

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | APRIL 2022



THANK YOU SPRINGTIME TRAINING GROUP LEADERS

Many thanks to this gallant group for leading the way with this year's Springtime Training Group! Jo Lena Pace Bryan, Chika Okoro, Elizabeth Kamerick, Mark Tombrink, the team at Cadence Running and all of those that jumped in along the way...you rock!

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VOLUME 47 | ISSUE 4

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.:

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GWTC-Fleet Foot and sent to, PO Box 3447, Tallahassee, FL 32315

Submissions/Contributions:

Submissions for publication are strongly encouraged, the preferred format is Microsoft Word. If you have pictures or stories about your running group, don't be shy, photos should be in jpg format. Contact us if you have questions.

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

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.



Start of the 5K portion of the St. Marks Duathlon.

Photo credit: Annie Bowman



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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, April 13, 2022. Email FleetFoot@GulfWinds.org for the location details if you'd like to attend.

Chip Timing and Race Equipment Annual Report: Bill Hillison presented a detailed report showing races that have been chip timed in the past year. The summary showed that almost 8,000 runners were timed this year. He predicts that 2022 will reach pre-pandemic rates. GWTC charges \$100 per race plus \$2 per runner to time non-club races. The Club has raised a net of \$120,000 since purchasing the chip timing equipment. The total net revenue is \$256,162 compared to paying other people to do the timing. The original equipment cost about \$80,000 and computers and accessories are additional, with a total investment of \$87,699.00. Mats need to be replaced occasionally. Over 75,000 runners have been timed in the last ten years. Chris Gamache is learning the timing system and is helping with timing. Additional volunteers are needed.

Treasurer: Peg Griffin provided a detailed financial report showing that the total revenue from July 2021 to January 2022 was \$253,258.03. The current assets are \$244,322.79, with a net loss this month of \$37,532.27.

Triathlete Club: Kory Skrob reported that the Tri Club presented its annual awards in January. Kory and Robert Skrob are the race directors for the St. Marks Duathlon on March 20, 2022. The next Tri Club meeting is on February 21st at Momo's.

Race Director Coordinator: Mary Jean Yon reported on the upcoming Springtime races. The committee will meet this Sunday, and registration is open. The anticipated budget has changed due to rising costs. The committee members are seeking sponsors in order to break even or make a profit. There is a training group led by Cadence Running, and it starts on Feb. 17th at 5:45 p.m. at Myers Park.

Newsletter: Kory reported that the February Fleet Foot was sent out digitally on Feb. 2nd. The deadline for the March newsletter is Feb. 18. They are seeking individuals for the "Volunteer Spotlight." About \$30 in postage is paid each month for the mailed copies of the Fleet Foot.

Membership: Jo Lena Bryan reported that there are currently 1,189 members, compared to 1,015 last year. There are 645 households this year. The GWTC Google group is up and running, and 35 people have signed up. The link is on the club web site. Jo Lena checks to see that registrants are actually club members, and she approves the posts.

Diversity: Chris Turner reminded everyone that Virginia Dailey is working on a South Side festival, and would like to put on a 5K race. Last year, the IRC fund covered some registration expenses for kids. The Boys and Girls Clubs members are being encouraged to run the Springtime mile. The beneficiary of the Springtime race is the Boys and Girls Clubs of the Big Bend. Chris said it is important to show the donors how the money is being used. Chris is also meeting with Girls on the Run (GOTR) of the Big Bend. All the Title One schools

have full scholarships for the GOTR program. Other schools would like to participate, yet don't have the funding. Mark Priddy inquired as to the current activity level of the IRC, and Chris indicated that the expense and the return is not as great as it could be. He made suggestions as to other ways the money could be used to encourage youth running and build on what was learned previously.

Education and Lecture: Mark Priddy reported for Judy Alexander. On Feb. 10 at 6:00 p.m. at Fleet Feet, there is a discussion of the upcoming Capital to Coast Relay race.

Web Site: David Yon pointed out that there is a lot of useful information on the web page. Peg encouraged people to set it as their home page on their computers.

Equipment: Bill Lott reported that the broken race clock was sent out to California for repair. The logic board was refreshed and re-programmed, for a total cost of \$222.65. Bill purchased 50 more safety vests for a total of \$214.46. Mark indicated that much of the race equipment (coolers, etc.) is returned dirty, and race directors are encouraged to return the equipment clean. 🏃

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

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@capitoltoastrace.com.

09 Wolf Dash 5K/1M, 8 a.m. 1M; 8:30 a.m. 5K. Lawton Chiles High School, 7200 Lawton Chiles Ln. Online registration available at Eventbrite.com. Visit www.chileswolfdash.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://garnetandgoldfourmiler.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. 10K; 9:30 a.m. 1 M. North Broad St. at corner of Broad St. and Monroe St., near U.S. Post Office, Thomasville, GA. **No Race Day Registration for 1M.** Online registration available at <https://ymca-thomasville.org/events/rose-city-run-walk>. Thomasville YMCA at (229) 226-9878 or rccr@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 5K Walk, 8:30 a.m. Thomasville Center for the Arts, 600 E. Washington St., Thomasville, GA. **No Race Day Registration.** Online registration available at <https://ymca-thomasville.org/events/rose-city-run-walk>. Thomasville YMCA at (229) 226-9878 or rccr@ymca-thomasville.org.

30 Nesmith 5K, 8 a.m. Phipps Farm, 4300 N. Meridian Rd. (across from Maclay School). Sue Ault at 556-5922.-

30 Nene Fest 2-Way 5K/1M, 8 a.m. 5K; 9 a.m. 1M. Optimist Park, 1806 E. Indianhead Dr. Online registration available at RunSignUp.com. Race director at nenefest5kandfunrun@gmail.com.

30 **Mayhaw 5K/1M**, 8 a.m. Crooked Oak Golf Course, 100 Crooked Oak Lane, Colquitt, GA. Online registration available at EventBrite.com. Colquitt-Miller County Chamber of Commerce (Mandy Roland) at colquittmillercoc@gmail.com.

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**, 7:30 a.m. half marathon; 8 a.m. 1M; 8:30 a.m. 10K/5K. Tallahassee Animal Service Center, 1125 Easterwood Dr. next to Tom Brown Park. Online registration available at RunSignUp.com. Visit www.animalshelterfoundation.org; or Cara Fowler at cara@animalshelterfoundation.org.

14 **Soul of the Southside 5K/1M**, 7:30 a.m. 1M; 8 a.m. 5K. Lake Anita Plaza, 116 W. Van Buran St. Online registration available at RallyUp.com. Ginny Dailey fundraising@sosfestlh.com.

21 **American Red Cross Robin Lotane Memorial Hurricane Run 5K/1M**, 8 a.m. 1M; 8:15 a.m. 5K. 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.

28 **GWTC Summer Trail Series Race #1** – location and time TBA. Online registration available at RunSignUp.com (no addition fee). Visit www.gulfwinds.org; or Bobby York at byorkjr@msn.com.—

JUNE 2022

02 **Summer Track Series - Week 1**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

04 **Run 2-1-1 Big Bend 5K/1M Night Run**, 7:45 p.m. 1M; 8:30 p.m. 5K. Railroad Square Art Park, 602 McDonnell Dr. Online registration available at RunSignUp.com. Visit www.211bigbend.org/run211; or Kay Meyer at kmeyer@211bigbend.org or 617-6323.

09 **Summer Track Series - Week 2**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

11 **Great Pot Luck Bash 4M (Trail Pre-diction Run)**, 6 p.m. Forestmeadows Park and Athletic Center, 4750 N. Meridian Rd. Online registration available at RunSignUp.com (no additional fee). Visit www.gulfwinds.org; or David Yon at david@radeylaw.com.

16 **Summer Track Series - Week 3**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

18 **Monticello Kiwanis Club Watermelon 5K Run/4M Walk**, 8:15 a.m. First United Methodist Church – Family Ministry Center, corner of South Water St. and Hwy 90 West, Monticello, FL. Online registration available at WatermelonRun.com; or Floyd Fagile at watermelonrun@gmail.com or (850) 997-6300.

18 **GWTC Summer Trail Series Race #2** – location and time TBA. Online registration available at RunSignUp.com (no addition fee). Visit www.gulfwinds.org; or Bobby York at byorkjr@msn.com. 🚗

PRESIDENT'S COLUMN - MARK PRIDDY

April is a very busy month with Gulf Winds Track Club. Let's start by celebrating the return of the Springtime 10k/5k/1M races! This is one of Tallahassee's premier running events and it's back in a big way. I want to acknowledge the group of Club volunteers who made this happen:

Heather Vickers – Registration

Vicky Verano – Equipment

Lisa Unger – Water Stations & Equipment

Jerry McDaniel – T-shirts & Equipment

Tom Perkins – Race courses

Rachel Scharlepp – Historian & Port-a-lets

Bill Lott – Involved in everything

Peg Griffin – Timing & Awards

Annie Bowman – Volunteer Coordinator

Jon Brown – Sponsor Recruitment

David Yon – Involved in everything

Mary Jean Yon – Chief Cat Herder

I think this was a truly amazing effort, unlike any I have seen in a very long time because each of these Captains recruited dozens and dozens of other folks to pull all of this together. They have my thanks and admiration.

There is a famous line in the classic movie *The Wizard of Oz*: "Pay no attention to the man behind the curtain". Well, the person, regardless of gender identification, **MUST** command our attention in this running club because

nothing, and I mean nothing, happens without the people away from the spotlight.



Here are more examples of running events in April. Some are GWTC events, some are not, but Gulf Winds Track Club members are directing them. All are on the www.gulfwinds.org website. Get out and show your support.

Wolf Dash, at the ARP
(Laura McDermott).

Red Hills Triathlon (Kathy McDaris).

Rose City 10k/1M (Dr. Jim Story).

Palace Saloon 5k (me!). *GWTC member discount applies.

Nene Fest 2-Way 5k
(Marie-Claire Leman).

Tuesday AM Intervals at Maclay School – Gary Droze and Bill Lott.

Tuesday PM Intervals at FSU Track – Gary Droze and Bill Lott.

Wednesday PM Intervals – Jamila Allen.

Several running groups meet during the week. See the GWTC website for more information.

One final fun fact: The Club now has over 1200 members representing 8 different states and Canada. Please renew your membership when you receive the email notice.

Happy Running in April! 🏃

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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: _____
(first) (last)

(street or box)

(city)

(county)

(state)

(zip)

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: _____
(first) (last)

MAILING ADDRESS: _____
(street or box)

(city) (county) (state) (zip)

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 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 DEANNA MCVAY

When did you start running?

I was always active growing up with 3 brothers. I danced and played high school sports. It wasn't until I went to college at Notre Dame that I picked up running as a way to keep in shape without formal athletics. And by running - I mean a mile or two around the lakes. Fast forward to having 3 kids and a busy career and running seemed to be the one sport I could do anywhere. I skipped all the shorter stuff and went right for the marathon. I ran my first marathon in Chicago 2015 and got a BQ and I was hooked. I started running later in life, but love that I still have SO much to learn. I also love how the lessons learned running filter into everything else!

Childhood ambition?

A pediatric oncologist.

Current occupation?

A Senior District Sales Manager for Eli Lilly and Company

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

That's a hard one. I suppose something in which I could maximize giving back and developing people!

Favorite reads:

Oh goodness-too many to list. Adam Grant's *Think Again*, *The Coddling of the American Mind* by Greg Lukianoff and Jonathan Haidt, and *Atomic Habits* by James Clear have been some of my recent reads. I'm a few chapters into *How She Did It* by Molly Huddle and Sara Slattery right now.

Favorite running memory:

Probably completing my first marathon and qualifying for Boston. I was a working mom with 3 kids (with very little running background) training through a Florida summer. Crossing that finish line felt like a small victory and a reminder to never put limits on what you think you can do.



Indulgence:

I don't really consider anything an indulgence. I'm all about balance. Chips and salsa and ice cream are some favorites, but I try to make them part of my daily routines.

Non-running hobbies: Spending time with my family, chasing my Boxer pup, reading and hot yoga.

Best place to run in Tallahassee: It's hard to beat Bradleys on a cool morning.

Preferred running technology: My Garmin and some headphones when running solo.

Biggest challenge: Does running in the heat count? I think I train in the wrong state. Or perhaps finding the time to recover properly. My life isn't the best one to support recovery, but I try!

Perfect day: A 30-40 degree morning run with the sun shining followed by coffee and brunch and lots of time with family and friends (preferably outdoors). 🏃‍♀️

FEATURED FEET GREGORY SPRINGER

When did you start running?

I started running in 2013 when I lived in Boise, Idaho. I had just finished graduate school and started my first faculty position. Some of my friends were experienced runners. They encouraged me to start running and nudged me to sign up for my first 5K race.

Childhood ambition:

I wanted to be a pilot when I was a child.

Current occupation:

I teach in the College of Music at FSU in the music education area. We prepare undergraduate music education majors for successful careers as music teachers, and we also provide advanced study for master's and doctoral students in music education.

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

I wouldn't change professions. I love what I do!

Favorite reads:

My favorite book is *Mindfulness* by Ellen J. Langer. I have always loved it and frequently recommend it for others to read. I also enjoyed *One Day* by Gene Weingarten and *The Nickel Boys* by Colson Whitehead.

Favorite running memory:

My favorite running memories were early morning runs along the Arno River in Florence, Italy during Summer 2021. It was beautiful and peaceful!

Indulgence:

Baking. I love to bake, and I love baked goods.

Non-running hobbies:

Playing piano, cooking, baking, spending time with my dog Chief (blue tick beagle mix)



Best place to run in Tallahassee:

Although Tallahassee has so many great places to run, I am partial to the Miccosukee Canopy Road Greenway.

Preferred running technology:

I always run with my Garmin Forerunner 235. If I am running by myself, I sometimes use Bose Soundsport wireless headphones as well.

Biggest challenge:

Challenges seem to come and go. Right now, I am dealing with some Achilles tendinitis issues. I'm trying to stretch a lot and run carefully to avoid injury.

Perfect day:

For me, a perfect day would start with a morning run with my friends on Team Pizza Bet, followed by brunch somewhere nice. Then, it would be fun to take a day trip to Apalachicola or Thomasville. 🏃

M. Felton Wright

Senior Vice President

Wealth Management Advisor

850.599.8978, mfelton_wright@ml.com

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VOLUNTEER SPOTLIGHT

CHIKA OKORO

Member: GWTC Hall of Fame

Tell us briefly about your running experience.

After a couple years of trying to run a mile without walking in my 20s, a friend suggested I join her at this GWTC Beginning Running class. It worked! It took 2 more Beginning Running classes to work my way to completing my 1st 5k. Since then, I've run or run/walked a few days a week usually, and I've been able to complete various event distances between the mile and the marathon. I've done lots of "beginning running again" over the years due to work/life and injury, but it's been great to have this running community and my friends to help keep me motivated.

How long have you been a member of GWTC?

I think around 15 years, maybe more?

How did you first get involved as a volunteer?

Hard to recall. It was either collecting finisher cards or as a packet stuffer for one of our local races.

What do you enjoy most about volunteering?

It's great seeing other people pursue and achieve their goals, and it feels good to help them in some way to do so.




Why do you volunteer?

- a) It's fun to help make an event/project successful.
- b) GWTC wouldn't be able to do anything it does without members who volunteer.
- c) If it weren't for other volunteers, I wouldn't be a runner today. There wouldn't be fun events to participate in without volunteers either. I feel like it's important to give back, as I can.

What is your next volunteer project?

Next up, I'll be helping with the Spring-time training group and races. 🏃



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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.

2022 Grand Prix Schedule

April 2	Springtime 10K
April 9 CANCELED	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 2022 Grand Prix standings by visiting:
<https://runsignup.com/Series/GWTCGrandPrix>



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presents

The St. Marks Duathlon

March 20, 2022



Photo credit: Tina Bahmer