

# THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | FEBRUARY 2023



## AT THE START LINE GWTC 30K/15K

Photo Credit: Editor



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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: Editor

Temperature at the start of the GWTC 30K/15K was a cool 37 degrees with persistent breezes cooling the runners as they faced the challenging hills of Old Centerville Road.



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# YOUR MEMBER BRIEFING

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Your GWTC Board of Directors met on December 14, 2022

Here's a summary of the board meeting, distilled down for you.

**Cleveland Mile:** The race received revenues of \$599.42, and expenses of \$442.25, for a net profit of \$157.17.

**Turkey Trot 15K/10K/5K/1m:** The Turkey Trot is at \$143,108.70 in revenues and \$84,433.29 in expenses, for a net profit of \$58,675.41. Plus, the club is expecting sponsorship checks totaling \$4,500 from CHP and Church at Southwood. Each charity Boys & Girls Clubs of the Big Bend, Kearney Center, and the Refuge House will receive at least \$14,668.85. Plus, each charity will receive all direct contributions made at registration.

**Timing Issues/replacing or repairing mats:** Funding for replacement or repairs on the timing mats. Ten years ago, 36 mats were purchased and 1/3 are now defective. Nearly all the mats are used for big races like Turkey Trot and Springtime. Over time, the Club has earned over \$90,000 in revenues from timing races. A few mats can be repaired. Bill requested \$5,000 for purchase of new mats. New mats are about \$650, and it is \$335 to repair existing mats by replacing the antennas. The board approved investing to \$10,000 as needed from the club the timing revenue reserve fund to replace and repair mats.

**Request for new communication process:** Jerry McDaniel said that he met with incoming Vice-President Jennifer Hay to discuss whether or not to try to improve the current club communication system. He proposed a possible model whereby the Club could send out text messages to club members. There are software models for this type of communication. Members would have an opportunity to opt out of text messages. There are too many e-mail communications, and it may be a more efficient system. A monthly e-mail to members is another option. Jerry would like to have someone in the club to research the idea. The RunSignUp option should also be investigated because they may be able to send texts. This will be re-visited at the January Board meeting.

**Treasurer:** Net assets as of 11/30/22 are \$188,389.58. The net loss as of 11/30/22 is \$34,724.93. The club received a deposit in the amount of \$122,940.78 in early December from RunSignUp. The amounts are getting closer to where they were previously. There will be a decrease of revenue in 2023 due to the limited number of non-club races that will be timed.

**Race Director Coordinator:** Mary Jean Yon reported that she and David recently met with officials at the Leon County Emergency Operations Center to discuss the high costs of EMS services for club races. Various ideas were discussed for how to provide proper medical staffing for our races while minimizing the amount of time an ambulance is on site, particularly at shorter races. Certain parameters, such as the hourly rate charged and the minimum amount of time the EMS teams are onsite, are stipulated by the Leon County Commission and cannot be changed by the Operations personnel. Ideas such as having a registered nurse, doctor, or physician's assistant present during the race and willing to serve as medical directors, have some merit. The meeting ended with agreement among all parties to explore ways to decrease costs.

**Membership:** There are currently 1,235 members (1,236 last year at this time), and 698 households (658 last year at this time). The Google group has 76 members.

**Diversity/IRC:** Jeanne reported for Gabrielle Gabrielli. Three IRC kids ran in the Turkey Trot. One of the young men entered the 10k but ran the 5k by accident and finished in the top 10. Gabrielle wrote FAQs about running with people with disabilities that were published in the Fleet Foot this month. The committee is looking at doing outreach at the Soul of the Southside event on May 13, 2023. Representation continues to improve with Chika doing an excellent job working with David on the Turkey Trot PSAs and with lots of participation and pictures of runners from the organization Black Girls Run. The committee is brainstorming more outreach efforts to reach underserved populations.

**Education and Lecture:** Eric Draper spoke at Growler Country. It was a success with Growler Country serving as a good host location. 🏃



We always owe our race directors a huge thank you for working throughout the year to provide our club members with great events. Thank you Jillian Heddaeus and Zach DeVeaou for leading volunteers to make the GWTC 15K/30K such a fun event!

# RACE CALENDAR



## FEBRUARY 2023

**04** **Dr. James H. Crowdis Run 10K/5K**, 9:30 a.m. First United Methodist Church, 397 College St., Blakely, GA. Online registration available at RaceEntry.com. Visit <http://crowdisrun.weebly.com>; or Tony Gilbert at [tonygilbert@windstream.net](mailto:tonygilbert@windstream.net) or (229) 723-5070.

**04** **Double Bridge Run**, 7 a.m. (CT) 15K; 8:30 a.m. (CT) 5K. 15K start at Maritime Park, 301 West Main St., Pensacola, FL.; 5K start at 100 Daniel St., adjacent to Gulf Breeze High School football stadium, Gulf Breeze, FL. Online registration available at RunSignUp.com. Visit Pensacola Sports at [www.pensacolasports.org](http://www.pensacolasports.org) or email to [amarquez@pensacolasports.org](mailto:amarquez@pensacolasports.org).

**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.tallahassee-marathon.com](http://www.tallahassee-marathon.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. **No Race Day Registration.** 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. Visit [www.chipola.edu/chipola5k](http://www.chipola.edu/chipola5k); or Thomas Howell at [tvhowell1@gmail.com](mailto:tvhowell1@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** **CLA Run the Race 5K & Fun Run**, 8 a.m. fun run; 8:30 a.m. 5K. Maclay Gardens Sate Park, 3540 Thomasville Rd. Additional information and online registration available at [clatallahassee.org](http://clatallahassee.org). Molly Simon at [msimon@clatallahassee.org](mailto:msimon@clatallahassee.org).

**25** **2LT Justin Sisson Memorial 5K Run/1M**, 9:30 a.m. Unconquered Statue on Langford Green, 288 Champions Way, FSU Campus. Online registration available at RunSignUp.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.

**04 St. George Island Red Pepper 5K**, 8 a.m. Paddy's Raw Bar, 240 E. 3rd St., St. George Island, FL. Online registration available at [Webscorer.com](http://Webscorer.com). Visit [www.stgeorgeislandchilicookoff.com](http://www.stgeorgeislandchilicookoff.com); or Shelley Shepard at [shelshep@yahoo.com](mailto:shelshep@yahoo.com).

**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](http://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).

## APRIL 2023

**01 Springtime 10K/5K/1M (1M GP for Youth Only)**, 7:30 a.m. 1M; 8 a.m. 10K/5K. Suwanee St. next to Cascades Park. **NOTE: Start Location is the same as the Finish Location on Suwanee St.** Online registration available at [RunSignUp.com](http://RunSignUp.com) (no additional fee). Visit [www.springtime10k.com](http://www.springtime10k.com); or [www.gulfwinds.org](http://www.gulfwinds.org); or Jerry McDaniel at [springtime10k@gmail.com](mailto:springtime10k@gmail.com).


**08 Red Hills Triathlon & Time to Tri Super Sprint**, 7:30 a.m. Maclay Gardens State Park, 3540 Thomasville Rd. Online registration available at [Active.com](http://Active.com). Visit [www.redhillstriathlon.org](http://www.redhillstriathlon.org); [www.redhillstri.com](http://www.redhillstri.com); or Kathy McDaris at [racedirector@redhillstriathlon.org](mailto:racedirector@redhillstriathlon.org).

**15 Palace Saloon 5K**, 8 a.m. Start at Messer Fields, corner of Jackson Bluff Rd. and Dupree St.; finish at Palace Saloon, 1303 Jackson Bluff Rd. Online registration available at [RunSignUp.com](http://RunSignUp.com) (no additional fee). Visit [www.gulfwinds.org](http://www.gulfwinds.org); or Tom Perkins at [tomperkinsfsu@gmail.com](mailto:tomperkinsfsu@gmail.com) or (850) 264-4595.

**22 Rose City Run 10K/1M**, 8 a.m. 10K; 9:30 a.m. 1 M. North Broad St. at corner of Broad St. and Monroe St., near U.S. Post Office, Thomasville, GA. **No Race Day Registration for 1M.** Online registration available at <https://ymca-thomasville.org/rose-city-run>. Thomasville YMCA at (229) 226-9878 or [rccr@ymca-thomasville.org](mailto:rccr@ymca-thomasville.org).

**22 Gladiator Challenge, an Adventure Race/5K** (adventure race ages 3-14; 5K and obstacle course ages 13 and up; 5K only ages 16 and up), 8:30 a.m. Phipps Farm, 4300 N. Meridian Rd. (across from Maclay School). Online registration available at [RunSignUp.com](http://RunSignUp.com). Visit [www.gladiatorlh.com](http://www.gladiatorlh.com); or Susan Huber at (850) 294-4204 or [gladiatorlh@gmail.com](mailto:gladiatorlh@gmail.com).

**29 Nene Fest 2-Way 5K/1M**, 8 a.m. 5K; 9 a.m. 1M. Optimist Park, 1806 E. Indianhead Dr. Online registration available at [RunSignUp.com](http://RunSignUp.com). Marie Claire Leman at [marieclaireleman@gmail.com](mailto:marieclaireleman@gmail.com) or (850) 728-7514.

**29 Rose City 5K Walk**, 8:30 a.m. Thomasville Center for the Arts, 600 E. Washington St., Thomasville, GA. **No Race Day Registration.** Online registration available at <https://ymca-thomasville.org/rose-city-run-walk>. Thomasville YMCA at (229) 226-9878 or [rccr@ymca-thomasville.org](mailto:rccr@ymca-thomasville.org). 



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# PRESIDENT'S COLUMN

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By: Jennifer Hay, GWTC Vice President

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I'm not much of a runner. I'm not fast, and I don't even run far anymore, but boy do I love being part of our amazing Tallahassee running community. All those fuzzy feelings are why I decided to up my leadership game in Gulf Winds Track Club. But I also thought it would give me a chance to convince David Yon to let me get more involved in our youth programs. They are his passion and are among the very best things GWTC does for Tallahassee.

Part of my passion for our youth programs has grown from my family's experience with them. Our kids—Hawthorne, 20, and Ainsley, 18—grew up going to Summer Track on Thursday nights, spending summer mornings running with local celebrities at SMIRFS, and waking up early on Saturday mornings to run or volunteer at races. They formed friendships and forged competitors spanning generations, and I will forever appreciate every volunteer and fellow runner who invested time in them, shared inspiring words (and taunts), ran next to them, and showed



them the giving heart of our running community. It has made a huge difference in their lives. (Hawthorne is now a volunteer coach for the middle school program, and Ainsley—even though she's not even a runner—would sooner skip mashed potatoes on Thanksgiving Day than miss the Turkey Trot.) GWTC is in their blood.

I encourage every parent, grandparent, aunt, uncle, and doting friend to get those little ones involved in the summer track series, the SMIRFS morning runs and games in June and July, and the middle school running program (Striders) throughout the year. And, of course, I hope all of you will volunteer in meaningful ways to grow these programs to their full potential—because it will be as good an experience for you as it is for the kids.

Watch the Fleet Foot and website for information about youth running events and school running program grants. And of course, reach out to me if you have any questions or ideas! 🏃



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# FEATURED FEET

# LAURA PARSONS



## **When did you start running?**

I started running 2/25/2017. My son, Trent, asked me to run the Run for Literacy with him on his 8th birthday. It was both of our's first 5k. I had no idea the adventure we started on that day.

## **Childhood Ambition?**

Olympic Softball Player

## **Current Occupation?**

Disability Examiner

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

Job Coach of differently abled adults.

## **Favorite Reads?**

Favorite books ever... "The Giver" series. I read them several times as a kid and reread them as an adult with my kids. Other favorites are Look Me in the Eye by John Elder Robison and Life, Animated by Ron Suskind.

## **Favorite Running Memory?**

Finishing the 2020 Tally Half...

Running that distance had always seemed like something so unobtainable.

## **Indulgence?**

I am a true foodie. I love trying anything new.

## **Non-Running Hobbies?**

Getting in a workout at the gym or hiking

## **Best Place to run in Tallahassee?**

Phipps Park or Bradley's

## **Preferred Running Technology?**

None. I love being able to get lost in my thoughts or the sounds around me.

## **Biggest Challenge?**

Getting started.

## **Perfect Day?**

Early morning run or hike through Phipps..... Brunch.... An afternoon watching football and then relaxing by a bonfire that night. 🏹

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## FEATURED FEET

# JONATHAN JACKSON



### When did you start running?

I started jogging at the University of Miami, ran way too much with all the wrong techniques when I was in the Army, and came back to it in my late 20s.

### Childhood ambition?

Writer.

### Current occupation?

College marketing professor

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

Can I just read books all day?

### Favorite reads?

*Heart of Darkness* by Joseph Conrad; *Pachinko* by Min Jin Lee; *Absalom, Absalom!* by William Faulkner

### Favorite running memory?

I used to live in Jersey City, New Jersey and I would do long training runs in Liberty State Park, with Ellis Island, Lower Manhattan, Brooklyn, the hubbub of New York Bay, and

the Statue of Liberty all laid out before me. Magical.

### Indulgence?

Good wine.

### Non-running hobbies?

Did I mention books?

### Best place to run in Tallahassee?

Micosukee Greenway. It never gets old.

### Preferred running technology?

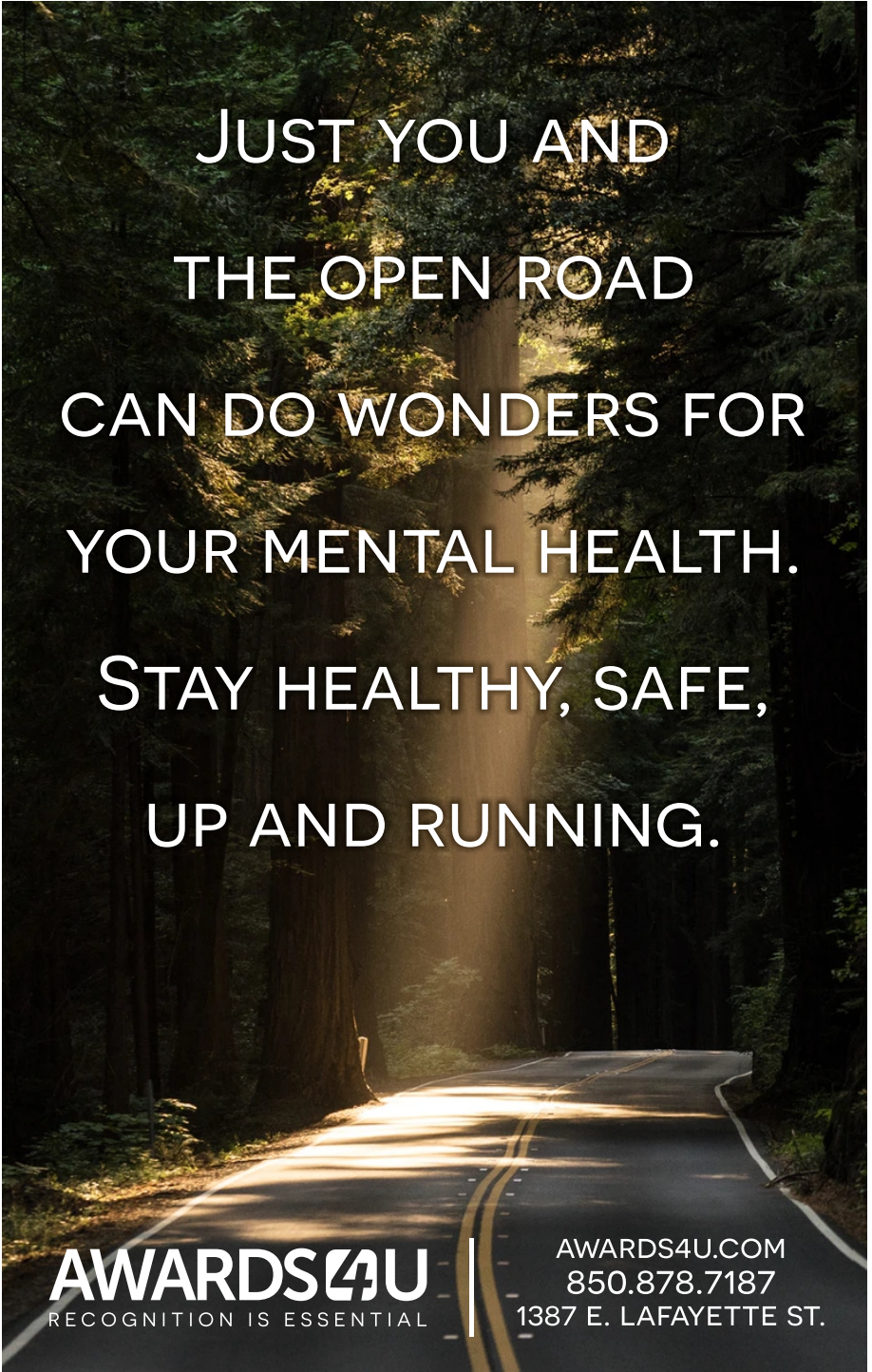
Good shoes are a necessity. I have found that New Balance Fresh Foam shoes give me the right amount of cushion these days.

### Biggest challenge?

Never. Enough. Time.

### Perfect day?

I enjoy a day running, walking, eating, and drinking along the Arno River in Florence, Italy. A day on the beach at St. George Island with a good book and cold beer is a close second! 🏃



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# GWTC

# Annual Awards



By David Yon

2022 is the year that Gulf Winds Track Club (“GWTC”) and its membership began operating at full speed again after COVID set things back. That means a lot of people needed to step up as volunteers to keep an orderly flow of fun and running moving. No one can say how long it will last but 2022 provided us all with some good times.

Among those who stepped up, there were some that went above and beyond what was expected, either through their competitive performances or by the help and assistance they provided with club events, or both. The job of the GWTC Awards Committee was to sift through the nominations for the awards and a year or more’s worth of contributions and performances by GWTC members and pick the best for each award. That is, of course, a subjective process. Many people are worthy of these awards, but the award winners have stepped up to earn their recognition.

The Awards Committee, which is often referred to as the “hardest working Committee” in the club, includes Mark Tombrink (the chair), Heather Vickers, Keith Rowe, Kat Sack, Mike Savage and Philip Sura. Members serve three-year rotating terms. Tombrink, Sack and Sura finished their third year and are stepping down shortly after the Awards Celebration. Heather Vickers is also stepping down as her term as Vice President ended and so too her term on the Awards Committee. The awards presentation was held at Goodwood Museum and Gardens. Bill McGuire was the Emcee.

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## Female Triathlete of the Year – Kory Skrob

*Presented by Tina Bahmer*



It is an absolute pleasure to present the female Triathlete of the Year. This is not just an award about doing a race or triathlon, or actually finishing at the podium spot. The award is so much bigger than that. It’s about a person who is so passionately involved in both the track club and tri club.s And a person who demonstrates a love of the sport, the spirit of competition and contributes to the club.

After a successful running career, she started triathlons about six years ago. In 2021 she won the overall Grand Prix and in 2022 even though she was busy

traveling competing nationally she took second place overall.

She also qualified for United States Triathlon Age Group National Championships plus the Ironman 70.3 World Championships.

She races with passion, grit, and grace, but she's very humble, and she's not afraid to take a moment to enjoy it and just take in the joy.

She is the immediate past president of Gulf Winds Triathletes, serving for the second time on the Gulf Winds Track Club Board of Directors. Plus, she serves as the co-editor of the GWTC Fleet Foot member newsletter.

Not only is she a great person, but she's also a wonderful friend. So please help me congratulate your Triathlete of the Year, Kory Skrob.

## Male Triathlete of the Year – Matt Vermeer

*Presented by Brittany Vermeer*



The 2022 Male Triathlete of the Year hasn't been a triathlete for very long—just short years, but his work ethic, commitment to the club, and what he

has accomplished during his time spent as a rookie in the sport is why he will be standing on this stage by the end of this speech.

He ran track in middle school and tried cross-country in high school, but insists he wasn't very good at it. It wasn't until college that he really started to hit his stride and began training for his first marathon. Sadly, just a few weeks before the race, he had to pull the plug after discovering a knee condition that would require surgery.

Fast forward a few years, he took up cycling and at the Six Gap Century ride in Georgia he met a crazy group of triathletes from Tallahassee. They convinced him that triathlon would be a blast! He only needed to learn how to swim.

The next year, in 2021, he completed his first 70.3 in Chattanooga, TN. with a sub-6 hour finish, as well as almost all the Gulf Winds Triathletes Grand Prix races in Tallahassee and Georgia, despite living in Tampa at the time. This often involved leaving late Friday after work, driving four hours to Tallahassee, racing Saturday, and driving back home Sunday for clinic on Monday. He has done that for the past two years.

In addition to claiming several podium spots in a tough 35-39 age group, he met a lot of friends in town and became part of the local triathlon community. Later that year, he competed at Florida 70.3 and improved upon his best time by 8 minutes. He was also the second place overall male in tri club year-end standings during his first year as a rookie triathlete.

This year, he competed at Maine 70.3 and most recently North Carolina 70.3,

where he achieved a 25-minute PR and his first sub-5-hour finish. In addition to being part of Gulf Winds Triathletes, he's currently on the Spaero Elite Triathlon Team and Eliel Factory Cycling Team.

His heart for serving is unparalleled, having volunteered as team doctor for various sports teams, served in the medical tent at IRONMAN races, helped coordinate spectator tents for our club, spent hours taking photos of our teammates at races, and now serving on the board of directors for 2023.

He really is the epitome of his motto, "exercise is medicine," and, on top of that, he's just the most hard-working, kind-hearted, and genuine person I know, my husband, and the 2022 Male Triathlete of the Year- Matt Vermeer.

## Community Award – LULU LEMON

*Presented by Jeanne O'Kon and Lisa Unger*



This award goes to an organization which, through financial or other contributions, has supported GWTC and running in the community at large.

The organization being recognized this evening was founded in Canada in 1998, and its first store opened in November 2000 in Vancouver. It is now a multi-

national retailer and has over 600 stores internationally.

Their brand is rooted in sweaty pursuits, and its purpose is to elevate the world by realizing the full potential within every one of us. For over 20 years the company has worked to create value in communities through movement, mindfulness, and connection. The company has social and environmental commitments and strategies to contribute to a healthier world. The company abides by three mottos: Be human, Be well, and Be planet!

This organization supports the Girls Opportunity Alliance, which aims to empower girls through education, the National Alliance on Mental Illness (NAMI), which promotes better mental health, and The Trevor Project, which works to end suicide among LGBTQ youth. This campaign has amplified calls to action and building awareness of much-needed wellbeing tools, resources, and support.

The company's products and actions avoid environmental harm and contribute to restoring a healthy planet. It helps protect workers, local communities, and the environment from the possible impacts of any harmful chemicals. Their goals include reducing carbon emissions across the global supply chain and making 100% of its products with sustainable materials by 2030.

Since establishing itself in Tallahassee, the store managers have frequently opened the business and used resources to promote running programs within Gulf Winds Track Club. Race packet pick-up events have been held at the business, and awards and other perks have been donated for GWTC events. The business sponsored TEN GWTC memberships to individuals who were not currently active



members. Nine of the 10 were first-time Club members.

The managers have been instrumental in the success of the Springtime Tallahassee Races, the Palace Saloon 5K, Miller Landing Madness, the Women's Distance Festival, and other club events in 2022. They enthusiastically embraced the collaboration with GWTC, and even recognized the volunteers with token gifts. The managers also organized a group of store employees that hosted a cheer group water station on the race courses.

This company is truly an organization that has supported GWTC and running in the community at large.

We are honored to present the 2022 Community Award to Scotty Willis, Stacie Jang, and other employees of LULULEMON Tallahassee.

## Cleveland Caldwell Advancement of the Sport – Elizabeth Kamerick

*Presented by Judy Alexander*



This award is given in recognition of those who make significant contributions to the advancement of the sport, whether through research, education, or some other area of expertise.

I'm thrilled when an athlete I nominate receives an award and especially when I get to present it. I ask around and always find my reasons for the nomination are validated, because everyone feels the same way about that athlete.

For example: One of this athlete's training partners describes this athlete as enjoying helping motivate people to get out and run, to cross train by doing multi-sports, and to learn new activities, including those this athlete themselves may still be learning.

Chika Okoro, last year's Hall of Fame inductee says, "When [this athlete] sets goals, not only do they work hard to achieve them, but they also invite and encourage others to join them in these pursuits. Time after time, this athlete has overcome injuries and other setbacks by consulting with health professionals/trainers and by researching topics related to their issue. Then they share the knowledge gained with anyone expressing similar goals or having similar physical issues."

This athlete started off in 2010 as a participant in the GWTC Beginning Running Group and has come full circle, from volunteering and adding their expertise to the group to leading the group and making some excellent changes such as the group's current meeting venue. They stay after the run to lead the group in stretching and strength training exercises, designed to avoid injury and enhance the running experience.

This is one of those athletes who has the 'good cop/bad cop' thing down pat. They know when to light a fire under you to get you going and when you just need love, comfort & gentle encouragement to make your goal. These are coaching

techniques that make all the difference to a lifelong runner or multisport athlete.

I like to call this athlete The Real Deal. She's volunteered for more events than we have time to list. She has placed multiple times in the GWTC Grand Prix & this year is first in her age group. She has placed in the Triathlon Club's Grand Prix, and she's done hundreds of miles of running, cycling and swimming events, all while genuinely offering encouragement and expertise to those around her.

It's an honor and my pleasure to present the 2022 Cleveland-Caldwell Advancement of the Sport Award to Elizabeth Kamerick.

## Bill Lott Volunteer of the Year – Fran McLean

*Presented by Mary Jean Yon*



The Volunteer of the Year award recognizes someone who has contributed hours of time assisting in Club activities. But how about somebody who has invested YEARS in volunteering for club activities? This is the case of this year's award winner. They run many of our Club races (and runs them well, I might add) but there are also a few selected races where this person has been a dedicated volunteer and refuses to give up their

post. Case in point: This person has been a constant registration volunteer with the Women's Distance Festival 5K ever since Lisa Unger took over as the Director of the race. That's 12 years, maybe more. Oh, and this person usually runs that race after standing on their feet for close to two hours.

The Potluck Bash and the Rex Cleveland Magic Mile have also benefited from this person's registration help for more years than one can count. But lest you think this person is just a "registration girl," let's look at the Tallahassee Marathon where she and Ray Hanlon practically owned the 9-mile water table in J. Lewis Park for at least 9 years. When the marathon course moved downtown, so did this Dynamic Duo where they manned a relay exchange point in Cascades Park. And let's not forget Turkey Trot. In 2022 year, we celebrated running the race at Southwood for 20 years and guess who has been there with us each of those years. Yup! It's her.

When I asked Ray Hanlon about this person, he loaded me up with stories about all the early races that she helped organize and put on. He summed it up by saying "She stays behind the scenes and acts like she's doing nothing...but she is!" The best story I heard was that one of the races the aforementioned Dynamic Duo put on was the Tom Brown Bash in 1990 which just so happens to be the first race where this award's namesake, Bill Lott (who was new in town), ever volunteered for a club race.

The "race" that many of us associate her with these days is the Wilde Mountain Scramble which is held on New Year's Day. The race organizers pride themselves on being non-conventional. Cheating is allowed. Whining is strictly

forbidden. We are guessing the race has been going on for at least 25 years and one person who has likely run most of those years is Gary Droze...who many also regard as non-conventional. Gary says his favorite edition of the race involved a pompous national class runner who was dismayed to learn that a mixed-breed dog bested her for top honors. Our girl...and let's just go ahead and say her name...Fran McLean...responded to the distressed diva's complaints by reminding her of the Wilde Mountain Scramble's Number One Rule: No Whining! As Gary says, "Fran, You rock", and I sure agree.

Please join me in congratulating Fran McLean – the 2022 GWTC Volunteer of the Year!

## Race Director of the Year –

**Allen Blay**

*Presented by Heather Vickers*



Thank you to all of our race directors. We couldn't have a club without each of you.

Our race director of the year this year is an active member of our club. He and his family are all active members of the club. He's also become increasingly involved

with our board during the last year or so, which is very exciting. So we're always excited to have some new members on our board and participating in our board meetings. He also stepped up to take over the Salute to Steve Prefontaine 5K this year, which is a very long-standing race for our club. It has a long history going back to 1976, and we've had a few race directors over the years.

Our Race Director of the Year this year stepped up and met the challenge, took on the responsibility of moving the race location and involving a new partner with the Boy Scouts, and is getting those young people involved in a race. This race director is a new member of the board of directors in addition to his responsibilities as a race director.

Our race director of the year is Allen Blay.

## Female Runner of the Year –

**Katie Sherron**

*Presented by Tom Perkins*



A few years ago at Breakfast on the Track, Bill Lott, Phil and I were talking about starting a betting pool. A female runner had registered late Friday. Normally this would not be notable, except

the runner was nine months pregnant. We were taking bets with each other as to which lap she would go into labor. I picked the second lap. Unbeknownst to us, she went into labor late Friday night, and delivered that baby on Saturday of the Breakfast on the Track. The reason I share that with you is that it showed her dedication to running.

This last year at Breakfast On the Track, we had another notable incident. The husband of the female Runner of the Year came across the line, fist pumping in the air, because he beat our female Runner of the Year 5:04 to her 5:06. However short lived it was, he was King of the Castle in that moment.

In December of 2022, she won the USATF Club Cross Country Women's Master 6K in a time of 22:08, beating some of the best runners in the country at the Apalachee Regional Park.

This was a springboard back into competitive running that started her dominance this year. In 2022, she placed first in eight races locally. To highlight a few of those, Springtime 10k, 37:01, that's a 5:57 pace. Palace Saloon, 17:39. That's a 5:40 pace Gulf Winds Track Club, 10 mile, 1:01:00, that's a 6:36 pace. And Miller Landing Madness 8k she ran 30:51 on a very flat course by the way. And that will be coming up, you can register, a 61:3 pace. Remarkable. It is with great pleasure and with your help, please welcome our 2022 female Runner of the Year to the podium, Katie Sherron.

## Male Runner of the Year – John Baughman

*Presented by Mark Tombrink*



This person is a complete lunatic, and I mean that in the best possible way because he sets very lofty goals and very high expectations, and meets them. He does things that a lot of people don't aspire to do.

For example, he's run seven 100-mile races, including the Arkansas Traveler twice, he's won both Tunnel Hill and Potawatomi races in Illinois, he's won the Superior Fall trail race in Minnesota. He's won Pinhoti in Alabama. He's also won a 100K in Wisconsin. He's won a run a 24 hour race. He's also run several 50 milers.

In addition to these events, locally this year, he ran the Shamrock Scurry, the Tails and Trails half marathon, the Paul Hoover Freedom Run, and he also did the St. George Island Sizzler. This is in addition to running every single Gulf Winds club race. When there was more than one distance, he ran the longest distance at that race. And he's the first person to complete this feat in the last four years.

Now as far as being a model for those of us in the local community, if you were to see him at a local race, if he were to stand out at all, it would be because he's some guy coming to a race in a collared shirt and sandals. Yes. Unless of course it was like Prefontaine or the Palace Saloon where he had some special outfit for it.

Before I formally met him, when I saw him in the middle of a race, he would tell me, "Good job runner," or, "Way to go." And I think that's really indicative of who we are as a club, people supporting each other no matter how fast or how slow we're going, even if we're the best of friends or complete strangers.

Please join in congratulating John Baughman as being our male Runner of the Year.

## Hall of Fame Award – Lisa Unger

*Presented by Mark Priddy*



This year's honoree always says yes. Even when not asked, tonight's honoree just shows up and jumps in to do whatever needs to be done. She quietly steps in and persuades others to help, too. I have witnessed this person recruit-

ing and signing up new Club members while volunteering at our events. The Club presents an award for those who make significant contributions to the advancement of sport. It is called the Cleveland-Caldwell Advancement of the Sport Award. Tonight's honoree won that award. (2010).

Tonight's honoree also agreed to help co-direct one of our Gulf Wind's races. After assisting for 2-3 years, (this person) accepted the position of Race Director and has directed this race for 17 years. Tonight's honoree has also received our Race Director of the Year award (2012).

Tonight's honoree served 9 years on the Grand Prix/Awards Committee (including serving as Chairperson). I served six years alongside her and observed her good leadership skills.

She has served multiple terms on the Gulf Winds Track Club Board of Directors, including this year.

Lastly, she has managed the Grand Prix program within the 8-week Summer Track series of races each summer for longer than anyone can remember. This commitment and her labor of love results in a lot of happy summer track runners each year.

Now, it is an honor, and my great pleasure, to present the 2022 Gulf Winds Track Club Hall of Fame Award to Lisa Unger. 🏆

# **GWTC 15K**

RACE REPORTS  BY 15K FINISHERS

**KELLY GARLAND**



*"Favorite moment: Seeing everyone! This race is so relaxed and enjoyable. Jillian and Zach do an awesome job with this event. The 850 at the finish was a plus, too."*

**MARTHA GUYAS**

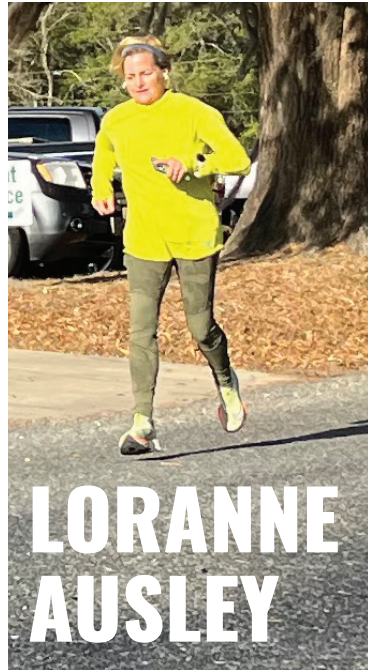


*"I liked getting to see and run with people I had not seen in a while, like Tsigé. The weather was also nice!"*



**HAL DAVIS**

**JOE VEGA**



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# 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
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>





**SATURDAY, MARCH 4, 2023**

**8:00 AM - 1 Mile Fun Run/Walk**

**8:30 AM - 5K**

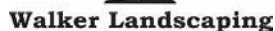
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5K (without shirt)	\$15	5K (without shirt)	\$20
1 Mile (with shirt)	\$12	1 Mile (with shirt)	\$17
1 Mile (without shirt)	\$10	1 Mile (without shirt)	\$15

**\*Online Registration CLOSES March 3 at 5:00 pm. Shirts guaranteed to the first 400 pre-registered.**

**EARLY PACKET PICKUP AND REGISTRATION - KILLEARN UMC,  
ASBURY BUILDING**

Thursday, March 2      4:00 PM - 7:00 PM  
 Friday, March 3      11:00 AM – 2:00 PM  
**RACE DAY PACKET PICKUP – 7:00am**

# VOLUNTEER SPOTLIGHT

# ALLEN BLAY



## Tell us briefly about your running experience.

I'm a fairly recent runner. I started in 2018 and got addicted very quickly. I love running trails, especially with David Yon, Felton Wright, Jane Johnson, and many others on Sunday mornings. Pretty much everything I know about running came from David, Felton, Jane, Bill Hillson, Gary Droze and Angie Milford. I don't love running fast, which is good because I'm not out sprinting anyone. The longer the race, the better I do. I race 5Ks because they are there, but I'd much rather run a half marathon.

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

Since 2019. I ran my first 5K in January, 2019, the Trent Trot. My kids all run, so I registered us as a family.

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

Volunteering is something I've always done, and I think I first volunteered with running by helping out at my kids' middle school and high school meets before I ever started running. With GWTC, I helped out with water tables at a few races, but my first "real" volunteering was when MJ asked me to consider directing the Salute to Steve Prefontaine Forest Run. I directed it for the first time in 2022 and I really enjoyed it.

## What do you enjoy most about volunteering?

Meeting people for sure. I will talk to just about anyone, so volunteering gives me the opportunity to meet a ton of people, and often make new friends. Outside of my fam-

ily, the most important people in my life are all friends from GWTC. I also like cheering people on in races, so volunteering gives me that opportunity because I can't be tempted into racing!

## Why do you volunteer?

I volunteer because I benefit so much from other people volunteering, so it's only fair to give back. Every GWTC race (heck, every race anywhere) is run by volunteers. I've probably run 30-40 races in the Tallahassee area in the past four years and I've directed one race and served water at a couple. That's a pretty darn good ratio of benefit to service. I'm only able to do that because of the efforts of people like Bill Hillison, Bill Lott, Peg Griffin, Tom Perkins, and others who give up almost every Saturday to volunteer.

## What is your next volunteer project?

I'll continue to direct the Salute to Steve Prefontaine race next year and hopefully build it up, especially the kid's mile race. I plan to volunteer more at other races with GWTC next year also. I'd like to learn how to do the timing because there's just way too much burden on only a few people right now. Professional timers charge a lot of money, fairly, because the equipment is expensive, and their expertise has value. Unless we get more people who know how to use the club's timing equipment and volunteer to time, the club won't be able to afford to have races. 🏃

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

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visiting [GulfWindsTri.com](https://GulfWindsTri.com) or  
<https://bit.ly/2023SMD>**

