

THE FLEET FOOT



NEWSLETTER OF THE GULF WINDS TRACK CLUB | MARCH 2022

TALLAHASSEE MARATHON WINNERS



BRYAN MORSEMAN
5TH TIME WINNER AT 2:28:45



TAMARA KOZULINA
6TH TIME WINNER AT 3:24:15

Photo Credit: Herb Willis

VOLUME 47 | ISSUE 3



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VOLUME 47 | ISSUE 3

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

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

Columnists: Jane Johnson (Featured Feet), Mark Priddy (Pres. Column), Gary Griffin (How they Train), Bill Lott (Race Calendar).

Advertising Copy:

The maximum print size of our page is 4.75 in. by 7.75 in. If possible, ads should be sent as MS Word files, will look best with standard fonts (Arial, Times New Roman), and formatted to fit the desired size. A simple way is to use 2 inch margins on 8.5 by 11 paper. Deadline: 10th of month previous to publication. Questions, contact the editor.

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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.



Tallahassee Marathon begins in front of courthouse on Monroe Street.

Photo Credit: Herb Wills

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

YOUR MEMBER BRIEFING

Your GWTC Board of Directors met on January 12, 2022

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, March 9, 2022. Email FleetFoot@GulfWinds.org for the location details if you'd like to attend.

2022 Grand Prix Race Schedule: Bill Lott had some questions about the 2022 Grand Prix Schedule. There is a conflict between the Breakfast on the Track Mile and the St. George Island Sizzler 5K since they are both scheduled on August 6th.

The second issue was that there are two races on the youth schedule that are 6K races, but that violates the GWTC policy that youth races cannot exceed 5K distances. David Yon made a motion to allow the 6K races and the policy be revised to include 6K races going forward for the Youth Grand Prix competition. An amendment to the motion was made to allow the 6K races to remain on the youth schedule for 2022 and to direct the committee to review its policy and recommend revisions for consideration by the Board at its next meeting. The amendment being accepted, the motion was seconded and passed.

Proposed Thomasville Road Multi-Use Path: Doug Bell is a member of the Board of the Tallahassee Mountain Biking Association, which supports the Tallahassee-Thomasville Multi-Use Path. Leon County, Gadsden, and Wakulla officials are working together to develop this plan as part of the Greenway Master Plan and bike route system. The plan goes before the Capital Regional Transportation Planning Agency Board on January 31. The path is 8-12 feet wide and would run from Betton Road to the Market District, primarily along Thomasville Road. It is a multi-use path that provides cycle and pedestrian access up to the ravine park up to Maclay Road and the Phipps property. Doug asked that GWTC officially support the proposal. A motion to support the multiuse trail was made, seconded, and passed. David Yon will work on a letter from GWTC to support the project.

Diversity: Tarik Noriega presented a statement about why he believes that GWTC should disband the Diversity Committee. He feels strongly that it represents a political issue that the club should not be involved in. A discussion ensued, and points were made about the good work that has been accomplished to date through the A Community Thrives grant and other efforts geared towards assisting communities in need. It was also noted that gender issues are dealt with by international athletic organizations and times are changing as these are complicated issues. The group agreed that it is appropriate for members to question why the club does certain things, but no action would be taken to disband the committee.

Treasurer: Peg reported that the sum of total assets currently in the bank accounts is \$281,845.06. The Chenoweth Fund contains \$10,638.90, and the Triathlon Club has a balance of \$8,743.99. She provided a report showing all net income, and she paid the sales tax for the past year. The comparison between a COVID year and a normal year was provided.

Triathlete Club: Kory Skrob reported that the Triathlete Club had a good holiday party and will have Annual Awards on January 17th. Kory and Robert will be the race directors of the Duathlon on March 20th.

Race Director Coordinator: Mary Jean passed out copies of the draft Springtime budget. The race will be held on April 2nd. There is a committee directing the race: Tom Perkins, Timing Team, Jerry McDaniel, Rachel Scharlepp, Heather Vickers, Lisa Unger, and Vicky Verano. They are hoping for 1,000 registrants. The committee is deciding whether or not to do cash awards, and the course has to be re-certified. Tom Bianco is willing to help with a training group. A motion was made to approve the proposed budget. The motion was seconded and passed.

Newsletter: Robert Skrob reported that in using RunSignUp, its reporting on membership is lacking. Joseph Petty helped build a Google sheet to help track memberships. He was concerned about how to decide who has access to the membership data. David Yon will help Robert with that. A comprehensive policy on privacy is needed. Board members asked about how club members are notified that their club membership is expiring, and Mark indicated that RunSignUp generates five e-mails letting members know that their membership is about to expire.

Membership: Jo Lena Bryan reported that there are 1,172 members currently versus 1,087 last year, as well as 631 families versus 566 at this same time last year.

Diversity: Mary Jean reported for Chris Turner. He has a meeting set up for next week regarding the A Community Thrives grant and other items. He added that he has been approached about using some of those grant funds to pay for registration for the Springtime races for those that can't afford it with an emphasis on the Boys and Girls Clubs members. He also reported that Jenny Dailey is trying to organize a 5K on the south side in May and she needs some help with it. 🚫

NEW GULF WINDS TRACK CLUB EMAIL COMMUNICATION

By Jo Lena Bryan, Membership Chair

Would you like to learn about GWTC events and connect with fellow members via email? The club has created a new GWTC Google Group for this purpose.

You will need to be a current GWTC Member and have a Google login to access the GWTC Google Group.

Here's a few quick steps:

1. Log into Google
2. Visit www.Google.com/groups
3. Search "All Groups and Messages" for "Gulf Winds Track Club."
4. Click on the link that says, gulf-winds-track-club@googlegroups.com
5. Then, click on the "Ask to Join Group" button and include your name as it appears within your membership in RunSignup.

You will receive an email confirmation once your membership is verified. Only one email invitation will be emailed to you to join the group. Then you'll be able to choose whether you want to receive each message or a digest of messages.

RACE CALENDAR

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. Visit www.shamrockscurry.com; or email to 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; or Lucas Williams at 891-3825 or 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. Visit www.gateriverrun15k.com; or 1st Place Sports at events@1stplacesports.com.

05 St. George Island Red Pepper 5K, 8 a.m. Paddy's Raw Bar, 240 E. 3rd St., St. George Island, FL. Visit www.stgeorgeislandchilicookoff.com; or Shelley Shepard at shelshep@yahoo.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. Visit <https://gulfwindstri.com/st-marks-duathlon/>; or Robert & Kory Skrob at FleetFoot@gulfwinds.org.

24-26 FSU Relays, 2 p.m. Thursday; 10:30 a.m. Friday; 10 a.m. Saturday. Mike Long Track, 1104 Spirit Way, FSU Campus. Visit www.Seminoles.com.

26 Buck Lake Bobcat 5K/1M Family Trail Run (5K/1M GP for Youth Only), 8:30 a.m. 1M; 9 a.m. 5K. J.R. Alford Greenway, 2500 S. Pedrick Rd. Online registration available at Eventbrite.com. Emily Sikes at emilysikes@gmail.com; or Laura McDermott at mcdermottl@leonschools.net.

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; or www.gulfwinds.org; or David Yon at springtime10k@gmail.com.

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; or Kendrah Richards at richardk@tcc.fl.edu. canceled

09 Worm Gruntin' 5K Race, 8 a.m. Corner of Rose St. and Municipal Ave., downtown Sopchoppy, FL. Online registration available at RunSignUp.com. Visit www.wormgruntinfestival.com; or Susan Shearer at (850) 545-6678.

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, Carrabelle, FL. Online registration available at cyrkusevents.com. Nick Lowe at nick@capitoltocoastrace.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; or John Swoop at swopej@leonschools.net.

10 Garnet & Gold 4 Miler, 8 a.m. Doak Campbell Stadium, 403 Stadium Dr., FSU Campus. Online registration and additional information available at <https://garn-etandgoldfourmiler.com>; or M3S Sports at info@m3ssports.com.

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; www.redhillstri.com; or Kathy McDaris at 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. On line registration available at <https://ymca-thomasville.org/events/rose-city-run-walk>; Thomasville YMCA at (229) 226-9878 or 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; or Mark Priddy at MarkPriddy@msn.com.

23 Rose City Walk. 5,000 Meter Walk. Walk begins at 8:30 a.m. at Thomasville Center for the Arts, 600 East Washington Street. On line registration available at <https://ymca-thomasville.org/events/rose-city-run-walk>; Thomasville YMCA at (229) 226-9878 or rcr@ymca-thomasville.org.

30 Hartsfield 2-Way 5K (fka Nene Fest 5K), time and location TBA. Will Hanley at whanley@fsu.edu.

MAY 2022

01 Run ELC "Track to the Future" 5K, 4:30 p.m. Railroad Square to Cascades Park. Hadassah Israel at hisrael@elcbigbend.org.

07 Tails and Trails 10K/5K/Half Marathon/1M (1M GP for youth only), 8 a.m. Tallahassee Animal Service Center, 1125 Easterwood Dr. next to Tom Brown Park. Online registration available at Eventbrite.com. Visit www.animalshelterfoundation.org; or Cara Fowler at cara@animalshelterfoundation.org.

12-14 ACC Outdoor Track & Field Championships, TBA. Morris Williams Stadium, Duke University, Durham, N.C.

14 Soul of the Southside 5K/1M, time and location TBA.

21 American Red Cross Robin Lotane Memorial Hurricane Run 5K/1M (1M GP for Youth Only), 8 a.m. American Red Cross Center, 1115 Easterwood Dr. Online registration available at Eventbrite.com. Visit www.TallyRedCross.org; or Jennifer Johnson at jennifer.johnson12@redcross.org.

21 Alice Sims Track Invitational (AAU), time TBA. Chiles High School track. Alice Sims at alicesims3435@gmail.com or 322-3929. 🏃

PRESIDENT'S COLUMN - MARK PRIDDY

We cannot ignore the impact the COVID pandemic has had on the Club the past two years. Those issues have been well documented, and I think it is safe to say that our focus is, and has been for some months now, to keep moving forward. In fact, we are moving forward so quickly, that I want to pause a moment and remind you of what your running club members have been doing the past 3 months that you may have missed.

Our race directors have actively worked for months to get our events back on the racing calendar so you can see how well your extra training time will translate into faster running times. Have you ever considered that it takes months of planning to stage a 5k race that may only take you less than 30 minutes to complete? Long races take many months, even a year or more, to set up. For example, our Race Director Coordinator, Mary Jean Yon, and eleven (11) other Club members have been working for weeks to get the Springtime Tallahassee race back on the April calendar. You can sign up now!

Springtime Training Group leaders, Jo Lena Bryan, Chika O'Koro, Elizabeth Kamerick, Tom Bianca and Mark Tombrink jumped in to lead a Thursday night Springtime running group at Myers Park.

Years ago, a smart Board of Directors decided that the Club needed to review the Club by-laws every 5 years to make sure we stay on course with our mission. It is a tedious job. When was the last time you read our by-laws? Thankfully, Jamila Allen, Michael Kennett, Heather Vickers, Paul Guyas, and David Yon navigated the 10-page, single spaced document and made several improvements and updates.



The Club partnered with FSU and the City of Tallahassee to finance some awesome LED monitors at the Apalachee Regional Park (the ARP) to display results, messages (including GWTC logos), and other relevant information as this course continues to attract local and national running events.

You will soon see mile markers and maps on the Greenway thanks to a donation from the family of beloved Club member Mike Boll.

Our Fleet Foot editors, Robert and Kory Skrob added a much-needed splash of color to our monthly newsletter. It really looks good!

The Club has had several requests from organizations who want to step up and financially sponsor some of our events. You, and our events have made a good impression! Please pay attention to and support the local businesses who support Gulf Winds Track Club.

Thank you, volunteers. A lot. Gulf Winds Track Club is a totally volunteer organization. No volunteers, no Club. No races. No officers, race timers, lectures, grant programs, training groups, equipment rental, clothing.... They do this because they want you to love this running club as much as they do. You can be a greater part of this Club by entering our races and offering to volunteer in any capacity.

Give me or any officer or director a call. We all can use your ideas and skills to make GWTC even better.

Happy March running! 🏃

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43rd annual Rose City Run

Saturday, April 16, 2022

10,000 METER RACE

- Performance dry blend T-shirts and specially designed campfire mugs awarded to those who finish the course.
- Silver trophies for first three males and first three females in each of 12 age divisions.
- Race day late registration 6:30-7:30 a.m. at Big Oak
- Race starts at 8:00 a.m. on Broad Street at post office
- Entry fee is \$23.00 postmarked by April 2, 2022. \$26.00 late entry fee. No refund.
- All courses TAC certified.
- Atlanta Track Club qualifying event.

1-MILE RUN

- One-mile run is for males and females 12 and under. Cost is \$13 early entry fee and \$16 after April 2.
- **NO RACE-DAY REGISTRATION. NO REFUND.**
- Trophies will be awarded to the first three males and three females in each of three age divisions.
- Age divisions 6 & under, 7-9 and 10-12.
- Race starts at 9:30 a.m. on Broad Street at post office
- Performance blend T-shirts and specially designed campfire mugs awarded to participants who complete the course.

10,000 METER RUN

(Please Circle Which Race)

1-MILE RUN

NAME: _____

MAILING ADDRESS: _____

PHONE: _____

PUBLIC OFFICIAL YES NO

AGE (As of 04/16/22): _____ BIRTHDATE: _____ SEX: _____

SCHOOL, EMPLOYER

AND CLUB AFFILIATION: _____

E-mail address: _____

CIRCLE ONE: T-SHIRT SIZE: Adult S M L XL
XXL (\$2 extra) XXXL (\$3 extra)

CHILD: S (6-8) M (10-12) L (14-16)

ENCLOSED IS \$ _____ FOR MY ENTRY (Make check payable to Rose City Run)

****Bibs can be picked up race day at the Big Oak beginning at 6:30 a.m.*****

For and in consideration of my being allowed to participate in the Rose City Run (hereinafter "the event") on behalf of myself, my heirs, personal representatives and assigns, I hereby assume all risks and waive all claims for injury or illness which may result, directly, or indirectly, from my participation in the event and agree to indemnify and hold harmless the City of Thomasville, the Thomasville YMCA, sponsors, organizers and their respective employees, elected officials, appointed officials and any other person or entity associated with the event of and from all actions and claims, including attorney's fees, which may be incurred by reason of my participation in the event. I understand that anyone entering the event who is not adequately trained is taking a definite risk of suffering physical ailments. I do hereby state that I have trained properly and that I am physically prepared to participate in the event, and I expressly assume the risk of any illness or injury which may result from my participation in the event.

I authorize the use of any photograph, moving picture, or any other graphic depiction made immediately before, during or after my participation in the event by the organizers or others, and I expressly waive any claim or privilege or privacy, or right to compensation for the publication of any such photograph, film or other graphic depiction.

Emergency contact's name and number _____

Signature of entrant, or of parent or legal guardian if under 18 years of age.

MAIL ENTRY FORMS TO:

ROSE CITY RUN

P.O. Box 1037 (229) 226-9878
Thomasville, Georgia 31799

May register online at

www.ymca-thomasville.org
click on Rose City Run events
and registration

Rose City Walk

Saturday, April 23, 2022

5,000 Meter Walk

- Performance dry blend T-shirts and specially designed campfire mugs awarded to those who finish the course.
- Entry fee \$22.00 postmarked by midnight April 9, 2022. After April 9, \$25.00 late entry fee. **NO RACE DAY REGISTRATION. NO REFUND.**
- Walk begins at 8:30 a.m. at Thomasville Center for the Arts, 600 East Washington Street.
- Silver trophies to first three males & females & first three Thomas County males & females.
- Special Business & Civic Club Participation Trophies.
- Entrants must be 13 years or older to participate.

NAME: _____

MAILING ADDRESS: _____

PHONE: _____

AGE (As of 04/23/22): _____ BIRTHDATE: _____ SEX: _____

E-MAIL _____

EMPLOYER AND CLUB AFFILIATION: _____

CIRCLE ONE: T-SHIRT SIZE:
Youth Large or Adult S M L XL XXL (\$2 extra) XXXL (\$3 extra)

ENCLOSED IS \$ _____ \$22.00 or \$25.00 for late fee after April 9, 2022
(Make check payable to Rose City Run)

Name and number of emergency contact _____

Walkers will not have bibs.

For and in consideration of my being allowed to participate in the Rose City Walk (hereinafter "the event") on behalf of myself, my heirs, personal representatives and assigns, I hereby assume all risks and waive all claims for injury or illness which may result, directly, or indirectly, from my participation in the event and agree to indemnify and hold harmless the City of Thomasville, the Thomasville YMCA, sponsors, organizers and their respective employees, elected officials, appointed officials and any other person or entity associated with the event of and from all actions and claims, including attorney's fees, which may be incurred by reason of my participation in the event. I understand that anyone entering the event who is not adequately trained is taking a definite risk of suffering physical ailments. I do hereby state that I have trained properly and that I am physically prepared to participate in the event, and I expressly assume the risk of any illness or injury which may result from my participation in the event.

I authorize the use of any photograph, moving picture, or any other graphic depiction made immediately before, during or after my participation in the event by the organizers or others and I expressly waive any claim or privilege or privacy, or right to compensation for the publication of any such photograph, film or other graphic depiction.

Signature of Entrant _____

MAIL ENTRY FORMS TO:

ROSE CITY RUN

P.O. Box 1037
Thomasville, Georgia 31799
(229) 226-9878

E-MAIL: rcr@ymca-thomasville.org

May register online:

www.ymca-thomasville.org
click on Rose City Run
events and registration

FEATURED FEET ANNIE BOWMAN

When did you start running?

I started running in high school as part of the swim team workouts and I continued as a collegiate swimmer at FSU with running part of our training routine.

Childhood ambition?

My childhood ambition was to be a teacher.

Current occupation?

Currently I am a self-employed License Massage Therapist, Triathlon Coach, and Author.

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

If money were no object, I would be paid to travel the world, share photos and stories of all our adventures.

Favorite reads?

I have really enjoyed the inspiration from Reese Whitherspoon's book club. Some recent favorite reads include; The Giver of Stars, People We Meet on Vacation, The Four Winds, Sankofa, Mexican Gothic, Where the Crawdads Sing and Eleanor Oliphant is Completely Fine, to name a few. Some of my recent favorite series include the Discovery of Witches, Wheel of Time, Dune, Bridgerton, Witcher Saga, Outlander, Shannara Trilogy, and Dragon Heart Legacy.

Favorite running memory?

Favorite running memory was exiting the swim at the 1994 Gulf Coast Triathlon, running



Jeff and Annie Bowman after completing the swim leg of a triathlon in 1994, before they had met each other.

up the beach to the transition area and having a friend snap a picture of my future husband and me running up the chute together before we really knew each other.



Indulgence?

A trip to the beach with my hubby to search for shark's teeth is a favorite indulgence.

Non-running hobbies?

Swimming, biking, reading, writing, photography, walking with my husband and/or son, and watching a good romantic comedy are non-running hobbies.

Best place to run in Tallahassee?

Forest Meadows is favorite wooded area to spend time.

Preferred running technology?

The technology, beyond quality shoes, is my AirPods and with a good book or podcast.

Biggest challenge?

My biggest challenge is staying healthy due to surgery and meniscus issues from swimming breaststroke throughout high school and college; additionally, doing a few Ironman triathlons didn't help.

Perfect day?

The perfect day would be a couple cups of hot tea, chilling with my family, maybe watching a few home design shows, time spent working in the yard, cycling or swimming with a group followed by a fabulous lunch with friends, an afternoon nap, and a walk to watch the sunset. 🏃‍♀️

FEATURED FEET JEFF BOWMAN

When did you start running?

I officially started running in 1975 as part of the Leon High School Track Team. I continued the following year as a member of the LHS Cross Country Team. I still run to this day.

Childhood ambition?

To be an Astronaut or Airline Pilot

Current occupation?

My wife Ann and I own a local Endurance Sports Coaching company and have been coaching athletes to swim, bike and run for the past 12 years. I officially retired from FSU as an Associate Director of Technology & Research in 2015. I also spent 4 years in the United States Coast Guard conducting Search and Rescue.

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

Gosh that's a tough one, as we are currently living the dream. I would like to travel more, especially abroad if we can get this pandemic behind us.

Favorite reads?

Many years ago, I read the book Many Lives, Many Masters by Dr. Brian Weiss. I credit this book with changing the spiritual trajectory of my life. I'm currently reading 'The Discovery of Witches', a historical fantasy novel by Deborah Harkness, which is also streaming on Amazon as a 3 season fantasy series.

Favorite running memory?

The inaugural Disney Marathons, circa 1994/1995. 3am wake-up call, 6am start, fireworks at the start, sunrise at the half marathon point. 1995 remains my fastest marathon to date, 3:03. A close 2nd would be long runs in the Apalachicola National Forest as part of the Leon High Cross Country Team.

Indulgence?

Any type of chocolate, carrot cake, cheesecake, White Chocolate Mocha coffee drinks. Unfortunately, you can't out exercise a suspect diet.



Non-running hobbies?

Why, biking & swimming of course. I also spend a couple of weekly hours in the weight room at the Forest Meadows gym. A close 2nd would be amateur photography. I've been taking pictures since I was a kid. If you follow me on Strava, rarely do I post an activity without an action shot or beautiful landscape picture.

Best place to run in Tallahassee?

So many places to choose from. My favorite both from a beauty and terrain standpoint would be from Bradley's Country Store. I've also spent many hours on the Miccosukee Greenway multi-use trail.

Preferred running technology?

Garmin Forerunner 945 multisport watch and lately either the Nike AlphaFly or Saucony Endorphin Pro & Speed running shoes.

Biggest challenge?

Staying running healthy. For the most part I've had a long, fairly healthy running career, with the exception of some nagging calf issues. Lately a torn plantar ligament and MCL tear. I'm healthy as of this writing, knock on wood.

Perfect day?

Wake-up at the beach or in the mountains. coffee, a hike, walk or run on the beach or a bike ride with friends. Post exercise lunch with friends. A mid-afternoon nap. Dinner and a walk with Ann, followed by a movie. 🏃‍♂️

THE SPRINGTIME TRAINING GROUP IS UP AND RUNNING

By David Yon

Thursday, February 17, was the first day of the 2022 Springtime Training Group and approximately 35 people showed up to run and walk parts of the course. The group will continue to meet every Thursday through March 24, 2022. Special thanks to Jo Lena Bryan, Chika Okoro, Tom Bianca, Elizabeth Kamerick, Anthony Walker and Grayton Smith. Anthony and Grayton work for Cadence Running store and are leading various pace groups.

Training groups will be available for different groups based on the needs of the participants. It is expected to include groups for beginning intermediate and advanced runners. There will be at least one run/walk group option available.

The training run will begin with an approximately two-mile loop that all runners will run the first week. More advanced runners may add on miles by running extra loop(s). Additional mileage will be added each week as the training run progresses.

It is not too late. Sign up here and come on out

<https://runsignup.com/Race/FL/Tallahassee/SpringtimeTrainingGroup>

For questions and more information contact springtime10k@gmail.com



VOLUNTEER SPOTLIGHT DANNY MANAUSA



Tell us briefly about your running experience.

I have run my whole life. For 40 years running supplemented other sports, now, trying to take it a bit more serious while my legs are still cooperating.

How long have you been a member of GWTC?

Long time.

How did you first get involved as a volunteer?

The TLH Marathon needed relay volunteers. It is a great gig as the participants are very excited and it is a unique way to watch the race.

What do you enjoy most about volunteering?

The smiles running brings to people.

Why do you volunteer?

GWTC has given me more than I have given, so, trying to balance the ledger.

What is your next volunteer project?

Spring training for youth in the International Rescue Committee program.

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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.

March Grand Prix Schedule

March 5 Shamrock Scurry 5K

Get the complete 2022 Grand Prix standings by visiting:
<https://runsignup.com/Series/GWTCGrandPrix>

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presents

The St. Marks Duathlon March 20, 2022

RUN



**3.1
Miles**

BIKE



**12.4
Miles**

RUN



**1.55
Miles**

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

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

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

TALLAHASSEE HALF-MARATHON WINNERS



STAN LINTON
1:07:46



PURITY MUNENE
1:22:44

Photo Credit: Herb Willis