

# THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | NOVEMBER 2022



Photo Credit: Brandy Fortune

## BEGINNING RUNNING GROUP PREPARES TO TACKLE **THE TURKEY TROT** AND LEARNS SNOT ROCKET ETIQUETTE

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NEWSLETTER OF THE GULF WINDS TRACK CLUB | NOVEMBER 2022

VOLUME 47 | ISSUE 10

**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: Bill Lott

Mile markers are now posted along Miccosukee Greenway thanks to the volunteer efforts of Peg Griffin and donation by the Mike Boll family.



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Road Runners Club of America Member Club  
USA Track & Field Member Club #14-1275

# YOUR MEMBER BRIEFING

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**Your GWTC Board of Directors met on September 14, 2022**  
**Here's a summary of the board meeting, distilled down for you.**

**Trail Running and Racing Coordinator:** Mark Priddy described the position and said that Brandy Fortune offered to assume this position. She will be the coordinator for the training groups.

**GWTC Membership Data Protection:** Robert Skrob provided a handout describing the responsibility of GWTC to safeguard membership data. Robert asked Board members to provide recommendations for revisions to the proposed policy and will submit a final proposal at a future meeting of the Board.

**Turkey Trot 2022 Proposed Budget:** Mary Jean Yon presented a proposed budget, with a conservative estimate of the participants. There will not be a Turkey Trot magazine this year. Race day registration will be raised to \$35.00 to discourage race day registration. The net revenue is estimated to be \$33,667.77.

**Halloween Spooktacular Event:** David Yon announced that the City of Tallahassee and Tallahassee Symphony Orchestra will host the Halloween Symphony Spooktacular event on Oct. 28 from 6:00– 8:30 p.m. at Cascades Park. It is a free community event. The Spooktacular features the Tallahassee Symphony Orchestra, free family concert, kids' activities, trick-or-treat stations, and food trucks. Motion to support this event was made and seconded. Board members voted to approve the motion.

**Senior Center Outdoor Fitness Extravaganza:** This event was held at the Senior Center on Monday, Sept. 12. Mark Priddy, Bill Lott, Jo Lena Bryan, and Jeff Bryan set up a table and provided information about GWTC and gave away some door prizes.

**Micosukee Greenway Signs:** Peg announced that the four signs to be installed on the Greenway will go up very soon. Jerry McDaniel will contact the Boll family once the signs are installed to let them know how their donation in Mike's memory was used.

**Treasurer's Report:** Peg Griffin announced that as of August 31, 2022, net assets were \$224,685.75, and the net income to date is \$1,571.24.

**Membership:** There are currently 1312 members, compared to 1056 at this time last year. There are now 718 household memberships compared to 563 at this time last year.

**Diversity/IRC Report:** The summer IRC program went well. An average of 25 children participated each week. The kids really liked the sessions and have asked IRC if there can be another program soon. Three of the older runners braved the elements and ran the Sickie Cell 5K. One broke 20 minutes in his first-ever 5K, and an 8-year old completed the full 5K. Due to donated shirts and a church bus, it looks like the committee will be more than 50% under budget. The committee also helped five RAA Middle School athletes obtain shoes along with obtaining shoes for ten athletes working with Harold Allen, Jr.

**Merchandise:** Clothing and merchandise sales totaled \$780.00 from three races: Breakfast on the Track, Miller Landing Madness, and the Summer Trail Series.

**Chip Timing Report:** Bill Lott reported that during August, GWTC chip timed one non-Club race (St. George Island Sizzler 5K) and three Club races (Breakfast on the Track Mile; Miller Landing Madness 8K/5K/3K; and Summer Trail Series Race #4 – Cadillac Trail). In September, one non-Club race (Bluebird Run for Brookie B. 5K) and three Club races (Sickie Cell 5K/1M; Women’s Distance Festival 5K/1M; and Prefontaine 5K Forest Run) are scheduled to be timed. Scheduled to be chip timed in October are one Club race (Pine Run 20K) and one non-Club race (Boston Mini-Marathon (13.1M)/5K Run/5K Walk). 🏃

# 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>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>

# RACE CALENDAR

## NOVEMBER 2022



**05 FHSAA Cross Country State Championships**, 7:50 a.m. 1A girls; 8:15 a.m. 2A girls; 8:40 a.m. 1A boys; 9:05 a.m. 2A boys; 9:30 a.m. 3A girls; 9:55 a.m. 4A girls; 10:20 3A boys; 10:45 am 4A boys. 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 [damienmcneil@sofl.org](mailto:damienmcneil@sofl.org).

**06 Rex Cleveland Magic! Mile** (GP for Youth Only), 4:30 p.m. 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); or Toma Wilkerson at [toma.wilkerson@comcast.net](mailto:toma.wilkerson@comcast.net).

**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](http://RunSignUp.com). Bob Asztalos at [AsztalosB@FDVA.STATE.FL.US](mailto:AsztalosB@FDVA.STATE.FL.US).

**12 NJCAA Division I and II Cross Country National Championships**, 10:30 a.m. DI women 5K; 11:15 a.m. DII women 5K; 12 p.m. DI men 8K; 12:45 p.m. DII men 8K. 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.

**12 FSU Relay for Life Fall 5K**, 9 a.m. Integration Statue on Woodward Plaza, behind Oglesby Student Union, 91 N. Woodward Ave., FSU Campus. Details available at <https://relay-for-life-of-fsu.square.site>.

**12 Geeks vs. Guardians 5K**, 9 a.m. Thomas University, 1501 Millpond Rd., Thomasville, GA. Visit [www.thomasu.edu](http://www.thomasu.edu); or Susan Backofen at [sbackfen@thomasu.edu](mailto:sbackfen@thomasu.edu).

**15 NJCAA Half-Marathon National Championships**, 10 a.m. 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 BrewTally Off-Road Duathlon**, 8:30 a.m. Tom Brown Park. Online registration available at [Eventbrite.com](http://Eventbrite.com). Doug Bell at [doug.bell@mhdfirm.com](mailto: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](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).

## 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](http://RunSignUp.com) (no additional fee). Visit [www.GulfWinds.org](http://www.GulfWinds.org); or Mark Tombrink at [mat06@my.fsu.edu](mailto:mat06@my.fsu.edu) or [10MileChallenge@gmail.com](mailto:10MileChallenge@gmail.com).

**03 Jingle Bell Run**, 6:15 p.m. Corner of S. Monroe St. and Park Ave. Online registration available at [RunSignUp.com](http://RunSignUp.com). Visit [www.talgov.com](http://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](http://UltraSignUp.com). Visit [www.TallahasseeUltra.com](http://www.TallahasseeUltra.com); or [www.GulfWinds.org](http://www.GulfWinds.org); or Jack or Laura McDermott at [marathonjack@comcast.net](mailto: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](http://RunSignUp.com) (no additional fee). Visit [www.GulfWinds.org](http://www.GulfWinds.org); or Herb Wills at [hwills@gmail.com](mailto:hwills@gmail.com); or Judy Alexander at [jalexander98@comcast.net](mailto:jalexander98@comcast.net).

## JANUARY 2023

**01 29th Annual Wilde Mountain Scramble** (approximately 5M, unless you cheat), 8:30 a.m. SHARP!!! Forestmeadows Park and Athletic Center, 4750 N. Meridian Rd. Don't forget state park pass or entry fee. Race entry fee: \$2 or \$2 of scratch-off lottery tickets and a gift you don't mind pawning off on a fellow runner. As always, whining, fussing or even the slightest grumble gets you disqualified. Pre-race contact forbidden.

**07 Swamp Forest Trail Run (Quarter Marathon/Half Marathon/20.5M)**, 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](http://RunSignUp.com) (no additional fee). Bobby York at [byorkjr@msn.com](mailto:byorkjr@msn.com).

**14 GWTC 30K/15K**, 8 a.m. The Retreat at Bradley's Pond, 9002 Bradley Rd. (across from Bradley's Country Store on Old Centerville Rd.). Online registration available at [RunSignUp.com](http://RunSignUp.com) (no additional fee). Visit [www.GulfWinds.org](http://www.GulfWinds.org); or Jillian Heddaeus at [jillianheddaeus@gmail.com](mailto:jillianheddaeus@gmail.com); or Zach DeVeau at [zach.deveau@gmail.com](mailto:zach.deveau@gmail.com).

**21 The Trent 10K/5K/1M (1M GP for Youth Only)**, 8 a.m. 1M; 8:30 a.m. 5K/10K. Roberts Elementary School, 5777 Pimlico Dr. Online registration available at [Eventbrite.com](http://Eventbrite.com). Visit <http://www.trentstouch.com/trent-trot>; or Kim McFarland or Kim Vinson at [thetrent@gmail.com](mailto:thetrent@gmail.com) or 488-0923.

**28 Bowlegs 5K Run for Scholarship/1M Fun Walk**, 9 a.m. FSU/FAMU Engineering Building, Innovation Park, 2525 Pottsdamer St. (across from Seminole Golf Course). Online registration available at [RunSignUp.com](http://RunSignUp.com) (no additional fee). Visit [www.GulfWinds.org](http://www.GulfWinds.org); or Larry Giunipero at 878-5569; or Bill Hillison at 893-4557. 🏃

# PRESIDENT'S COLUMN - MARK PRIDDY

I Love New Beginnings.

November is a month that always makes me focus on late-in-the-year opportunities for a new beginning.

We even change our clocks this month!

Cool mornings make it a lot more exciting to get out the door and start the day early with a run or a brisk trail walk. I even like to drag out my long sleeve running shirts that have been hibernating for nine months!

November also means that it is time for elections, national, local, and of course Gulf Winds Track Club elections. Elections signal new beginnings, fresh faces, innovative ideas, and you will have the opportunity to look over the GWTC election ballot and marvel over the names of the folks on that ballot who want to make this Club better and better for the next year. Agreeing to put their name on the ballot is a big decision for them. Send them your thanks and give them your support.

You may want to take a smaller step. Talk to me about what you can do to help our Club coordinators and race directors. A new beginning experience for you.

Thanksgiving Day, the beginning of the Holiday Season. A day to reflect, give thanks, and think about beginning or continuing a new tradition.



Why not begin by participating in Gulf Winds Track Club's largest annual event, the Turkey Trot? Thousands of people will be there participating in many ways. How exciting is that!

You can run one of the many race distances, volunteer on the course or at the start/finish or be a Turkey Trot Hero and donate to one of the many local charities the race supports.

Your donation can be a new beginning for someone in need.

Begin your planning now. Grab a friend or family member and come early to Southwood and be part of the excitement. There is not another race in town that can compete with the excitement and the positive energy of the Turkey Trot. 🏃



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# Gulf Winds Track Club

## MEMBERS ONLY DISCOUNTS

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(850) 727-8011 [www.fleetfeet.com/s/tallahassee](http://www.fleetfeet.com/s/tallahassee)



All GWTC Members will receive

# 10% OFF

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### RECOVERY

#### TASTY PASTRY

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Would you like to provide a Members Only Discount for GWTC members, email details and any logo to [FleetFoot@GulfWinds.org](mailto:FleetFoot@GulfWinds.org). It does not need to be running related.

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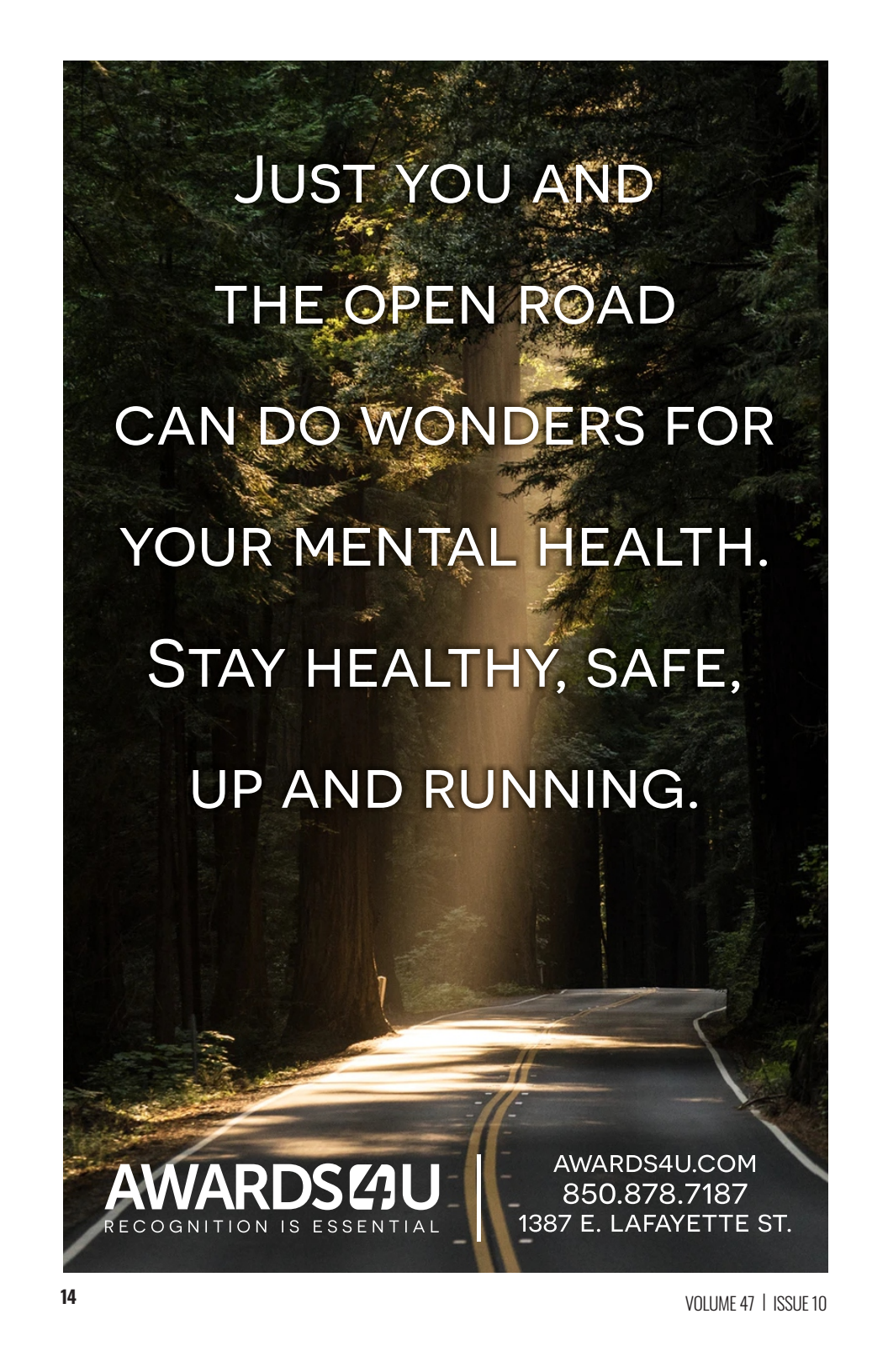
## NEW GULF WINDS TRACK CLUB EMAIL COMMUNICATION

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](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.



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# 2022 BEGINNING RUNNING GROUP



Volunteers led by Brandy Fortune and Elizabeth Kamerick help the Beginning Running Group prepare for the Turkey Trot.

Participants learn valuable running skills including etiquette for spitting and blowing snot rockets during a race. (Presumably including demonstrations.)



# LEARNING & EDUCATION SERIES

## Gulf Winds Track Club November Learning and Education Meeting

Growler Country | November 15, 2022, 6:00 p.m.

### *EXPANDING ACCESS AND MAKING OUR STREETS SAFER FOR RUNNERS, PEDESTRIANS AND BICYCLISTS*

Learn the latest on this important topic and ask questions about what we can expect in Tallahassee's future.

#### *YOUR PRESENTER IS:*

Featuring Eric Draper, former Florida State Parks Director and accomplished water, wildlife and climate advocate.

#### *LOCATION:*

Growler Country  
3305 Capital Cir NE, Tallahassee, FL 32308

Beverages and light bites will be available.

You are welcome to submit questions in advance and please RSVP to ensure we are prepared to accommodate you by emailing [jalexander98@gmail.com](mailto:jalexander98@gmail.com) or via the Facebook event page



# PINE RUN 20K RACE RECAP

AT TALL TIMBERS RESEARCH STATION ON OCTOBER 8



Photo credit: Lisa Vickers

## Race reports by Pine Run finishers:

*"How gorgeous Tall Timbers is! As a community we are so fortunate to have Tall Timbers conducting research on conservation land management. A great GWTC race partner. Gather a group of your fun friends to keep you entertained and moving forward or adopt the Galloway method of run/walk!"*

**Bonnie Wright**

Placed 124 with a time of 3:22:55

*"Watching the sun rise before the race and knowing I was going to spend the next few hours enjoying the beautiful scenery with my friends. There is nothing intimidating about the Pine Run if you are there to just enjoy it."*

**Lisa Vickers**

Placed 123 with a time of 3:22:54

*"My favorite memory is the scenic beauty and the beauty of running partners, Pat Dugan, Meredith Snowden, and Lorraine Ausley who interrupted their race to aid Dana, who had collapsed at mile 1.7. Prepare with long hilly trail runs that include rugged trail surfaces, including long grassy sections."*

**Ed Livingston**

Placed 120 with a time of 3:14:46

# VOLUNTEER SPOTLIGHT

# JENNIFER HAY

## **Tell us briefly about your running experience.**

I started running with a group of women in Killlearn Estates when I was 40. I ran several local 5Ks over the years, the Turkey Trot 10K, and the 15K at the 15K/30K, and then worked my way up to the Gasparilla 5K, 15K, and half marathon challenge. But I've been battling plantar fasciitis since then, so run/walking short distances is as good as it gets now. I was definitely not born to run, but I love being part of the Tallahassee running community.

## **How long have you been a member of GWTC?**

Since 2012ish. That's when I ran my first GWTC race: the 5 and 10 Mile Challenge.

## **How did you first get involved as a volunteer?**

I was lucky enough to be part of an amazing committee that started the DeSoto Trail Elementary School 5K many years ago to replace the school spring festival (that none of us could bring ourselves to host ever, ever again). From there, I started coaching in the Girls on the Run program and dove into supporting Chiles High School Cross Country and Track events. Once our runner moved onto college, helping with GWTC races and programs was a natural fit.



## **What do you enjoy most about volunteering?**

I like being the support staff for the stars—part of making their events fruitful and fun. And I love working with all the people who also enjoy that role.

## **Why do you volunteer?**

Someone has to, right? There's an enormous amount of work that goes into the Club's races and special programs, and we can't create these amazing events without a lot of dedicated helpers. Plus, people keep asking for help, and I seem to be terrible at saying no.

## **What is your next volunteer project?**

I'm currently working on the 5 & 10 Mile Challenge shirts, the Marathon shirts, wrap up for the Pine Run 20K race that Carter and I are the directors for, awarding money to local schools through our school grant program, and running for GWTC vice president. 🏃

# VOLUNTEER SPOTLIGHT

# CARTER HAY

## Tell us briefly about your running experience.

I ran XC and track in high school, but was serious mainly in track, especially the 400 and 800. And then I didn't really run seriously again until about age 40. I enjoyed running 5Ks and 10Ks for a few years, but lately (when not injured), I've been focusing on longer running that I can do at slower paces. I never thought I'd run a marathon, but I've now run 2, including the Atlantic City Marathon in 2021. Being there with Felton Wright and the whole crew (racers and non-racers alike) to see Felton finish his 50<sup>th</sup> state marathon might be my greatest running experience. Thanks Felton!

## How long have you been a member of GWTC?

Probably 2012. My first races were the 2012 5-mile/10-Mile Challenge and Tannenbaum, and then I was hooked.

## How did you first get involved as a volunteer?

It started in helping with and later directing the Trailblazer 5K at Desoto Trail Elementary. Once I started running more races, helping out with other races felt right—it's the best way to pay back the race directors who work so hard. After we graduated from Desoto Trail, my volunteer time then went mainly to Montford Middle School XC/Mustang Running Club, and then ultimately to Chiles High School Track and XC for 4 years. After Hawthorne graduated from Chiles, we took over as race directors of the Pine Run in 2021, and that's been a terrific experience in every way. We look



forward to directing it many more times in the future.

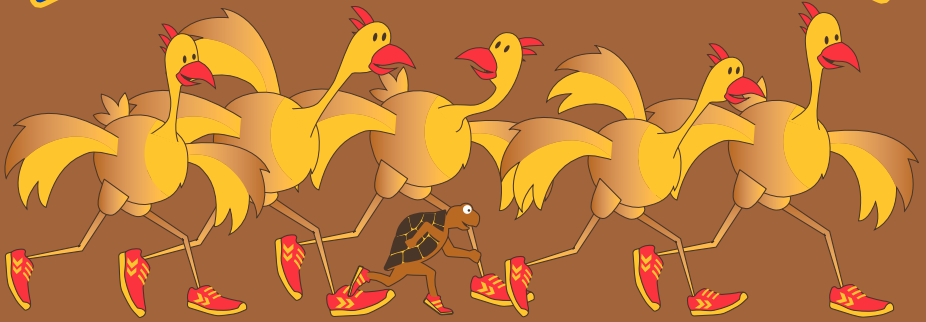
## What do you enjoy most about volunteering and why do you volunteer?

To begin with, it's typically fun—I run fewer races than I used to, so volunteering is a great way to get race day excitement and see everyone. But it's also nice to make a difference—I enjoy helping out on these races that have such great histories.

## What is your next volunteer project?

My goals are light compared to Jennifer's! She's definitely our superstar—I'm always impressed with how immediately valuable she becomes with each new meeting or project. As for me, with Pine Run 2022 finished, we are closing that out and then looking ahead to the 2023 race. Also, we've joined the marathon-by-committee efforts for the 2023 Tallahassee Marathon and Half-Marathon. And then on race days in the Fall and Winter, I've always enjoyed helping out with races like the Ultra, the Turkey Trot, and the 30K/15K, so I'll look forward to that again. 🏃

# TALLAHASSEE TURKEY TROT 2022



## Gulf Winds Track Club

Thanksgiving Morning , November 24, 2022

This is the GWTC largest race and most important annual fundraiser. The Turkey Trot's success enables our club to support races throughout Tallahassee with discounted equipment rentals and keep registration prices low for club events.

Bring your kids, bring your friends and together, let's enjoy one of Tallahassee's best events!

The 2022 Tallahassee Turkey Trot consists of four races run on Thanksgiving morning:

The Turkey Gobbler 1 mile race – It starts everything off at 8:00 a.m. sharp. Like the other races it starts and finishes on Esplanade Way but slightly closer to Shumard Oaks Blvd.

The course runs a big rectangle and there are no hills.

The Turkey Trot 5K (3.1 miles) – The 5K starts on Esplanade at 8:30 a.m. sharp.

There is a hill on this course, but overall, it is a very fast course. It is also the biggest race. The course is primarily a loop on Grove Park Drive around Central Park Lake and finishes on Esplanade Way near the start.

The Turkey Trot 10K (6.2 miles) – The 10K race starts at the same place (Esplanade Way) and time (8:30 a.m.) as the 5K. It runs the same route as the 5K and the 15K for the first two miles. Runners may change races any time during those first 2 miles as long as they are careful to run the entire race and do not knock anyone down.

The Turkey Trot 15K (9.3 miles) – The 15K starts at 8:30 a.m. with the 5K and the 10K runners, but it is for the dedicated runner. It is a great race if you are ready to take on the challenge.

For more information and to register visit:  
[www.TallyTurkeyTrot.com](http://www.TallyTurkeyTrot.com)