

THE FLEET FOOT



NEWSLETTER OF THE GULF WINDS TRACK CLUB | MAY 2022

SPRINGTIME TALLAHASSEE



WINNERS

CHRISTOPHER HAYNES
31:23



ANN CENTNER
34:58

Photo Credit: Fleet Foot editor

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NEWSLETTER OF THE GULF WINDS TRACK CLUB | MAY 2022

VOLUME 47 | ISSUE 5

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

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

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Advertising Payments.:

Full Page-\$50, Half Page – \$28, Run twice, no changes – \$46, \$25 each yearly rates. \$400, \$225, \$125. Letter-size centerfold race flyer, check with editor.

Payment in advance/checks payable to:

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

Submissions/Contributions:

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

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

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Natalie Jefferson and Breanna Brown celebrate that the Springtime 10K is back!

Photo credit: Fleet Foot editor



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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 March 9, 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, May 11, 2022. Email FleetFoot@GulfWinds.org for the location details if you'd like to attend.

Tallahassee Marathon & Half-Marathon Closeout: Sheryl Rosen presented the closeout for the Marathon & Half-Marathon. There was a net revenue of \$75,043.88 and expenses totaling \$78,680.08 resulting in a loss of \$3,636.20. Sheryl noted there were many price increases on items such as port-a-lets, police barricades, etc.

Flash 12K/6K Closeout: Keith Rowe presented the closeout for the Flash 12K/6K. There was a net revenue of \$5,325.59 and expenses totaling \$4,524.72 resulting in a profit of \$800.87. Proceeds will be shared with CurePSP as follows: \$400.42 for CurePSP and \$400.32 for GWTC. A total of \$866 direct donations was made to CurePSP making their share a total of \$1,266.42.

Update on Review of Bylaws: David Yon shared copies of the latest proposed revisions to the Bylaws that the committee has drafted. He plans to bring the final version to the Board for approval at the next meeting but wanted to share the progress of the committee to date. Highlights include: 1) Clarification of the duties and responsibilities of board members, 2) Stating the club's commitment to diversity and inclusion, 3) Setting attendance requirements for meetings for board members, 4) Clarification of tax issues that affect the club, 5) Changes to the Awards Committee membership, and more. Anyone who wants a copy of these proposed changes should contact David. Mark Priddy thanked the committee for doing this project and complimented them on their work.

Mike Boll Memorial: Peg Griffin shared that the Mike Boll Memorial mile markers at the Miccosukee Greenway are being installed from the Fleischmann trailhead to Crump Road, a total of seven miles. She is working with Leon County to ensure that the markers are accurately located every mile and, in some cases, every half-mile. At least two of the existing kiosk maps will be replaced, with a statement added to indicate the mile markers were made possible by a gift from the Boll family to Gulf Winds Track Club in memory of Mike.

Treasurer: Peg Griffin provided a detailed financial report showing that the total revenue from July 2021 through February 2022 was \$277,910.36. The current assets are \$204,446.04, with a net loss this month of \$49,088.12.

Race Director Coordinator: Allen Blay, the new race director for the Prefontaine Forest Run 5K, shared some details on this race. He is planning to hold the race on September 24th at the Wallwood Boy Scout Reservation which is located on Lake Talquin near Quincy. He has had a very favorable response from the organizers of the facility and welcomes any and all feedback from board members and club members.

Membership: Jo Lena reported that there are 1209 members compared to 977 last year at this time, and 665 households compared to 499 at this time last year. The Google group has 48 members right now. GWTC is one of the largest clubs in Florida.

Diversity: Chris Turner held a meeting about IRC this week with Danny, Paul and David about how the donated funds are being used. They will start youth training in April with the goal of completing the Southside 5K or One Mile. Last year, they spent about \$700 a week of the donated funds, so he is trying to reduce that. They may also work with the Boys and Girls Club. Additionally, Chris wants to set up an account with Cadence and Fleet Feet to fund the purchase of shoes for needy individuals. Chris isn't certain if he will be working with Girls on the Run or not. The Title One schools have all received funding. Peg requested that Chris and Danny work on an expected budget for expenses like transportation and shoes. Chris asked the Board to consider waiving race registration fees for a small number of people as needed instead of using the donated funds.

Grand Prix: Mark Tombrink said there are two scheduling changes. The Hurricane Run One Mile Run was on the Youth Grand Prix Schedule, but the race director has now said that they only want it to be on the adult Grand Prix. They requested to be removed from the Youth Grand Prix schedule. The other change is the Hops and Half Shells 5K, which has been cancelled for April. The TCC Foundation will not be offering the race. Some of the race courses need to be re-certified.



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

MAY 2022

01 Run ELC “Track to the Future” 5K, 4 p.m. 1M; 4:30 p.m. 5K. Railroad Market Place (across from Railroad Craft House), 808 Railroad Square. Online registration available at RunSignUp.com. Visit www.elcbigbend.org; or 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 carafowler@mac.com.

14 Girls on the Run Hershey 5K, 8:30 a.m. Apalachee Regional Park, 7550 Apalachee Pkwy. Jennifer Powell at jennifer.powell@girlsontherun.org.

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 e.givesmart.com. Visit www.TallyRedCross.org; or American Red Cross – North Florida at (850) 666-3133; 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 – Swamp Forest Trail (~4.5M), 8 a.m. Elinor Klapp-Phipps Park. 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 Prediction 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
- Redbug Trail (~4.5M),** 6 p.m. Forestmead-
ows Park and Athletic Center, 4750 N.
Meridian Rd. Online registration available
at RunSignUp.com (no addition fee). Visit
www.gulfwinds.org; or Bobby York at by-
orkjr@msn.com.

23 Summer Track Series - Week 4,
6:45 p.m. Maclay School Track, 3737 N.
Meridian Rd. Tom Perkins at 894-2019 or
tomperkinsfsu@gmail.com.

**25 Paul Hoover Memorial Freedom
Run 5K and Extra Mile Run/Walk,** 8 a.m.
5K; 8:45 a.m. Extra Mile. Wakulla Springs
State Park, 465 Wakulla Park Dr., Wakulla
Springs, FL. (15 miles south of Tallahassee
on SR 267). Online registration available
at Eventbrite.com. Michael Atkinson at
nexnbax1@comcast.net.

30 Summer Track Series - Week 5,
6:45 p.m. Maclay School Track, 3737 N.
Meridian Rd. Tom Perkins at 894-2019 or
tomperkinsfsu@gmail.com.

JULY 2022

**04 38th Annual Capital City Kiwanis
Firecracker 5K/1M Sparkler Run,** 7:30 a.m.
1M; 8 a.m. 5K. Cascades Park, 1001 S.
Gadsden St. Online registration available at
RegFox.com. Visit www.cckcfirecracker5k.
com; or Capital City Kiwanis at tallahassee-
irecracker5k@gmail.com or 228-4410.

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

09 Ernie Sims Track Invitational (AAU),
time TBA. Mike Long Track, 1104 Spirit
Way, FSU Campus. Alice Sims at alices-
ims3435@gmail.com or 322-3929.

14 Summer Track Series - Week 7,
6:45 p.m. Maclay School Track, 3737 N.
Meridian Rd. Tom Perkins at 894-2019 or
tomperkinsfsu@gmail.com.

**16 GWTC Summer Trail Series Race #3
- Maclay Gardens (~5.5M),** 8 a.m. Maclay
Gardens State Park, 3540 Thomasville Rd.
Online registration available at RunSig-
nUp.com (no addition fee). Visit www.
gulfwinds.org; or Bobby York at byorkjr@
msn.com.

21 Summer Track Series - Week 8,
6:45 p.m. Maclay School Track, 3737 N.
Meridian Rd. Tom Perkins at 894-2019 or
tomperkinsfsu@gmail.com.

PRESIDENT'S COLUMN - MARK PRIDDY

Spring weather is here; now is a really good time to get out and get and get active. Yes, it's Tallahassee and of course there is pollen. I wash it off my car every morning and I often wonder how much of that yellow dust goes down into my lungs each day. Still, April and May are our best opportunities to train hard until cool weather arrives again the middle of October.

The summer heat and humidity rise up out of the pavement and give us a big bear hug, forcing all the air out of our lungs. A running friend says that it is like running with a wet wool blanket over your head. That sounds about right.

By the time you read this, you will already have run the Springtime races and the 47th Annual Palace Saloon 5k.

The Tuesday and Wednesday intervals are still taking place along with several weekly running groups.

Summer is a great time to run some shady trails.

The GWTC Summer Trail Series will start in late May. This event sells out early. You may want to also consider running the 19th Annual Tails and Trails Half Marathon on May 7th. This event is on the Grand Prix schedule this year.

Be sure to put the GWTC/ Tallahassee Parks and Recreation Summer Track races on your calendar. The races start June 1st and continue for 8 consecutive Thursday nights at Maclay School track. This is a fun event for the whole family. It has been held each summer for over 30 years, so you really need to be there.



Another Club trail race, the 24th Annual Potluck Bash is coming in early June.

The track club is in good financial shape for the year even though race entries are still down a little compared to historical levels. Runners are beginning to turn out in greater numbers so please sign up and support your running club.

Membership renewals and new memberships keep improving. We had 73 new members join the Club since last month's newsletter!

Congratulations to the 16 local runners who completed the Boston Marathon!

Happy May running, and I will look for you out there. 🏃

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FEATURED FEET MEGAN FLACK

When did you start running?

I started playing sports from the time I could walk, but never enjoyed running on its own. My friend got me out to my first Turkey Trot in 2013. I later did a session with GWTC's Beginner Group where I realized that jog/walk intervals were a much better fit for me, but it wasn't until 2018 that I decided to aim for consistency in my running and started signing up for more races.

Childhood ambition? Playing soccer at a professional level then retiring to be a marine biologist.

Current occupation? Hospital medical staff coordinator.

If money were no object, what profession would you choose? Run a summer camp in Maine & then animal rescue in the off season.

Favorite reads: I'm guilty of the stack of untouched books on the nightstand, but I have been revisiting *Mental Training for Runners* by Jeff Galloway recently.

Favorite running memory: 2019 Beach to Beacon 10k. I go to Maine every summer and would always see this race in the news in August, so I decided to start adding in distance earlier that year and luckily was selected from the lottery entry. I loved being able to complete a race in one of my favorite places and when I finished, I remember feeling like running could be enjoyable and not a constant challenge.

Indulgence: Dark chocolate- my current desk drawer stash is a bag of Dark Reese's Thins.

Non-running hobbies: Soccer, supporting various FSU sports, mountain biking, anything in/on water & spending time with my pup, Cooper.



Best place to run in Tallahassee: There are so many great trails that I love to take advantage of, but my favorite spot is right outside my door in Killlearn. There is so much variety- I have go-to routes for short, long, hills & flats on road and trail.

Preferred running technology: I'm a big fan of the guided runs in the Nike Running Club app - that, along with my apple watch, Spotify playlist, wireless ear buds and hydration pack- I'm (almost) unstoppable.

Biggest challenge: Not giving up. I was very competitive growing up and did not like to do anything that I was not immediately good at. With running, I have to accept that it's not always easy for me and I need to put in the effort to hit my goals. Some days the goal is a new PR, some days it's just getting my feet on the ground.

Perfect day: It's hard to pick one - there are so many great options depending on the season! If weather cooperates, I would go with a morning outside (trail run, soccer or mountain bike - I need more weekend hours!) followed by a dip in the pool with my dog then a tailgate with all my friends and family before attending a FSU football game. 🏈

FEATURED FEET **BILLY MRAZEK**

When did you start running?

I began running in earnest after finishing my collegiate swim career in 2007 (running before swim practice doesn't count). Initially it was a way to keep off weight so I could still eat like a swimmer. Through the GWTC races and group runs this sport became part of my life.

Childhood ambition? Navy Seal. Turns out being red/green colorblind is a disqualifying condition.

Current occupation? Firefighter/EMT.

If money were no object, what profession would you choose? Youth strength and conditioning coach.

Favorite reads: A Land Remembered.

Favorite running memory: One of my first races was the Seaside Half marathon. It was then I discovered free fermented beverages after running races was a thing. There was no going back after that.

Indulgence: A large Hungry Howies Pizza all to myself, finished in one sitting.

Non-running hobbies: I sometimes swim with a group around lunchtime. They take their lunch break, crush a 3500-yard workout in an hour, then go back to work. I do my best to keep up with them.

Best place to run in Tallahassee: GWTC Tuesday night intervals at the FSU track.

Preferred running technology: Technically I prefer running shirtless.



Biggest challenge: Trying to run every day. I used to be an every other day runner. However, recently I've been trying to increase my mileage and I've realized I can run every day, as long as I'm taking care of my body.

Perfect day: Run, Swim, Nap, Yoga and of course, spend as much time as possible with my lovely wife Stacie Jang. 🏃‍♂️



RACING TEAM

35TH ANNUAL

GATE TO GATE 4.4 RUN/WALK

Monday, May 30, 2022, 7AM CST

ON EGLIN AIR FORCE BASE



The GWTC Racing Team tradition continues with a GWTC TEAM EVENT at the 35th Annual Gate to Gate 4.4 Run/Walk on Monday May 30, 2022, 7:00 a.m. CST on Eglin Air Force Base. Come join us at one of Northwest Florida's greatest traditions, the GATE TO GATE Memorial Day Run/Walk. The competitive 4.4-mile race is open to members of the general public of all ages. GWTC hasn't attended this race since 2017 due to 3 years of cancellations and a year of denied public access onto Eglin AFB.

We will enter as a single GWTC team in the 4.4 mile event and we would like for all GWTC member participants to be listed on the team. The team is open to all GWTC members who pre-register by May 22 and contact Tim Unger with verification of their registration. GWTC "Trailhassee" racing singlets will be awarded first come first served until they run out to those who register for the event and contact Tim to be placed on the GWTC 4.4 Mile Racing Team. **Sign up immediately and contact Tim Unger ASAP for your best chance to score a GWTC racing singlet.**

THE EVENT IS LIMITED TO THE FIRST 2000 RUNNERS

SO DO NOT WAIT! SIGN UP TODAY! ONLINE REGISTRATION

@ <https://register.chronotrack.com/r/66547> is the **ONLY** way to attend this event.

Entry fees are \$35 pre-registration before May 2; \$45 by May 24.

There will be NO registration on race day! Please contact Tim Unger @ 850-544-4563 or runner1612@gmail.com to confirm that you have registered for the event and be included on the GWTC 4.4 Racing Team.

GWTC has a Face Book event page "GWTC to Gate to Gate 35th annual race & party" where additional event details are being communicated; please post any general questions or comments.

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

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 10	TUDC 50K
December 17	Tannenbaum 6K

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



A SPECIAL BOSTON MARATHON REPORT

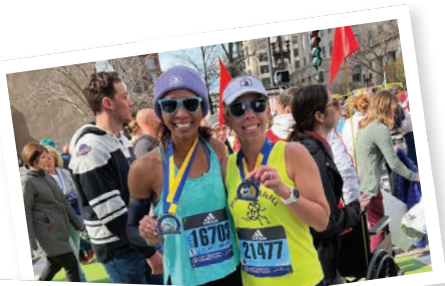
BY HERB WILLS

The history of the annual Boston Marathon from 1897 to 2022 hasn't been without interruptions.

The race keeps coming back, though. It came back after World War I. It came back after the 2013 bombing. It came back after a pandemic. The grand old marathon returned to Patriot's Day on 18 April 2022, and there were Tallahassee athletes on the starting line in Hopkinton, Massachusetts for the occasion. None of them were challenging Evans Chebet for the win when the Kenyan ran 2:06:51, nor was any athlete from Florida's Capital City in the mix when

Kenya's Peres Jepchirchir outkicked Ababel Yeshaneh of Ethiopia for the women's title, 2:21:01 to 2:21:05. Nevertheless, they were there.

Tallahassee's first finisher in the 2022 Boston Marathon was Michael Niezgoda, who placed 2164th overall and 2045th in the men's standings with a 2:56:47. Tallahassee's first woman was Claire Berryman, who ran 3:23:02 to place 8492nd overall and 1629th in the women's division. Jon Maner was the first master runner from Tallahassee in the race, placing 6394th in 3:16:23. The Capital City's first woman master in the marathon was Samantha Fillmore, 17040th overall and 6218th in the women's standings with a 4:01:44.



Top: Jamila Allen & Samantha Fillmore
Bottom: Fanxiu Zhu

TALLAHASSEE ATHLETES IN THE 2022 BOSTON MARATHON



Christopher Turner

The history of Tallahassee athletes in the Boston Marathon goes back to

1960, when Florida State University distance runner Kent Mills took time out from track season to run the 26.2-mile race. Mills placed 26th in the race, his second marathon, running 2:48:39. In addition to being the first Tallahassee-based athlete at Boston,

Mills was probably also the first runner from Florida to finish the storied event.

No doubt more Tallahassee athletes will be tracing the path of Kent Mills in Boston on Patriots Day 2023. In the meantime, here are the Tallahassee finishers of the 2022 Boston Marathon.

Tallahassee finishers in the 2022 Boston Marathon, 18 April

PLACE	TIME	ATHLETE	SEX	GROUP	NET TIME	PACE/MI
2164	2:56:47	Michael Neizgoda	M	18-39	2:55:07	6:41
6394	3:16:23	Jon Maner	M	45-49	3:14:57	7:27
7180	3:21:04	Jack McDermott	M	50-54	3:17:58	7:33
8492	3:23:02	Claire Berryman	F	18-39	3:22:51	7:45
8903	3:28:26	Fanxiu Zhu	M	50-54	3:24:22	7:48
11121	3:35:48	Alyssa Terry	F	18-39	3:32:31	8:07
11887	3:37:01	Jenny Early	F	18-39	3:35:21	8:13
12414	3:37:41	Jamila Allen	F	18-39	3:37:36	8:18
15602	3:56:10	Deanna McVay	F	18-39	3:50:38	8:48
16550	3:56:55	Jillian Heddaeus	F	18-39	3:55:15	8:59
17024	3:58:33	David Plack	M	50-54	3:57:48	9:05
17040	4:01:44	Samantha Fillmore	F	45-49	3:57:53	9:05
18625	4:10:55	Judy Alexander	F	60-64	4:08:38	9:29
20525	4:33:12	Birgit Maier-Katkin	F	55-59	4:25:16	10:07
22452	4:52:17	Richard Bergstrom	M	45-49	4:49:49	11:04
23016	5:06:49	Christopher Turner	M	40-44	5:00:12	11:27

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VOLUNTEER SPOTLIGHT

MARK TOMBRINK

Tell us briefly about your running experience.

I started running track in high school, and that led to me running on my own casually for years. After doing a small number of GWTC races over time, I eventually decided to open Pandora's Box by joining as a member. Since then, I have been doing all sorts of different races varying in terrain and distances. I've run the Boston Marathon and races ranging from one mile to a hundred miles.

How long have you been a member of GWTC?

I joined GWTC at the beginning of 2013. I made the decision after reading some of the club literature at the 5 & 10 Mile Challenge, which I now direct.

How did you get involved as a volunteer?

I have been involved with the club for a decade now, and, for a while, I'd only volunteer quite sporadically when asked. I had been wanting to give more back to the club since I have gotten so much from it, so I became much more forward in terms of making myself available. There has been a mixture of me asking for more responsibility and people asking me to volunteer because they see me as somebody who has been involved for a while and is reliable.

What do you enjoy most about volunteering?

What I enjoy most about volunteering is encouraging others to get more involved in the running community. Those who run very infrequently or casually can come do




a lot more GWTC activities and those who are already more established members can find a new challenge. Many people don't realize how fun and fulfilling this great community is until they join and become more involved.

Why do you volunteer?

I volunteer to encourage others to do more and to give back to the running community.

What is your next volunteer project?

I am the chairperson of the Grand Prix committee through the end of the year. I hope that I can make a smooth transition for the next group. I am tracking the Extreme Challenge. As a sidenote, John Baughman, way to go thus far! I am going to start the process of preparing to direct the 5 & 10 Mile Challenge in a few months. Other than that, I don't have any plans. Feel free to contact me, though, if anybody needs anything from me. 🏃



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2022 SUMMER TRACK SERIES

Presented by
**Gulf Winds Track Club and
Tallahassee Parks and Recreation**

Maclay School Track | 3737 N. Meridian Road | 6:45 p.m.

**It's time to start thinking about
participating or volunteering in the
GWTC Summer Grand Prix!**

The fun starts on June 2nd and continues
each Thursday at 6:45 p.m.
at the Maclay High School track.

The Summer Grand Prix is for GWTC
members only and is run in conjunction
with the Summer Track Series that
is open to the public.

The Summer Grand Prix is scored
based on a weekly Featured
Event starting with a
100-meter dash and
ending with a 5K.



Volunteers are needed each week to answer questions, sign in participants,
collect times (or verify participation for nine and under), and to assist
participants with heat/lane assignments (weeks 1 and 2).

**For more information about the Summer Grand Prix
or to volunteer contact**

Lisa Unger at lisa.s.unger@gmail.com