

# THE FLEET FOOT



NEWSLETTER OF THE GULF WINDS TRACK CLUB | DECEMBER 2022



## CHRIS O'KELLEY

COMPETES IN THE TURKEY DIVISION  
TURKEY TROT 15K 1:08:09

Photo Credit: Editor

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NEWSLETTER OF THE GULF WINDS TRACK CLUB | DECEMBER 2022

VOLUME 47 | ISSUE 11

**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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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

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Turkey Trot was a tremendous success with 4,726 finishers including 694 1-mile, 3430 5K, 398 10K and 204 15K finishers.



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# YOUR MEMBER BRIEFING

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**Your GWTC Board of Directors met on October 12, 2022**  
**Here's a summary of the board meeting, distilled down for you.**

**Bicycle and Pedestrian Safety Group:** Mary Jean provided background on the group and as discussed in August, they reached out for a Gulf Winds contact. Jane Johnson will serve as the GWTC contact. Eric Draper is on the board of Capital City Cyclists and the Florida Bicycle Association. CCC is interested in working with GWTC on bicycle and pedestrian safety. Florida is the most dangerous place in the nation for cyclists and pedestrians. It has been suggested that a convenience store be built at the roads Blairstone and Miccosukee, and the City Commission voted against it, and that decision was reversed on appeal. The multi-use path near that is used to access Goose Pond Trail by cyclists and walkers is risky. The multi-use path could be run around the back side of the gas station to make it safer. Eric distributed a letter that will be sent to the Mayor and the City Commissioners. Mary Jean indicated that this is similar to the previous joint effort between CCC and GWTC relative to the Thomasville Road multi-use trail. A motion was made and seconded to accept and send the letter. Board members voted to approve this motion.

**Fleet Feet Partnership:** Andrew Ciaccia introduced himself and he is a new partner at Fleet Feet. The store offers an ongoing discount of 10% to GWTC members. They want to continue to support GWTC. They can provide sponsorships to race directors who get on their calendar early. Members were encouraged to reach out to Fleet Feet. Andrew ran cross country in college and is enjoying the trails in Tallahassee.

**Treasurer:** Peg Griffin reported that the net assets for the fiscal year are \$223,117.79, and net revenue to date for the fiscal year is \$3.28.

**Triathlete Club:** Kory Skrob reported that the holiday party will be held on Dec. 19 at the new Hub at Feather Oaks. There is one more Grand Prix event in December in Daytona Beach. The Duathlon will be held on March 5, 2023. Registration will be opened in the next few weeks. Erin Trombley will be the next president.

**Race Director Coordinator:** A meeting of race directors was held in September. The club's decrease in revenue was discussed. Many ideas were considered to assist race directors to spend less and make more profit. The race directors mentioned: recycling trophies, leaving the date off finisher medals, t-shirts, and

awards; making sure that the cost of t-shirts is included in registration; increasing registration fees and having separate fees for non-club members without dramatic fee increases; consider using race proceeds in different proportions relative to the charities; and other ideas. Races vary in size and characteristics, and there isn't a "One size fits all" approach. The cost of processing fees absorbed by the Club was also discussed. Peg reviewed the Profit and Loss statement, indicating what was paid to EMS, charities, and the net profit to GWTC for the year. Race directors have autonomy to make decisions for the races they direct.

**Membership:** There are 1,315 members compared to 1090 last year; the number of households is 720 compared to 595 last year. The Beginning Running class generates new members for the club.

**Diversity/IRC:** Danny Manausa is working with IRC mentors to see how many can take children to the Turkey Trot. Gabrielle Gabrielli would like to see if it is possible to have a page on the website dedicated to DEI efforts, including FAQs that she recently wrote for a local race about people with disabilities.

**Education/Lecture Series:** Judy reported that she is working with Eric Draper about presenting a lecture on Bicycling and Pedestrian Safety.

**Merchandise:** Sold \$128.00 worth of items at the Pine Run.

**Equipment:** Bill Lott reported that the batteries in four Chronomixes need to be replaced at a cost of \$3.49 per battery. The batteries in two Chronomixes were replaced on October 11, 2022. The batteries in the other two will be replaced soon. One race clock quit working three times during the Pine Run at Tall Timbers. It worked fine at intervals on Tuesday but will be monitored for any future problems.

**Chip Timing:** Bill Lott reported that in September, one non-Club race (Bluebird Run for Brookie B. 5K) and three Club races (Sickle Cell 5K/1M; Women's Distance Festival 5K/1M; and Prefontaine 5K Forest Run) were chip timed. Scheduled to be time during October are one Club race (Pine Run 20K at Tall Timbers) and one non-Club race (Boston Mini-Marathon 13.1M Run/5K Run/5K Walk). In November, three non-Club races (Memorial to Memorial Veterans' Day 5K; NJCAA Half Marathon National Championship; and Brewtallaty Offroad Duathlon) and two Club races (Rex Cleveland Magic Mile and Tallahassee Turkey Trot 15K/10K/5K/1M) are scheduled to be timed. 🏃

# RACE CALENDAR



## 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. 50K/50M; 7:10 a.m. Marathon. 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**, 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 Bill Hillison at 893-4557; or Larry Giunipero at 878-5569.

## FEBRUARY 2023

**05** **Tallahassee Marathon/Half Marathon**, 7:30 a.m. Start at Leon County Courthouse, 301 South Monroe St., downtown Tallahassee; finish in College Town at Madison Social, 705 S. Woodward Ave. Online registration available at [RunSignUp.com](http://RunSignUp.com). Visit [www.tallahasseemarathon.com](http://www.tallahasseemarathon.com); or email race director at [marathon@gulfwinds.org](mailto:marathon@gulfwinds.org). 🏃

# 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 Remaining Grand Prix Dates

December 10                      TUDC 50K  
December 17                      Tannenbaum 6K

## 2023 Complete Grand Prix Schedule

Date	Race	Adult	Youth
1/14/2023	GWTC 15K/30K	30K	
1/21/2023	Trent Trot		5K
2/11/2023	Flash 12/6K	12K	
2/25/2023	MAD Dash	5K	
4/1/2023	Springtime	10K	1M
4/15/2023	Palace Saloon	5K	5K
4/22/2023	Rose City Run	10K	
6/17/2023	Monticello Melon Run	5K	
6/24/2023	Paul Hoover Freedom Run	5K	5K
7/22/2023	Sizzler	5K	
8/5/2023	Breakfast on the Track		1M
8/12/2023	Miller Landing Madness	8K	
9/16/2023	Women's Distance Festival		5K or 1M
9/23/2023	Prefontaine	5K	5K
10/7/2023	Pine Run	20K	
11/11/2023	Catfish Crawl	5K	5K
12/2/2023	5 & 10 Mile Challenge	10M	

Get the complete 2022 Grand Prix standings by visiting:  
<https://runsignup.com/Series/GWTCGrandPrix>

# PRESIDENT'S COLUMN - MARK PRIDDY

Do you have 5 Minutes?

Most people give up running and exercising due to lack of time. Everyone knows that you need at least 30 minutes to get in a good workout. Experts tell us that we need to take at least 10,000 steps per day for good cardio health and to fight back the possibility of early dementia.

What does your calendar look like today? Pretty full, right? How about tomorrow? Even worse!

You can get a lot done in 5 minutes. I have a trick that might help you. Just tell yourself that you will give five minutes toward any project you want to complete. When I tell myself that I will take 5 minutes to work on a problem, it jumpstarts my brain to work it to completion. I always end up dropping something less important to accomplish my goal.

I postponed writing this column until the last minute because I attended a friend's wedding and reception last night. Today, I planned to drive to south Florida for the Thanksgiving Holiday. I told myself to sit down and work on this outline for 5 minutes. You guessed it...I finished the column in one sitting and moved on to do the things I had planned to do.

Try getting out of bed 5 minutes earlier. An earlier start seems to stretch out the day and gives you more time to start that run. I promise you that if you try it, you will run for more than 5 minutes. We must always drop something to get a workout in, so why not drop that extra 5 minutes of sleep?



Why not leave that cell phone on the kitchen counter when you work out? When I spent 2 hours on the trail recently without a phone, I returned home to 13 text messages, including 3 from the same person wondering why I had not answered the first two they sent!

Simplify every single time conflict to give yourself time to run. Make the time work for you. Try the 5-minute rule and see what happens.

Remember that the Gulf Winds Track Club Holiday party is on the calendar for December 10th at Shiloh Farms. There will be live music, a variety of delicious food and drinks, a sketch artist, a photo booth, and of course, Santa! 🎅



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## FEATURED FEET

# A MORNING TO CELEBRATE, OCTOBER 30, 2022

BY SUSAN CORNWELL

You hear the distinctive sound of the gate locking behind you, and you know you've made it into the Gadsden Correctional Facility (GCF.) Understandably, there is nothing quick or simple about entering a prison, especially a group of 15 GWTC volunteers. Entry requirements for each volunteer include background checks, photo identification, metal detector clearance, dress code, pat down, and shoe check.

Upon approaching the narrow outdoor track, what a surprise to be greeted with enthusiastic and energetic cheers from the 60 runners who had earned the privilege to participate in the race through good behavior and diligent training. My running partner told me she was so excited to participate, that she woke up at 4:00 am and could not go back to sleep. Clearly, this is a very important and special event.

I immediately noted the contrast of their gray shirts and blue shorts and white shoes to our individualized attire. I overheard wistful interest in our shoe choices. One runner said she was looking forward to selecting her own running shoes, once she got out.

We had the opportunity to engage with anyone who wanted to chat, answer questions about our own training and running history, share what we believe are the benefits of running, and listen to their own post-prison aspirations. I am always struck by their positive attitudes. Their joy at interacting with outsiders was evident by their appreciation. It is very moving to hear how their running club has helped them, and how they plan to continue running, when they leave, especially since their current running is only done at this one track within the fenced border. Our GWTC group represented a range of ages and abilities and



encouraged each participant, whatever her age or ability.

The camaraderie among the runners was impressive and ever present. Experienced runners demonstrated leadership and support. A few non-runners were allowed to make signs and stand at different spots along the course (which is entirely within the fenced area of the prison grounds) to cheer and encourage runners by name as they passed. I observed tremendous efforts by the runners and saw their pride at completing the distance or acquiring a finish time within their goal.

The first race we ran at the prison was held on April 21, 2012. Since then, GWTC has returned 24 times to put on races and many other times to hold informational sessions with the group. The race held on October 30, 2022 served as

the tenth anniversary race, and we were invited to join the runners for a celebratory post-race picnic lunch. Additionally, we were allowed to contribute fresh fruit, apparently a rare treat.

We greatly appreciate the warden's support for this running club and his willingness to allow Mary Jean Yon to organize and sponsor these races. Over the years, we have witnessed the transition of running on an open dirt field to running on a nice track. A hearty thanks to Mary Jean for initiating the first race 10 years ago. She and her GCF contact, Charles Moore, have tirelessly overcome obstacles; devoting much time and effort to successfully continue opportunities for the inmates to experience the joy of finishing a 5K race. Hopefully, the commitment and discipline of training and resultant success will carry over into their future endeavors. 🏃

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# FAQ FOR PEOPLE WITH DISABILITIES

BY GABRIELLE GABRIELLI, PH.D.

**Q. Why do I sometimes see runners tethered together?**

A. This usually indicates a team of runners including a person who is blind or visually impaired and their sighted guide.

**Q. What is the best way to approach someone who is blind?**

A. Make eye contact with them and say hello, just as you would with other runners. Often people avoid conversations or if the person has a guide with them, they speak to the guide instead of the person who is blind. It makes people feel welcomed and included when you engage with them directly.

**Q. I love to help people. Is it okay to offer assistance to someone who is blind?**

A. Feel free to offer assistance but don't assume that it is needed. Do not try to physically guide the person without first asking permission to do so. If they have asked for assistance and you want to help, be specific such as saying, "Is it okay if I hold your right arm to guide you to the registration area?" People often have a preference about what side works best for them.

**Q. What is the best way to approach a runner who is blind?**

A. Speak words of encouragement or

cheer for them while they are running, just as you would with other runners. If you know the person, don't assume they know your voice. Instead, for example, say, "Hey Randall, this is Gabrielle. Great race!"

**Q. What is the best way to run near a person who is blind and their sighted guide?**

A. Give them a little more space and don't make sudden stops or turns in front of them as it takes extra effort for the sighted guide to communicate what is happening then for both runners to react to it.

**Q. What is the best way to approach a person in a wheelchair?**

A. Make eye contact and say hello, just as you would with other people. Often people look over wheelchairs since they are not at eye level. It makes people feel welcomed and included when you engage with them.

**Q. I love to help people. Is it okay to offer assistance to someone in a wheelchair or scooter?**

A. Feel free to offer assistance but don't assume that it is needed. Do not touch the person's wheelchair or scooter without first asking permission to do so. Keep in mind that a wheelchair is an





extension of the human being. Of course if anyone asks for assistance, please do your best to help.

**Q. What is the best way to approach a person racing in a wheelchair?**

A. Speak words of encouragement or cheer for them while they are rolling in the race, just as you would with other runners.

**Q. What is the best way to run near a person in a wheelchair?**

A. Give them a little more space and don't make sudden stops or turns in front of them as it takes extra effort in a wheelchair to react to any obstacles.

**Q. How should you approach someone with a service dog?**

A. Approach the person the same as you would anyone without a service dog, though you may want to give them a little more space. It is usually okay to ask permission to pet a service dog, but never pet a service dog without asking. Also, don't take it personally if the person says no. Keep in mind that some service dogs are critical to life functions such as detecting seizures for people with epilepsy, detecting strokes, and attending to other medical emergencies. In these cases, the service dogs are trained to not engage with others, and being distracted

can prevent them from doing their jobs including potentially saving their human's life. In other cases, people with disabilities enjoy the interactions they and their service dogs get when approached by someone.

**Q. I am afraid of dogs. Why are service dogs allowed?**

A. Service dogs help people with disabilities perform basic life functions. Never assume that because you can't tell that someone has a disability, they don't have one. Many disabilities can be invisible including rheumatoid arthritis, multiple sclerosis, epilepsy, traumatic brain injuries, post traumatic stress disorder, deafness, renal failure, autism, and much more. In fact, 80% of disabilities are invisible. Service dogs enable people with disabilities to have access to basic life functions. Keep in mind that service dogs are an extension of the human being, so please do not say anything negative about the dog to a person with a disability including that you are afraid. Keep your distance but know that service dogs are vital to giving people with disabilities access to the same resources that others have. 🚫

## VOLUNTEER SPOTLIGHT

# JUDY ALEXANDER

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

Since 1996, when I moved to Tallahassee from South Florida.

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

Tough to remember exactly, but Bill Lott and I used to work finish lines together back when we were manually timing races - stripping and stringing (no, not that - pulling bib tags and putting them on the stringers Bill made) and handing out finish cards. I've worked aid stations, registration, booths at fitness fairs, packet pick up, racking bikes, you name it. I co-directed the 10-Mile Challenge and Springtime, and I help Herb with the Tannenbaum 6k. I'm hoping to be back on the GWTC Board of Directors in 2023.

### What do you enjoy most about volunteering?

It's always fun! My stints as an aid station volunteer at ultra-marathons have been especially meaningful because I've had the pleasure of putting runners back on their feet and getting them moving again. And it's a terrific way to get together with friends while doing something helpful.



### Why do you volunteer?

I suppose it's the same for everyone; it's a way to give back to a running community that has enhanced my life. Volunteering gives us a sense of what it feels like to be on the other side of racing. We gain wisdom and empathy and thereby become more appreciative of everything that goes into a quality event. And there's nothing like high-fiving and cheering for a runner/walker/cyclist as they go by! I keep my cowbell and tambourine in the car.

### What is your next volunteer project?

The Tannenbaum Trail 6k! If you're not planning to run, come on out and help. It'll be fun! 🏃

# BOWLEGS 5K RUN FOR SCHOLARSHIP

Sponsored by the Faculty & Friends Club of FSU and Gulf Winds Track Club

One Mile Fun Walk for Walkers

OUR SPONSORS



Lucy Ho's



**DATE:** Saturday, **January 28, 2023** at 9:00 a.m.

**PLACE:** Start/Finish at the FSU/FAMU Engineering Building  
Innovation Park - Pottsdamer Street - Across from Seminole Golf Course  
The course runs through the Innovation Park area— Certified: FL21047JK  
For more information text Bill Hillison (893-4557)

**AWARDS:** *BOWLEGS shirt to all fully-paid preregistered entrants. Race day until supply is gone.*  
Medallions for 1<sup>st</sup> Place in Five-Year Age Groups  
Awards for (One award per participant):

Runners

- Male & Female Overall
- Male & Female Masters
- Male & Female Grandmasters
- Male & Female Student
- Male & Female Educator
- Male & Female Faculty Club

Walkers

- Male & Female Overall
- Male & Female Faculty Club

All registered entrants have a chance to **win prizes** from local merchants (Winners must be present at drawing held after the race)

**REGISTER:** Visit [Gulfwinds.org](http://Gulfwinds.org) - Calendar ([RunSignUp.com](http://RunSignUp.com)) or use the following QR code:



## BACKGROUND AND HISTORY OF THE BOWLEGS 5K RUN FOR SCHOLARSHIP


The race was initiated in 1984 by Leitch Wright, a professor and GWTC member, as a vehicle to raise FSU scholarship funds for The University Club (now Faculty and Friends Club of FSU). Originally the race began and ended at Tully Gym. Subsequently, to avoid traffic problems, it was moved to Innovation Park beginning and ending at the Engineering Building. The race became a club race in 2002. Scholarships (\$600 - \$1,000) are typically awarded to needy, 28 and older, returning full-time undergraduate students who maintain a 3.2 or better GPA. To date, more than 225 scholarships have been awarded from the net proceeds from the race. One of the key highlights of the race is the door-prize drawing for those runners and volunteers attending the announcement of the race results.



*presents*

# The St. Marks Duathlon

## March 5, 2023

RUN	BIKE	RUN
		
3.1 Miles	12.4 Miles	1.55 Miles

This is a fast event for multi-sport athletes looking to test their speed or a great beginner event for those who are interested in their first multi-sport event. Bikers or runners are welcomed to put together a relay team to join in the fun. All abilities are welcome.

*USAT liability rules require all participants to be 16 or older.*

**Register by searching [RunSignup.com](https://RunSignup.com),  
visiting [GulfWindsTri.com](https://GulfWindsTri.com) or  
<https://bit.ly/2023SMD>**

