

# THE FLEET FOOT



NEWSLETTER OF THE GULF WINDS TRACK CLUB | JANUARY 2023



## TANNENBAUM 6K WAS A HUGE SUCCESS!

Photo Credit: Editor



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NEWSLETTER OF THE GULF WINDS TRACK CLUB | JANUARY 2023

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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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Tannenbaum 6K was held at the Apalachee Regional Park, location of the 2021 NCCA Cross Country National Championship and the 2026 World Cross Country Championship.



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# YOUR MEMBER BRIEFING

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**Your GWTC Board of Directors met on November 9, 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. The board chose to send a similar letter encouraging pedestrian safety.

**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.

**Miccosukee Greenway:** The Mike Boll mile markers are now in place, and the signs acknowledging the donation from his family are also in place. The total cost for the markers was \$1,301.57, and there is remaining money from the donation.

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

**Race Director Coordinator:** A meeting of race directors was held in September. The club's loss of 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 increas-

es; 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. A motion was made that at least half of the \$459 EMS cost be included in the proposed race budget, effective January 1st. A friendly amendment was made to include the entire amount in the race budget. Board members voted to approve this motion. The dedicated ambulance is being donated free for the Rex Cleveland Magic Mile, and there may be room for negotiation for future races.

**Membership:** Mark reported for Jo Lena. 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:** Jeanne reported for Gabrielle Gabrielli. She reported that Danny Manausa is working with IRC mentors to see how many can take children to the Turkey Trot. Gabrielle 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.

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

**Equipment:** 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:** 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 Brewtally 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



## 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 (no additional fee). Bobby York at 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 (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).

**14** Half Shell Hustle 5K, 8 a.m. (ET). Riverfront Park, 80 Water St., Apalachicola, FL. Online registration available at [webscorer.com](http://webscorer.com). Visit [www.oystercookoff.com/run](http://www.oystercookoff.com/run).

**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. Visit <http://www.trentstouch.com/trent-trot>; or Kim McFarland or Kim Vinson at [thetrent@gmail.com](mailto:thetrent@gmail.com) or 488-0923.

**21** Arbor Day 5K Trail Race and Native Tree Giveaway, 9 a.m. Bear Creek Educational Forest, 8125 Pat Thomas Pkwy., Quincy, FL. Online registration available

at Eventbrite.com.  
Genevieve Printiss at  
(850) 597-6501.

**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 (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. Visit [www.tallahasseemarathon.com](http://www.tallahasseemarathon.com); or email race director at [marathon@gulfwinds.org](mailto:marathon@gulfwinds.org).

**11** Flash 12K/6K, 8:30 a.m. San Marcos de Apalache Historic State Park, 148 Old Fort Rd., St. Marks, FL. Online registration available at RunSignUp.com (no additional fee). Visit [www.GulfWinds.org](http://www.GulfWinds.org); or Keith Rowe at [keith.rowe@live.com](mailto:keith.rowe@live.com).

**11** Chipola 5K Challenge - 75th Anniversary Run, 8 a.m. (CT). Cultural Center, Bldg. 1, Chipola College, 3094 Indian Circle, Marianna, FL. Online registration available at [ItsYourRace.com](http://ItsYourRace.com). Visit [www.chipola.edu/chipola5k](http://www.chipola.edu/chipola5k); or Thomas Howell at [twhowell1@gmail.com](mailto:twhowell1@gmail.com).

**25** MAD (Making A Difference) 5K Dash/1M, 8 a.m. 1M; 8:30 a.m. 5K. Thomasville Road Baptist Church, 3131 Thomasville Rd. Online registration available at Eventbrite.com. Dan Evans at [evans@harvestoflife.org](mailto:evans@harvestoflife.org).

**25** 2LT Justin Sisson Memorial 5K Run/1M, 8:30 a.m. Unconquered Statue on Langford Green, 288 Champions Way, FSU Campus. Online registration available at EventBrite.com. Visit <http://2ltjustinsisson.com>.

## MARCH 2023

**04** Shamrock Scurry 5K/1M, 8 a.m. 1M; 8:30 a.m. 5K. Killlearn United Methodist Church, 2800 Shamrock South (at the Killarney Way traffic circle). Online registration available at EventBrite.com. Visit [www.shamrockscurry.com](http://www.shamrockscurry.com); or email to [scurry@kumconline.org](mailto:scurry@kumconline.org).

**04** Capital City Senior Games (50+) - Track and Field, javelin 9 a.m.; fun walk

9:30 a.m., all other events on rolling schedule starting at 10 a.m. Godby High School, 1717 W. Tharpe St. Online registration and information available at [www.talgov.com/seniorgames](http://www.talgov.com/seniorgames); or Lucas Williams at 891-3825.

**05** St. Marks Duathlon (5K run/20K bike/2.5K run), 8 a.m. 25 Riverside Dr., St. Marks, FL. Online registration available at [RunSignUp.com](https://RunSignUp.com). Visit <https://gulfwindstri.com/st-marks-duathlon/>; or Robert & Kory Skrob at [FleetFoot@gulfwinds.org](mailto:FleetFoot@gulfwinds.org).

**23-25** FSU Relays, 2 p.m. Thursday; 10:30 a.m. Friday; 10 a.m. Saturday. Mike Long Track, 1104 Spirit Way, FSU Campus. Visit [www.Seminoles.com](http://www.Seminoles.com). 🏃

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# PRESIDENT'S COLUMN



**JERRY MCDANIEL**  
PRESIDENT



**JENNIFER HAY**  
VICE PRESIDENT

---

Happy New Year and greetings GWTC members! I am the newly elected President of the Club and Jennifer is the Vice-President. I have asked Jennifer to share newsletter column duties with me for the duration of our time in office. I feel this will lend a more varied perspective on the club's activities, priorities, challenges, and growth toward its mission.

Little about me:

Runner for some 47 years; cyclist for about the same; member of GWTC for around 25 years; have served on the GWTC Board 1 previous year; my wife Jackie and I directed the 30K/15K for a dozen years; Jackie and I are the new race directors for the Springtime 10K/5K/1M 2023; and I enjoy a variety of non-running outdoor activities. I still love racing and competition (when I'm not injured) and have raced all distances from the mile to the marathon.

Some of my observations on needs that the Club might focus on and for which I hope to either accomplish or improve upon this year include:

Determine if there is a better means to communicate to all club members via a singular media avenue.

Looking at available race timing systems now available to determine whether an alternative to what we now use could be cost effective and more user friendly. The goal being to introduce more volunteer commitments to time races, thereby providing some relief to the few who do this now.

Continue to work to bring a younger contingent into club leadership and club ranks generally.

Encouraging more club members/groups to volunteer for races to ease the burden on the few that are always



there; possibly create a data base of volunteers.

Work with the Board to ensure the Club's financial health continues to improve as we continue to exit the Covid impact.

Encourage and stay open to ideas from members.

Jennifer and I have briefly spoken about some of these goals, but I am certain in the next newsletter she will share some of her perspectives as well.

Lots of racing to be had in January which means, of course, the necessity for volunteers. I am especially aware that the Marathon needs help if you are able. Go to

"tallahasseemarathon.com", click "community", then "volunteer" and fill out the information. You will be contacted. Should you wish to be on the course to assist with traffic control particularly, go to <https://signup.com/go/NfLsqxy>. This race requires 100 volunteers and is the most expansive race the Club puts on. If you are not running, please volunteer!

Big thanks go to Mark Priddy and the last board for their efforts over the last couple of years in keeping this club running (pun intended) through some pretty difficult times. Happy New Year and I hope to meet as many club members as possible and hear your ideas! 🏃

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# TANNENBAUM RACE RECAP

## RACE REPORTS BY TANNENBAUM FINISHERS



*"I'd be happy to answer these questions!*

*My favorite memory from the Tannenbaum is being cheered on by the volunteers (they had some good music playing at the top of the wall:)) and Mr. Wills taking photos at the finish. I love doing the Tannenbaum race. The festive energy and poinsettias are fabulous :)"*

**Megan Churchill**

*"One of my favorite memories from the Tannenbaum was when I was just starting out. As many people can probably agree, you feel the best just coming into the race. I felt very good starting. Not so much with 2K to go. I run middle school cross country, and so I have run on that course for middle school meets. I remember standing on that starting line with my team during the cross country season. This was my first 6K and it was interesting to run the ARP course twice."*



**Johannes Hassel**

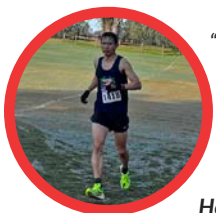


*"My two favorite things about Tannenbaum are: i) it is very cool to run the same course as high school, college, and world elites; and ii) during the incredible downhill start, I enjoy summoning my inner Clark Griswold from Vacation running with his family to Wally World! That is my favorite scene of an epic movie."*

**Danny Manausa**

*"Running with several of my buddies. Lots of good friends. Just happy to be running again. Seven months ago I was wiped out."*

**Keith Rowe**



*"This was second Tannenbaum race. My first in 2018, we had to jump over a stream. Yesterday the weather was perfect for running, but the hills remained the same. I appreciate the race organizers and many volunteers came out in the chilly weather and put up a great show."*

**Hong-Guo Yu**

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## FEATURED FEET

# KELLEY EL-URFALI



### When did you start running?

I started running in 1979 for high school track. I intended to be a sprinter, but my coach decided otherwise. I then began running cross country as well.

### Childhood ambition?

I wanted to be a drummer and singer, like Karen Carpenter.

### Current occupation?

I am a retired Law Enforcement Investigator from the Department of Corrections, Office of the Inspector General. I now work a very flexible part time job with the IG's Office in Public Records.

A couple days a week I volunteer for Elder Care Services, delivering meals (with a group) on our bicycles. It's not a job, but a commitment that is close to my heart.

### If money were no object, what profession would you choose?

I would be a professional adventure seeker, traveling around the world on my bicycle, and writing about the vast cultures I'd experience.

### Favorite reads?

True crime books and the novels by Grisham have been among my favorites. My newest read suggested by my husband is, *The People Map: Understanding Yourself and Others*.

### Favorite running memory?

My most recent is running the 1500 meters in the State Senior Games and

qualifying for Nationals to be held in Pittsburgh next summer! I also respect the motivation of all the GWTC ladies in my age group, who inspire me to always do my best.

### Indulgence?

Grilled cheese sandwiches and way too many mocha lattes.

### Non-running hobbies?

Cycling, kayaking, dog walking, yardwork, and spending time with my twin grandsons which isn't often enough. I'm also the project manager for my engineer husband's home improvement designs.

### Best place to run in Tallahassee?

Being that our property backs up to the southern end of the St. Mark's Trail, that's where I do most of my running. Additionally, I run a regular hill route around the Mahan/Capital Circle area.

### Preferred running technology?

I have a Garmin Forerunner 230; it's simple and works great for me.

### Biggest challenge?

First, to not start my races too fast, and second, to remain as injury free as possible while improving my overall fitness level.

### Perfect day?

My perfect day is a long morning run, enjoying my indulgences at my favorite St. Marks coffee shop, and then getting together with family and friends for a competitive night of card playing! 🃏

# NEW GULF WINDS TRACK CLUB EMAIL COMMUNICATION

By Jo Lena Pace, 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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# FEATURED FEET

# WILSON SMITH



## When did you start running?

Besides having a small stint on the track team in high school, I really started running about 7 years ago as a way to get my dog some extra exercise. I ended up really enjoying it (even though I've never been a great runner)!

## Childhood ambition:

Professional motocross racer

## Current occupation:

Real estate development/construction

## If money were no object, what profession would you choose?

I wouldn't change a thing!

## Favorite reads:

Too many great books to list, but I really enjoy Carl Hiassen!

## Favorite running memory:

Finishing the Chattanooga Ironman 70.3 this past year. After having multiple setbacks over the years with running and triathlons, this race really went well for me. To top it all off, the crew from the tri club that either attended or raced that weekend really made it an incredible experience.

## Indulgence:

An all you can eat Chinese buffet. Usually not even able to walk out

## Non-running hobbies:

Skiing, mountain biking, boating, hiking, basically anything outdoors

## Best place to run in Tallahassee:

The trails at Phipps and Lake Overstreet

## Preferred running technology:

Garmin Fenix 6

## Biggest challenge:

Heat! After suffering from a heat stroke at a triathlon in 2019, I have had serious issues with training/racing in hot conditions

## Perfect day:

A nice workout first thing, then eat some waffles, and spend the rest of the day at the beach or doing anything outdoors.!!🏃



# 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.

## 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>



Tallahassee, FL  
**Gulf Winds Track Club**

# (EXTREME) CHALLENGE)

**THE EXTREME CHALLENGE IS A BOOT CAMP ONLY FOR THOSE WHO HAVE THE PHYSICAL AND MENTAL TRAINING TO COMPETE AND FINISH.**

Few meet the challenge. It will require you to carefully plan, train, and utilize your decision-making skills. To qualify, you must run all GWTC club races within the same calendar year. If a club race offers multiple distance events, you must complete the longest distance presented at that race. And, you must complete the event within the race director's established time limit.

If you meet the challenge, you will be handsomely rewarded. Awards will be unique, because few are tough enough to conquer the challenge. All that you have to do is be a member of the Gulf Winds Track Club prior to the first race of the year, register for the races and complete the longest distance at each and every Gulf Winds Track Club race. Your participation will be noted.

**As you consider your 2023 New Year's Resolutions commit to great health and extreme fun with the GWTC Extreme Challenge.**

Get all the details on the list of races for 2023 by visiting:  
[www.gulfwinds.org/races/gwtc-extreme-challenge/](http://www.gulfwinds.org/races/gwtc-extreme-challenge/)



# VOLUNTEERS NEEDED

(Especially if you like donuts)

## Not Running the Tallahassee Marathon?

We hope you can run the full, half, or relay, but if not, we could really use your help on **Sunday, February 5, 2023.**

Our biggest need is course volunteers who keep runners safe from vehicles and ensure runners make all the correct turns.

Other duties include race day packet pickup and finish line assistance.

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To volunteer, send an email to [tlhmarathonvolunteers@gmail.com](mailto:tlhmarathonvolunteers@gmail.com)

### What's in it for you?

- Race shirt
- Freebies from SoDough, Township, or Madison Social (for course volunteers only)
- The warm and fuzzies for being a do-gooder



# 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.

# VOLUNTEER SPOTLIGHT

# LISA UNGER



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

I started running as an adult in the late 90's. It was my first experience with dedicated exercise and healthy activities. Since then, I have participated in running event distances from the Breakfast on the Track 1 Mile to the TUDC 50k. I was never fast, but for a while I went long! I have enjoyed many opportunities and met countless amazing people along the way.

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

I joined GWTC in 1998.

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

As a back of the pack runner, I watched a lot of other runners in front of me, did a lot of talking with runners around me, and met a lot of people at post-race gatherings. Some of those people, my mentors, inspired me to step up because I saw them taking on responsibility as well as winning race awards. Also, I wanted to help at races so that both high level and recreational runners could concentrate on their performance and/or enjoying the race.

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

I get to interact with so many different people. The best is when I see someone

who was a kid that I watched run in the Summer Track Series or middle/high school cross country 15+ years ago now as an adult bringing their kids to the local races.

## **Why do you volunteer?**

There are certain volunteer activities that I just really like doing, such as helping at middle school cross country finish lines, especially the Owl Run. Some of the bigger races take a lot of volunteers, and it's a weight off of the race director when experienced repeat volunteers come back to "their job". Smaller races need help, too, including WDF, so I try to help those who help me. Volunteering is a great way to make some nice friendships, and I enjoy catching up with folks I may only see at annual events.

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

I will be helping with the marathon this year, working with another volunteer to coordinate the t-shirts, and I have snagged my usual spot on the course at Lake Bradford and Eppes St. I'll be helping half and full marathon runners safely cross several traffic lanes as they head toward the stadium. 🏃



Tallahassee, FL

Gulf Winds Track Club

# Holiday Party

Thank you for everyone who came to the party, and we appreciate the volunteers who made it happen for us.







**RUN**  
**3.1**  
**Miles**

**BIKE**  
**12.4**  
**Miles**

**RUN**  
**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>**

