

THE FLEET FOOT



NEWSLETTER OF THE GULF WINDS TRACK CLUB | APRIL 2023

ST. MARKS DUATHLON WINNERS



BRENT MOODY
59:50

BRITTANY VERMEER
1:11:52

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VOLUME 48 | ISSUE 4

Tallahassee, FL
Gulf Winds Track Club

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | APRIL 2023

VOLUME 48 | ISSUE 4

Editor: Robert & Kory Skrob, (850) 270-8295, FleetFoot@GulfWinds.org

Columnists: Jane Johnson (Featured Feet), Jennifer Hay and Jerry McDaniel (Presidents Column), Gary Griffin (How they Train), Bill Lott (Race Calendar).

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Submissions/Contributions:

Submissions for publication are strongly encouraged, the preferred format is Microsoft Word. If you have pictures or stories about your running group, don't be shy, photos should be in jpg format. Contact us if you have questions.

Robert & Kory Skrob, (850) 270-8295, FleetFoot@GulfWinds.org

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The US Post Office will not forward your newsletter; you must update your new address and phone number. With RunSignUp.com you now have complete control of your preference and address. Log in anytime, change/update your preferences, and be in total control of your personal information.



Start of the St. Marks Duathlon, a 5K run/20K bike/3K run.



President:	Jerry McDaniel.....	mcdaniel6068@gmail.com
Vice President:	Jennifer Hay.....	jennghayfl@gmail.com
Secretary:	Jeanne O’Kon.....850-264-4903.....	okonj@tcc.fl.edu
Treasurer:	Peg Griffin.....	treasurer@gulfwinds.org
Directors-at-Large:	Judy Alexander.....850-321-6886.....	jalexander98@comcast.net
	Allen Blay	allen.blay@gmail.com
	Chris O’Kelley	cfokelley@gmail.com
	Tom Perkins	tomperkins51@yahoo.com
	Debbie Peters	dh7683@yahoo.com
	Lisa Unger.....	lisa.s.unger@gmail.com
	David Yon.....850-425-6671.....	david@radeylaw.com
	Jay Silvanima	jsilvanima@aol.com
	Mark Priddy	markpriddy@msn.com
	Robert & Kory Skrob.....850-270-8295.....	FleetFoot@GulfWinds.org
USATF Liaison:	Jo Lena Pace.....850-544-0628.....	jolenapace@nettally.com
Past President:		
Newsletter Editor:		
Membership Chair:		
Race Director Coordinator:	Mary Jean Yon	maryjeanyon@comcast.net
Social Coordinator:	Tina Bahmer.....307-286-3725.....	tbahmer@gulfwindstri.com
Triathlon Club President:	Eric Trombley.....	Trombleycrue1@gmail.com
Education and Lecture Coordinator:	Mark Tombrink	mat06@my.fsu.edu
Equipment Manager:	Vicky Droze.....850-942-7333.....	vickydroze@comcast.net
Clothing and Merchandise Managers:	Laura McDermott.....850-766-3889	GWTCMerchandise@gmail.com
	Sherri Wise	
Racing Team Coordinator:	Tim Unger	runner1612@gmail.com
School Grant Coordinator:	Jennifer & Carter Hay.....	chay@fsu.edu jennghayfl@gmail.com
Beginning Running Group Coordinator:	Brandy Fortune and Elizabeth Kamerick.....	gwtc_coaches@yahoo.com
	Road Runners Club of America Member Club	
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YOUR MEMBER BRIEFING

Your GWTC Board of Directors met on February 8, 2023

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

Complete minutes for all board meetings are available at Gulfwinds.org.

Kiersten Lee of Gulf Winds Credit Union: Kiersten is a member of the Foundation Board of Gulf Winds Credit Union. They will donate \$2500 to GWTC for the Springtime Tallahassee race. It's a full-service credit union. She reported they are a 501C3 and everything goes back to the members. They are developing some swag items for the Springtime race.

Timing System—Bill Hillison: There is a new timing software program called RACE DAY for timing through RunSignUp. Bill asked how more timing volunteers can be recruited. Bill is confident that others would be able to learn it easily. Bill will review the instructional videos and go through it with others who are interested. The MAD DASH race at Thomasville Road Baptist Church will utilize this new system. Bill also spoke to Jacob Smith, a professional timer, and Jacob charges a minimum of \$2500 per race and \$2.50 per runner. They provide more services, including marking the course. A concern is that it cannot handle the more complicated races like Springtime and Turkey Trot---just basic races. A clinic can be offered to train volunteers in timing.

Youth Grand Prix Schedule: Lisa Unger discussed the schedule approved by the previous Grand Prix Committee. Seven events are on the 2023 schedule. Some have both the 5K and One Mile offered at the same time. Lisa spoke to two race directors about adding their One Mile races to the Youth Grand Prix. She will approach two others. Motion was made to authorize the Grand Prix Committee to contact those race directors to include both 5K and One Mile runs for Springtime, Prefontaine, and Catfish Crawl. Motion was seconded and passed. Lisa also mentioned that there typically has been a two-race minimum for awards but moved it back to a three-race minimum. Motion was made, seconded, and passed.

Springtime Partnerships: Jennifer Hay spoke about the partnership with REI and Bicycle House. The Springtime race packet pickup will be at REI. The Bicycle House repairs bikes and gives them away. Anyone who brings a bicycle to donate at packet pickup will be entered into a drawing five times. The date is March 30.

Race Director Coordinator: Mary Jean reported on the Tallahassee Marathon. The Half-Marathon had 587 finishers last year and 823 finishers this year. Almost 1,000 registered for the Half-Marathon. A re-order was placed for the finisher

medals and will be mailed to out-of-town people. The committee structure worked well and Felton and Bonnie worked very hard. There were many volunteers helping and even more are needed.

Membership: Jo Lena reported that currently there are 1149 members in the club, with 1187 in the club last year at this time. The number of households is now 664, compared to 645 last year. There are 80 members in the Google group.

Diversity/IRC: The Diversity, Equity, and Inclusion Committee had excellent participation from Black Girls Run at the Tallahassee Marathon, including having a large group of volunteers and a DJ at a water stop at the 16 mile and again at about the 20-mile point.

Grand Prix: Lisa Unger reported that the Grand Prix Committee met and will be in touch with Tina Bahmer to make sure a venue is secured for the Annual Awards meeting. The committee is preparing for what is coming up this year.

Jo Lena announced that the Springtime Training group will start on Monday. Cadence Running helps with the group. They are technically an in-kind sponsor for Springtime. 🏃

YOGA FOR RUNNERS GULF WINDS TRACK CLUB EDUCATION AND LECTURE SERIES

Chaired by Mark Tombrink



Many thanks to Journeys in Yoga for the use of their studio and to Katie Devick for her expertise and patience with us not-so-limber runners. We were treated to runner-specific stretches and poses in a non-intimidating, fun environment. Katie was delightful and, as a runner herself, she was able to help all of us succeed and learn what to do on our own. Thanks, also, to GWTC Hall-of-Famer Chika Okoro, who organized this wonderful yoga session.

RACE CALENDAR

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 (no additional fee). Visit www.springtime10k.com; or www.gulfwinds.org; or Jerry McDaniel at 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 RunSignUp.com. Visit www.redhillstri.com; or Kathy McDaris at mcdaris@comcast.net.

08 Habitat for Humanity 5K, 8:30 a.m. Cascades Park, 1001 S. Gadsden St. Online registration available at EventBrite.com. Visit www.TBRnet.org; or Tallahassee Board of Realtors at 224-7713; or Sarah Babchuck at sarah@tbrnet.org.

08 Sopchoppy Worm Gruntin' Festival Wiggle Worm Fun Run (1.4M), 8 a.m. Corner of Rose St. and Municipal Ave., downtown Sopchoppy, FL. Online registration available at RunSignUp.com. Visit www.wormgruntinfestival.com; or Katherine Westmark at mkwestmark@gmail.com or (850) 445-4206.

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 (no additional fee). Visit www.gulfwinds.org; or Tom Perkins at tomperkinsfsu@gmail.com or (850) 264- 4595.

16 Garnet & Gold 4 Miler, 8 a.m. Doak Campbell Stadium, 403 Stadium Dr., FSU Campus. Online registration and additional information available at <https://garnetandgoldfourmiler.com>; or M3S Sports at info@m3ssports.com.

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 rcr@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. Visit www.gladiatorthl.com; or Susan Huber at (850) 294-4204 or gladiatorthl@gmail.com.

28-30 Brehon Family Services Lace Up for Babies Virtual 5K, anytime during the weekend of April 28-30. Online registration available at RunSignUp.com. Halle Bush at hbush@brehonfamilyservices.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. Visit <http://facebook.com/nene5k>; or Marie Claire Leman at nenefest-5kandfunrun@gmail.com.

29 Nesmith 5K, 8 a.m. Phipps Farm, 4300 N. Meridian Rd. (across from Maclay School). Online registration available at web.cvent.com. Sue Ault at (850) 556-5922.

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 rcr@ymca-thomasville.org.

MAY 2023

06 **Tails and Trails Half Marathon/10K/5K/1M**, 7:30 a.m. Half Marathon; 8 a.m. 1M; 8:30 a.m. 10K/5K. Tallahassee Animal Service Center, 1125 Easterwood Dr. next to Tom Brown Park. Online registration available at RunSignUp.com. Visit www.animalshelterfoundation.org; or Cara Fowler at carafowler@mac.com.

13 **Alice Sims Track Invitational (AAU)**, time TBA. Chiles High School Track, 7200 Lawton Chiles Lane. Alice Sims at AliceSims3435@gmail.com or (850) 322-3929.

20 **GWTC Summer Trail Series Race #1** – Swamp Forest Trail (~4.5M), 8 a.m. Elinor Klapp-Phipps Park, Gate A, 1275 Miller Landing Rd. Online registration available at RunSignUp.com (no addition fee). Visit www.gulfwinds.org; or Bobby York at byorkjr@msn.com.

JUNE 2023

01 Summer Track Series - Week 1, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or tomperkinsfsu@gmail.com; or Jeanne O’Kon at (850) 894-2019 or okonj@flagger.edu.

03 Great Potluck Bash 4M (Trail Prediction Run), 6 p.m. Forestmeadows Park and Athletic Center, 4750 N. Meridian Rd. Online registration available at RunSignUp.com (no additional fee). Visit www.gulfwinds.org; or David Yon at david@radeylaw.com.

08 Summer Track Series - Week 2, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or tomperkinsfsu@gmail.com; or Jeanne O’Kon at (850) 894-2019 or okonj@flagger.edu.


10 GWTC Summer Trail Series Race #2 – Redbug Trail (~4.5M), 6 p.m. Forestmeadows Park and Athletic Center, 4750 N. Meridian Rd. Online registration available at RunSignUp.com (no addition fee). Visit www.gulfwinds.org; or Bobby York at byorkjr@msn.com.

15 Summer Track Series - Week 3, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or tomperkinsfsu@gmail.com; or Jeanne O’Kon at (850) 894-2019 or okonj@flagger.edu.

17 Monticello Kiwanis Club Watermelon 5K Run/4M Walk, 8:15 a.m. First United Methodist Church – Family Ministry Center, corner of South Water St. and Hwy 90 West, Monticello, FL. Online registration available at Eventbrite.com; or Floyd Faglie at watermelonrun@gmail.com or (850) 841-0828.

22 Summer Track Series - Week 4, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or tomperkinsfsu@gmail.com; or Jeanne O’Kon at (850) 894-2019 or okonj@flagger.edu.

24 Paul Hoover Memorial Freedom Run 5K and Extra Mile Run/Walk, 8 a.m. 5K; 8:45 a.m. Extra Mile. Wakulla Springs State Park, 465 Wakulla Park Dr., Wakulla Springs, FL. (15 miles south of Tallahassee on SR 267). Online registration available at Eventbrite.com. Michael Atkinson at nexnbx1@comcast.net.

29 Summer Track Series - Week 5, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or tomperkinsfsu@gmail.com; or Jeanne O’Kon at (850) 894-2019 or okonj@flagger.edu. 



PRESIDENTS COLUMN

By: Jennifer Hay, GWTC Vice President

Y'all already know how absolutely fabulous our Tallahassee running community is. For example, GWTC's stats of more than 1,177 members, five weekly and four seasonal training groups, 23 races per year, and an all-volunteer army of race directors, timers, training leaders, board members, newsletter producers, event hosts, merchandise coordinators, web developers, fundraisers, equipment managers, Grand Prix program managers, and race day workers are pretty impressive. And here are some more GWTC stats to make you proud to be part of this group:

- Even in a recovery year, we donated more than \$103,000 to other nonprofits through race income sharing, coordinating direct donations, and grants.
- All of our youth programs are free. This includes the summer trail running programs (SMIRFS and Striders), year-round training groups for middle schoolers, Miller Landing Madness trail races in August, and the 8-week summer track series for all ages.
- We were instrumental in developing Apalachee Regional Park (ARP) in partnership with Florida State University, donating more than

\$34,000 and hundreds of volunteer hours to make it one of the country's premier cross-country courses and a major economic driver for Tallahassee. ARP hosts races year-round, including some remarkable ones like NCAA cross country championships, high school state championships, national master's championships, and the annual Florida State University Invitational. The 2026 World Cross Country Championship will be at ARP (only the third time the event has been in the United States).

- GWTC hosts two Boston qualifying marathons each year. One in December as part of the Ultra Distance Classic (marathon/50K/50 miles) and the Tallahassee Marathon, Half-Marathon, and Marathon Relay in February. We're also home to a lot of formidable Boston Marathon runners and Olympic Trial qualifiers.
- Speaking of marathons, our February race just made a notable contribution to the local economy. We spent more than \$80,000 with local vendors. About 700 local runners bought their gear and prerace bananas and oatmeal here, and I swear every one of them ate lunch at the finish line. And the other 600ish runners from 30

states and 7 different countries spent hundreds of thousands of dollars at local restaurants, hotels, and stores.

- Our school grants provide up to \$3,500 annually to area youth running programs. Schools just have to meet the requirements and apply before the money runs out.

Our local running club is all this and so much more, and I hope you'll throw yourself completely into participating in all aspects of making running here accessible, inclusive, safe, and fun. Let me know if you want to be more involved. There are hundreds of opportunities to contribute in big and small ways, on weekends and during the day, at specific hours and



at completely flexible times. We have coordinator positions open for training groups and merchandising, and I'd love to see more official group run leaders step up. You can even start today by encouraging your running buddies to join GWTC and accompany you in volunteering. I love GWTC, and I know the more you get to know it, the more you will too. 🏃

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FEATURED FEET

Our Featured Feet this month are Kelsey and Michael, siblings who are challenging the field within the GWTC Grand Prix rankings.



KELSEY MEZZINA

When did you start running?

I started running the summer of 2021. Around that time I had a lot on my mind and one day I decided that I'd run out all of my feelings. The next day I was sore and tired but I decided I'd do it again, and again, and again. My life eventually settled down, but I fell in love with running along the way.

Childhood ambition?

FBI Agent or a Storm Chaser.

Current occupation?

Property Insurance Underwriter

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

I'd travel the country hiking, climbing, and visiting the National Parks. If there had to be a 'work' component I'd start a blog documenting my experiences.

Favorite reads?

The Three Stigmata of Palmer Eldritch by Philip K. Dick
The Power by Naomi Alderman

Favorite running memory?

The Arbor Day 5k at the Bear Creek Educational Center. The course was on a hiking trail through the woods and the

park was absolutely gorgeous. They had recently done a controlled burn, so there were still wisps of smoke rising from the ground just off the course. It felt like running through "The Continent" from The Witcher.

Indulgence?

Watching TV.

Non-running hobbies?

Rock climbing, walking my dogs, and playing boardgames.

Best place to run in Tallahassee?

Tom Brown Park and the JR Alford Greenway.

Biggest challenge?

Currently? This time change!

Perfect day?

My perfect day would be hiking with my significant other in the Appalachian Mountains. We'd get up early, drive to the trailhead, and hike for miles and miles. In the evening we'd hit up a local burger joint in a nearby town, then end the night watching movies on the couch. 🍔

MICHAEL MEZZINA



When did you start running?

I started running during my second year of college. My sister had been really into running and encouraged me to also start running. With some peer pressure, I ran 5k in my hilly neighborhood. After finishing that first one I kept running.

Childhood ambition?

Doctor or Physicist

Current occupation?

Software Engineering

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

I would like to look into a career in material science, since I find that field very interesting. I do like new experiences, so I would probably move around and travel a lot too.

Favorite reads?

The Seven Realms series by Cinda Williams Chima
Hail Mary by Andy Weir

Favorite running memory?

When I used to live in Gainesville, there was a slightly chilly day where I was running on a road next to a field with tall grass under some large power lines.

The wind blew the grass and I really liked running next to it.

Indulgence?

Chocolate and buying plants

Non-running hobbies?

Rock Climbing, programming, gardening, baking

Best place to run in Tallahassee?

Tom Brown Park and Cascades Park

Preferred running technology?

I really like my Galaxy Watch when I'm running

Biggest challenge?

Recently I've achieved a lot of my goals in my career and life, so I'm looking for my next adventure.

Perfect day?

My perfect day would be a rainy day curled up inside with people I love in some mountains. When the rain had cleared up, I would take a leisurely stroll that would involve a waterfall of some sort in the mountains. 🏃

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YOUTH RUNNING PROGRAMS

GWTC and the City of Tallahassee 2023 Summer Youth Running Programs.

Gulf Winds Track Club and the Tallahassee Parks and Recreation Department are ready for another season of SMIRFS and for the first time in a long time Striders in the 2023 Summer Youth Running Program.

There are still a few details to work out, but the main program will take place at Elinor-Klapp Phipps Park, June 5 – August 1, 2023, beginning at 7:45 and finishing at approximately 9:00 a.m. Monday through Friday.

- Main purpose or goal: The purpose of this program is to provide runners aged 6 and up (emphasis on middle school/prep distance runners) with an off-season summertime venue to improve their running skills and fitness.
- Contact:
David Yon for GWTC: email: david@radeylaw.com or text 850-321-8768
- Toni McDonald for City of Tallahassee Parks & Rec: 850-891-3825, email: Toni.McDonald@talgov.com
- Additional Information and Registration are at – [RunSignUp](#)



VOLUNTEER SPOTLIGHT

DANA STETSON



Tell us briefly about your running experience.

I started running when I was 28 years old. I started with 5ks and worked my way up to ultras and triathlons, including several Ironman lengths. I have also competed in swim and bike ultras. Then I got old and slow. But I still love to run. I have competed in 869 races so far.

How long have you been a member of GWTC?

I have been a GWTC member for so long I forgot when I started.

How did you first get involved as a volunteer?

I can't remember my first volunteer experience, but I have worked in many races with many people. Gordon Cherr and George Palmer are two that I have worked with many times and had a great time.

What do you enjoy most about volunteering? Why do you volunteer?

Volunteering is incredibly rewarding. It's always a fun time to see all my

friends - working hard and loving what they do. It's the best way to pay back for all the help that has been given to us along the way.

What is your next volunteer project?

One of my next volunteer opportunities will be the Tails and Trails Half Marathon. Jeff Neilson and I mark and set up the course. On race day we move the equipment and water tables onto the course. I usually work the farthest out water table located in J.R. Alford Greenway. I use my bike and trailer to put water about 1/2 way through the loop. This is a fun time, and the runners truly appreciate it. This is a fantastic race and I highly recommend it to all. 🏃

Need Volunteer Hours?

How would you enjoy scanning several years of Fleet Foot issues?

A couple of decades of print Fleet Foot issues need to be scanned and digitized to archive and make them accessible for many years.



If you'd love an easy volunteer job of scanning, please email
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Gulf Winds Track Club

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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.

April 2023 Schedule

Date	Race	Adult	Youth
4/1/2023	Springtime	10K	1M
4/15/2023	Palace Saloon	5K	5K
4/22/2023	Rose City Run	10K	

**Get the complete 2023 Grand Prix standings by visiting:
<https://runsignup.com/Series/GWTCGrandPrix>**

M. Felton Wright

Senior Vice President

Wealth Management Advisor

850.599.8978, mfelton_wright@ml.com

Merrill Lynch Wealth Management

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