

THE FLEET FOOT



NEWSLETTER OF THE GULF WINDS TRACK CLUB | MARCH 2023

HISATO SUETSUGU
OF PEACHTREE CITY GA
AT 2:33:22

TALLAHASSEE MARATHON WINNERS

PURITY MUNENE
OF COLUMBIA SC
AT 2:51:34

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THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | MARCH 2023

VOLUME 48 | ISSUE 3

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).

Advertising Copy:

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GWTC-Fleet Foot and sent to, PO Box 3447, Tallahassee, FL 32315

Submissions/Contributions:

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

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

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In Tallahassee, the sun did shine,
As runners toed the start line,
Hisato from Georgia's Peachtree City,
And Purity from South Carolina,
what a pity,
For the rest of the field,
they left them behind.





| | | |
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| | USA Track & Field Member Club #14-1275 | |

YOUR MEMBER BRIEFING

Your GWTC Board of Directors met on January 11, 2023

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

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

Club Communication: Jennifer Hay inquired as to how communication occurs specifically within the Club and who is responsible for Facebook, email, the web site, and the newsletter. Jo Lena is taking over the responsibility of sending out the electronic version of the Fleet Foot to members. At the December meeting, the possibility of texting club members was discussed. There is the Google group where the group members can post whenever they want if they have joined the group. The Tri Club has a private group for their communication. A monthly member e-mail is a possibility. Jo Lena and Peg are working on using RunSignUp to send e-mail to the entire group. Jennifer Hay volunteered to compose the monthly member e-mail with announcements of upcoming events. She will present an example of a format for the monthly e-mail at the February meeting.

Grand Prix/Volunteerism: Jerry pointed out that the Tri Club requires a minimum of five hours of volunteerism in order to qualify for the Grand Prix awards. The Tri Club is much smaller. The member submits a volunteer report to the Grand Prix Committee and it has to be documented. In the Tri Club, they accept any active service that benefits the community or the club. Jerry pointed out that the GWTC struggles to get enough volunteers to work at races and help carry out all of the responsibilities. No conclusion was reached about how this would be implemented, so no motion was made. The Board will re-visit this concept at a later date.

Announcements from Officers: Tom Perkins announced that he spoke to Dr. Lonnie Draper and asked for a list of nurses and other medical personnel who might be interested in providing emergency care at club races. While they cannot accept money due to the Good Samaritan rule, they can receive a gift or gift card. This will help with the cost of providing an ambulance at races. Mary Jean and David met with EMS and will continue to negotiate with them to save money.

Treasurer: Peg Griffin reported that the net assets as of December 31, 2022 were \$256,609.19, and net revenue to date was \$33,494.68. Board members receive a balance sheet every month by e-mail outlining the accounts. A profit and loss statement is also sent, listing every transaction. The fiscal year starts on July 1 to June 30. She asked Board members to send Gulf Winds business e-mail to: treasurer@gulfwinds.org

Triathlete Club: Robert reported that they held a nice Christmas party and will hold awards this month. Tri Club president Eric Trombley will report at future meetings.

Race Director Coordinator: Mary Jean will call a meeting after the Tallahassee Marathon. The new race directors for the Palace Saloon 5K are Tom Perkins, Jeanne O’Kon, and Bill Lott.

Membership: Jo Lena Pace reported that new members are joining GWTC every day. As a person’s membership expires, they receive four notifications by e-mail notifying them that their membership is expiring. There are currently 1,126 members as of today (last year at this time was 1179), and 659 households (last year 638). The Google group has 77 members.

Equipment: Bill Lott reported that, in November, batteries were replaced in two Chronomixes kept at the storage facility. While the Chronomixes now work, the display on one is hard to read and has a large dark spot in the middle of it. This Chronomix will need to be sent for repair and the display replaced. In the past, similar repairs have cost around \$75.00. As reported last month, the small, one-sided clock stopped working at a race. After testing by Vicky Droze and Bill, it appears that the battery will not hold a charge and needs to be replaced. Once a new battery is acquired, it will be installed in the clock. There are no other equipment issues to report at this time.

Chip Timing: During December 2022, three GWTC races (GWTC 10 Mile/5 Mile Challenge; Tallahassee Ultra Distance Classic 50 Mile/50K/Marathon; and Tannenbaum 6K) were chip timed. Beginning in 2023 and with only one known exception in March, only GWTC races are scheduled to be chip timed. In January 2023, three Club races will be chip timed (Swamp Forest Trail Quarter Marathon/Half Marathon/20 Mile; GWTC 30K/15K; and Bowlegs 5K Run for Scholarship). In February 2023, two Club races (Tallahassee Marathon/Half Marathon/Marathon Relay; and Flash 12K/6K) that will be chip timed. 🏃

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 FleetFoot@GulfWinds.org

RACE CALENDAR



MARCH 2023

01-31 **Flying Pig Virtual 5K Fun Run**, anytime, anywhere. Online registration available at RunSignUp.com. Registration ends 02/25/2023. Emily Brown at events@flyingpiganimalsanctuary.org.

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; or email to 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; or Lucas Williams at 891-3825.

04 **Gate River Run 15K**, 8 a.m. Duval Street in front of Jacksonville Fairgrounds, Jacksonville, FL. Online registration available at RaceRooster.com. Visit www.gaterrunrun15k.com; or 1st Place Sports at events@1stplacesports.com.

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. Visit www.stgeorgeislandchillicookoff.com; or Shelley Shepard at shelshep@yahoo.com.

04 **Winston Howell 5K Road Race**, 9 a.m. (CT). Johnny Hughes Community Center, 405 S. 3rd Ave., Hartford, AL. Winston Howell at (334) 449-0954; or Cayden Hess at (334) 723-2493 or cayen.hess@genevacoboe.org; or Stephanie Riley at (334) 588-2384 or librarydirector@hartfordpubliclibrary.org.

04 **Breeze by the Bay 10K/5K**, 8:30 a.m. 101 Good Morning St., Port St. Joe, FL. Online registration and additional information available at RaceEntry.com. Bobbie Lippincott at bobbieglippincott@gmail.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. Visit <https://gulfwindstri.com/st-marks-duathlon/>; or Robert & Kory Skrob at FleetFoot@gulfwinds.org.

18 **School House Run 5M/5K/1M**, 8 a.m. (CT). Conservation Park, 100 Conservation Dr., Panama City Beach, FL. Online registration available at RunSignUp.com. Joe Edgecombe at joeruns@yahoo.com.

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.

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.

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 tomperkinsfu@gmail.com or (850) 264-4595.

15 Capitol to Coast Relay (84M Run-Relay/27M Walk Relay/27M Ruck Relay), 5-6 a.m. Run; 10 a.m. Walk/Ruck. Run start at Capitol; Walk/Ruck start at American Legion, Carrabelle, FL. Online registration available at events.hoodtocoast.com. Visit capitoltoceast@htcrelay.com; or (850) 661-4256.

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 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. Visit www.gladiatorth.com; or Susan Huber at (850) 294-4204 or gladiatorth@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). 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 rccr@ymca-thomasville.org.

MARCH 2023

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. 



PRESIDENTS COLUMN

By: Jerry McDaniel, president

The Springtime races are particularly near and dear to my heart, particularly the 10K which was the only distance run in this race for quite some time. It is a bit poetic that Jackie and I find ourselves directing this race, given the impact it has had on both of our running lives.

In the spring of 1976, I was on the verge of graduating from FSU. A year and a half prior, I started FSU and took up residency in Sally Hall. Turns out my roommate was a high school hurdler from upstate New York and encouraged me to begin running with him. Our runs increased in distance over time as I began exploring a sustained exercise program for the first time in my life. After moving off campus a little way, someone tells me there is an upcoming race down by the intramural fields and that with all this running I had been doing, I should do it! While I had been running over a year by this time, I had never attempted or even thought of running a race. In fact, the idea of such an endeavor was intimidating. I considered this for a bit and decided that I would ride my bike down near the start of the race. If it looked like a bunch of FSU track folks or other high-level runners, why, I would just

peddle on by. Well, I rode down there, stopped and worked up the courage to do the race. The course was in and around the intramural fields totaling 4 miles, and as I later learned, the very first Springtime race ever held! Shortly after that first race, the event was moved downtown and lengthened to 10k (see history of the race on the Springtime 10K/5K/1M website).

Jackie's approach to running this race for the first time was also born out of a bit of intimidation, but more so due to the hills and distance. After watching me run the Springtime 10K, having fun and competing against my friends for several years, Jackie decided it was time to go from bystander to participant. She read in the Fleet Foot that a Springtime 10K training group would begin prior to the upcoming race. Not knowing anyone who was going to be there, and fearing everyone would be faster or that she might get lost on the winding roads of Myers Park, she decided to park at the playground and walk up to the pool area where everyone was meeting. This would give her the opportunity to turn around and walk back to her car, unnoticed, if the group looked too intimidating. Julie Clark, the leader of the training group, approached her

as she was walking up and welcomed her to the group. Julie convinced her that no one was too fast or too slow and that no one would get lost due to the many volunteers on the course. She attended all the training runs and ran the race with a friend she met there! Jackie gives all the credit to GWTC, Julie Clark, and the volunteers for giving her the training tools and opportunity she needed train to run many more 10K races, half-marathons, and even a marathon!

It seems as though we were meant to eventually become the race directors of the Springtime races. The training

group that facilitated Jackie's entry into the 10K world and beyond started on February 13 this year - details on the website and FB. We look forward to encouraging new and returning runners to this year's edition of the Springtime races! Please volunteer if you aren't running or even if you are; as you can see, volunteers are the backbone of our Club races and are appreciated by us all! 🏃

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FEATURED FEET

SIGNE ULSAMER



When did you start running?

The 2022 Swamp Forest Trail Race was my first race. I started running more seriously when I moved to Florida in 2021.

Childhood ambition?

Ski Bum and/or Scientist

Current occupation?

Civil Engineer

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

Botany

Favorite reads?

One River by Wade Davis

I heard The Owl Call My Name by Margret Craven

Favorite running memory?

A ridge run at Blood Rock Ultra, Oak Mountain State Park, Alabama

Indulgence?

Travel

Non-running hobbies?

Hiking, Gardening

Best place to run in Tallahassee?

Elinor Klapp-Phipps Park

Preferred running technology?

I love that running is low-tech.

Biggest challenge?

Parenting

Perfect day?

Problems all left alone

Weekenders on our own

It's such fun.

-Lou Reed 🎸

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FEATURED FEET

KEVIN ETHRIDGE



When did you start running?

I think it was sometime around 2006 or 2007. I got on a health kick to try losing some weight and to get in shape. Since then, I've tried to make running a regular part of my weekly routine. I've just recently started running races within the last 2 or 3 years. I run mainly to stay healthy & stay in shape. And because I love to run.

Childhood ambition?

The possibilities are endless. They really are. However, I'm pretty sure at one time or another I wanted to be a professional BMX rider. My brother & I were big into riding BMX, among other things.

Current occupation?

Mechanical designer for Cleaver-Brooks. We build industrial firetube boilers. I sit behind a desk all day and draw stuff. I love my job even though I'm indoors all day. It keeps my mind sharp and it requires a lot of critical thinking. Plus, I get to use some really cool 3D modelling software.

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

Maybe a professional student. I like to learn new things and expand on what little knowledge I already have. Probably start out studying exercise science and

then become a running coach or trainer or something like that. Or maybe open a run-specialty store.

Favorite reads?

Anything related to nutrition and exercise or fitness or running. I can nerd out on that stuff.

Favorite running memory?


Crossing the finish line at the Wild Florida 50K Trail Race. It was my first ultra-distance race. It was pretty special. I finished right at 6 hours, which is a respectable time, considering how technical the course was. Really, any of my ultra-distance races. I get an enormous sense of accomplishment from them. Not to mention you get to meet and run with some really cool people.

Indulgence?

Tacos. The Kickstand in Thomasville has some amazing pork belly tacos! And I live in Thomasville!

Non-running hobbies?

Anything that gets the blood flowing or the lungs inflated. I just started doing cross-fit and it's my favorite new thing. I like the intensity of the workouts and they're relatively short. Also, it's cool that I get to hang out with likeminded athletes. 🏃



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Oh volunteers of Tallahassee's great race,
Who helped set-up and guide the runners' pace,
You worked with love and care from early morn,
To make this event, for all, a shining adorn.

From marking the course to providing aid,
You helped the runners keep up their charade,
A mountain of pizza boxes served with glee,
To the tired and hungry, in their time of need.

To the 172 marathoners who persevered,
And to the 823 who ran the half, undeterred,
And to the 31 relay teams, who completed their quest,
You all inspired and amazed us with your best.

To the volunteers who gave their time and heart,
You made this event a true work of art.



2023 TALLAHASSEE MARATHON/ HALF-MARATHON/RELAY

Water Station Challenge

By Mary Jean Yon

As part of the Tallahassee Marathon & Half-Marathon, groups are invited to participate in the Water Station Challenge. This year there were 10 groups that sponsored and supported a water station for runners. This includes setting up the station, providing water and aid to runners, and helping clear the station once all runners have passed. After the race, all race participants were invited to vote on their favorite water station. Voting was close this year and appreciation abounds for all that participated. Here are the top 3 stations which will receive donations to a non-profit organization of their choice.





TALLAHASSEE HALF-MARATHON WINNERS

ALBERTO MENA
OF NEW YORK NY
AT 1:11:58

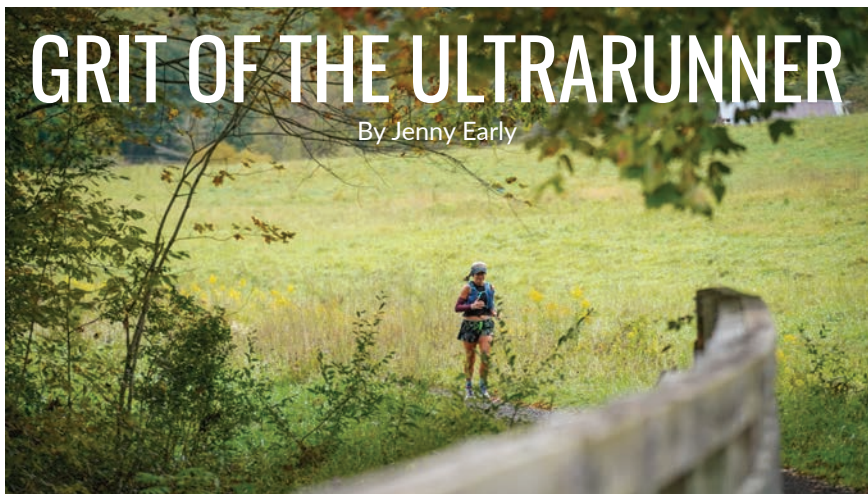


ANN CENTNER
OF TALLAHASSEE FL
AT 1:18:28

Photos provided by Street Safari Photos,
view all Tallahassee Marathon photos at
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GRIT OF THE ULTRARUNNER

By Jenny Early



In a small town in Southwest Virginia, I found what I was truly made of. The Yeti 100 took place at the end of September in Damascus, VA, on the Creeper Trail along the Appalachian Mountains. It had been two years in the making to get to toe the start line of this iconic ultramarathon. I was feeling some imposter syndrome, as I wasn't sure if I belonged with all these veteran runners surrounding me. I had only completed one, 100-miler, in the past and it was (gasp) a virtual competition. That meant no technical trails at night, no hard-set aid station cutoff times, and no competitors to compare yourself to. I was venturing out on a new frontier.

I had spent the summer months working through a training cycle that wasn't pretty, to say the least. The heat and humidity were relentless causing my back-to-back long runs to be less than stellar. At times I felt I was moving at the pace of a snail along the trails. The training was tough, it hurt, and I wanted to quit and even threatened to do so multiple times. But my running partner just kept reminding me, keep moving forward, no matter what, no matter how ugly it may look.

As the race neared, a storm started showing up on the horizon, Hurricane Ian. With the race starting on a Friday morning, I knew I would be heading out of town before the storm made landfall. But like some sick, twisted joke, the hurricane was charting a path of swinging into the Atlantic and coming back inland sweeping right past SW Virginia at the exact time I would still be running. But I had come so far that I wasn't going to let what would then be a tropical depression stop me.

That morning I was greeted with cool temps and a gorgeous view of the hills of Virginia. The first 50 miles of the race were perfect. I was feeling on top of the world being halfway through the race, but in 100-miler things can go wrong quickly. And boy did they!

The storm had caught up with us, dropping the temperatures drastically and bringing steady wind and rain. To top it off, my stomach went south. I lost all nutrition I consumed and couldn't hold anything down causing my body to start shutting down. Early signs of hypothermia started showing causing some scary moments when I was all alone leaving me worried about my safety. Finally, I reached the turnaround aid station up the mountain. With rain coming in sideways and frigid temps, I couldn't stop shaking. I wanted to drop and couldn't imagine leaving the safety of the carport to continue down the



Just keep moving, no matter what,



mountain for another 37 miles. Thanks to the aid station angels, I got nursed back to health and sent on my way. Just keep moving forward, no matter what.

The downward trek brought washed-out trails and a steady stream of rain rolling down the mountain. But I pushed forward, putting one foot in front of the other. At mile 81, news of the carnage of the storm was making its way through the grapevine. Runners were dropping left and right behind me, dropping at aid stations 63 and 71. But I pushed on with the mantra, on repeat in my head.

I had been by myself, alone in my thoughts for hours. Then just when I thought I would never reach the finish line, I saw the lights and heard the

cheers from my team. I did it. I finished under my 24-hour goal at 22:15, earning the 7th female spot.

As I looked back on my race, I was left with so many questions. How in the heck did a middle-of-the-pack runner like me, newbie to ultramarathons, finish so well or even at all? More than 50% of the field behind me had dropped, a first in the history of the race. Veteran runners who have conquered some gnarly races in the past didn't finish. So why me? I am not particularly fast or special in any way. But then it occurred to me. I had learned how to suffer and endure during those hot summer runs, which runners here in Florida know so well. I learned not to give up no matter what. Self-doubt and low moments almost ended my race more times than I can count. Heck, I was even medically advised not to continue unless I could start eating again at one point. By all accounts, I shouldn't have finished, but the mind and the body are amazing. I can now identify the exact moment when I shut down my negative thoughts and started believing I could finish the race. It was at that moment that my body got on board and carried me the miles to the finish.

For those who are toying with the idea of going down the ultramarathon rabbit hole, do it! If there is one thing I learned, it is that you don't have to be the most talented, the fastest, or the most experienced, you just can't give up. Just keep moving forward, no matter what. 🏃

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Rose City Walk

Saturday, April 29, 2023

5,000 Meter Walk

- Performance dry blend T-shirts and specially designed diecast antique gold medals awarded to those who finish the course.
- Entry fee \$23.00 postmarked by midnight April 14, 2023. After April 15, \$26.00 late entry fee. **NO RACE DAY REGISTRATION. NO REFUND.**
- Walk begins at 8:30 a.m. at Thomasville Center for the Arts, 600 East Washington Street.
- Silver trophies to first three males & females & first three Thomas County males & females.
- Special Business & Civic Club Participation Trophies.
- Entrants must be 13 years or older to participate.
- WALKERS WILL NOT HAVE BIBS.

NAME: _____
(first) (last)

MAILING ADDRESS: _____
(street or box)

(city) (county) (state) (zip)

PHONE: _____

AGE (As of 04/29/23): _____ BIRTHDATE: _____ SEX: _____

E-MAIL _____

EMPLOYER AND CLUB AFFILIATION: _____

CIRCLE ONE: T-SHIRT SIZE:
 Youth Large or Adult S M L XL XXL (\$3 extra) XXXL (\$4 extra)

ENCLOSED IS \$ _____ \$23.00 or \$26.00 for late fee after April 15, 2023

(Make check payable to Rose City Run)

Name and number of emergency contact _____

For and in consideration of my being allowed to participate in the Rose City Walk (hereinafter "the event") on behalf of myself, my heirs, personal representatives and assigns, I hereby assume all risks and waive all claims for injury or illness which may result, directly, or indirectly, from my participation in the event and agree to indemnify and hold harmless the City of Thomasville, the Thomasville YMCA, sponsors, organizers and their respective employees, elected officials, appointed officials and any other person or entity associated with the event of and from all actions and claims, including attorney's fees, which may be incurred by reason of my participation in the event. I understand that anyone entering the event who is not adequately trained is taking a definite risk of suffering physical ailments. I do hereby state that I have trained properly and that I am physically prepared to participate in the event, and I expressly assume the risk of any illness or injury which may result from my participation in the event.

I authorize the use of any photograph, moving picture, or any other graphic depiction made immediately before, during or after my participation in the event by the organizers or others and I expressly waive any claim or privilege of privacy, or right to compensation for the publication of any such photograph, film or other graphic depiction.

 Signature of Entrant

MAIL ENTRY FORMS TO:

ROSE CITY RUN
 P.O. Box 1037
 Thomasville, Georgia 31799
 (229) 226-9878
 E-MAIL: rcr@ymca-thomasville.org



44th annual Rose City Run

Saturday, April 22, 2023

10,000 METER RACE

1-MILE RUN

- Performance T-shirts and specially designed diecast antique gold medals awarded to those who finish the course.
- Silver trophies for first three males and first three females in each of 12 age divisions.
- Race day late registration 6:30-7:30 a.m. at Big Oak
- Race starts at 8:00 a.m. on Broad Street at post office
- Entry fee is \$23.00 postmarked by April 8, 2023. \$26.00 late entry fee. No refund.
- All courses TAC certified.
- Atlanta Track Club qualifying event.
- Gulf Winds Track Club Grand Prix event.
- One-mile run is for males and females 12 and under. Cost is \$13 early entry fee and \$16 after April 2.
- **NO RACE-DAY REGISTRATION. NO REFUND.**
- Trophies will be awarded to the first three males and three females in each of three age divisions.
- Age divisions 6 & under, 7-9 and 10-12.
- Race starts at 9:30 a.m. on Broad Street at post office
- Performance T-shirts and specially designed diecast antique gold medals awarded to participants who complete the course.

10,000 METER RUN

(Please Circle Which Race)

1-MILE RUN

NAME: _____

MAILING ADDRESS: _____
(first) (last)

(street or box)

(city)

(county)

(state)

(zip)

PHONE: _____ PUBLIC OFFICIAL YES NO

AGE (As of 04/22/23): _____ BIRTHDATE: _____ SEX: _____

SCHOOL, EMPLOYER

AND CLUB AFFILIATION: _____

E-mail address: _____

CIRCLE ONE: T-SHIRT SIZE: Adult S M L XL

XXL (\$2 extra) XXXL (\$3 extra)

CHILD: S (6-8) M (10-12) L (14-16)

ENCLOSED IS \$ _____ FOR MY ENTRY (Make check payable to Rose City Run)

****Bibs can be picked up race day at the Big Oak beginning at 6:30 a.m.****

For and in consideration of my being allowed to participate in the Rose City Run (hereinafter "the event") on behalf of myself, my heirs, personal representatives and assigns, I hereby assume all risks and waive all claims for injury or illness which may result, directly, or indirectly, from my participation in the event and agree to indemnify and hold harmless the Gulf Winds Track Club of Tallahassee, Florida, the City of Thomasville, the Thomasville YMCA, sponsors, organizers and their respective employees, elected officials, appointed officials and any other person or entity associated with the event of and from all actions and claims, including attorney's fees, which may be incurred by reason of my participation in the event. I understand that anyone entering the event who is not adequately trained is taking a definite risk of suffering physical ailments. I do hereby state that I have trained properly and that I am physically prepared to participate in the event, and I expressly assume the risk of any illness or injury which may result from my participation in the event.

I authorize the use of any photograph, moving picture, or any other graphic depiction made immediately before, during or after my participation in the event by the organizers or others, and I expressly waive any claim or privilege of privacy, or right to compensation for the publication of any such photograph, film or other graphic depiction.

Emergency contact's name and number _____

Signature of entrant, or of parent or legal guardian if under 18 years of age.

MAIL ENTRY FORMS TO: **ROSE CITY RUN**
P.O. Box 1037 (229) 226-9878
Thomasville, Georgia 31799



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CALL OR TEXT FOR AN APPOINTMENT: 850-544-3444

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

M. Felton Wright

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VOLUNTEER SPOTLIGHT

JEANNE O'KON



Tell us briefly about your running experience.

I started running with our daughter Skyler when she was three years old. We joined the Beginning Running class with Coach Dot Skofronick and kept participating each year. Eventually I ran numerous 5K/10K races and even ran the Disney Half-Marathon. Over time, I also took up long-distance cycling.

How long have you been a member of GWTC?

Roughly since the 1980's.

How did you first get involved as a volunteer?

There's a snowballing effect! We first became race directors when we helped Skyler's Girl Scout troop put on the first "Run for the Cookies 5K/One Mile" in 1994. We directed that race for 27 years! I stepped in to help other race directors, and assisted at several races over time with registration, timing, traffic control, finish line, or any job. We served as the race directors for Springtime Tallahassee and still direct Miller Landing Madness. Our "team" helps with the Jingle Bell Run every year, and we'll direct the Palace Saloon 5K this year as well. The greatest fun is coordinating the 8-week Summer Track Series!

What do you enjoy most about volunteering?

I truly enjoy working with kids. I am an educator, and that is natural for me. There is nothing sweeter than watching the toddlers in the Diaper Dash at Summer Track each year as they are learning how to run on the track! Everyone laughs! (Although a few of the little ones cry!) The participation has really grown, and the kids are awesome! You also make a lot of friends when volunteering.

Why do you volunteer?

My parents volunteered a lot, and they were great role models for me. People who volunteer seem to have a natural tendency to help others. Also, GWTC is like family, and we all help each other. There are so many great people! "It takes a Village" to put on our big races and events, and everyone comes together! And it gives you a great sense of satisfaction.

What is your next volunteer project?

We are taking over as race directors for Palace Saloon 5K in April (Bill Lott, Tom Perkins, and me), so that's a major upcoming project. I currently serve as the GWTC Board Secretary, and that involves hours of volunteer work for the Club. The projects are never-ending! For those who haven't yet volunteered, there are many opportunities and rewards, so JUMP IN any time. Every race director needs good volunteers! 🏃