

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | OCTOBER 2022



**GWTC MEMBERS ENGAGE
CHILDREN OF NEWLY
RELOCATED IMMIGRANTS
INTO RUNNING COMMUNITY.**

Photo Credit: Gabrielle K Gabrielli

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | SEPTEMBER 2022

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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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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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Photo credit: Brandy Fortune

"GWTC Beginning Run Group Week 1 was a hit!!! 88 registered and 52 attended all were outstanding. We would like thank all the volunteers we could not do this without you!!" - Brandy Fortune



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YOUR MEMBER BRIEFING

Your GWTC Board of Directors met on August 10, 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.

REI Store Opening: Chelsea Vensel, store manager, introduced herself and said the new store will open in mid-October. They want to support the community and outside activities. They have a meeting space and want to connect to develop partnerships in the community. They are currently hiring sales specialists, bike mechanics, and have other shipping and receiving jobs.

Brewtallaty Duathlon: Doug Bell distributed materials about the upcoming Run-Bike-Run event in Tom Brown Park on November 19, presented by the Tallahassee Mountain Bike Association. Board members encouraged Doug to promote the event in the Fleet Foot and on the Facebook page.

Prefontaine 5K: The race will be Sept. 24 at a new location at Wallwood Scout Reservation.

Youth Running/SMIRFS Program: David Yon reported that the summer program this year was very successful, with 24 children running the One Mile. He would like to officially extend it to a year-round program and perhaps practice one day a week, working in conjunction with the Maclay coach (Angie) to schedule the sessions. David has already been offering this on Thursdays throughout the school year.

Mike Boll Mile Markers: The mile markers are now up at the Miccosukee Greenway.

Membership: There have been several recent new memberships, and there are now 1286 members (compared to 1044 last year at this time) and there are 710 families (compared to 550 last year at this time). The Google group has 66 members.

Diversity/IRC: Members of the committee met virtually on July 22 to discuss plans for the committee. They are partnering with the Tallahassee International Rescue Committee (IRC) for the annual IRC project for newly relocated immigrants that begins Wednesday, August 10 at 5:45 pm for check-in, and concludes by 7:00 pm

at Cascades Park. There are currently 38 IRC children in the program that runs for five weeks and culminates in the 2022 GWTC 5K for Sickle Cell Anemia and Tim Simpkins 1 Mile on September 10. Two forms were developed to help organize volunteers, and 21 volunteers have signed up so far to help. They are recruiting people with language skills and plan to teach basic greetings in Spanish, Swahili, Arabic, Dari, Pashto, and Farsi to those who may not speak other languages. They are working to secure transportation options beyond the paid options they currently have. Children from Nigeria, Costa Rica, and Afghanistan are attending.

Chip Timing: During the month of July, GWTC chip timed one Club-race (Summer Trail Series Race #3 – Overstreet Trail) and one non-Club race (Capital City Kiwanis Club Firecracker 5K). For August, three Club races (Breakfast on the Track One Mile, Miller Landing Madness 8K/5K/3K, and Summer Trail Series Race #4 – Cadillac Trail) and one non-Club race (St. George Island Sizzler 5K) are scheduled to be timed. In September, three Club races (Sickle Cell 5K/1M, Women’s Distance Festival 5K/1M, and Prefontaine 5K Forest Run) and one non-Club race (Bluebird Run for Brookie B 5K/1M) are currently planned to be timed.

Grand Prix: Mark Tombrink reported that the application for Grand Prix for non-club races is now available through the end of September. Nominations for the Annual Awards will be open in October through late November. He reported that the committee decided not to have In Memoriam segments at the Annual Awards. Perhaps something could be included in the Fleet Foot if families request a tribute to a deceased family member.. 🏃



Call for board nominees

Nominations Committee Chair Paul Guyas

We are seeking volunteers for board positions beginning January 2023. If you are interested in serving, please contact Paul Guyas at 850-273-9555 or Pguyas@Me.com.

The committee is planning to conduct the election online. Look for details and instructions in coming months.

RACE CALENDAR

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.

02 **Marching Chiefs 5K**, 9 a.m. Bill Harkins Field (Chiefs Field), located next to the Flying High Circus, FSU Campus. Online registration available at RegFox.com. Visit www.marchingchiefs5k.com; or Avian Williams at racedirector.mc5k@gmail.com; or Connor Stross at coracedirector.mc5k@mail.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 Burkeley (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.seminoles.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.

08 **Corporate Cup Challenge**, 7:30 a.m. (teams of 4 with one each completing in a 5K run, 5.4M bike, 5-minute rowing, and 3-phased strength/conditioning). Maclay Gardens State Park, 3540 Thomasville Rd. Online registration available at Eventbrite.com. Visit www.workingwelltoday.org; or Mary Barley at marybarley50@comcast.net.

15 **Graceville Harvest Festival 5K Harvest Hustle**, 8 a.m. (CT). Graceville Civic Center, 5224 Brown St., Graceville, FL. Online registration available at ItsYourRace.com; or Jim Shields at jimshieldsmra@comcast.net or (904) 318-8104.

15 **Run Baby Run! 5K**, 8 a.m. (CT). Citizen's Lodge Park, 4574 Lodge Dr., Marianna, FL. Online registration available at Active.com. Visit www.pcmarianna.com; or Vicki Duzel at (850) 526-4673 or (850) 272-0225 or pcmarianna08@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).

NOVEMBER 2022

05 FHSAA Cross Country State Championships, time TBA. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.fhsaa.org.

05 Special Olympics Race for Inclusion 5K, 9 a.m. Langford Green, FSU Campus. Additional information and registration available at give.specialolympicsflorida.org. Damien McNeil at damiencmcneil@sofl.org.

06 Rex Cleveland Magic! Mile (GP for Youth Only), time TBA. Cascades Park, 1001 S. Gadsden St. (race starts near Myers Park tennis courts, crosses the Capital Cascades Bridge, and finishes near the iconic TLH sign on South Adams St.). Online registration available at RunSignUp.com (no additional fee). Visit www.GulfWinds.org; or Myrna Hoover at mhoover@fsu.edu.

11 Memorial to Memorial Veterans Day 5K, 8 a.m. Cascades Park, 1001 S. Gadsden St. (start line at Florida Vietnam Veterans' Memorial - enter from Calhoun St.; finish on Suwannee St. near Korean War Memorial). Online registration available at RunSignUp.com. Bob Asztalos at AsztalosB@FDVA.STATE.FL.US.

12 NJCAA Division I and II Cross County National Championships, 10:30 a.m. DI men 8K; 11:15 a.m. DII men 8K; 12 p.m. DI women 5K; 12:45 p.m. DII women 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.njcaa.org.

12 BFD Catfish Crawl 5K/1M, 8 a.m. (CT) 5K; 9 a.m. (CT) 1M. M & B Depot Park, 16977 NE Pear St., Blountstown, FL. Online registration available at ItsYourRace.com. Visit www.blountstownfire.org/catfishcrawl; or Ben Hall at blountstownfire@gmail.com or (850) 674-4988.

15 NJCAA Half-Marathon National Championships, time TBA. Meadows Soccer Complex, 701 Miller Landing Rd. Visit www.njcaa.org.

18 NAIA Cross Country National Championships, 8:30 a.m. men 8K; 9:30 a.m. women 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.naia.org.

19 BrewTallaty Off-Road Duathlon, 8:30 a.m. Tom Brown Park. Other details TBA. Doug Bell at doug.bell@mhdfirm.com.

19 Fur Fest 5K, 8:15 a.m. J. Lewis Hall Park, 1492 J. Lewis Hall Sr. Ln., Woodville, FL. Nancy Stedman at nancystedman@gmail.com.

24 Tallahassee Turkey Trot 15K/10K/5K/1M (5K GP for Youth Only), 8 a.m. 1M; 8:30 a.m. 15K/10K/5K. Southwood State Office Complex, 4055 Esplanade Way. Online registration available at RunSignUp.com (no additional fee). Visit <http://tallyturkeytrot.com>; or David Yon at 668-2236 or david@radeylaw.com.

DECEMBER 2022

03 GWTC 10M/5M Challenge, 8 a.m. Hawks Rise Elementary School (use Meridian Rd. parking lot entrance). Online registration available at RunSignUp.com (no additional fee). Visit www.GulfWinds.org; or Mark Tombrink at mat06@my.fsu.edu or 10MileChallenge@gmail.com.

03 Jingle Bell Run, 6:15 p.m. Corner of S. Monroe St. and Park Ave. Online registration available at RaceIt.com. Visit www.talgov.com; or Tallahassee Parks & Recreation at 891-3866 or 891-3860.

10 Tallahassee Ultra Distance Classic 50K/50M/Marathon, 7 a.m. Wakulla Springs State Park, 15 miles south of Tallahassee on SR 267. Online registration available at UltraSignUp.com. Visit www.TallahasseeUltra.com; or www.GulfWinds.org; or Jack or Laura McDermott at marathonjack@comcast.net.

17 Tannenbaum 6K Cross-Country Run, 9 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Online registration available at RunSignUp.com (no additional fee). Visit www.GulfWinds.org; or Herb Wills at hwills@gmail.com.

PRESIDENT'S COLUMN - MARK PRIDDY

I know that runners like fast times, but the race calendar is also moving at a fast pace. By the time you read this you will have run the new course for the Prefontaine 5k and most likely the Pine Run. A huge thanks to our Race Directors, Alan Blay, and Jennifer and Carter Hay. The Club is so fortunate to have these volunteers who work so hard to make us happy on race day!

Now, we move forward to the annual election of Club Officers and Directors! Have you been contacted yet by someone asking you to run for office? Contact me, our Elections Coordinator, or a Club Officer or Director and we will answer your questions.

GWTC will take nominations for:

- 7 Directors-at-Large positions.
- President
- Vice President
- Treasurer
- Secretary
- Race Director Coordinator
- Education/Lecture Series Coordinator
- Membership Chair
- Social Chair



We need club members who:

- Have a passion to maintain and grow our organization.
- Attend monthly Board Meetings.
- Have problem solving skills.
- Listen to and respect the opinion of others.

I see a lot of you with those leadership skills at every race and you tell me you want to become more involved. The running club needs to train and nourish a new generation of leaders so now you have that opportunity.

Let's have that conversation. You can do this! 🏃

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FEATURED FEET AMY HINES



When did you start running? When I was around 8 or 9.

Childhood ambition: To be a child psychologist.

Current occupation: Director of Education and Training at DCF.

If money were no object, what profession would you choose? I would help people pick out their outfits and decorate their homes. I don't know that I am awesome at either, but I really love doing it.

Favorite reads: The Last Days was a book about the political and cultural climate during Jesus's last days on earth. It was fascinating. I also like novels with interesting love stories.

Favorite running memory: I have sooooo many! Albany Marathon most recently, some great ones in college and right after, but some of the best memories are the moments during and after a long run with great company.

Indulgence: Coffee with way too much sugar

and cream, beer, chips/salsa, and I also love chocolate chip cookies.

Non-running hobbies: Driving children around and thrift shopping. I have also gotten into cruising.

Best place to run in Tallahassee: We are so blessed to live in Tallahassee. I like Tom Brown and Forest Meadows, but I also love running around Midtown and Betton and looking at all of the older, quirky homes.

Perfect day: Very early wake-up and a long run mostly in the dark, so I can see the sunrise at the end. Shower and then pick up an indulgent coffee. Head into my favorite thrift shops where I shop and listen to podcasts. Then I would love to head toward the ocean with my children and any other humans who make me laugh and feel loved. This perfect day wraps up with a beautiful sunset and dinner on the water. Just writing this is inspiring me to make it happen! 🏃

FEATURED FEET CHARLIE JOHNSON



When did you start running? 6 years old.

Childhood ambition: Builder. My dad taught shop at the local high school, so I grew up surrounded by carpentry/plumbing/electrical/masonry. I walked around the yard with a nail apron and hammer carrying boards a lot.

Current occupation: Professional Landscape Architect at Kimley Horn.

If money were no object, what profession would you choose? Outdoor adventure and travel guide.

Favorite reads: Anything by Cormack McCarthy (still no one has taken on Blood Meridian as movie), anything by David McCullough (The Great Bridge, The Path Between the Seas, The Wright Brothers, etc), Last Train to Paradise by Les Standiford.

Favorite running memory: My first marathon in 2005. It was the San Diego Rock n Roll marathon. Something I wasn't sure I could do.

Non-running hobbies: Yard work. Carpentry - have almost finished my never-ending shed which will become my wood shop & man porch.

Preferred running technology: I have a Garmin 735. It was for all the triathlon bells & whistles, but the key thing is I get GPS for distance on runs (when the dang thing works).

Biggest challenge: Being in the moment. Life gets us pulled into the rat race all-too-often. There doesn't seem to be a day that passes where I don't have to remind myself to enjoy the present and stop worrying about the future or past.

Perfect day: No alarm clock waking early naturally, perfect weather, coffee, time with those close to me at a beach or mountains. The whole day outside with no phones or technology.. 🏃

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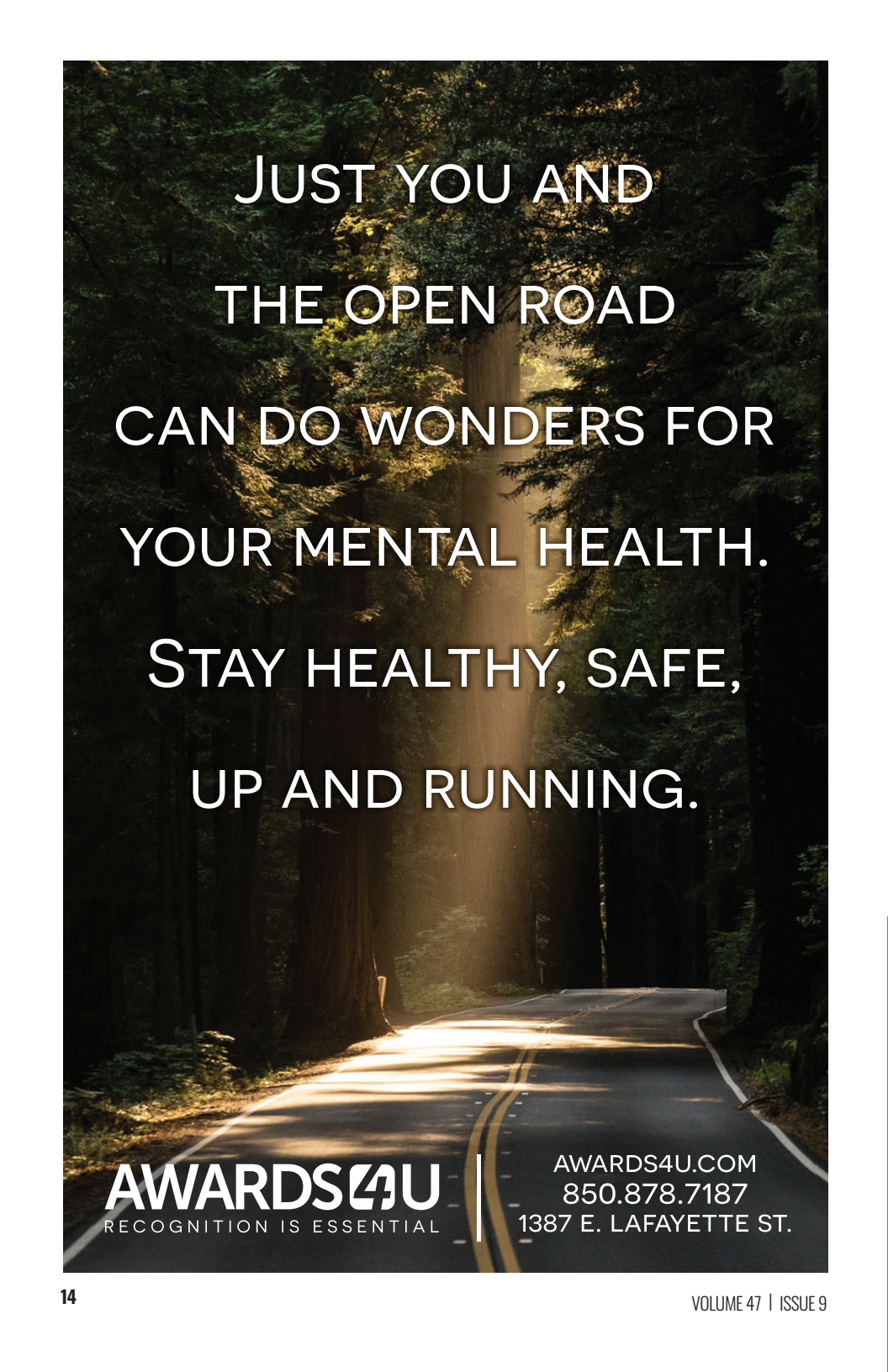
NEW GULF WINDS TRACK CLUB EMAIL COMMUNICATION

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.



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VOLUNTEER SPOTLIGHT

ANTHONY WALKER

Tell us briefly about your running experience. Growing up in Tallahassee as a baseball player I was not really interested in cross training or going to the gym to stay in shape for baseball. However, my love for running began when I was sitting home watching the Beijing Olympics. I was very curious how the athletes were running so far and so fast with no breaks. So, in the 6th grade I tried out for the middle school cross-country team and that is where it all started. I have been running for 14 years and have completed many distances from 5K's to 50K's.

How long have you been a member of GWTC? I have been a member of GWTC for 4 years and I have loved every bit of it

How did you first get involved as a volunteer? I first got involved in volunteering through meeting other members of GWTC and working at a local running store called Cadence Running.



What do you enjoy most about volunteering? The part that I enjoy most about volunteering is being out with the community meeting new people and making their race day fun.

Why do you volunteer? I enjoy volunteering because it gives me the chance to connect with my community and help every runner achieve their goals.

What is your next volunteer project? My next volunteer project with GWTC will be the Sickle Cell Race!



GWTC PARTNERED WITH THE TALLAHASSEE INTERNATIONAL RESCUE COMMITTEE (IRC)

TO PROVIDE SHOES, RUNNING NUTRITION AND VOLUNTEERS TO LEAD 38 CHILDREN OF NEWLY RELOCATING IMMIGRANTS IN A FIVE-WEEK RUNNING PROGRAM AT CASCADES PARK THAT CULMINATED WITH THE 2022 GWTC 5K FOR SICKLE CELL ANEMIA AND TIM SIMPKINS 1 MILE ON SEPTEMBER 10.

