

THE FLEET FOOT



NEWSLETTER OF THE GULF WINDS TRACK CLUB | AUGUST 2022

Tallahassee/Leon County to host 2026 World Athletics Cross Country Championships at Apalachee Regional Park

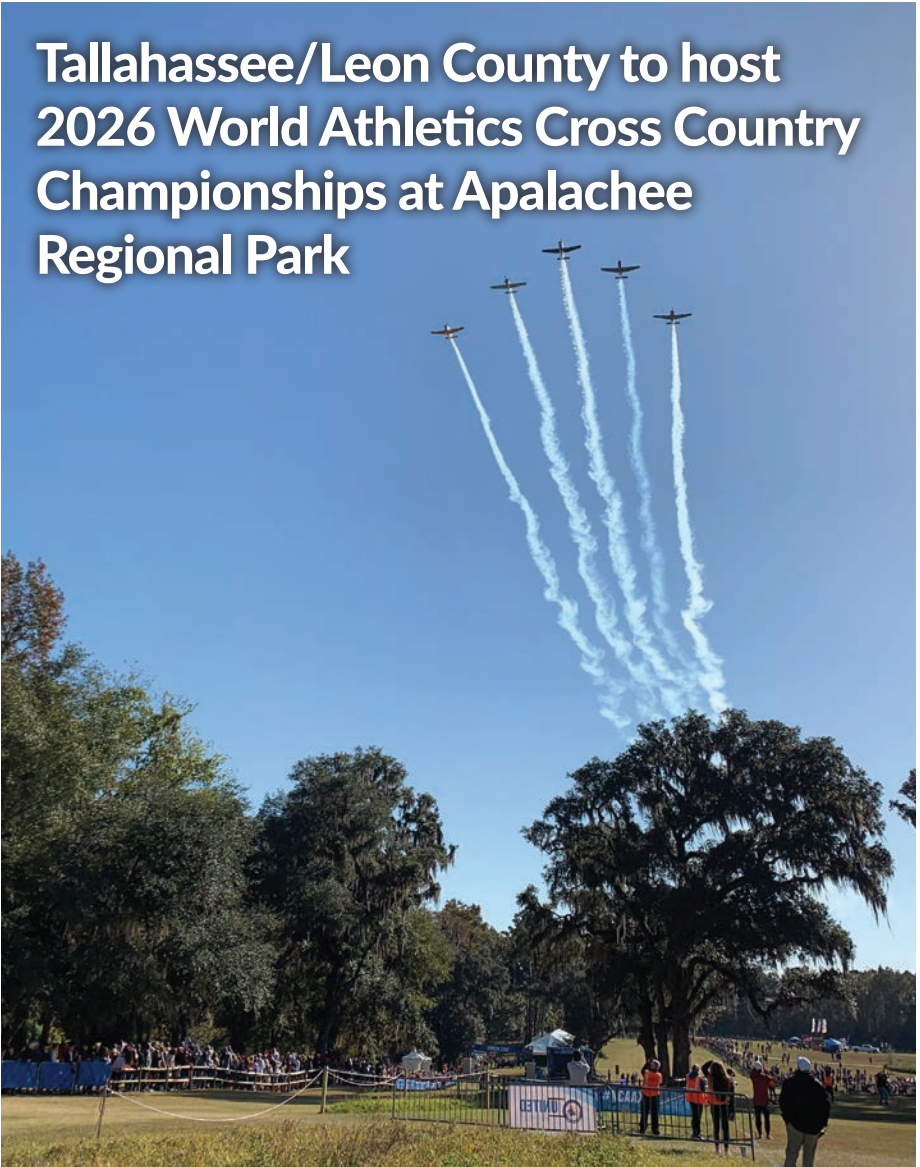


Photo Credit: ??????

VOLUME 47 | ISSUE 7



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NEWSLETTER OF THE GULF WINDS TRACK CLUB | AUGUST 2022

VOLUME 47 | ISSUE 7

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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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:

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Photo credit: Fleet Foot editor

A great group of winners at the Summer Track Series will soon be celebrating with ice cream.



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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 May 11 and June 8, 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.

Palace Saloon 5K Closeout: Mark Priddy reported that the Palace Saloon 5K made a profit this time. The total revenue for the race was \$12,694.27. After expenses, the net revenue was \$4,210.55. This amount was split among the Parkinson's Foundation (25%), Javacya Arts (25%), and GWTC (50%).

Springtime Closeout: Mary Jean Yon reported that the total revenue for the Springtime 10K/5K/1M was \$31,629.69, and total expenses were \$30,270.80, resulting in a net revenue of \$1358.89. There were direct donations to the Boys and Girls Clubs on the web site of \$1,337.00. Race proceeds will be shared with the Boys and Girls Clubs once all sponsor checks have been received. Two checks have not yet been received. Mary Jean thanked Peg for her help in compiling this closeout.

SMIRFS Update: Mary Jean Yon reported for David Yon. The Summer Mornings Includes Running Fun (SMIRF) camp starts on June 6, and runs Monday-Friday starting at 7:45 a.m. until July 29. David is looking for volunteer coaches. He is working with the City of Tallahassee to be able to pay the coaches. There is some money in the Club budget under "Training" that might be used. A request was made to approve \$300 for SMIRFs expenses. There are 17 participants registered right now, mostly middle and high school students. They run on the soccer fields off Miller Landing Road. Registration is available on RunSignUp.

Bill Hillison: Timing non-Club races: Bill let the Board members know that he won't be timing non-Club races after January 1st, 2023. Bill has timed almost every non-Club race that has been offered. The Club will lose revenue because of this. Bill is glad to help anyone learn how to use the timing equipment, and they can help at upcoming races. Bill will continue to trade off with Peg Griffin to time Club races. Mark Priddy thanked Bill Hillison for all of his hard work with timing, and he pointed out that some of the other Club members need to volunteer.

Mike Boll Mile Markers: Mark Priddy reported that the mile markers will be installed by the end of this month. Mike's family donated \$5,000 to have these markers up with a kiosk map, because GWTC meant so much to Mike.

GWTC Mailing List: Joseph Petty made some suggestions about how the GWTC mailing

list could be improved. He built the mailing list about five years ago in Google Sheets, but a new filter needs to be added in the code. Joseph said he would like to use APPSMITH, a platform in which he could rebuild the mailing list. He is employed by the company that produces APPSMITH. He has two FSU interns who could work on this as a project. Specific buttons can be used to reach and assign certain specific groups. Joseph will donate the cost and will supervise the work of the interns. The NDA will limit the access of the member information to the interns. The program is more secure and would be easier to work with. The mailing list is used by the Membership Director for the mailing of the newsletter, and by certain club members. It falls within OPENSOURCE Software with free cloud hosting. A motion was made and seconded to migrate the current membership information into APPSMITH. Board members voted in support of the motion.

Mark Priddy stated that Chris Turner resigned from the Diversity Committee. Mark spoke to Gabrielle Gabrielli, who is interested in serving on the committee. Mark would like to appoint her to the Committee, subject to Board approval. Board members voted to approve this appointment. Peg mentioned that the balance of the donation account for that Committee is \$23,100. David Yon described the issues that the committee has faced in arranging bus transportation for children, including the IRC participants that he hoped to get involved.

Mark Priddy announced that LuLulemon has been very helpful in providing cheer teams, and donations of scholarships and awards for races. Stacey Jang at Lululemon sent an e-mail to Mark indicating that they are still available to help with races. Mark suggested that race directors visit Lululemon if they would like to solicit help or possibly awards.

Jeanne O'Kon announced that the Girl Scout Council "Women of Distinction" event will be held on Thursday, August 4th at 11:00 a.m. at the FSU Alumni Center. Tsige Tadesse and Kim Ortloff are two of the five honorees this year. The event is open to the public. Tickets may be purchased at this link: [Women of Distinction Tallahassee \(qgiv.com\)](https://www.qgiv.com)

Grand Prix: Mark Tombrink reported that Tom Perkins requested that Miller Landing Madness 8K and 5K be added to the Grand Prix. The 3K will remain on the Youth Grand Prix. The Grand Prix Committee approves of this change.

Treasurer's Report: Peg Griffin reported that total assets as of May 31, 2022 are \$231,813.56, and the net loss to date is \$21,720.60. Total liabilities and equity were \$283,083.72 in May, 2019. Discussion focused on the rising cost of race expenses and the downward trend in race attendance as factors. While no action was taken, the Board will continue to monitor the club's financial position. The fiscal year ends on June 30, and Peg will present a proposed 2022-2023 budget for consideration at the July meeting.

Membership: Jo Lena Bryan reported that there are currently 1271 club members (compared to 1010 last year). There are currently 707 families/households (compared to 522 last year) The Google group has 64 members. 🏃

RACE CALENDAR

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. Berkshire-Hathaway Beach Properties, 140 First Street W., St. George Island, FL. Online registration available at Eventbrite.com. Visit www.eccfranklin.org; or race director at ecfranklin@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.

24 Swift Creek XC Run, (LCS middle schools only), 6 p.m. girls; 6:30 p.m. boys. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Sandy Clary and Caroline Simpkins.

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 multi-jumps@gmail.com.

31 Fort Braden XC Run (LCS middle schools only), 6 p.m. girls; 6:30 p.m. boys. Fort Braden Community Park, 15100 Blountstown Hwy. (adjacent to new Fort Braden School). Duncan Mischler.

SEPTEMBER 2022

03 Big Bend XC Invitational, 7:30 a.m. community 5K; 8:15 a.m. high school girls 5K; 9 a.m. high school boys 5K; 9:40 a.m. middle school girls 3K; 10 a.m. middle school boys 3K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Coach Reddick at reddick@leonschools.net.

04 TCC Eagle XC Open/NJCAA Pre-Nationals, 8:30 a.m. men 8K; 9:30 a.m. women 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Gary Droze at gary.droze@tcc.fl.edu.

05 Bluebird Run for Brookie B. 5K/1M, 8 a.m. 1M; 8:30 a.m. 5K. J.R. Alford Greenway, 2500 S. Pedrick Rd. Online registration available at RunSignUp.com. Visit www.bluebirdrun.com; or Bill Bowers at bill@bluebirdrun.com.

06 Mustang XC Stampede, (LCS middle schools only), 6 p.m. girls; 6:30 p.m. boys. Montford Middle School, 5789 Pimlico Dr. Monica Scott.

10 5K Run/Walk for Sickle Cell Anemia/Tim Simpkins 1M Fun Run, 8 a.m. 1M; 8:30 a.m. 5K. Jake Gaither Community Center and Golf Course, 801 Bragg Dr. Online registration available at RunSignUp.com (no additional fee). Visit FastestRacelnTown.com;



or www.sicklecellfoundation.org; or Sickle Cell Foundation at info@sicklecellfoundation.org or 222-2355.

14 Gretchen Everhart Owl Run XC Invitational, (LCS middle schools only), 10:15 a.m. Everhart students; 10:30 a.m. girls; 11 a.m. boys. Gretchen Everhart School, 2750 North Mission Rd. Jane Floyd and Vicky Droze.

17 Women's Distance Festival 5K/1M, 8 a.m. women; 8:05 a.m. men; 9 a.m. 1M. Optimist Park, 1806 E. Indianhead Dr. Online registration available at RunSignUp.com (no additional fee). Visit www.gulfwinds.org; or Lisa Unger at lisa.s.unger@gmail.com.

21 Fairview Falcons XC Invitational, (LCS middle schools only), 6 p.m. girls; 6:30 p.m. boys. Gene Cox Stadium/Fairgrounds, 601 Paul Russell Rd. Everett Blakely.

24 Salute to Steve Prefontaine 5K Virtual Forest Run time TBA. Wallwood Scout Reservation on Lake Talquin, 23 Wallwood BSA Dr., Quincy, FL. Online registration available at RunSignUp.com (no additional fee). Visit www.gulfwinds.org; or Allen Blay at allen.blay@gmail.com.

30 FSU Middle School XC Meet, (LCS middle schools only), 7:30 p.m. girls; 8 p.m. boys. FSU Rec SportsPlex East, 3950 Tyson Rd. Scott Hansen.

OCTOBER 2022

01 Tate's Hell 5K, 8 a.m., Crooked River Grill at St. James Bay Golf Resort, Carrabelle, FL. BeLinda Wharton at bhwharton@gmail.com.

05 LCS Middle School XC City Championships, (LCS middle schools only), 6 p.m. girls; 6:30 p.m. boys. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Chris Burkey (Deerlake).

07 FSU Cross Country Invitational (College/JV High School/Middle/Elementary Schools), 8 a.m. college men; 8:35 a.m. college women 6K; 5 p.m. open junior boys 3K; 5:25 p.m. open junior girls 3K; 5:50 p.m. high school boys JV 5K; 6:20 p.m. high school girls JV 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.sem-inoles.com (college); or www.visittallahassee.com (high school/middle school/elementary school).

08 FSU Cross Country Invitational/Pre-State (High School), 7:40 a.m. boys high school elite; 8:05 a.m. girls high school elite; 8:30 a.m. boys high school select; 8:55 a.m. girls high school select; 9:20 a.m. boys high school varsity A; 9:50 a.m. girls high school varsity A; 10:20 a.m. boys high school varsity B; 10:50 a.m. girls high school varsity B. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.visittallahassee.com.

08 Pine Run at Tall Timbers 20K, 7:30 a.m. Tall Timbers Research Station, 13093 Henry Beadel Dr. off CR 12. Online registration available at RunSignUp.com (no additional fee). Visit www.GulfWinds.org; or Carter Hay at chay@fsu.edu; or Jennifer Hay at jennghay-fl@gmail.com.

24 Southwestern Athletic Conference Cross Country Championships, 9 a.m. men 8K; 10 a.m. women 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.swac.org.

28 NJCAA Region 8 Cross Country Championships, 8 a.m. men 8K; 9 a.m. women 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.njcaa.org.

29 Boston Mini Marathon (13.1M)/Relay/5K, 8 a.m. half/relay; 8:15 a.m. 5K run; 8:45 a.m. 5K walk. Boston Community Club on North Main St., Boston, GA. (start/finish at Synovus Bank, 124 E. Jefferson St.). Online registration available at RunSignUp.com. Visit www.bostonga.com; or Brad Johnson at bradjohnson@synovus.com, or (229) 584-0924 (day), or (229) 226-4679 (evening).

PRESIDENT'S COLUMN - MARK PRIDDY

The great thing about running is that you can do it every day. Rain or shine. There is a lot of flexibility for you to work running into your daily schedule. I prefer to run early in the morning, but I have awakened in the middle of the night and taken off for a couple of miles. Many of you plan your runs after work. You can always run by yourself, but group runs offer a lot of encouragement.

Gulf Winds Track Club has year-round run groups:

- Winthrop Park Express - Monday evenings.
- Tuesday morning track intervals - Maclay School.
- Tuesdays evening intervals - FSU track.
- Wednesday evening intervals - call for details.
- Optimist Park Run Group - Thursdays.

GWTC has seasonal training groups:

- Springtime Training Groups - February/ March.
- Beginning Running Group - Sept. 21 - Nov. 9, 2022.
- SMIRF Training Group - Summertime.
- Turkey Trot Training Group - Fall.
- International Rescue (IRC) Running Group - Restarts Aug. 10, 2022.

There are several independent running groups out there. Most, are run by our Club members so contact me for details:

- Forest Meadows running group.
- Greenway running group.
- Work Addict(s).
- Imitation Adults-Long Runs.
- Harriman Circle Runners.

There is a vast community of running groups in town that are not mentioned here. We will list your group if you contact us. If you are struggling with your running, or just want to meet some new friends, contact one of our Club officers and we can connect you with a group. Hey, maybe you want to start up a new group!

Do you want to train for a Triathlon? The Gulf Winds Triathletes are extremely knowledgeable about everything Tri. They can get your training started quickly and safely with certified coaches and expert advice from their members.



There are also some upcoming opportunities for you to serve our Club and your fellow runners. We will have a presence at the Fitness Extravaganza at the Tallahassee Senior Center on September 12th from 10 am -2:00 pm. We will promote GWTC activities, have some giveaways, and hopefully recruit new runners.

The Beginning Running Group and the IRC Running Group need runners to help pace and encouraged some new runners, one night per week, for a few short weeks. Both groups are a lot of fun, and you will be helping new runners set up a fitness base for upcoming events.

Our fabulous Race Directors always, always, always need volunteers to help with GWTC races. August events are Breakfast on the Track Mile, Miller Landing Madness 8k/5k/3k, and Summer Trail Series Race #4. Please enter to run or help volunteer for the events.

And lastly, the Race Director of the Salina Crossroads Marathon/Half Marathon, being held November 5th in Salina KS, has sent Gulf Winds Track Club two (2) complimentary race entries for any Florida runner who wants them. He is trying to get runners from all 50 states to run his event. I will give these free entry certificates to the first FL resident who requests them.

Stay hydrated out there, and happy running!



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FEATURED FEET JOE VEGA

When did you start running?

I started running short distances in 2011 with some co-workers. I discovered that I really enjoyed running and entered my first race which was the Springtime Tallahassee 10K in 2011.



Childhood ambition? Science and math were always my interests from childhood. I played a lot outdoors in the Ft. Walton Beach area catching snakes and turtles, so I imagined a career as a biologist or as a super sleuth because I read the Sherlock Holmes anthology of stories repeatedly.

Current occupation? I retired in 2015 from FSU as a Database Administrator after 27+ years in the IT field. I started as a mainframe computer and systems programmer in the 1980's; and transitioned through various platforms until retirement.

If money were no object, what profession would you choose? Combining the outdoors and my love for animals, working at a zoo sounds like the right occupation. I can finally put my degree in biology to some use.

Favorite reads: Science books have always fascinated me. As a child, I enjoyed reading the many Guinness Books of World Records and Ripley's Believe It Or Not series. That progressed to books by Simon Singh (Fermat's Last Theorem, Big Bang, The Code Book); Bill Bryson (The Body, A Short History of Nearly Everything, At Home) and the series of illustrated science books by Larry Gonick.

Favorite running memory: I have to credit my fellow Crump Crew members for this memory. During 2020 as we tried to stay safe, a very small group of runners met at the Crump Road end of Miccosukee Greenway early every Sunday morning. We ran the 14 mile out-and-back every week during the majority of the year. The camaraderie maintained my sanity and fitness during the year where everything took a break.

Indulgence: Dark chocolate; pistachios and beers after a good workout.

Non-running hobbies: I have an interest in many activities and pick up hobbies quickly. During the pandemic, I picked up lock-picking, knot-tying, and knife-sharpening. My wife kidded me and wondered if I was in training to be the next Dexter. But my lifetime hobbies have been photography, astronomy, and playing guitar with the unrealized dream of playing in a rock band. I'm also an ancient gamer, having first played video games with the Mattel Intellivision, then progressing through Amiga, X-Box, and always on my PC.

Best place to run in Tallahassee: In my neighborhood in Killearn, Miccosukee Greenway and the trails within Tom Brown to the Piney Z area are my favorites.

Preferred running technology: I started running with a Nike+ watch with TomTom GPS, but switched to Garmin since. First a Garmin 920XT, and now currently rotating between a Garmin 935 and Fenix 6X Pro.

Biggest challenge: To run faster and effortlessly with the same mileage each week. Since that isn't happening, the biggest challenge is just keeping some semblance of speed, on an age-based scale.

Perfect day: I just had a perfect day this week. While staying at a beach home in Melbourne Beach, I had a morning 3 mile run with my daughter whereupon we watched a baby sea turtle struggle to get to the surf safely. The rest of the day was spent in good company with my family and grandkids; and friends who had stopped by to visit. A late night stroll on the beach with a red flashlight allowed us to observe two egg-laying turtles in their habitat. Additionally, the skies and stars were perfect for viewing that evening with binoculars. 🦋

FEATURED FEET **GABRIELLA PASSIDOMO**

When did you start running?

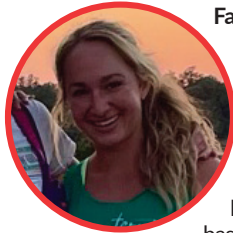
I grew up an avid soccer player and only ran cross-country in high school because of my great team and to train for soccer. In college, I joined the triathlon team and really developed a love of running. The rest is history!

Childhood ambition? To be the next Mia Hamm (and a lawyer...only one of those things panned out.)

Current occupation? I am one of five commissioners serving on the Florida Public Service Commission.

If money were no object, what profession would you choose? Writing and traveling as a Lonely Planet guide.

Favorite reads: River of Doubt by Candice Millard, The Sympathizer and the Committed by Viet Thanh Nguyen, The Overstory by Richard Powers (And so many more!)



Favorite running memory:

Running with my two sisters through Zion Nat'l Park in Utah to celebrate my 30th birthday.

Indulgence: Peanut butter.

Non-running hobbies:

Paddleboarding, scuba diving, basically anything in the water!

Best place to run in Tallahassee: Tie between Lake Overstreet and Tom Brown.

Preferred technology: Garmin Forerunner.

Biggest challenge: Going from Florida to the Grand Canyon to run an ultra at 8000 ft.

Perfect day: Long trail run in the mountains in the morning, followed by a day out on the water (so we need to be in a place to accommodate both things, I'm thinking Hawaii, Costa Rica, or New Zealand, perhaps?), then cooking a giant dinner with my family! 🍷

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Gulf Winds Track Club

2022 BEGINNING RUNNING GROUP



SEPTEMBER 21ST - NOVEMBER 9TH 2022

Group meets on Wednesdays at 6:00PM
at the Korean War Memorial at Cascades Park
(1001 South Gadsden)

Want to start a steady running routine? **New to running**
(or getting back into it) and **need some motivation** to
stick with it? **Want to complete a 5k?**

JOIN US & GET THE TOOLS TO SUPPORT AND BUILD YOUR RUN ENDURANCE

Cost? Free.

Visit www.gulfwinds.org to register for the Beginning Running Group by completing the "GWTC Training Groups Waiver" in the Training section. Consider joining the club or renewing membership while visiting the site.

Parking? Parking is available at many locations throughout the area

What do I wear? Wear running shoes and comfortable, breathable running/fitness attire.

What do I bring? Bring a water bottle and beach towel/mat for stretching after the run. Please leave valuables in your vehicle.



Run-Walk-Run

Training Week 1 started with a 1 minute run:1 minute walk – or 1:1 ratio – for 1 mile. Each week, the number of minutes running increases as the goal distance steps up (i.e. 1:1 for 1 mile, 2:1 for 1.25 mile, etc). These runners progress toward continuously running 3 miles by the 8th week.

Run-Walk Only

These runners complete the goal distance each week using a set 1 minute run:1 minute walk ratio. This won't change from week to week (i.e. Week 1 is 1:1 for 1 mile, Week 2 is 1:1 for 1.25 mile, etc).

Running

These runners progress toward running 3 miles continuously with little to no walking by the 8th week. They will increase running distance by ¼-mile each week, without taking a walk break if possible, adding roughly 2 to 3 minutes to their running endurance per week.

Participants under age 14 must be accompanied on all runs by an adult.

Visit the Training page at www.gulfwinds.org or contact Brandy Fortune and Elizabeth Kamerick at gwtc_coaches@yahoo.com for more info or to volunteer



2026 WORLD ATHLETICS CROSS COUNTRY CHAMPIONSHIPS TO BE HELD AT APALACHEE REGIONAL PARK



Tallahassee/Leon County joins Boston and New York City as the only three US cities to host the World Athletics Cross Country Championships in 2026. (Oregon was selected for 2022 but those events were canceled.) Since 1992 countries such as Denmark, Uganda, China, Poland, Spain, Jordan, Great Britain, Kenya, Japan, France, Belgium, Switzerland, Ireland, Portugal, Morocco, Italy, and Hungary.

The World Athletics Cross Country Championship is expected to draw more than 550 runners from over 60 countries that will compete in five official World championship races at Apalachee Regional Park. While it will be internationally televised, the event is projected to be attended by 10,000 spectators from around the world, bringing in an estimated economic impact of over \$4.3 million. This announcement marks the beginning of increased visibility, additional events and training opportunities that come with the world championship site.

Kerri L. Post, Director of Visit Tallahassee/Leon County Division of Tourism and her team has worked hard to navigate the bid process to bring this event to Tallahassee. And to think, this all started with volunteers with manchettes and yard equipment to hack a path through the woods behind the former landfill.

Congratulations to everyone involved. This will be a tremendous honor. And, stay tuned as they will need a lot of volunteers to help make the event a success.

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

August 6	St. George Island Sizzler 5K
August 6	Breakfast on the Track Mile
September 5	Bluebird Run for Brookie B 5K
October 8	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>**

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.



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





SMIRFs Running Camp

Summer Mornings Include Running Fun

Thank you to the tremendous volunteers who made the GWTC SMIRF program possible. Brandi Campbell and Jane Cormier have been leaders of the volunteers all summer.

Organized by Gulf Winds Track Club and the City of Tallahassee

This Summer Running Program is sponsored jointly by the City of Tallahassee Parks, Recreation and Neighborhood Affairs and by Gulf Winds Track Club. The program's goal is to provide opportunities for students in elementary, middle and early high school to improve their running skills and endurance during the summer months. The program is recommended for students age 7 and above.

BREAKFAST ON THE TRACK

Can you take the record time for your age group?

(Record keeping by Herb Wills)

AUGUST 6, 2022 - 7:45 AM
MACLAY SCHOOL TRACK

Registration is Online Only. There are no race day registration.



SINGLE AGE RECORDS, GULF WINDS TRACK CLUB MILE AT THE BREAKFAST ON THE TRACK

MALE					FEMALE				
TIME	FIRST NAME	LAST NAME	AGE	YEAR	TIME	FIRST NAME	LAST NAME	AGE	YEAR
8:05.51	Benjamin	Sikes	5	2019	10:57.40	Caroline	Dempsey	5	2005
7:35.09	Patrick	Koon	6	2012	8:03	Cecelia	Williams	6	2002
6:31.11	Landon	Heitmeyer	7	2021	7:11.50	Charlotte	Sikes	7	2018
6:18.59	Caleb	Harris	8	2009	6:46.46	Cecelia	Williams	8	2004
6:00.70	Patrick	Koon	9	2015	6:29.20	Cecelia	Williams	9	2005
5:38.75	Randy	Manausa	10	2019	6:10.61	Charlotte	Sikes	10	2021
5:22.46	Evan	Guarino	11	2015	6:06.12	Lindsay	James	11	2014
5:22.77	Kennan	Milford	12	2014	5:27.73	Cecelia	Williams	12	2008
4:59.74	Patrick	Koon	13	2019	5:26.67	Stefanie	Kurgatt	13	2008
4:42	Ryan	Deak	14	1999	5:09.21	Stefanie	Kurgatt	14	2009
4:33.30	Trevor	Touchton	15	2010	5:00.97	Stefanie	Kurgatt	15	2010
4:21.47	Ryan	Deak	16	2001	5:05.82	Stefanie	Kurgatt	16	2011
4:31.39	Whitney	Strickland	17	2008	5:01.31	Stefanie	Kurgatt	17	2012
4:34.43	Brennon	Clayton	18	2004	5:37.81	Elizabeth	Santoro	18	2012
4:35.32	Joseph	Garcia	19	2015	5:30	Kim	Winn	19	1999
4:35.13	Chris	Lake	20	2008	5:44.15	Julia	Vola	20	2006
4:43.92	Adam	Wallenfelsz	21	2019	6:31.26	Ashely	Rosen	21	2008
4:22.11	Matt	Mizereck	22	2014	5:19.22	Sheryl	Ross	22	2006
4:58.35	Christopher	O'Kelley	23	2016	5:16.22	Emily	Ness	23	2013
4:31.67	Matt	Mizereck	24	2016	5:27.85	Sheryl	Rosen	24	2008
4:39	Robert	Pautienus	25	1999	5:27.21	Kelsey	Scheitlin	25	2009
4:26	Lee	Willis	26	1999	5:16.68	Ann	Centner	26	2019
4:42.67	Stephen	Cox	27	2011	5:04.25	Ann	Centner	27	2019
4:41.43	John	Robida	28	2008	5:17.28	Sheryl	Rosen	28	2012
4:35.07	Lee	Willis	29	2002	5:12.07	Sheryl	Rosen	29	2013
4:37.96	Charlie	Johnson	30	2010	5:15.36	Amy	Hines	30	2011
4:32.40	Lee	Willis	31	2004	5:26.18	Micah	Adriani	31	2009
4:49.55	Vince	Molosky	32	2011	5:27.12	Katie	Sherron	32	2014
4:42.38	Vince	Molosky	33	2012	5:17.98	Katie	Sherron	33	2015
4:45.17	Nate	Kaiser	34	2014	5:15.26	Sheryl	Rosen	34	2018
4:43.58	Nate	Kaiser	35	2015	5:16	Katie	Sherron	35	2017
5:08.96	Paul	Guyas	36	2014	5:09.08	Sarah	Docter-Williams	36	2000
4:26.90	Kevin	Sullivan	37	2011	5:41	Julie	Clark	37	1999
4:57	Tim	Unger	38	1998	5:10.33	Sarah	Docter-Williams	38	2002
4:42.97	Gary	Droze	39	2000	5:02.28	Sarah	Docter-Williams	39	2003
4:45	Doug	Gorton	40	1999	5:11.79	Sarah	Docter-Williams	40	2004
4:48.04	Mike	Martinez	41	2007	5:07.13	Sarah	Docter-Williams	41	2005
4:49.54	Gary	Droze	42	2003	5:09.85	Sarah	Docter-Williams	42	2006
4:48.49	Gary	Droze	43	2004	5:12.91	Sarah	Docter-Williams	43	2007
4:55.07	Jay	Wallace	44	2008	5:13.01	Sarah	Docter-Williams	44	2008
4:50	Tim	Simpkins	45	1999	6:16.01	Fran	McLean	45	2003
4:56.38	Jay	Wallace	46	2010	5:34.81	Sarah	Docter-Williams	46	2010
4:55.64	Jay	Wallace	47	2011	6:07.79	Mary Anne	Grayson	47	2013
5:04.11	Joseph	Carnegie	48	2014	6:03.35	Fran	McLean	48	2006
5:00.04	Mike	Martinez	49	2015	5:54.81	Jane	Johnson	49	2008
5:07.38	Paul	Hoover	50	2000	6:12.37	Jane	Johnson	50	2009
4:52	Bill	McGuire	51	1998	6:12.15	Jane	Johnson	51	2010
5:17	Jerry	Ongley	52	1999	6:01	Peggy	Simpson	52	1998
4:55.68	Bill	McGuire	53	2000	6:02	Peggy	Simpson	53	1999
5:29.87	Tom	Ratliffe	54	2002	6:13.94	Peggy	Simpson	54	2000
5:08.59	Bill	McGuire	55	2002	6:56.25	Nancy	Widener	55	2004
5:19.30	Karl	Hempel	56	2008	6:54	Paula	O'Neill	56	2017
5:10.77	Bill	McGuire	57	2004	6:08.52	Michelle	Allen	57	2021
5:33.39	Bill	McNulty	58	2016	6:58.06	Nancy	Proctor	58	2019
5:24.80	Karl	Hempel	59	2011	8:01.55	Francee	Laywell	59	2021
5:36.18	Bill	McGuire	60	2007	7:04.36	Mae	Cleveland	60	2000
5:38.84	Bill	McNulty	61	2019	7:52	Diana	Caldwell	61	2017
7:08.16	David	Darst	62	2005	7:45.37	Perha	Varley	62	2006
5:51.46	Bill	McNulty	63	2021	7:56.26	Perha	Varley	63	2007
6:04.06	Tom	Ratliffe	64	2012	7:31.13	Mae	Cleveland	64	2004
6:11.30	Craig	Willis	65	2016	7:28.79	Mae	Cleveland	65	2005
6:23	Craig	Willis	66	2017	8:14	Margarete	Deckert	66	1999
6:34.23	Craig	Willis	67	2018	8:19.66	Margarete	Deckert	67	2000
6:52.82	Ron	Christen	68	2014	8:08.57	Perha	Varley	68	2012
6:42.65	Ron	Christen	69	2015	8:23.01	Margarete	Deckert	69	2002
6:48.13	Ron	Christen	70	2016	8:25.18	Perha	Varley	70	2014
6:46	Ron	Christen	71	2017	8:52.91	Perha	Varley	71	2015
6:46.95	Ron	Christen	72	2018	9:04.45	Perha	Varley	72	2016
7:05.56	Ron	Christen	73	2019	9:33	Perha	Varley	73	2017
7:36.75	Carlos	Zapata	74	2019	9:30.26	Perha	Varley	74	2018
7:27.29	Ron	Christen	75	2021	9:57.68	Perha	Varley	75	2019
7:59.90	Carlos	Zapata	76	2021	11:07.81	Margarete	Deckert	76	2009
10:19.12	Robert	Morris	77	2009	10:01.95	Perha	Varley	77	2021
13:01.90	Charlie	Yates	78	2003	11:41.36	Margarete	Deckert	78	2011
13:23.00	Charlie	Yates	79	2004	12:03.69	Margarete	Deckert	79	2012
10:50.93	Robert	Morris	80	2012	9:33	Dot	Skofronick	80	2017
11:21	Robert	Morris	81	2013	12:33.16	Margarete	Deckert	81	2014
12:19.15	Robert	Morris	82	2014	12:45.20	Margarete	Deckert	82	2015
16:40.19	Charlie	Yates	83	2008	15:10.25	Margarete	Deckert	83	2016
13:09.68	Robert	Morris	84	2016	14:18.76	Josephine	Newton	84	2010
14:23	Robert	Morris	85	2017	14:58.00	Josephine	Newton	85	2011
22:32.97	Charlie	Yates	86	2011	14:52.47	Josephine	Newton	86	2012
					14:48	Josephine	Newton	87	2013
					15:08.02	Josephine	Newton	88	2014
					15:24.21	Josephine	Newton	89	2015

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VOLUNTEER SPOTLIGHT

JONATHAN & LEAH KIROS



LEAH KIROS

Tell us briefly about your running experience. I have been running since I was 5; starting with Summer Track and eventually 1 mile and 5k races every other Saturday. I got into running because it was something my family did together which made racing a lot more fun. I ran throughout middle school for my school and continue to do so in high school.

How long have you been a member of GWTC? Since 2012.

How did you first get involved as a volunteer? I first volunteered with my mom in 2015 and had a great experience.

What do you enjoy most about volunteering? The other volunteers and the atmosphere the runners create.

Why do you volunteer? Volunteering feels like a fun activity rather than a chore, so I always feel drawn to it. I've been lucky enough to grow up in the GWTC community, so the people make volunteering worthwhile.

What is your next volunteer project? I'll be volunteering at various Gulf Winds races throughout the year, the closest ones being Breakfast on the Track and Miller Landing Madness.

JONATHAN KIROS

Tell us briefly about your running experience. I started running at the age of 4 but I started running the GWTC races when I was at the ages of 5-6. I would run the mile, no training, while my parents did the longer races. I did my first 5k in late 2016. I started training a bit more consistently when I entered 4th grade.


How long have you been a member of GWTC? I have been a member of GWTC for around 8 years.

How did you first get involved as a volunteer? I went with my mom to a race where she was injured and was volunteering. My sister volunteered with me.

What do you enjoy most about volunteering? I most enjoy seeing other people run.

Why do you volunteer? I like to give back to other runners.

What is your next volunteer project? The final installment of the Summer Track series for this year. I will continue to volunteer in later races. 🏃



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Summer Track Series

Each year, volunteers from Gulf Winds Track Club teams up with Tallahassee Parks and Recreation to host the eight-week Summer Track Series. It takes place at the Maclay High School track, always beginning on the first Thursday evening in June. There are opportunities for runners of all ages and abilities to enjoy running a variety of distances.

