$11,212.52. Peg added that a suggestion had been made by Diana Caldwell to install mile markers at the Miccosukee Greenway in honor of Mike Boll using the donation that Mike's parents had made to the club in his honor. Peg will work with Diana to explore this further and report back.

Race Director Coordinator - Mary Jean Yon

Mary Jean reported that a committee is being formed to handle the 2022 Springtime races with hopes that an individual director can be found after that. She also gave a brief overview on the upcoming Turkey Trot and reported that things were shaping up nicely with better-than-expected participation.

Diversity - Chris Turner

Chris reported that he and Mickey Moore had a meeting scheduled with Virginia Dailey to discuss having a race in Tallahassee's Southside neighborhoods. He added that Transgender Awareness week was coming up and recommended the club look into USATF rules and guidelines on this topic to be sure we are doing our best in this area. The news regarding the fundraising from the "A Community Thrives" program is good in that funds are still coming in. The Diversity Committee is still working on the best use of the funds and will report back to the board.

Website - David Yon & Peg Griffin

Peg reported that she has worked with a developer who helped to redesign the home page to make relevant information more accessible and to give it a better look. Suggestions for improvements to the home page are always welcome.

Equipment -Vicky Droze

Bill Lott reported that a workday was held at the new storage units on Sunday, October 17, 2021, at 2:00 p.m. Shelving was assembled and all the equipment that can be is now stored on shelves. The equipment is now well organized in each of the storage units. Several races have multiple sets of signs and the equipment manager will work with the applicable race directors in the future to determine the status of the signs. Eleven people participated in the workday, including a student and adult from Thomasville, Georgia, and one Chiles and two Leon High School students.

ChipTiming - Bill Lott

In October, three club races and one non-club race were chip timed. The club races were the Pine Run 20K, Palace Saloon 5K, and the St. Marks Duathlon. The non-club race was the Boston Mini-Marathon/5K Run/5K Walk. During November, only two club races are scheduled for timing and are the Rex Cleveland Magic! Mile and the Tallahassee Turkey Trot 15K/10K/5K/1 Mile. For December, only club races are scheduled to be chip times and include the GWTC 10- and 5-Mile Challenge, Tannenbaum 6K, and the Tallahassee Ultra-Distance Classic.

At last month's meeting, it was reported that two timing mats were not working properly. Bill Hillison had the mats checked out and it appears that the antennas rather than the cables are the problem. According to the timing company representative, broken cables can be repaired, but replacement mats and antennas are currently not available in the United States (the equipment is made in Perth, Western Australia). Alternative solutions are being studied.

Grand Prix - Mark Tombrink

Mark reported that the Grand Prix Committee is planning to add a tribute to deceased members of the club as part of the Annual Awards Ceremony which will take place at Goodwood on January 9, 2022. Nominations for the club's annual awards will open soon with a due date of December 7, 2021. Club members will be notified of this opportunity via email using RunSignUp.

The 2021 GWTC Awards Ceremony will take place on Sunday, January 9, at Goodwood Museum & Gardens 1600 Miccosukee Rd.

Doors open 5:00 p.m. A social gathering begins at 5:00 p.m., with light refreshments served. The Awards Ceremony will begin at 5:30 p.m.

Immediately following the Annual Awards, the Grand Prix awards will be presented. All age group winners in the 2021Grand Prix series will receive an award (five deep in each age group).

Please mark your calendar for this wonderful club event!



RACE CALENDAR

JANUARY 2022

28th Annual Wilde Mountain
Scramble (approximately 5M, unless you cheat), 8:30 a.m. SHARP!!! Forestmeadows Park and Athletic Center, 4750 N.
Meridian Rd. Don't forget state park pass or entry fee. Race entry fee: \$2 or \$2 of scratch-off lottery tickets and a gift you don't mind pawning off on a fellow runner. As always, whining, fussing or even the slightest grumble gets you disqualified.
Pre-race contact forbidden.

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 byork-jr@msn.com.

O8 Bowlegs 5K Run for Scholarship/1M Fun Walk, 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.

Half Shell Hustle 5K, 8 a.m. (ET). Riverfront Park, 80 Water St., Apalachicola, FL. Online registration available at webscorer.com. Visit www.oystercookoff.com/run; or Shelley Shepard at shelshep@yahoo.com.

Dr. James H.
Crowdis 10K/5K, 9:15
a.m. First United Methodist Church, 397 College
St., Blakely, GA. Online registration available at RaceEntry.com. Visit http://crowdisrun.weebly.com; or Tony Gilbert at tonygilbert@windstream.net or (229) 723-5070.

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/trent-trot; or Kim McFarland or Kim Vinson at thetrent@gmail.com or 488-0923.

FFBRUARY 2022

Double Bridge Run, 7 a.m. (CT) 15K; 8:30 a.m. (CT) 5K. 15K start at Maritime Park, Pensacola, FL.; 5K start at Daniel Dr., adjacent to football stadium, Gulf Breeze, FL. Online registration available at RunSignUp.com. Visit Pensacola Sports at www.pensacolasports.org or email to amarquez@pensacolasports.org.

Tallahassee Marathon/Half Marathon, 7:30 a.m. Start at Leon County Courthouse, 301 South Monroe St., downtown Tallahassee; finish in College Town at Madison Social, 705 S. Woodward Ave. Online registration available at RunSignUp.com. Visit www.tallahasseemarathon.com; or email race director at marathon@gulfwinds.org.

12 Flash 12K/6K, 8 a.m. San Marcos de Apalache Historic State Park, 148 Old Fort Rd., St. Marks, FL. Online registration available at RunSignUp.com (no additional fee). Visit www.GulfWinds.org; or Keith Rowe at keith.rowe@live.com.

Live Better Heart and Sole 1 Mile Run, 9 a.m. Parking lot across from hospital, Thomasville, GA. Todd Bennett at tbennett@archbold.org.

- **24-26** ACC Indoor Track & Field Championships, TBA. Johnson-Miller Track Complex, 350 Beamer Way, Virginia Tech Campus, Blacksburg, Va.
- 26 MAD (Making A Difference) 5K Dash/1M, 8 a.m. 1M; 8:30 a.m. 5K. Thomasville Road Baptist Church, 3131 Thomasville Rd. Dan Evans at evans@ harvestoflife.org.

MARCH 2022

55 Shamrock Scurry 5K/1M, 8 a.m. 1M; 8:30 a.m. 5K. Killearn United Methodist Church, 2800 Shamrock South (at the Killarney Way traffic circle). Visit www. shamrockscurry.com; or email to scurry@kumconline.org.

- **18-19 FAMU Relays**, TBA. Pete Griffin Track, 1835 Wahnish Way, FAMU Campus.
- 20 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 Robert & Kory Skrob at FleetFoot@gulfwinds.org.
- **24-26 FSU Relays**, TBA. Mike Long Track, 1104 Spirit Way, FSU Campus. Visit www.Seminoles.com.
- Buck Lake Bobcat 5K/1M Family
 Trail Run, 8:30 a.m. 1M; 9 a.m. 5K. J.R. Alford Greenway, 2500 S. Pedrick Rd. Emily
 Sikes at emilyrsikes@gmail.com.

Buying or selling your home? Call a name you can trust.



- * Helping sellers & buyers & in our area since 1990 *
 - * Expertise in pricing & preparing for the market *
 - * I can show you any listed property! *
 - * Marketing power of Coldwell Banker *

Nancy Stedman, Broker Associate, CRS, GRI





(850) 545-7074 NancyStedman@gmail.com

PRESIDENT'S COLUMN - MARK PRIDDY

I often say that Race Directors are some of the hardest working individuals in our club. I try to attend all our club races, either as a runner or as a volunteer to support their efforts in some way. Many of our races have evolved into large events and our RD's sure could use some helping hands to ensure that everything works as planned. If you would like to help direct an event or assist one of our many directors as a trainee, I and the rest of the board will be right there with you every step of the way to help and support you.

The USATF National Cross-Country Championships were held at the Apalachee Regional Park (ARP) this month in little ole Tallahassee. Katie Sherron organized a team of four GWTC members to compete in the Woman's Masters XC Championship division. Our club team of Katie, Amy Hines, Laura Reina, and Michelle Allen went up against national teams of other fast women runners who represented some 17 different running clubs. The Gulf Winds team tied for third place and Katie was the overall female winner! This is an historic accomplishment for Katie and for the whole team. I am so proud of the way they represented our club and huge congratulations go out to all of them.

With the recent improvements out at the ARP and all the national recognition being focused on this first-class running course, look for even more major upgrades in 2022. Your running club will be an active partner in advancing these upgrades. More on this after all the details are completed but I am confident that Tallahassee will again host another national championship running event.

Some of you may remember the old club listsery, affectionately known as the "gwind list". It was a private, electronic mailing list for dues-paying club members only. Yahoo was our operating system

and in February 2020, Yahoo discontinued all its listsery operations. Several members of our club tested different systems to replace it, but none were acceptable. Many members then turned to the club's Facebook page to make announcements. Social media plays a significant role in disseminating club information, but not all our members use social media, and our FB page is open to anyone who asks to join, not just dues-paying members. We may have a solution soon for those who prefer an additional way to connect. Robert Skrob is working on a mailing system that will be a "members only" system. Much like the old listsery, a mailing system that will have an "opt-out" feature and will focus on club and running related announcements. I know that this, along with our social media presence, will enhance club

A big "Thank You" to all who ran for club officers! An updated list of officers and coordinators are in this issue. We really would like to hear your opinion about the electronic voting system.

communications.

The 2022 Grand Prix race schedule has been published. Always remember to look on the club website for all the many updates taking place within the club. The website is constantly being updated because this is a highly active organization.

Happy New Year everyone, and I will see you at Goodwood Plantation on January 9th for the GWTC Annual Awards Ceremony!

Congratulations Introducing Your GWTC 2022 Board of Directors

President	Mark Priddy
Vice President	Heather Vickers
Secretary	Jeanne O'Kon
Treasurer	Peg Griffin

Race Director Coordinator	Mary Jean Yon
Social Coordinator	Tina Bahmer
Education and Lecture Series Coordinator	Judy Alexander
Equipment Manager	Vicky Droze
Triathlon Club President	Kory Skrob

Directors at Large

Stephanie Liles-Weyant Tom Perkins Kendrah Richards Philip Sura Lisa Unger Herb Wills David Yon

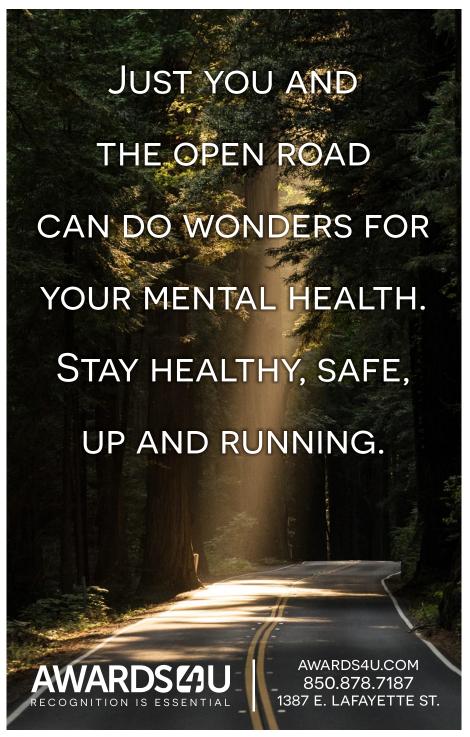


Licensed Real Estate Brokerage in Florida & Georgia

THOMAS R. "TOM" PERKINS

Florida Sales Associate

CELL 850-264-4595 TOMPERKINS51@YAHOO.COM WWW.LANDCORPINC.COM



Illuminating

Your Path in Residential & Commercial Real Estate Transactions.



MSM

MANAUSA, SHAW & MINACCI, P.A. ATTORNEYS AT LAW

1701 Hermitage Blvd., Ste. 100 Tallahassee, FL 32308 Phone: 850.597.7616

Fax: 850.270.6148

140-D West First Street St. George Island, FL 32328 Phone: 850.799.1882 Fax: 850.799.1884

www.ManausaLaw.com

KATIE SHERRON WINS

CROSS COUNTRY NATIONAL CHAMPIONSHIP

Dr. Katie Sherron is the USA Cross-Country National Champion
By David Yon

Gulf Winds Track Club and Tallahassee have had some outstanding women runners. Dr. Katie Sherron is certainly among the best to compete. The Apalachee Regional Park has hosted some top-level competitions including the USATF Club Cross Country Championships run on Dec. 11, 2021.

Sherron not only entered the race herself but rallied three women to form a Masters team for the race. Sherron took the Women's Masters (40 and over) title. The distance was 6K (3.73 miles) and her time was 22:08.7. She was kind enough to answer my questions on her running career.

Q. Would you give us a brief overview of your running history?

A. I ran in high school and two years at a Division III college. After college, I took about 10 years away from the sport. I found GWTC around 2010 and started training, racing and setting PRs. In late 2015, I had to back off my training since Zach and I wanted to start a family. Barrett was easy but getting Finley here was much harder. I kept my mileage very low from the middle of 2017 through late 2020 when Finley was born. Now that Zach and I have completed our family, I've been able to train and race hard this past year. It's been amazing.

Q. How has running and competing changed from when you were in 20s with no kids to racing your first Masters race and two children?

A. Before kids, I took myself too seriously and wasn't very flexible or adaptable. Training, food, sleep, racing kit, everything had to be perfect or I'd freak out. I'd also drive all over town for workouts and I went to the gym. Now, most of my running has to be in our neighborhood. When Finley has a few consecutive nights of waking just once to nurse, my Garmin congratulates me for



Maggie Shearer (896) and Dr. Katie Sherron (820) leading after the first kilometer of the master women's 6K at the 2021 USATF National Cross Country Club Championships in Tallahassee.

Photo Credit: Herb Wills

getting more rest than usual. I run fewer miles, but I like to think they're more productive. I certainly appreciate them more. On race day, if we've got diapers in the car and I'm wearing my running shoes and a sports bra, we're golden. Bonus points for Cheerios and shorts.

Q. Is running a family thing? A. Of course! Barrett loves the Summer Track Series and has completed a few road races and one cross country race. He loves a good packet pickup and a post-race spread too. A lot of races in town start in parks with playgrounds. Zach and I met through the running community. When he pushes one of our kids in the stroller, we're fairly evenly matched. He beat me a few weeks ago in a race, pushing both kids.



Dr. Katie Sherron won the Gulf Winds Track Club 10-Mile Challenge on December 4, 2022 with a time of 1:04:24.

A. Barrett thought that was hilarious and kept telling me I was the slowest in the family. Zach is super supportive of my training and has put his own running on the back burner so I can get out and run more often. He encouraged me to sign up for the Club Championships since he thought it would be a good thing for the kids to watch.

Q. Did you expect to win the race? Compare running this race with running a local road race.

A. I did not! At a local race, I know so many of the runners and have a good idea how things will shake out before the gun goes off. At this race, I knew my three teammates at the line and that's it. It was just Masters women from all over the country! I warmed up behind a group that was chatting about a 55year-old running a sub-3 hour marathon. They all had matching warm-ups. A couple of teams had their own vans; people-chartered buses. I was like, "Oh my, this is legit." I've watched big time races at the ARP, but I've never led one.

Q. How did you develop your strategy for this race? Did you know much about any of the other runners in the event?

A. Honestly, we had a tough time getting enough women to form a team. Then there were some hiccups with paperwork, COVID tests, and uniforms. With the kids and work too, I didn't have a lot of time to develop a racing strategy or look up any of the registrants ahead of time. In the morning, I just started running around the course and getting excited to race.

When the gun went off, Maggie (2nd place finisher Maggie Shearer assistant coach at Pepperdine University in Malibu, California) and I got out in front together pretty quickly. I could tell this wasn't her first time running in an event like this. She hit the tangents and raced aggressively. It was great. She is so strong, and I got a lot of energy from her drive and competitiveness.

Q. You routinely win local races. But this was something special, a national club competition for cross country for members of USA TF. How would you compare winning a national event with a local road race?

A. So many runners from our community have reached out and congratulated me. Other women runners in Tallahassee, women I look up to have told me they're proud of me. That's very special. I also got drug tested! Explaining to Barrett why anyone would want a big cup of Mommy's pee was certainly the funniest part of my Saturday.

FEATURED ELIZABETH KAMERICK

When did you start running?

I started running in 2010 with the GWTC Beginning Running Group.

Childhood ambition?

When I was young, I really wanted to be a Polar Bear farmer. It took many years before my mom could convince me that was not a thing.

Current occupation?

I am currently an Auditor.

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

If money were no object, I would probably be a dog trainer.

Favorite reads?

Favorite reads changes with almost every new book. I am currently re-reading The Expanse series.

Favorite running memory?

My favorite running memory come from the Torreya State Park Draggin' Tail races. I don't remember how far along I was in the race, but I was hot and tired. I was trying to cross one of the creeks on a log but I fell off and landed in the water. It felt so nice, I took of my shoes and lounged in the water for a while. It was a beautiful clear and cold creek.

Indulgence?

Chocolate eclairs are my absolute weakness!



Non-running hobbies?

Do swimming and biking count? If not, taking my dog hiking.

Best place to run in Tallahassee?

I spend a lot of time running around Myers Park area. One day the hills and I will become friends.

Preferred running technology?

My trusty old Garmin Fenix 5 keeps me going.

Biggest challenge?

My biggest challenge is not falling down when trail running. Doesn't matter if it is 5k or 50k. Finishing it without hitting the ground is my goal.

Perfect day?

Perfect day for running is overcast, around 50 degrees and somewhere on a trail!

Wright and Associates M. Felton Wright

Senior Vice President Wealth Management Advisor 850.599.8978

Merrill Lynch

215 South Monroe Street Suite 300 Tallahassee, FL 32301

fa.ml.com/wrightandassociates



Merrill Lynch Wealth Management makes available products and services offered by Merrill Lynch, Pierce, Fenner & Smith Incorporated, a registered broker-dealer and Member SIPC, and other subsidiaries of Bank of America Corporation.

© 2018 Bank of America Corporation. All rights reserved. | ARVBHCMB | AD-03-18-0222 | 470944PM-1017 | 03/2018

FEATURED WILL HANLEY

When did you start running?

I dabbled in running a bit when my kids and I tried triathlons a decade ago. I started running regularly in fall 2017, when I spent a semester without a bike near wooded trails in New Jersey.

Childhood ambition?

I didn't have a clear plan of what to do with myself, but I loved school.

Current occupation?

I teach Middle East history at FSU.

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

I'd be a transportation policy advocate. Cars cost us far too much time and money, they make our cities ugly, and they are the leading preventable cause of death and injury to young people. I'd like to have more time and energy to make our environment more humane.

Favorite reads?

I read a lot of academic books for work; one that stuck with me this year is Hagar Kotef's, The Colonizing Self: Or, Home and Homelessness in Israel/Palestine. I get a kick out of Richard Ford's fiction.

Favorite running memory?

It's a hassle to combine cycling and travel. When I was on sabbatical in 2018-19, I discovered how easy it is to pack running shoes and explore new cities. I found it really exciting to plan routes, get lost, and see new things. As a white man, I have the privilege to do this in a carefree way. We have to work towards a world where everyone has the same sense of security.

Indulgence? Coffee.

Non-running hobbies? I enjoy cycling and Twitter.



Best place to run in Tallahassee? Munson Trails.

Preferred running technology?

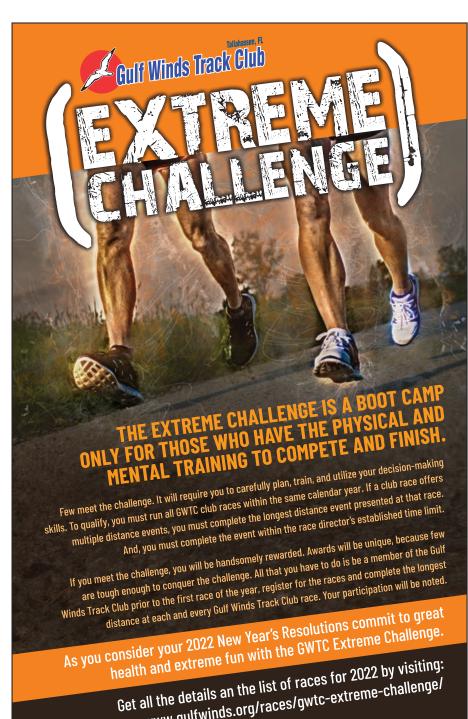
An earplug, taped between the third and fourth toe of my left foot. It cures my Morton's Neuroma. Also, a bicycle. It provides lots of good base training and gets me to races warmed up.

Biggest challenge?

In training, sorting out injuries that arise. This year I discovered slow running, and it's helped a lot. In racing, the desire to quit racing.

Perfect day?

Get up early and have an espresso without bothering anyone at my house. Have a run involving trees, trails, and sunrise. Come home magically feeling no guilt about unanswered email and unfulfilled commitments. Putter, more espresso. Read for a bit without falling asleep. In the evening, my wife's homemade pizza and my daughter's cookies while we all watch a movie without much cruelty in it.



www.gulfwinds.org/races/gwtc-extreme-challenge/



VOLUNTEERS NEEDED

(Especially if you like donuts)

Not Running the Tallahassee Marathon?

We hope you can run the full, half, or relay, but if not, we could really use your help on **Sunday, February 6, 2022.**

Our biggest need is course volunteers who keep runners safe from vehicles and ensure runners make all the correct turns.

Other duties include race day packet pickup and finish line assistance.

To volunteer, send an email to tlhmarathonvolunteers@gmail.com

What's in it for you?

- Race shirt
- Freebies from SoDough, Township, or Madison Social (for course volunteers only)
- The warm and fuzzies for being a do-gooder





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.

2022 Grand Prix Schedule

January 8 Bowlegs Run for Scholarship 5K

January 29 The Trent 10K

February 12 The Flash 12K

February 26 MAD Dash 5K

March 5 Shamrock Scurry 5K

April 2 Springtime 10K

April 9 Hops & Half Shell 5K

May 7 Tails & Trails Half Marathon

June 25 Paul Hoover Memorial 5K

August 6 St. George Island Sizzler 5K

August TBA Breakfast on the Track Mile

September 5 Bluebird Run for Brookie B 5K

October TBA Pine Run 20K

November 24 Turkey Trot 10K

December TBA TUDC 50K

December TBA Tannenbaum 6K

Get the complete 20122 Grand Prix standings by visiting: https://runsignup.com/Series/GWTCGrandPrix



30K/15K JANUARY 15, 2022

The race starts near The Retreat at Bradley's Pond across the road from Bradley's Country Store on Centerville Road, approximately 12 miles north of Capital Circle NE. The course is predominantly run on hard-packed red clay road (Old Centerville and Sunny Hill Farm) through plantation lands (first and last 2.25 miles paved)

Both the 30K (FL16079TY) and 15K (FL16080TY) are USATF certified.

For more information visit: https://bit.ly/202230K15K

















NUTRITION - ANNA JONES, RD

To Get Healthier in 2022, Change Your Mindset

This time of year, we are all bombarded with diets and quick fixes to help us make up for all the holiday celebrations. Our tendency is to fall for the claims and dive in thinking this time it's got to work.

Many of us believe that weight loss is the best solution for improving our life. Each year, we make New Year's resolutions, but less than half of us actually maintain those resolutions six months later.

We have been conditioned to think that the only way to have good health or reach a healthy weight goal is to eat perfectly and exercise intensely – or nothing at all. No in between. This all-or-nothing, perfectionist approach is what contributes to the dieting rollercoaster many of us find ourselves on, on a diet one month, off the next, repeat. This pattern of all-or-nothing thinking is commonly called "the diet mentality" and is linked to negative, not positive, outcomes such as weight gain, weight obsession, poor self-image, disordered eating patterns, and excessive or inadequate exercise. Dieting and restrictive eating are directly correlated to long-term weight gain, not loss! Diets, cleanses, etc. sound really great and promising in the beginning, but are not sustainable long term and are built for only short-term results.

You might be asking if diets don't work and are only short-term fixes, what do we do instead? Your best bet is to take the focus off weight and put it on health and habits. The truth is, until we change our underlying habits to healthier ones those old habits will always sneak back in to sabotage us, no matter what diet or detox we go on. Here are some things to think about:

Avoid the all-or-nothing trap. Strict plans and diets are the perfect example of all-or-nothing thinking that ultimately lead to failure, again not because we have failed, but because they are built to fail and are not sustainable. They are rampant and do not improve your health, either physically or mentally, in the long run, no matter how good the person peddling them makes them sound. Make a pact with yourself that you will not fall prey to this way of thinking yet again.

Make goals that are small, manageable, and realistic. I know how it feels to want to lose weight NOW and it is easy to think that setting grandiose, overly ambitious goals is the only way to accomplish that. In actuality though, if we can break those larger goals down into more realistic and manageable mini goals that is where we can find the



motivation to keep going. Work on just a few things at a time instead of everything all at once. Making goals that are realistic and achievable makes them far more sustainable and more apt to create the changes you want over the long term.

Think about the "why" behind your goals. Connecting with the deeper reasons for what is behind the goals and reminding yourself of those reasons often can help to keep you on track. Maybe you want to improve your health to be a better example for your kids or grandkids or you want to avoid the heart disease or diabetes that your Mom or Dad had. Whatever the reasons, knowing them can help keep you motivated.

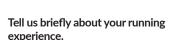
Remind yourself how awesome you are. We are our own worst critic. We think that if we berate ourselves enough – Jillian Michaels style – that that is what will keep us motivated. On the contrary, it is self-compassion and positive self-talk, not excessive expectations and harsh self-judgement, that drives us to change habits. Our thoughts and beliefs about ourselves are powerful and greatly impact our mood and confidence, as well as our ability to reach our goals. Notice how you speak to yourself and when you recognize negative self-talk, take note and try to come from a place of compassion for yourself. The more you do it, the more that more compassionate, kind voice will become the norm.

The answer to seeing different results in 2022 is to approach your resolutions and goals in this New Year with a different mindset and break the diet/restrict-binge cycle of years past. Changing habits is not easy but is possible when you approach it with the right mindset and small, manageable, realistic goals.

Need help putting everything together, staying accountable, knowing which steps to take next? That's where I come in. I'm here if you need me.



VOLUNTEER SPOTLIGHT VICKI DROZE



Started running after high school and haven't stopped. Although a couple nagging injuries are keeping me from running at the moment and I am kinda losing my mind.

How long have you been a member of GWTC?

Since 1997 ish.

How did you first get involved as a volunteer?

I met my husband, Gary Droze, at the track as he was volunteer coaching Tuesday night intervals back in 1996. GWTC was great to him before I came along and it's been great to us since. He inspired me to give back to our

club. I'm always impressed and inspired by our regular volunteer superstars who direct races, serve on our board, manage the timing system, work the finish line, pick up and haul equipment, mark courses, etc.

Why do you volunteer?

So Bill Lott doesn't have to do everything.

What is your next volunteer project?
My goal is to stick this one out for a few years.

BOWLEGS 5K RUN FOR SCHOLARSHIP

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

One Mile Fun Walk for Walkers











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

Course winds through FSU's 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 Walker
 Substituting Transport of the Property Club Runner

•Male & Female Student

•Male & Female Walker •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

VOLUNTEERS WANTED

Do you know Javascript and RST APIs?

GWTC is seeking a volunteer to help build and maintain a new member reporting system that will integrate with the **RunSignUp API**. The ideal volunteer should have a basic understanding of **Javascript** and REST APIs.

We have another club member who will lead the development and is willing to train.

We are looking for a second volunteer to learn the new system and take over for long-term support.

If interested, please email FleetFoot@GulfWinds.org



CUSTOM PRINTED APPAREL FOR YOUR RACE

We offer a large selection of men's and women's T-shirts performance shirts and tank tops.

Custom made shirts are also available for larger orders.

No matter if it is a fun run, 5K, 10K or marathon everyone loves to get a shirt.



SCREEN PRINTING & EMBROIDERY

HomesteadTshirts.com

850-556-6651 800-334-6746 Don@homesteadtshirts.com



Great customer service -Competitive prices -Professional art department - LOCAL!



