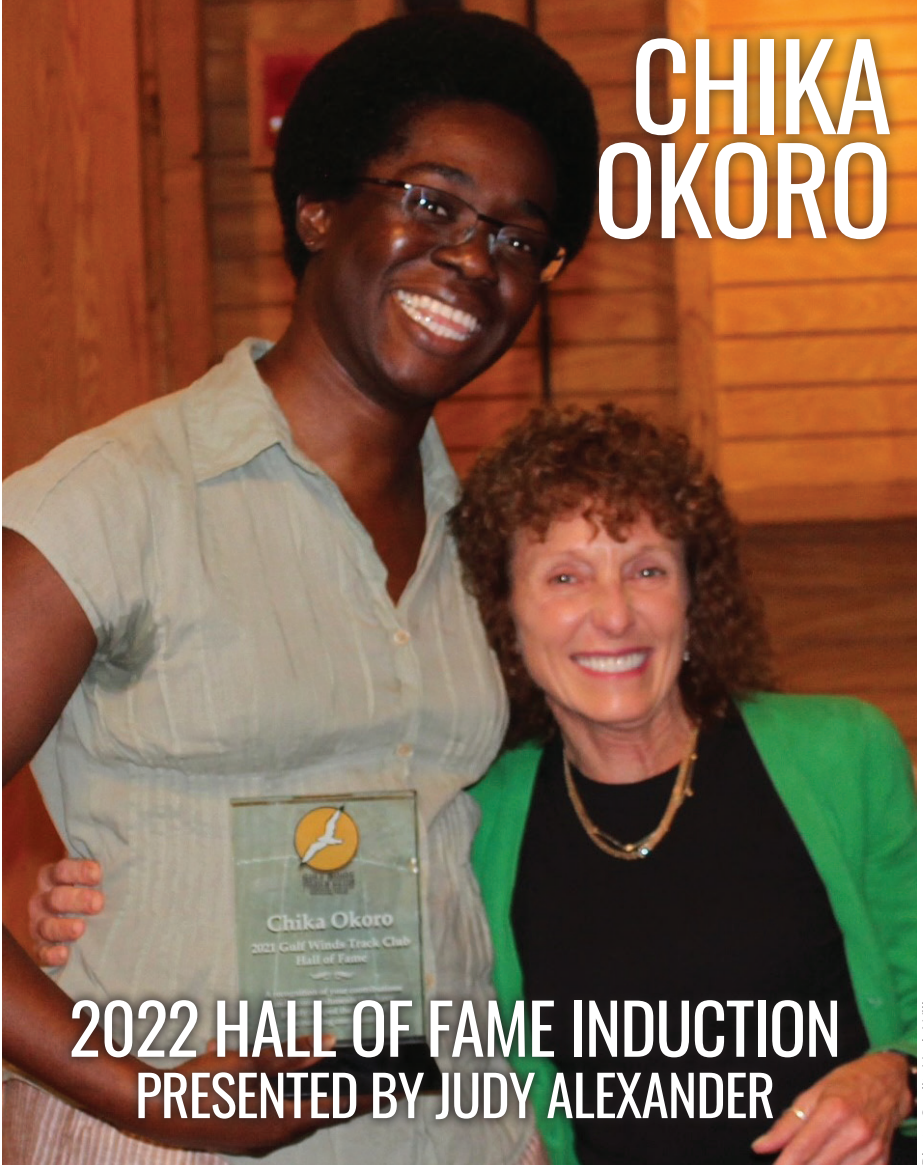


# THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | FEBRUARY 2022



# CHIKA OKORO



**2022 HALL OF FAME INDUCTION  
PRESENTED BY JUDY ALEXANDER**

Photo Credit: Herb Willis

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**Editor:** Robert & Kory Skrob, (850) 270-8295, FleetFoot@GulfWinds.org

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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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Photo Credit: Annie Bowman

Gulf Winds Triathletes members attending the Gulf Winds Track Club Annual Awards Ceremony.



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Road Runners Club of America Member Club  
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# YOUR MEMBER BRIEFING

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## Your GWTC Board of Directors met on December 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, February 9, 2022. Email [FleetFoot@GulfWinds.org](mailto:FleetFoot@GulfWinds.org) for the location details if you'd like to attend.

#### **LED Monitors at Apalachee Regional Park (ARP)**

Bill Lott, on behalf of Coach Bob Braman at Florida State University, briefed the group on the many improvements that have been made at the ARP as many high-profile cross-country events have taken place there over the years. The latest round of improvements includes a new stage, and the club has been asked to pay for a total of eight LED monitors which will be used to display results and other messages as needed. The cost for the monitors totals \$24,469.46 which includes the monitors, installation and a one-year service agreement. The money would be donated to Leon County and would continue the legacy of GWTC, FSU and Leon County in the development and success of this venue. Leon County would assume all responsibility and maintenance costs from this point on. A motion to move forward with donating \$24,469.46 to Leon County to purchase the monitors was made, seconded, and passed. It was also recommended that the County be asked to use the message boards to promote upcoming GWTC races. Bill also noted that two commemorative plaques would be posted acknowledging GWTC's donation.

#### **Email Management System – Mark Priddy & Robert Skrob**

The club has been searching for a replacement for the Gwind Listserv which will enable members to post questions, share information, etc. Robert mentioned that the Tri-Club uses Google Groups to send out information to its members and he believes this would work for GWTC members as well. Much of this information is available already through the Fleet Foot mailing list and could be expanded to dues paying club members. The group agreed to move forward with this approach.

#### **GWTC Cross-Country Team Reimbursement – Mark Priddy**

Mark shared that the club has a Women's Masters team signed up for the USATF National Club Cross-Country Championships which will take place on December 11, 2021, at the ARP. The cost for participating in this event is \$40 per runner in addition to a USATF membership fee of \$40 per runner. Team members consist of: Katie Sherron, Amy Hines, Laura Reina and Michelle Allen. A motion that the team be fully reimbursed for their entry and USATF membership costs was made, seconded, and passed.

#### **Proposed 2022 Grand Prix Schedule – Mark Tombrink**

Mark presented the proposed list of races for the 2022 Grand Prix schedule. Discussion ensued regarding the number of races and the various distances involved. A motion to accept the Grand Prix Committee's list of races was made, seconded, and passed. The full list of races can be found on the GWTC website at: <https://www.gulfwinds.org/grand-prix-2022/>

#### **GWTC Legacy Remembrance Options – Lisa Unger**

Lisa reviewed the various memorials that have been erected for valued members of GWTC that have passed away. Examples include a bench at the head of the Phipps property, Jere Moore's tree in Myers Park, Mike Boll's picnic table at the Greenway and more. Lisa is interested in spearheading a similar effort to continue to memorialize lost GWTC members. The board encouraged her to look into this and bring back some suggestions. Mark Tombrink added that the Grand Prix Committee is planning to add a tribute to deceased members of the club as part of the Annual Awards Ceremony.

### **Triathlete Club – Tina Bahmer**

Tina shared that she has enjoyed her tenure as President of the Tri-Club and welcomed Kory Skrob as the incoming president. Tina will assume the duties of Tri-Club Past-President as well as the Social Coordinator for GWTC. Other Tri-Club board members for 2022 include: Vice-President: Eric Trombley, Treasurer: David Strange, Secretary: Annie Bowman, and Directors-at-Large: Darien Angelier, Donica Williams, Lura Diestelhorst, Beverly Harrell, and Rob McNeely. Many tri-club memberships will be expiring at the end of the month so there is a focus on promoting the importance of membership renewal.

### **Race Director Coordinator - Mary Jean Yon**

Mary Jean reported that the Springtime Committee will meet on December 19 to kick off the planning process for the 2022 race. Committee members consist of Rachel Scharlepp, Tom Perkins, Heather Vickers, Vicky Verano, Jerry McDaniel, Lisa Unger, Peg Griffin, Mark Priddy, David Yon, and Mary Jean Yon. Unfortunately, this year's Tannenbaum's race has been canceled. Mary Jean also reported that Allen Blay has stepped forward to be the new race director for the Steve Prefontaine Forest Run 5K and hopes to restore having more youth runners involved.

### **Membership – Mark Priddy**

Mark reported that there are 1,234 members this year vs 1,225 last year, as well as 657 households vs 649 at this same time last year. Mark also reported that Tristan LaNasa had established contact with the local Lulu Lemon representative who, in turn, donated \$200 to fund 10 individual adult memberships to the Club.

### **Chenoweth Fund – David Yon**

David reported that the Lincoln High School track coach requested \$1,000 to help grow the Jimmy Everett Track Meet. A motion to approve this request was made, seconded, and passed.

### **Equipment –Bill Lott for Vicky Droze**

Bill reported that one of the race clocks is not working properly and it is believed that the batteries need to be replaced. He plans to order and replace the batteries in the near future. The batteries in another race clock reported in the past as also not working properly have been replaced; however, the clock will still not work properly, and the problem may be in the circuit boards. This clock will likely have to be shipped to the manufacturer in California for repair.

### **ChipTiming - Bill Lott**

During November, only two Club races, the Rex Cleveland Magic! Mile and the Tallahassee Turkey Trot 15K/10K/5K/1 Mile were chip timed. For December, only two races are scheduled to be chip timed and both of those are Club races - the GWTC 10/5 Mile Challenge and the Tallahassee Ultra-Distance Classic 50 Mile/50K/Marathon. In January 2022, one non-Club and three Club races are scheduled for chip timing. The non-Club race is The Trent 10K/5K/1 Mile at the end of the month. The three Club races are the Swamp Forest Trail Half Marathon/Quarter Marathon/20.5 Mile Challenge, the Bowlegs 5K Run for Scholarship, and GWTC 30K/15K.

At last month's meeting, the Board was updated on the three timing mats that are not working and the current unavailability of getting replacement mats and antennas in the United States. Alternate solutions and sources have been found and are still being studied. Bill Hillison believes he may be able to repair two of the mats' antennas and attempts to repair those two antennas will be made.. 🏃

# RACE CALENDAR

## FEBRUARY 2022

**05 FSU Law Community Fund Run, 9 a.m.** Langford Green, 288 Champions Way, FSU Campus. Online registration available at <https://www.fsuba.com/shop/communityfundrun>. Visit [www.fsuba.com](http://www.fsuba.com); or Katie Weaver at [kfc19c@my.fsu.edu](mailto:kfc19c@my.fsu.edu) or (717) 725-5092.

**05 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](http://RunSignUp.com). Visit [www.pensacolasports.org](http://www.pensacolasports.org) or email to [amarquez@pensacolasports.org](mailto:amarquez@pensacolasports.org).

**06 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](http://RunSignUp.com). Visit [www.tallahassee-marathon.com](http://www.tallahassee-marathon.com); or email race director at [marathon@gulfwinds.org](mailto:marathon@gulfwinds.org).

**12 Flash 12K/6K, (6K GP for Youth Only), 8:30 a.m.** San Marcos de Apalache Historic State Park, 148 Old Fort Rd., St. Marks, FL. **No Race Day Registration.** Online registration available at [RunSignUp.com](http://RunSignUp.com) (no additional fee). Visit [www.GulfWinds.org](http://www.GulfWinds.org); or Keith Rowe at [keith.rowe@live.com](mailto:keith.rowe@live.com).

**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](mailto:evans@harvestoflife.org).



**26 2LT Justin Sisson Memorial 5K Run/1M, 9 a.m.** Unconquered Statue on Langford Green, 288 Champions Way, FSU Campus. Online registration available at [EventBrite.com](http://EventBrite.com). Visit <http://2ltjustinsisson.com>; or Patricia Rivero at [privero@fsu.edu](mailto:privero@fsu.edu).

## MARCH 2022

**05 Shamrock Scurry 5K/1M, (1M GP for Youth Only), 8 a.m. 1M; 8:30 a.m. 5K.** Killlearn United Methodist Church, 2800 Shamrock South (at the Killarney Way traffic circle). Online registration available at [EventBrite.com](http://EventBrite.com). Visit [www.shamrockscurry.com](http://www.shamrockscurry.com); or email to [scurry@kumconline.org](mailto:scurry@kumconline.org).

**05 Capital City Senior Games (50+) - Track and Field, javelin 9 a.m.; fun walk 9:30 a.m., all other events on rolling schedule starting at 10 a.m.** Godby High School, 1717 W. Tharpe St. Online registration and information available at [www.tal.gov/seniorgames](http://www.tal.gov/seniorgames); or Lucas Williams at 891-3825 or [lucas.williams@tal.gov.com](mailto:lucas.williams@tal.gov.com).

**05 Gate River Run 15K, 8 a.m.** Duval Street in front of Jacksonville Fairgrounds, Jacksonville, FL. Online registration available at [RaceRooster.com](http://RaceRooster.com). Visit [www.gativererun15k.com](http://www.gativererun15k.com); or 1st Place Sports at [events@1stplacesports.com](mailto:events@1stplacesports.com).

**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](http://RunSignUp.com). Visit <https://gulfwindstri.com/st-marks-duathlon/>; or Robert & Kory Skrob at [FleetFoot@gulfwinds.org](mailto:FleetFoot@gulfwinds.org).

**24-26 FSU Relays, TBA.** Mike Long Track, 1104 Spirit Way, FSU Campus. Visit [www.Seminoles.com](http://www.Seminoles.com).



**26** **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 emilysikes@gmail.com.

## APRIL 2022

**02** **Springtime 10K/5K/1M** (5K GP for Youth Only), 7:30 a.m. 1M; 8 a.m. 10K/5K. Suwanee St. next to Cascades Park. NOTE: New Start Location is the same as the Finish Location on Suwanee St. Online registration available at RunSignUp.com (no additional fee). Visit [www.springtime10k.com](http://www.springtime10k.com); or [www.gulfwinds.org](http://www.gulfwinds.org).

**09** **Hops and Half Shells 5K Trail Run/1M Walk**, 8:30 a.m. 1M; 9 a.m. 5K. TCC Wakulla Environmental Institute, 170 Preservation Way, Crawfordville, FL. Online registration and additional information available at [www.TCC.fl.edu/HopsAndHalfShells](http://www.TCC.fl.edu/HopsAndHalfShells); or Kendrah Richards at [richardk@tcc.fl.edu](mailto:richardk@tcc.fl.edu).

**09** **Worm Gruntin' Festival 5K**, 10 a.m. Rose St. at second stop sign (Yellow Jacket Ave. and Main St.), downtown Sopchoppy, FL. Online registration available at Active.com. Visit [www.wormgruntinfestival.com](http://www.wormgruntinfestival.com); or Susan Shearer at (850) 545-6678 or [smshearer@aol.com](mailto:smshearer@aol.com).

**09** **Capitol-to-Coast Relay** (84M Run Relay/27M Walk Relay/27M Ruck Relay), 4-6:30 a.m. Run start at Capitol; Walk/Ruck start at American Legion, Carabelle, FL. Online registration available at [cyrkusevents.com](http://cyrkusevents.com). Nick Lowe at [nick@capitoltoacoastrace.com](mailto:nick@capitoltoacoastrace.com).

**09** **Wolf Dash 5K/1M**, 8 a.m. Lawton Chiles High School, 7200 Lawton Chiles Ln. Online registration available at Eventbrite.com. Visit [www.chileswolf-dash.com](http://www.chileswolf-dash.com); or John Swoop at [swopej@leonschools.net](mailto:swopej@leonschools.net).

**16** **Red Hills Triathlon and Time to Tri Super Sprint**, 7:30 a.m. Maclay Gardens State Park, 3540 Thomasville Rd. Online registration available at Active.com. Visit [www.redhillstriathlon.org](http://www.redhillstriathlon.org); [www.redhillstri.com](http://www.redhillstri.com); or Kathy McDaris at [racedirector@redhillstriathlon.org](mailto:racedirector@redhillstriathlon.org).

**16** **Rose City Run 10K/1M**, 8 a.m. North Broad St. at corner of Broad St. and Monroe St., near U.S. Post Office, Thomasville, GA. Online registration available at Active.com. Thomasville, GA. Online registration available at Active.com. Visit [www.ymca-thomasville.org](http://www.ymca-thomasville.org); Thomasville YMCA at (229) 226-3446 or [rcr@ymca-thomasville.org](mailto:rcr@ymca-thomasville.org).

**22** **FAMU Relays**, TBA. Pete Griffin Track, 1835 Wahnish Way, FAMU Campus.

**23** **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](http://www.gulfwinds.org); or Mark Priddy at [MarkPriddy@msn.com](mailto:MarkPriddy@msn.com).

**30** **Hartsfield 2-Way 5K** (formerly Nene Fest 5K), time and location TBA. Will Hanley at [whanley@fsu.edu](mailto:whanley@fsu.edu). 🏃

# PRESIDENT'S COLUMN - MARK PRIDDY

I think the most frustrating thing about an injury is that it forces you to slow down. For me, that is so aggravating, to say the least. Runners always want and expect to run the way they always have.

Watching your friends run is not the same as being out there and running with them. For some months now, I have had a pulled gluteus medius muscle which hurts when I walk, climb steps, or sit for a prolonged length of time. Running has been out of the question. Many of you have experienced periods like this so what do you do? You can't push ahead too quickly. More stretching would have probably prevented this. Lesson learned, do your stretches!

Tylenol, massage therapy, cortisone, and acupuncture have all provided some relief, but I have discovered that one can find satisfaction when forced to take a slower pace. It takes a while to find contentment at this slower pace, but I have progressed from not being able to walk at all, to now consistently walking a whopping two miles per day. I am learning to appreciate the small victories.

I want to thank our race directors for three fun events in January. Bobby York (Swamp Forest trail races), Bill Hillison and Larry Giunipero (Bowlegs), Jillian Heddaeus and Zach DeVeau (30k/15k). I saw a lot of happy faces and folks having a great time.

I must admit, I am getting excited about February. Two of my favorite Gulf Winds Track Club events, the Flash 12k/6k and the Tallahassee Marathon and Half Marathon are taking place. Much like the GWTC 30/15k, these distances will challenge you. Please register to run at least one, or both races or, if not running, contact the race directors and offer to volunteer along the course.

I have already signed up to volunteer at both events and if no one is watching, I may even try to walk that 6K. Like I said...small victories.



Watch for the notices you receive to renew your GWTC membership. Traditionally, a lot of memberships are due for renewal the first of the year and sometimes the email notices get overlooked. RunSignUp is programmed to send five renewal notices, starting 30 days before your membership expires. Go ahead and renew as soon as you get that first notice. When you renew early, your start date will automatically kick in at the end of your current ending date. It is a smooth transition, and you have no gaps in coverage.

By the way, we have seen a LOT of new members join the club in January. Please try to seek out at least one new face at our events and make them feel welcome.

Speaking of memberships, are you taking full advantage of the benefits? Our two local running stores give our members a discount. Members get an entry fee discount on Club races...no codes to remember to enter on the electronic race entry form. Discount is deducted when you check out. See a list of our club races on the website. Your annual savings can be much more than your annual membership dues if you just take advantage of those opportunities.

I will see you at our February Club races. So, maintain a healthy attitude, do your stretching, and appreciate those small victories. 🏃



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# GULF WINDS TRACK CLUB ANNUAL AWARDS

# A NIGHT FOR SMILES

By David Yon

There should always be a reason to smile, even if we have to look around a bit to find it. The Gulf Winds Track Club (GWTC) Annual Awards Ceremony provided plenty of reasons to smile on Sunday, January 9, 2022, when the club held its Annual Awards Presentation at the Goodwood Museum and Gardens. The ceremony provides a great opportunity to recognize the skills and hard work of members of GWTC and major contributors to GWTC and the running and triathlete community. Awards were also presented for performances in the Grand Prix competition. Bill McGuire served as master of ceremonies.

While COVID, Omicron style, reduced the size of the crowd somewhat and kept participants further apart than normal, it had little impact on the quality of the presentations or the quality of the award winners.

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## FEMALE TRIATHLETE OF THE YEAR: MELANIE LEITMAN

PRESENTED BY BILL DILLON

The Gulf Winds Triathletes Female Runner of the Year is much more than just an athlete. If you ask her, being a triathlete or a runner would probably be fourth or fifth on her list. First, she's a mom whose top priority is her young daughter, Fiona. Second is her family and close friends. Third is her career, an outstanding young attorney and shareholder of a top caliber law firm here in Florida where she was also nominated and recognized as, in 2020, as one of Tallahassee's 25 women you need to know. Next, is her community service including her service on the board of directors of Second Harvest of the Big Bend.



Photo credit: Annie Bowman

Although her athletic accomplishments don't define her, her accomplishments are certainly notable.

Coming back from a non-season 2020, our winner had a season of podium finishes this year both as a runner and as a triathlete. Running consistently in the top of the pack, finishing in the top three overall in all of her races.

In triathlon, she was ranked 13th in the Florida region for the U.S.A. Triathlon during the 2021 season. And during this season, she was on the podium in every single race finishing second in the Red Hill Sprint, in the Hammerhead Olympic, and was the overall winner of the DeFuniak Springs Sprint Triathlon and the Sprint on the Flint race in Bainbridge.

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## MALE TRIATHLETE OF THE YEAR: DANIEL COOK

PRESENTED BY TINA BAHMER

Daniel's first triathlon was in 2019. Over the course of two years, he has improved in lightning speed earning podium spots in just about every race that he's done.

He started 2021 with a Spartan Race. Then he went into this crazy challenge called the David Goggins 4x4x48, That means is that you do 4 miles every 4 hours for 48 hours straight. That was the beginning of the year.

Daniel's Ironman season began with the Ironman Chattanooga 70.3 completing the event with a personal record time and qualifying for the Ironman 70.3 World Championship in St. George, Utah.

Daniel competed in several sprint triathlons throughout our region, within each he was either first in his age group, or he placed in a podium overall.

In September Daniel turned in an outstanding time at the Ironman 70.3 World Championship in St. George, Utah, alongside several of his Gulf Winds Triathletes teammates.

In addition, Daniel completed Ironman Florida, a full 140.6 event improving his personal best time by over 20 minutes.

Daniel exemplifies a love for triathlons and demonstrates it in competition, in spirit, in determination, and hard work. This athlete has it all. He is supportive of his friends and fellow athletes by cheering them on, volunteering and joining them during training sessions. He is not only a strong competitor, but he's also a really good training partner, and a great friend. And so it's just a great honor. I hope you help me celebrate this year's 2021 Male Triathlete of the Year, Daniel Cook.



Photo credit: Annie Bowman

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## COMMUNITY AWARD : CHURCH OF SOUTHWOOD

PRESENTED BY MARY JEAN YON

This story starts before 2011 where a guy by the name of Don McLaughlin would regularly run the Turkey Trot 5K. During the race he caught himself thinking, these are a lot of long lines of runners waiting to get water at the water stations. So, he thought to himself, wouldn't it be nice when you cross the finish line to have somebody hand you a bottle of water?

It was with that thought, this great program was born. Don was the pastor of Church at Southwood, then named Life Basics Church.

For the first time in 2011, Don and his team at Church of Southwood purchased 2,500 water bottles, had them all ready, handed them to everybody, and they've been at it ever since. In the years since, the number of bottles has grown every year along with attendance. Things peaked in 2014 with 5,500 bottles.

This partnership has been wildly successful. As race directors for Turkey Trot, this gets one or two steps closer to being more of an environmentally friendly race because we're not using those single-use plastics.



Photo credit: Annie Bowman

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## CLEVELAND-CALDWELL ADVANCEMENT OF THE SPORT AWARD: CHRIS STANLEY

PRESENTED BY DAVID YON

This award goes to someone who has made significant educational and practice-oriented contributions to the sport of track and field and running this past year. Chris' wife Lauren (who nominated him) wrote that Chris "served as the Lead Sport Psychologist for U.S. Track and Field during the Tokyo Olympics. This position required his psychological, psycho-educational, and emotional support of the U.S. Track and Field athletes during the Tokyo Olympics." I would imagine his task was more than difficult just dealing with the stop-starting of COVID – 19.



Photo credit: Annie Bowman

Additionally, he has a book scheduled to be released in 2022 that provides insight for coaches working with athletes who have hidden disabilities. He identifies numerous 'hidden' disabilities (e.g. ADHD) and other sensory/muscular conditions, how they manifest in sport, and provides insight for coaches working with these athletes. He is a member of USATF and the Association of Applied Sport Psychology.

Beyond his work with elite athletes, Chris participates in coaching conferences (North American, Central American, and Caribbean Athletics Association) providing lectures on mental skills training for track and field coaches. Additionally, he was a guest on the High-Performance Mindset with Dr. Kamphoff; a podcast for athletes of all abilities.

In his spare time, he supports local athletes with pro bono Sport Psychology services, volunteers with youth running activities, and is an active participant in GWTC events. His passion for running is evident in all he does..

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## GWTC BILL LOTT VOLUNTEER OF THE YEAR AWARD: ROBERT SKROB

PRESENTED BY BILL HILLISON

Thank you for the honor of presenting the GWTC Bill Lott Volunteer of the Year Award. This will be an audience participation event with you helping me identify this year's recipient. I ask everyone in the room to raise their hand and keep it up until I tell you to lower it.



Photo credit: Annie Bowman

Keep your hand up if you volunteered for the GWTC in any capacity in 2021, otherwise put it down. I see that almost everyone still has a hand up. That is great as GWTC is solely a volunteer organization and could not continue without member participation. Also, it means that you are still in contention for the award! Keep your hand up if you volunteered at any GWTC races in 2021, otherwise put it down. Again, many still have a hand up, including our recipient. Keep your hand up if you also volunteered for Tri Club events in 2021, otherwise put it down. We lost most of our audience, but a few still have a hand up. Keep your hand up if you timed or helped time GWTC races in 2021, otherwise put it down. We lost almost everyone but our recipient, and, of course, Bill Lott!

Now the clincher. Keep your hand up if you are the editor of The Fleet Foot, otherwise put it down. There is only one hand still up! We have identified this year's recipient of the GWTC Bill Lott Volunteer of the Year Award, my good friend, Robert Skrob.

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## RACE DIRECTOR(S) OF THE YEAR: BILL AND KELLI DILLON

PRESENTED BY KEITH ROWE

January 9, 2020, the World Health Organization announced a mysterious coronavirus-related pneumonia was discovered in Wuhan, China. Starting in March of 2020, things started to fall apart. Races were either cancelled or postponed including the St. Marks Duathlon scheduled March 2020.

The race directors decided to push the race back from March to October 11, 2020. The groundwork that Kelly and Bill Dillon laid down in 2020 made it possible for us to have a 2021 race season.

Bill and Kelli worked through the created framework for putting on a safe race. Gillian and Zach relied heavily on this framework to successfully put on the 30k in January 2021. And for the February 2021, Flash 12K, we relied heavily on this framework to get back to racing in 2021.

And the cycle continued. Race directors throughout 2021 further developed these return to racing standards, but none of this would have been possible in 2021 without the hard work and dedication of Bill and Kelli in October 2020.

It's for this reason, your Gulf Winds Track Club Race Directors of the year are Bill and Kelli Dillon.



Photo credit: Annie Bowman

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## FEMALE RUNNER OF THE YEAR: TSIGE TADESSE-GIROS

PRESENTED BY KORY SKROB

Your Gulf Winds Track Club, Female Runner of the Year is willing to train in secret, doing treadmill workouts before dawn because she couldn't leave her young kids in the morning as she was serving as a single mom because her husband was out of the country for many months. All to run an ultra-marathon, 50 kilometers, so she can beat you in the Grand Prix. And, what's even more impressive, or frustrating if you in her age group, she even finished 3rd overall.

And, she's sweet enough that when you finish behind her, she's the first one to greet you at the finish line, with a hug, a kiss and a hearty congratulations.

In 2018, the Boston Marathon started cold and rainy, and it got colder. It rained heavily for the whole race, huge puddles on course. Yet with all these obstacles and challenging conditions she ran another Boston qualifying time.

During last year, 2020, Covid did not stop her. She ran three virtual marathons; Albany, New York City and Boston. Plus, she won her age group in the 2021 Grand Prix. AGAIN!

For many years she's served our club as a volunteer for Summer trail series, Summer track series, Miller Landing Madness, Turkey Trot packet pick up. And, in 2016 she was elected to serve as a member of the board of directors

But most importantly, she's a wife to Geb, and mom to Leah and Jonathan, all accomplished runners and devoted club members.



Photo credit: Annie Bowman

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## MALE RUNNER OF THE YEAR: RYAN TRUCHELUT

PRESENTED BY LISA UNGER

The first time I met this fellow is about 12 years ago at the Summer Track Series, during which he participated in the Summer Grand Prix. He finished in second place overall. It turns out he was a track guy, and he really liked the Summer Track Series and the Summer Grand Prix. Over the years, he started coming out to the local 5k's.



Photo credit: Annie Bowman

This year, he crushed the 2021 year. He crushed the Pine Run, and then he won the Rex Cleveland Miracle Mile. He has grown as a runner from the track guy from Princeton who won the 2010 Summer Grand Prix, and has been doing so ever since to the well-rounded, succeed at many different distances, Gulf Winds Track Club Grand Prix Overall Champion that he is today. It is my pleasure to present, to Ryan Truchelut, the Gulf Winds Track Club 2021 Male Runner of the year.

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## HALL OF FAME INDUCTION: CHIKA OKORO

PRESENTED BY JUDY ALEXANDER

This runner is described by their friends as friendly, humble, genuine, inclusive, loving, kind, dependable, positive, energetic, supportive, inspirational, phenomenal, welcoming, a dynamo.

This runner has been running for nearly 20 years, has done about eight marathons, more than 2 dozen half marathons and a whole host of other races of various distances.



Photo credit: Annie Bowman

But if you were to ask how many times this runner has come through as a volunteer in a clinch and helped with anything and everything club related, the answer would be in the hundreds of times. I can't even imagine how many people are regular runners and walkers now because of the encouragement and leadership provided by this club member.

This club member has served on the board, received the Cleveland Caldwell Advancement of the Sport Award, and won a national award through Road Runners Club of America for gathering and championing beginner runners. And they do all these things with a big warm smile, quietly and without fanfare. They usually deflect praise to someone who may – or may not – have assisted them. The Gulf Winds Track Club is a bigger, better, and more well-respected organization because of this runner's constantly positive ambassadorship.





# SHAMROCK SCURRY 2022

Making great things happen.

...let us run with perseverance the race marked out for us." Hebrews 12:1

## MARCH 5

5K Run/Walk | 8:30AM

1 Mile Run/Walk | 8AM

Pancake Breakfast following the race

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**WE ARE ECSTATIC TO ANNOUNCE THAT THE SHAMROCK SCURRY 5K WILL BE A GWTC GRAND PRIX RACE!**

Entry Information: \*registration includes post-race Pancake Breakfast (\$5 for those not registered.)

#### Pre-Register ONLINE on or before March 4:

5k – Includes T-Shirt	\$20
5k – No T-Shirt Option	\$15
1 Mile Fun Run/Walk – Includes T-shirt	\$12
1 Mile Fun Run/Walk – No T-Shirt Option	\$10

(\*T-Shirt only guaranteed for the first 400 pre-registered!)

#### Paper or Day-of Race Registration:

5k – Includes T-Shirt	\$25
5k – No T-Shirt Option	\$20
1 Mile Fun Run/Walk – Includes T-shirt	\$17
1 Mile Fun Run/Walk – No T-Shirt Option	\$15

(Race Day Registration begins at 7:00AM at KUMC!)

**Please make checks payable to KUMC and mail (or hand deliver them) with registration form to:**


**KUMC/Shamrock Scurry  
2800 Shamrock Street South  
Tallahassee, FL 32309**

(\*Must be postmarked by February 25.)



**REGISTER ONLINE AT  
WWW.SHAMROCKSCURRY.COM**

**AND FOR MORE INFORMATION, EMAIL SCURRY@KUMCONLINE.ORG**



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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.

## February Grand Prix Schedule

February 12  
The Flash 12K



February 26  
MAD Dash 5K

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

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# The St. Marks Duathlon

March 20, 2022

<b>RUN</b>	<b>BIKE</b>	<b>RUN</b>
		
<b>3.1 Miles</b>	<b>12.4 Miles</b>	<b>1.55 Miles</b>

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](https://RunSignup.com),  
visiting [GulfWindsTri.com](https://GulfWindsTri.com) or <https://bit.ly/2021SMD>**



TALLAHASSEE MEMORIAL HEALTHCARE

# CAPITOL TO COAST

PRESENTED BY NIKE

A relay from the steps of the Capitol to the shores of Saint George Island? YES! It's here! Brought to you by Nike, Hood to Coast, Tallahassee Memorial Hospital and other sponsors. The local race management team of Chip Evans, Nick Lowe & Andrew Smith will be on hand to answer all your questions about this exciting new event.

**Run/Walk/Ruck Team Divisions available! Come out and get all the information you need to get your team together and sign up!**

## CAPITOL TO COAST RELAY INFORMATION PANEL

CASA GRANDE MIDTOWN, 1800 THOMASVILLE RD  
SUITE A, TALLAHASSEE, FL 32303

**THURSDAY, FEBRUARY 10, 2022, 6:00 PM**

Discounted race entries will be available!  
Please RSVP to Judy at [jalexander98@comcast.net](mailto:jalexander98@comcast.net)