

# THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | SEPTEMBER 2022



GWTC HALL OF FAME MEMBERS

# MARGARETE & FRED DECKERT

THE LAST DECENT FLEET FOOT EDITORS

Photo Credit: Tsige Tadesse

VOLUME 47 | ISSUE 8



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NEWSLETTER OF THE GULF WINDS TRACK CLUB | SEPTEMBER 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).

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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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Members of Gulf Winds Track Club partnered with Leon County to erect mile markers on the Miccosukee Greenway Trail. These mile markers were made possible by a generous donation by Mike Boll's family.



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Road Runners Club of America Member Club  
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# YOUR MEMBER BRIEFING

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**Your GWTC Board of Directors met on July 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.

**Approval of new Bylaws:** Board members reviewed the draft of the revised Bylaws. In the revised Bylaws, more detail has been provided in areas of officer responsibilities, attendance, and other areas. Discussion ensued on Article 4, Section 9 (page 8), which describes "removal from office," and the criteria for removal was discussed. There was debate about whether the word "consecutive" should be used in describing attendance at Board meetings, and whether it applies to attending committee meetings. Mark emphasized that voting members need to be present at Board meetings. Section 5B (page 10) was also reviewed, where it states that the past president should attend Board meetings and should be a member of the Document Review Committee. Article 6 was also reviewed for language about candidates for election who "should" or "intend" to maintain active club membership status. David Yon suggested "commit to renew" as an appropriate substitute. The board voted to approve the new five-year Bylaws with the changes discussed.

**Sickle Cell International Rescue Immersion (IRC) 2022 Proposed Budget:** Danny Manau-sa reported that Diversity Committee has been successful due to a Community Thrives grant. The funds were used previously to provide shoes and shirts to a group of children who participated in a race. Fleet Foot provided shoes at a discount. They are now planning to support up to 40-50 children who would like to participate in the Sickle Cell 5K/1m. Danny provided a proposed budget. Training and transportation will begin on August 10 at 6:00 p.m. and will continue on Wednesdays. The proposed cost for six weeks, including transportation, food and drink, shoes and clothing, and race registration fees is \$11,150.00. The remaining money in the budget is \$23,000, and there is additional community support. David provided a form that can be submitted to request approval for funds from the Board.

**Training Group Coordinator:** Mark Priddy reported that the club does not currently have a training group coordinator. The position has been open since last year. Motion was made and seconded to keep the position vacant for now until it is needed in the future.

**Visit Tallahassee Community Calendar:** Jeanne O'Kon provided information about the Visit Tallahassee web site. She contacted Joe Piotrowski there and he said that races can be listed on their events calendar. The link for submitting events is: <https://visittallahassee.com/submit-an-event/>

**Fitness Extravaganza at Tallahassee Senior Center on Sept. 12 from 10-2:00:** Mark Priddy will volunteer in addition to Jo Lena Bryan and Bill Lott. He suggested that a GWTC membership be provided as a door prize. Motion was made and seconded to provide a GWTC family membership as a door prize for the event.

**Treasurer's Report:** Peg Griffin reported total assets as of June 30, 2022 of \$223,114.51. For the fiscal year ending June 30, revenue was \$378,070.81, with expenses of 408,490.46, resulting in a net loss of \$30,419.65. Peg presented a proposed 2022-2023 budget for consideration, with revenue of \$349,433.00, and expenses of \$412,185.00, with a projected net loss of \$62,752.00. Revenue is anticipated at less than 2021-22 revenue due to reduced chip timing income and no ACT revenue expected; higher expenses are projected due to the increased cost of goods. Of the club's total funds, approximately \$137,000 is designated for: equipment (\$86,000); Chenoweth Fund (\$12,232); Gulfwinds Triathletes (\$15,776); and ACT grant funds (\$23,100) and should not be considered as part of the operations budget. If the club continues to operate at a deficit, the funds will be depleted over time. A motion to approve the proposed budget, with an amendment requested by Judy Alexander to reduce the lecture series budget by \$750, was approved by the Board. Ways of reducing expenses were discussed, such as cutting back on t-shirt orders, raising race registration fees, growing the membership, and choosing a less expensive venue for the holiday party. The Board will continue to monitor the club's financial position. A small committee may be formed to review the club finances and improve revenue.

**Triathlete Club:** About 42 members of the Tri Club competed at the Freedom Springs Sprint Triathlon, which is a GP event for the club. The Gulf Winds Triathletes are hosting a summer social Monday, July 18th at 6:30 p.m. at Momo's with a moderated panel discussing the four distances of triathlon. All are welcome. Beer and pizza will be provided.

**Race Director Coordinator:** Mary Jean Yon reported that Lisa Unger shared the information that the City of Tallahassee was increasing the fee for using Optimist Park for the Women's Distance Festival 5K to increase city revenue. There was a \$250 fee being added for using the building at the park, which actually isn't used at the race. Lisa pointed out that the information about fee increases isn't provided anywhere that she could find online. Tom Perkins reported that he communicated with Mario at TPRD, and the fees have been waived for GWTC in the past. A new TPRD employee was not aware that GWTC had been using city facilities for free. Lisa reported that there was a \$40 application fee, \$130 fee for the use of the park and \$27 fee for trash cans. Possibly pursuing other community partners (churches, schools) to use different venues is an idea for reducing costs.

**Membership:** Jo Lena Bryan reported that there are currently 1278 memberships (1014 last year at this time), and 705 total memberships (531 last year at this time). There are 66 members in the Google group.

**Chip Timing:** Bill Lott reported that in June, GWTC's Potluck Bash 4-Mile Prediction Run and two non-Club races, the Monticello Kiwanis Club Watermelon Run 5K and the Paul

Hoover Memorial Freedom 5K Run, were chip timed. During July, only two races are scheduled to be timed - the non-Club Capital City Kiwanis Firecracker 5K and the GWTC Summer Trail Series Race #3 - Overstreet Trail at Maclay Gardens State Park. For August, one non-Club race, the St. George Island Sizzler 5K, and three Club races, Breakfast on the Track 1 Mile, Miller Landing Madness 8K/5K/3K, and GWTC Summer Trail Series Race #4 - Cadillac Trail, are planned to be chip timed. At the Paul Hoover Memorial Freedom 5K Run, two timing mats would not work. After the race, all the chip timing mats were tested and the two that did not work at the Freedom Run were both found to have broken cables. These mats can be made to work, but only if the cables are turned a certain way and therefore, they cannot be considered to be reliable. Another mat was found to work but reads only when the chipped bib is directly over the mat instead of starting the reading process 4-5 feet from the mat. Two other mats have previously been reported broken in prior reports. There are now a total of five timing mats that are not usable or reliable. Bill contacted the company to determine what can be done with those five mats. Another company called Atlas Running in Alabama also sells timing mats that are four feet wide for roughly \$1200 each.

**Grand Prix:** Mark Tombrink indicated that when the committee meets again, they hope to make modifications to the Grand Prix race application. They will also start to plan for the purchase of awards for the Annual Awards ceremony in January. 🏆

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# RACE CALENDAR

## 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](http://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](http://FastestRacelnTown.com); or [www.sicklecellfoundation.org](http://www.sicklecellfoundation.org); or Sickle Cell Foundation at [info@sicklecellfoundation.org](mailto: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](http://www.gulfwinds.org); or Lisa Unger at [lisa.s.unger@gmail.com](mailto: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](http://www.gulfwinds.org); or Allen Blay at [allen.blay@gmail.com](mailto: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](mailto: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.seminoles.com](http://www.seminoles.com) (college); or [www.visitallahassee.com](http://www.visitallahassee.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](http://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](http://RunSignUp.com) (no additional fee). Visit [www.GulfWinds.org](http://www.GulfWinds.org); or Carter Hay at [chay@fsu.edu](mailto:chay@fsu.edu); or Jennifer Hay at [jennghay-fl@gmail.com](mailto: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](http://Eventbrite.com). Visit [www.workingwelltoday.org](http://www.workingwelltoday.org); or Mary Barley at [marybarley50@comcast.net](mailto:marybarley50@comcast.net).

**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](http://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](http://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](http://RunSignUp.com). Visit [www.bostonga.com](http://www.bostonga.com); or Brad Johnson at [brad-johnson@synovus.com](mailto:brad-johnson@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](http://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](http://give.specialolympicsflorida.org). Damien McNeil at [damiencmcneil@sofl.org](mailto: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](http://RunSignUp.com) (no additional fee). Visit [www.GulfWinds.org](http://www.GulfWinds.org); or Myrna Hoover at [mhoover@fsu.edu](mailto:mhoover@fsu.edu).

**12 NJCAA Division I and II Cross Country 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](http://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](http://ItsYourRace.com). Visit [www.blountstownfire.org/catfishcrawl](http://www.blountstownfire.org/catfishcrawl); or Ben Hall at [blountstownfire@gmail.com](mailto: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](http://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](http://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](mailto:doug.bell@mhdfirm.com).

**19 1st Annual Runnin' with Spirit 5K Run/Walk**, 8:30 a.m. Railroad Square. Jennifer Nichols at (850) 273-1583; or Sharon Wynn at (850) 728-4255 or [sharon@spiritofachild.org](mailto:sharon@spiritofachild.org).

**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](mailto: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](http://RunSignUp.com) (no additional fee). Visit <http://tallyturkeytrot.com>; or David Yon at 668-2236 or [david@radeylaw.com](mailto:david@radeylaw.com).

# PRESIDENT'S COLUMN - MARK PRIDDY

"Good enough never is." - Debbi Fields, founder of Mrs. Fields Cookies.

I remember that the first "timed" race I ever ran was a 10k. I do not remember my finish time, but I remember the course seemed a lot longer than 6.2 miles!

I was young and healthy, and I remember telling myself that I could run the next one even faster. I was happy running 5ks and 10ks until a friend of mine asked me to run a half marathon with him. Then one day someone asked me if I had ever run a marathon. Nope. No desire. Most runners do not run marathons and I certainly had nothing to prove by running one. But after a while, the question kept bugging me and you can guess what happened. After that rain and sleet experience I swore I would never do that again...and I didn't for another 10 years, but my first one was just not good enough.

Challenge is good. You may consider yourself a walker, slow runner, competitive racer, or an ultra-runner. Challenges come in many different shapes and forms, and they are different for different people. If it motivates you, if it makes you be a better runner or a better person, then embrace it. It is a good thing.

We have a great running club here in Tallahassee and it works extremely hard to support you and what you love to do. Not all our running community realizes how much support is truly needed to keep the running events planned, organized, staffed, and orchestrated. We want runners to leave feeling that they got excellent value for their time and money. "Good enough never is", and this is where the "volunteer" word always comes up. We are a running community, and to volunteer is to be a part of that community.



GWTC now pays increased fees for government permits, shirts, toilets, safety, and security and most supplies. Despite that, we manage to keep our membership fees low, and the race entry fees low. You know instinctively that our fees are low because there is a core group of volunteers who you always see at each event freely giving their time so you can enjoy the event.

Now think what it would be like if we had to pay people to volunteer to work our races. What if the Club had to pay folks to chip time our races, or pay someone to be a Race Director? What if we had to pay our Newsletter editors, our Treasurer, Equipment Manager, or our Club officers and Directors? Does this sound ludicrous and a little far-fetched? I do not think so. I challenge you to join in and make this a better running club.

Remember that running is a challenge. Our racing events and club operations are a challenge. If the challenge stretches you, then it is a good thing. Do not walk away from the challenge. Never settle for "good enough".

See you out there in September. 🏃

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# FEATURED FEET JANNABELLE WIKTORSKI

## When did you start running?

I started running in 2nd grade, age at 7.

## Childhood ambition:

Veterinarian

**Current occupation:** 8th grade student

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

**Favorite reads:** William S. And the Great Escape

**Favorite running memory:** Winning the Leon County Cross Country meet 2021 and running with Red Hills Club.



**Indulgence:** Subs

**Non-running hobbies:** Listening to music - Christian hip hop, decorating

**Best place to run in Tallahassee:** Apalachee Regional Park (ARP)

**Preferred running technology:** Garmin watch

**Biggest challenge:** Racing

**Perfect day:** Going to a friend's house. 🏃

# FEATURED FEET LEONARDO CANETE

## When did you start running?

I started running when I was 14 years old.

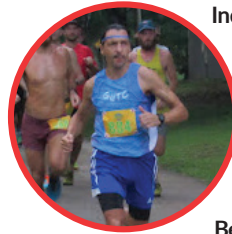
**Childhood ambition:** Being a soccer player and musician.

**Current occupation:** Cofounder of SoulForestCollection.com and associate at HomeGoods.

**If money were no object, what profession would you choose?** I would do the same things that I'm doing now, no complaints!

**Favorite reads:** I like to read biographies of people that I look up to and books about running.

**Favorite running memory:** My first race in Tallahassee, looking at the mature forest around the course.



**Indulgence:** Good coffee and pastries.

**Non-running hobbies:** Playing the guitar, songwriting, listening to music, gardening, and watching old noir movies.

**Best place to run in Tallahassee:**

This is a hard one because Tally is a runner's paradise, but for me, Elinor Klapp-Phipps Park is truly special.

**Preferred running technology:** Garmin Forerunner 45.

**Biggest challenge:** Take my training to the next level.

**Perfect day:** Training or racing in the morning, picnic breakfast under trees with my girlfriend, and then spend the rest of the day exploring nature or doing a day road trip. 🏃

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Tallahassee, FL

# *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  
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**Cost?** Free.

Visit [www.gulfwinds.org](http://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.

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**Parking?** Parking is available at many locations throughout the area

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

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



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## 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.

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## 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).

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## 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](http://www.gulfwinds.org) or contact Brandy Fortune and Elizabeth Kamerick at [gwtc\\_coaches@yahoo.com](mailto:gwtc_coaches@yahoo.com) for more info or to volunteer

# 41<sup>ST</sup>

RUN/WALK FOR  
**SICKLE**  
CELL ANEMIA



 SCAN ME

**JAKE GAITHER GOLF COURSE**  
801 Bragg Drive  
Tallahassee, FL 32305

# SATURDAY

# SEPTEMBER 10, 2022

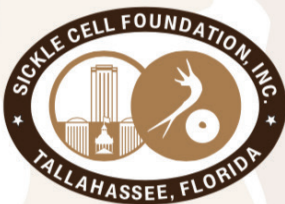
The 40th annual 5k for Sickle Cell Anemia & Tim Simpkins 1 Mile will be the best yet. The course through Jake Gaither Neighborhood is very fast and provides participants with a great chance to run personal bests.

Volunteers for this race are abundant and enthusiastic.



Proceeds from the race go to Sickle Cell Foundation to help families dealing with Sickle Cell Disease.

Register using QR code, searching RunSignup.com, visiting GulfWinds.org or <https://bit.ly/22SCA>



GULF WINDS  TRACK CLUB



# 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

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<b>September 5</b>	Bluebird Run for Brookie B 5K
<b>October 8</b>	Pine Run 20K
<b>November 24</b>	Turkey Trot 10K
<b>December 10</b>	TUDC 50K
<b>December 17</b>	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](http://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](mailto: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.

## **M. Felton Wright**

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# VOLUNTEER SPOTLIGHT

## PEG GRIFFIN

**Tell us briefly about your running experience.** I began running in the early 1980s and joined GWTC at that time. I started entering races and got hooked after running my first 5K. I still like to run races but now run mostly for fun, social and health/fitness.

**How did you first get involved as a volunteer?** My first volunteer stint was to help with registration, packet stuffing, etc., for the Tallahassee Marathon/Half, which took place at Wacissa Springs. In 1992, Bill McGuire asked me to run for the GWTC Board, and I served as a member at large for a couple years. One thing led to another and eventually I served as membership director, co-race director with my husband Gary, co-webmaster and race timer (my favorite!). I currently serve on the Board as Treasurer.

**Why do you volunteer?** During my early years as a runner, I entered races and attended socials -- end of story. Once I started volunteering, I walked away each time with the realization that 1) I had made a contribution and been part of a successful event; 2) I learned something; 3) I helped make a difference for a charitable cause; and 4) I was appreciated by the race director and participants. On the learning spectrum I have learned how to better interact with people (always room for improvement), have acquired new skills and have gained an appreciation for what other volunteers do to keep the club running (no pun intended).

**What is your next volunteer project?** I don't have one in mind. For as long as



I'm able, I will continue to be involved as a volunteer for GWTC. That being said, my service time is winding down and it's time to begin passing the torch to the next generation. I encourage each and every one of you to get involved -- this is your club, and it needs your support, not only through your membership but through your active participation in its governance and operations. To re-state my words from a volunteer spotlight I was featured in many years ago:

- Try it -- you will find that you like it!
- You will gain more out of the experience than you give.
- Your fellow Club members will think you're great -- and you will be!
- New volunteers bring new ideas -- and that keeps us growing and strong.
- Give a little or give a lot -- whatever your heart and schedule can handle. Anything and everything is appreciated by your fellow members.



# CHECK OUT THE RECORD FOR YOUR AGE GROUP

THEN, START TRAINING TODAY WITH A GOAL TO TAKE  
YOUR AGE RECORD IN 2023. SEE YOU THEN!

**Updated** records after 2022 Gulf Winds Track Club Breakfast on Track  
(Record keeping by Herb Wills)

## BREAKFAST ON THE TRACK

AUGUST 2023 • MACLAY SCHOOL TRACK



# UPDATED SINGLE AGE RECORDS, MILE AT THE BREAKFAST ON THE TRACK

## MALE

TIME	FIRST NAME	LAST NAME	AGE	YEAR
8:05.51	Benjamin	Sikes	5	2019
7:35.09	Patrick	Koon	6	2012
6:31.11	Landon	Heitmeyer	7	2021
<b>5:46.67</b>	<b>Landon</b>	<b>Heitmeyer</b>	<b>8</b>	<b>2022</b>
6:00.70	Patrick	Koon	9	2015
5:38.75	Randy	Manausa	10	2019
5:22.46	Evan	Guarino	11	2015
5:22.77	Kennan	Milford	12	2014
4:59.74	Patrick	Koon	13	2019
4:42	Ryan	Deak	14	1999
4:33.30	Trevor	Touchton	15	2010
4:21.47	Ryan	Deak	16	2001
4:31.39	Whitney	Strickland	17	2008
4:34.43	Brennon	Clayton	18	2004
4:35.32	Joseph	Garcia	19	2015
4:35.13	Chris	Lake	20	2008
4:43.92	Adam	Wallenfelsz	21	2019
4:22.11	Matt	Mizereck	22	2014
4:58.35	Christopher	O'Kelley	23	2016
4:31.67	Matt	Mizereck	24	2016
4:39	Robert	Pautienus	25	1999
4:26	Lee	Willis	26	1999
4:42.67	Stephen	Cox	27	2011
<b>4:25.03</b>	<b>Stan</b>	<b>Linton</b>	<b>28</b>	<b>2022</b>
4:35.07	Lee	Willis	29	2002
4:37.96	Charlie	Johnson	30	2010
4:32.40	Lee	Willis	31	2004
4:49.55	Vince	Molosky	32	2011
4:42.38	Vince	Molosky	33	2012
4:45.17	Nate	Kaiser	34	2014
4:43.58	Nate	Kaiser	35	2015
5:08.96	Paul	Guyas	36	2014
4:26.90	Kevin	Sullivan	37	2011
4:57	Tim	Unger	38	1998
4:42.97	Gary	Droze	39	2000
4:45	Doug	Gorton	40	1999
4:48.04	Mike	Martinez	41	2007
<b>4:42.77</b>	<b>Charlie</b>	<b>Johnson</b>	<b>42</b>	<b>2022</b>
4:48.49	Gary	Droze	43	2004
4:55.07	Jay	Wallace	44	2008
4:50	Tim	Simpkins	45	1999
4:56.38	Jay	Wallace	46	2010
4:55.64	Jay	Wallace	47	2011
5:04.11	Joseph	Carnegie	48	2014
5:00.04	Mike	Martinez	49	2015
5:07.38	Paul	Hoover	50	2000
4:52	Bill	McGuire	51	1998
5:17	Jerry	Ongley	52	1999
4:55.68	Bill	McGuire	53	2000
5:29.87	Tom	Ratliffe	54	2002
5:08.59	Bill	McGuire	55	2002
5:19.30	Karl	Hempel	56	2008
5:10.77	Bill	McGuire	57	2004
5:33.39	Bill	McNulty	58	2016
5:24.80	Karl	Hempel	59	2011
5:36.18	Bill	McGuire	60	2007
5:38.84	Bill	McNulty	61	2019
<b>6:30.67</b>	<b>Tim</b>	<b>Unger</b>	<b>62</b>	<b>2022</b>
5:51.46	Bill	McNulty	63	2021
<b>5:49.25</b>	<b>Bill</b>	<b>McNulty</b>	<b>64</b>	<b>2022</b>
6:11.30	Craig	Willis	65	2016
6:23	Craig	Willis	66	2017
6:34.23	Craig	Willis	67	2018
6:52.82	Ron	Christen	68	2014
6:42.65	Ron	Christen	69	2015
6:48.13	Ron	Christen	70	2016
6:46	Ron	Christen	71	2017
6:46.95	Ron	Christen	72	2018
7:05.56	Ron	Christen	73	2019
7:36.75	Carlos	Zapata	74	2019
7:27.29	Ron	Christen	75	2021
<b>7:14.66</b>	<b>Ron</b>	<b>Christen</b>	<b>76</b>	<b>2022</b>
<b>7:52.71</b>	<b>Carlos</b>	<b>Zapata</b>	<b>77</b>	<b>2022</b>
13:01.90	Charlie	Yates	78	2003
13:23.00	Charlie	Yates	79	2004
10:50.93	Robert	Morris	80	2012
11:21	Robert	Morris	81	2013
12:19.15	Robert	Morris	82	2014
16:40.19	Charlie	Yates	83	2008
13:09.68	Robert	Morris	84	2016
14:23	Robert	Morris	85	2017
22:32.97	Charlie	Yates	86	2011

## FEMALE

TIME	FIRST NAME	LAST NAME	AGE	YEAR
10:57.40	Caroline	Dempsey	5	2005
8:03	Cecelia	Williams	6	2002
7:11.50	Charlotte	Sikes	7	2018
6:46.46	Cecelia	Williams	8	2004
6:29.20	Cecelia	Williams	9	2005
6:10.61	Charlotte	Sikes	10	2021
<b>5:54.49</b>	<b>Charlotte</b>	<b>Sikes</b>	<b>11</b>	<b>2022</b>
5:27.73	Cecelia	Williams	12	2008
5:26.67	Stefanie	Kurgatt	13	2008
5:09.21	Stefanie	Kurgatt	14	2009
5:00.97	Stefanie	Kurgatt	15	2010
5:05.82	Stefanie	Kurgatt	16	2011
5:01.31	Stefanie	Kurgatt	17	2012
5:37.81	Elizabeth	Santoro	18	2012
5:30	Kim	Vinn	19	1999
5:44.15	Julia	Vola	20	2006
6:31.26	Ashely	Ross	21	2008
5:19.22	Sheryl	Rosen	22	2006
5:16.22	Emily	Ness	23	2013
5:27.85	Sheryl	Rosen	24	2008
5:27.21	Kelsey	Scheitlin	25	2009
5:16.68	Ann	Centner	26	2018
5:04.25	Ann	Centner	27	2019
5:17.28	Sheryl	Rosen	28	2012
5:12.07	Sheryl	Rosen	29	2013
5:15.36	Amy	Hines	30	2011
5:26.18	Micah	Adriani	31	2009
5:27.12	Katie	Sherron	32	2014
5:17.98	Katie	Sherron	33	2015
5:15.26	Sheryl	Rosen	34	2018
5:16	Katie	Sherron	35	2017
5:09.08	Sarah	Docter-Williams	36	2000
5:41	Julie	Clark	37	1999
5:10.33	Sarah	Docter-Williams	38	2002
5:02.28	Sarah	Docter-Williams	39	2003
<b>5:06.00</b>	<b>Katie</b>	<b>Sherron</b>	<b>40</b>	<b>2022</b>
5:07.13	Sarah	Docter-Williams	41	2005
5:09.85	Sarah	Docter-Williams	42	2006
5:12.91	Sarah	Docter-Williams	43	2007
5:13.01	Sarah	Docter-Williams	44	2008
6:16.01	Fran	McLean	45	2003
5:34.81	Sarah	Docter-Williams	46	2010
6:07.79	Mary Anne	Grayson	47	2013
6:03.35	Fran	McLean	48	2006
5:54.81	Jane	Johnson	49	2008
6:12.37	Jane	Johnson	50	2009
6:12.15	Jane	Johnson	51	2010
6:01	Peggy	Simpson	52	1998
6:02	Peggy	Simpson	53	1999
6:13.94	Peggy	Simpson	54	2000
6:56.25	Nancy	Widener	55	2004
6:54	Paula	O'Neill	56	2017
6:08.52	Michelle	Allen	57	2021
6:58.06	Nancy	Proctor	58	2019
8:01.55	Francee	Laywell	59	2021
7:04.36	Mae	Cleveland	60	2000
<b>7:28.00</b>	<b>Nancy</b>	<b>Proctor</b>	<b>61</b>	<b>2022</b>
7:45.37	Perha	Varley	62	2006
7:56.26	Perha	Varley	63	2007
7:31.13	Mae	Cleveland	64	2004
7:28.79	Mae	Cleveland	65	2005
8:14	Margarete	Deckert	66	1999
8:19.66	Margarete	Deckert	67	2000
8:08.57	Perha	Varley	68	2012
8:23.01	Margarete	Deckert	69	2002
8:25.18	Perha	Varley	70	2014
8:52.91	Perha	Varley	71	2015
9:04.45	Perha	Varley	72	2016
9:33	Perha	Varley	73	2017
9:30.26	Perha	Varley	74	2018
9:57.68	Perha	Varley	75	2019
11:07.81	Margarete	Deckert	76	2009
10:01.95	Perha	Varley	77	2021
<b>10:34.21</b>	<b>Perha</b>	<b>Varley</b>	<b>78</b>	<b>2022</b>
12:03.69	Margarete	Deckert	79	2012
9:33	Dot	Skofronick	80	2017
12:33.16	Margarete	Deckert	81	2014
12:45.20	Margarete	Deckert	82	2015
15:10.25	Margarete	Deckert	83	2016
14:18.76	Josephine	Newton	84	2010
14:58.00	Josephine	Newton	85	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



# GULF WINDS TRACK CLUB MILLER LANDING MADNESS

