

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | JUNE-JULY 2022



THE SUMMER TRAIL SERIES HAS BEGUN!



UPCOMING RACES ARE
JUNE 18, JULY 16 AND AUGUST 20

Photo Credit: Fleet Foot editor

VOLUME 47 | ISSUE 6



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NEWSLETTER OF THE GULF WINDS TRACK CLUB | JUNE-JULY 2022

VOLUME 47 | ISSUE 6

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

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

Advertising Copy:

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

Advertising Payments.:

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

Payment in advance/checks payable to:

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

Submissions/Contributions:

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

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

Change of Address:

The US Post Office will not forward your newsletter; you must update your new address and phone number. With RunSignUp.com you now have complete control of your preference and address. Log in anytime, change/update your preferences, and be in total control of your personal information.



Photo credit: Fleet Foot editor

WANTED: If you see any of these race crashers at a Gulf Winds event please report them to proper authorities.



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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 April 13, 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, June 8, 2022. Email FleetFoot@GulfWinds.org for the location details if you'd like to attend.

Treasurer's Report: Peg Griffin announced that \$216,131.77 are the total current assets as shown in the Treasurer's Report.

Triathlete Club: Kory Skrob reported that the St. Marks Duathlon was held on March 20 and was successful. There was roughly a \$3,400 profit. Club members held open water swims for the past three Mondays in preparation for the Red Hills Triathlon. She is looking for a speaker to talk about safety for runners.

Race Director Coordinator: Mary Jean Yon reported that the committee structure worked well for the Springtime race. The race did well on sponsorships, with thanks to Jon Brown. There was just under 1,000 finishers. There will be a donation to the Boys and Girls Clubs of the Big Bend when the final figures are calculated. There were over 100 volunteers recruited by Annie Bowman.

Tim Unger indicated that the Momo's gift cards awarded to the teams at Springtime were slightly problematic, because they initially couldn't be used at all Momo's locations. However, the situation with the accounting software for the restaurants will hopefully be straightened out. Tim has entered GWTC into the Gate-to-Gate race which is scheduled for May 30. GWTC hasn't participated since 2017. Tim will not be purchasing new team singlets because he has several left over.

Potluck Bash will be held on June 11.

Newsletter: Kory Skrob reported that the next newsletter deadline is April 22. Kory needs suggestions for the Volunteer Spotlight.

Membership: Jo Lena Bryan said there are 1,251 members (compared to 968 last year at this time). There are currently 695 families. The Google Group has 54 members. There have been six posts total so far.

Merchandise: Laura McDermott and Sherri Wise sold several new merchandise items at Springtime and at other times.

Chip Timing: Bill Lott reported that in March, one Club race (St. Marks Duathlon) and two non-Club races (Shamrock Scurry 5K/1M, and Buck Lake Bobcat 5K/1M) were chip timed. During April, two Club races (Springtime 10K/5K/1M, and Palace Saloon 5K) and two non-Club races (Garnet & Gold 4 Miler, and Rose City 10K/1M) will be timed. For May, only one Club race (Summer Trail Series Race #1) and one non-Club race (Tails & Trails Half Marathon/10K/5K/1M) are scheduled at this time to be chip timed.

Grand Prix: Mark Tombrink reported that the committee decided to maintain the upper 5K distance limit for the Youth Grand Prix. During 2020, the committee created Masters and Grandmasters overall awards, but the current committee will not be continuing that. The regular Youth and Adult Grand Prix will continue as is. The committee plans to revise some applications to clarify the application for Grand Prix for non-club races. They will also start an "In Memoriam" segment to acknowledge club members who passed away within the past year.



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

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.

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.

10 Run ELC "Track to the Future" 5K, 6:30
p.m. 1M; 7 p.m. 5K. Cascades Park, 1001 Gadsden St. Online registration available at RunSignUp.com. Visit www.elcbigbend.org; or outreach@elcbigbend.org.

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. Forestmeadows 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 byorkjr@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-firecracker5k@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 alicesims3435@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 RunSignUp.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.

AUGUST 2022

06 Breakfast on the Track Mile, 7:45 a.m. Maclay School Track, 3737 N. Meridian Rd. **No Race Day Registration.** Online registration available at RunSignUp.com (no additional fee). Felton, Bonnie or Jamie Wright at bonniedwright@gmail.com.

06 25th Annual St. George Island Sizzler 5K/1M, 6:30 p.m. 1M; 7 p.m. 5K. Mango Mike's Sports Bar & Grill, 36 West Pine Ave., St. George Island, FL. Online registration available at Eventbrite.com. Visit www.eccfranklin.org; or race director at eccfranklin@gmail.com; or Mary Stutzman at mstutzman@fsu.edu or (850) 510-6921.

13 Miller Landing Madness 8K/5K/3K XC Run (3K GP for Youth Only), 8 a.m. Elinor Klapp-Phipps Park, Gate B, 1775 Miller Landing Rd. (1.3 miles west of Meridian Rd. on Miller Landing Rd.). Online registration available at RunSignUp.com (no additional fee). Tom Perkins at tomperkinsfsu@gmail.com or 894-2019; or Bill Lott at blott@nettally.com or 656-1273.

20 GWTC Summer Trail Series Race #4 - Cadillac Trail (~5.5M), 8 a.m. Tom Brown Park. Online registration available at RunSignUp.com (no addition fee). Visit www.gulfwinds.org; or Bobby York at byorkjr@msn.com.

28 Dueling Summits XC Invitational 5K/3K/1M, 7:15 a.m. Community 5K; 8 a.m. Girls High School 5K; 8:40 a.m. Boys High School 5K; 9:30 a.m. Girls Middle School 3K; 10 a.m. Boys Middle School 3K. Elinor Klapp-Phipps Park, Gate B, 1775 Miller Landing Rd. (1.3 miles west of Meridian Rd.). Online registration and additional information available at <http://fl.milesplit.com/>; or Jose Fernandez at multijumps@gmail.com.

PRESIDENT'S COLUMN - MARK PRIDDY

If you come from a large family or if you have children, then you know how difficult it is to organize activities or even something as simple as getting out the front door in the mornings. Without a plan, life can be hard to manage and nearly impossible to stay focused on task.

Have you ever looked at the Gulf Winds Track Club Mission Statement?

Stay with me here. This is a zero interesting topic, but one the Club officers and directors must reference with every decision they make.

What is a Mission Statement, you ask? Our Mission Statement is on the club website, but here is a summary of what it says:

- We encourage health and fitness via running and jogging.
- We exchange information about health, fitness, and running.
- We encourage participation in races and other fitness activities.
- We provide organized fitness events for everyone who wants to participate.

GWTC must have a Mission Statement in order to: Give us a Focus, Ease the Decision-Making Process, and to Hold ourselves Accountable.

In other words, it is a plan to keep the club on track to do what we are charged to do. It keeps us from drifting into areas that are outside our area of expertise.

Gulf Winds Track Club is the premier running club our community turns to for advice. As a nonprofit entity, with an all-volunteer Board of Directors and officers, our club and members are involved in so many areas: regularly scheduled group workouts, scholarships for youth runners, grants for school running clubs, fun informal social events, support for local charities, race timing and equipment rental, scholarships for youth runners, camaraderie through shared running and training groups, summer trail and summer track events, over 20 club sponsored races ranging in length from 1

mile to 50 miles, awards programs, holiday parties, Triathlete events, support and assistance to the community on racing events



Whew! I get overwhelmed just listing a fraction of the programs this club sponsors.

Almost daily, I underestimate the impact that Gulf Winds Track Club has on our community. I know each of you may experience this same feeling with your line of work. You, in your profession, and your running club must daily mentally ask ourselves what the ripple effect our decisions will have on hundreds, maybe thousands of other people who are looking to us for guidance.

You, personally, need a mission statement to guide you. Gulf Winds Track Club must refer to a Mission Statement in order to hold ourselves accountable and to make decisions that synthesize who we are and why we exist.

Now, revisit what I said earlier. We are an all-volunteer organization. Officer and Director's contact info is on the Club website and a quick search engine visit on your electronic devices.

Please take personal accountability and ask yourself, "Who would benefit from my club contribution? What would the future of the club look like if I didn't do this?"

Jump in at every opportunity and help us fulfill our mission to the running and fitness community.

Now, more than ever before, we need help.

I am not exaggerating when I say that the lifeblood of this club depends on a new generation of leaders. Leaders who want to uphold the Club Mission Statement.

I look forward to hearing from you, and happy June running everyone! 🏃

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FEATURED FEET BECKY SPONHOLTZ

When did you start running?
United States Marine Corps boot camp

Childhood ambition?
Astronaut

Current occupation? Tax Law Specialist – Florida Department of Revenue

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

Favorite reads: Alas, Babylon by Pat Frank; anything Sci-Fi

Favorite running memory: During marathon training, my husband rode his bike with me to provide support.



Indulgence: Dark chocolate espresso beans

Non-running hobbies:
Crocheting blankets

Best place to run in Tallahassee:
My neighborhood because it's close by at 0-dark-thirty.

Preferred running technology: Shokz OpenRun Pro. They changed my life.

Biggest challenge: Finding new music to run to.

Perfect day: Nothing hurts. 🏃

FEATURED FEET WARREN SPONHOLTZ

When did you start running?
Middle school track team. My performance was cringeworthy.

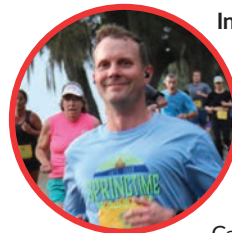
Childhood ambition?
Veterinarian

Current occupation? Chief Information Officer – Florida Department of Environmental Protection.

If money were no object, what profession would you choose? Video game tester.

Favorite reads: Lord of the Rings.

Favorite running memory: Training with my daughter for a half marathon.



Indulgence: Cold draft beer in a pint glass. Preferably something local.

Non-running hobbies: RPG video games and gardening.

Best place to run in Tallahassee:
Cascades is nice, headed towards St. Marks Trail.

Preferred running technology: Galaxy watch, and my budget friendly Soundcore waterproof earbuds.

Biggest challenge: Running on a hot sunny day. Miserable.

Perfect day: Going on an adventure with my beautiful bride. 🏃

FEATURED FEET DAYLEN SPONHOLTZ

When did you start running?
2019

Childhood ambition? To be a nurse!

Current occupation? FSU Nursing Student, Medical Scribe at TMH ER, and Officer Candidate U.S. Navy

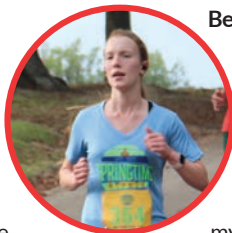
If money were no object, what profession would you choose? Broadway performer

Favorite reads: Jane Eyre!

Favorite running memory: Finishing my first marathon & seeing my family cheer me on at the end!!

Indulgence: Rice Krispy treats

Non-running hobbies: Lifting weights, painting, reading, seeing my friends



Best place to run in Tallahassee:
Cascades Park

Preferred running technology:
My Souncore A1 earbuds. They're sweat proof!

Biggest challenge: Running my first marathon. Physically it was fine but psychologically it was very challenging.

Perfect day: My perfect day would include a morning run, followed by a beach day with plenty of boogie boarding & swimming, and then dinner and a movie at home to end the night. I began running in earnest after finishing my collegiate swim career 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. 🏃‍♀️



Warren, Becky and Daylen Sponholtz

Photo credit: Fleet Foot editor



RUN & WALK for BROOKIE B

Labor Day, September 5, 2022
at
J.R. Alford Greenway

1M FUN RUN/WALK over the scenic
Lafayette Heritage Trail Canopy Walkway

8:00am
START TIME

5K TRAIL RUN/WALK in the
J.R. Alford Greenway with chip timing

8:30am
START TIME

for suicide awareness
and prevention

Full details and registration at
www.BluebirdRun.com

Brought to you by NAMI Tallahassee,
the National Alliance on Mental Illness



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

June 25	Paul Hoover Memorial 5K
August 6	St. George Island Sizzler 5K
August 6	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>

GWTC **Grand Prix** **Standings**

Check out your current Grand Prix points standings to plan your races to win! View current standings by visiting:
<https://runsignup.com/Series/GWTCGrandPrix>

Current MENS overall standings a of May 31st

PLACE	ATHLETE	AGE	POINTS
1	Leonardo Canete	43	75
2	Mickey Moore	51	49
3	Ryan Truchelut	36	32
4	Michael Weyant	56	17
5	Chance Logan	25	17
6	Zach Deveau	34	15
7	Duane Evans	54	14
8	Tristan Lanasa	28	14
9	Levon Hoomes	32	12
10	Paul Guyas	44	12

Current WOMENS overall standings a of May 31st

PLACE	ATHLETE	AGE	POINTS
1	Laura Reina	57	51
2	Stephanie Liles-Weyant	49	47
3	Katie Sherron	40	42
4	Angela Dempsey	53	23
5	Loranne Ausley	58	20
6	Birgit Maier-Katkin	59	16
7	Tsige Tadesse-Kiros	54	14
8	Kelley Coe El-Orfali	57	13
9	Melanie Leitman	37	12

Grand Prix standings now computed using Runsignup.

For years Peg Griffin computed Grand Prix standings within a custom programmed Microsoft Access table involving a manual process of identifying Gulf Winds members within race results to include them within the calculations. Then, these results had to be manually posted to the website including lots of custom adjustments to get the tables formatted just right.

Now, the Grand Prix committee works with Runsignup to better automate the process. It's still labor intensive but at least Runsignup can more easily identify club members.

If you haven't already, visit the new Grandprix standings by clicking the "Standings" button at: <https://runsignup.com/Series/GWTCGrandPrix>



2022 Series Female Age 30 - 34 Results

Include Event Details

PLACE	FIRST NAME	LAST NAME	GENDER	AGE	AGE GROUP	HOMETOWN	POINTS
1	Kat	Sack	Female	30	F30-34		22 Details
		RACE		TYPE		PLACE	POINTS
		GP Bowlegs 2022 SK		Gender		5	6
		GP Bowlegs 2022 SK		Age Group		1	11
		GP The Trent 10K 2022 10K		Gender		6	5
		GP The Trent 10K 2022 10K		Age Group		1	11
2	Caitlin	Ubilla	Female	31	F30-34		16 Details
3	Lisa	Play	Female	32	F30-34		15 Details
4	Arnelia	Wilson	Female	31	F30-34		15 Details

This enables you to see details of how your overall "gender" results are calculated as well as your "age group" results.

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VOLUNTEER SPOTLIGHT

ANNIE BOWMAN

Tell us briefly about your running experience.

Track running supplemented my high school and collegiate swimming, after that I incorporated cycling and began racing in triathlons.

How long have you been a member of GWTC?

It has been at least 25 years that I have had the pleasure of being a member of this awesome club.

How did you get involved as a volunteer?

I volunteer when I see a need. Since it takes a lot of different elements to put on races, there are plenty of opportunities for us all to help out.

What do you enjoy most about volunteering?

Giving a helping hand and giving back.



Why do you volunteer?

Well, I almost can't help myself when I see a need. Plus, there's a great feeling that comes from helping others.

What is your next volunteer project?

I will be taking photos and cheering on Gulf Winds Triathletes Club members at Ironman Chattanooga 70.3 and Coeur d'Alene as my next volunteer projects.. 🏃

Annie Bowman Massage Therapy


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Gulf Winds
Track Club

2022 SUMMER TRAIL SERIES

