

# THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | MAY 2023



## PALACE SALOON 5K WINNERS



STAN LINTON  
14:54

JENNIFER LIMA  
17:08

Photos Credit: Herb Willis



VOLUME 48 | ISSUE 5

Tallahassee, FL

**Gulf Winds Track Club**

# THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | MAY 2023

VOLUME 48 | ISSUE 5

**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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From more lovely to less, Peg Griffin, Bill Lott and Tom Perkins set-up finish line and time the Summer Trail Series race at Red Bug Trail in August 2022. Registration is open for the 2023 Summer Trail Series, but almost sold out!

**Register today at:**  
<https://bit.ly/Summer-Trail2023>



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# YOUR MEMBER BRIEFING

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**Your GWTC Board of Directors met on March 10, 2023**

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

**Complete minutes for all board meetings are available at [Gulfwinds.org](https://www.gulfwinds.org).**

## **Tally Trash Challenge**

Kristen Summers, the President of Sustainable Tallahassee, briefed the group on a new initiative called the Tally Trash Challenge. This community-wide program is intended to educate people about the importance of cleaning up trash and beautifying the environment. The program will take place on September 1-17, 2023, and people in the community will be asked to pick up a bag of trash as they go about their regular activities such as walking, running, etc. The idea is to instill individual responsibility in addition to large scale group cleanups that take place throughout the year. Sustainable Tallahassee is looking for community partners to help get the word out. The Tallahassee Mountain Bike Association has signed on and offers will be extended to other groups as well. The board resolved to partner with Sustainable Tallahassee on the Tally Trash Challenge.

## **Leon County Sheriff's Office (LCSO) Health/Wellness Fair**

Mark Priddy mentioned that GWTC was once again invited to participate in the LCSO Health/Wellness Fair which is scheduled for April 13, 2023, at the Tallahassee Senior Center. Discussion ensued about the challenges associated with finding volunteers for these events and the overall value to GWTC for participating. A decision was made to not participate this year.

## **REI Grant Opportunity**

Jennifer Hay briefed the group on her efforts to recommend GWTC for a grant as part of the Cooperative Action Fund by REI. The grants range anywhere from \$2,000 to \$8,000 and help REI accomplish its mission to promote and protect the outdoors and make outdoor spaces safe and accessible for everyone. Current grant recipients include the Apalachicola River Keeper and the Bicycle House. Jennifer would like to recommend GWTC as a grant recipient and is looking for any information to help her with the application.

## **2022-23 Gatorade Boys Cross Country Player of the Year**

Jerry also mentioned that Patrick Koon, who runs for Leon High School, was recently named the 2022-23 Gatorade Boys Cross Country Player of the Year. As part of that honor, Patrick earned a \$1,000 grant which he is donating to GWTC.

## **Seeking Volunteers**

Jerry is still looking for volunteers to chair the following committees: Merchandise, Training Coordinator, and Volunteer Coordinator.

## **Treasurer's Report**

As of February 28, 2023, GWTC has net assets total \$261,126.39, and there is a net revenue of \$38,011.88.

## **Triathlete Club**

Beverly Harrell, representing Gulf Winds Triathletes, reported that the St. Marks Duathlon, which was held on March 5, went well and had 90 finishers. There were 69 finishers in the Open Division, 7 in the Fat Tire Division, and 7 Relay teams.

## Membership

Jo Lena Pace reported that there are 1165 current members (1201) families 676 (664). The Google group has 81 members. The Springtime training group averages 35 people per week.

## Diversity, Equity, Inclusion Committee

Gabrielle Gabrielli reported that the Soul of the Southside organization postponed their 5K until MLK weekend in January 2024, and they are having a fish fry instead on May 20 at Lake Anita. They're expecting 800 seniors. They would love to have volunteers at this event to give out meals to seniors in a drive-by format. Jerry asked for additional information to provide club members with. The organization Black Girls Run won the water station award at the Marathon, and they plan to do a water station at Springtime.

## Education and Lecture

Mark Tombrink reported that 12 people attended the Yoga Stretching session with Katie Devick. The participants enjoyed the experience. A lecture will be held the Thursday before the Palace Saloon 5K on April 13. Stan Linton will be the presenter and Gary Droze and Ann Centner will participate, also. Possible locations for this lecture event were discussed.

## Equipment

Bill Lott reported that approximately 14 small (18 inch) traffic cones went missing from the Marathon. Luckily, the missing cones were the older cones rather than the newer, better cones. A trailer dolly is now available for helping maneuver the trailer in and out of the storage unit. There are no other equipment issues to report at this time.

## Chip Timing

Twelve antenna mat inserts have been ordered at a total cost of \$5,225.00 with a cost breakdown of \$4,500.00 for the inserts (\$375.00 x 12) and freight at \$725.00. In addition, there was a bank wire transfer cost of \$25.00. Estimated delivery time is 6-8 weeks. The mat inserts and shipping costs were charged to the equipment fund, and the wire transfer was considered an administrative cost and charged to operations. In February, two Club races, the Tallahassee Marathon/Half Marathon/Marathon Relay and Flash 12K/6K, were chip timed. Also in February, the non-Club MAD 5K/1M were chip timed by Chris Gamache for GWTC. During March, the Shamrock Scurry 5K/1M, a non-Club race, and the St. Marks Duathlon, a Club race, were chip timed. Robert Skrob operated the timing equipment for the Club for the Shamrock Scurry races. During April, the Club's Springtime 10K/5K/1M and Palace Saloon 5K are scheduled to be chip timed.

Peg ordered mat inserts to replace the broken ones at a cost of \$4500 plus \$725 freight.

Peg added that there are two hot spots that are used to record data during races. She wants to get them off her data plan, so she opened a nonprofit plan with Verizon. It is limited data but it is sufficient. She replaced the devices that are used. She used the GWTC Treasurer e-mail address so it will stay with the club.

The new timing software was used for the Thomasville Road Baptist Church race, and it worked well. Bill Hillison asked the Board to form a short-term committee to review the timing of non-club races. GWTC charges a fee for non-club races, and neither Bill nor Peg are doing them right now. Volunteers are needed to do this timing if it's going to happen. Bill is willing to serve on the committee, but other representatives are needed, and he anticipates that one or two meetings would be enough to provide information for the Board. Bill continues to be approached by organizations that need chip timing for their races. The board formed a committee with the volunteers: David Yon, Mark Priddy, Judy Alexander, Peg Griffin, and Bill Lott. 🏃

# RACE CALENDAR



## 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](http://www.animalshelterfoundation.org); or Cara Fowler at [carafowler@mac.com](mailto: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](mailto:AliceSims3435@gmail.com) or (850) 322-3929.

**20 GWTC Summer Trail Series Race #1** – 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](http://www.gulfwinds.org); or Bobby York at [byorkjr@msn.com](mailto: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](mailto:tomperkinsfsu@gmail.com); or Jeanne O'Kon at (850) 894-2019 or [okonj@flagger.edu](mailto: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](http://www.gulfwinds.org); or David Yon at [david@radeylaw.com](mailto: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](mailto:tomperkinsfsu@gmail.com); or Jeanne O'Kon at (850) 894-2019 or [okonj@flagger.edu](mailto:okonj@flagger.edu).

### **10 GWTC Summer Trail Series Race**

**#2** - Maclay Gardens (~5.5M), 8 a.m. Maclay Gardens State Park, 3540 Thomasville Rd. Online registration available at RunSignUp.com (no addition fee). Visit [www.gulfwinds.org](http://www.gulfwinds.org); or Bobby York at [byorkjr@msn.com](mailto: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](mailto:tomperkinsfsu@gmail.com); or Jeanne O'Kon at (850) 894-2019 or [okonj@flagger.edu](mailto: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](mailto: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](mailto:tomperkinsfsu@gmail.com); or Jeanne O'Kon at (850) 894-2019 or [okonj@flagger.edu](mailto: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 [nexnbax1@comcast.net](mailto:nexnbax1@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](mailto:tomperkinsfsu@gmail.com); or Jeanne O'Kon at (850) 894-2019 or [okonj@flagger.edu](mailto:okonj@flagger.edu).



## JULY 2023

**04 39th Annual Capital City Kiwanis Firecracker 5K/1M Sparkler Run**, 7:30 a.m. 1M; 8 a.m. 5K. Cascades Park, 1001 S. Gadsden St. Online registration available at [raceroster.com](http://raceroster.com). Visit [www.cckcfirecracker5k.com](http://www.cckcfirecracker5k.com); or Capital City Kiwanis at [tallahassee5k@gmail.com](mailto:tallahassee5k@gmail.com) or (850) 228-4410.

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

**08 GWTC Summer Trail Series Race #3** - Swamp Forest Trail (~4.5M), 8 a.m. Elinor Klapp-Phipps Park, Gate A, 1275 Miller Landing Rd. Online registration available at [RunSignUp.com](http://RunSignUp.com) (no addition fee). Visit [www.gulfwinds.org](http://www.gulfwinds.org); or Bobby York at [byorkjr@msn.com](mailto:byorkjr@msn.com).

**13 Summer Track Series - Week 7**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or [tomperkinsfsu@gmail.com](mailto:tomperkinsfsu@gmail.com); or Jeanne O'Kon at (850) 894-2019 or [okonj@flagger.edu](mailto:okonj@flagger.edu).

**15 Ernie Sims Track Invitational (AAU)**, time TBA. Mike Long Track, 1104 Spirit Way, FSU Campus. Alice Sims at [alicesims3435@gmail.com](mailto:alicesims3435@gmail.com) or (850) 322-3929.

**20 Summer Track Series - Week 8**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or [tomperkinsfsu@gmail.com](mailto:tomperkinsfsu@gmail.com); or Jeanne O'Kon at (850) 894-2019 or [okonj@flagger.edu](mailto:okonj@flagger.edu).

**22 26th Annual St. George Island Sizzler 5K/1M**, 6:30 p.m. 1M; 7 p.m. 5K. Berkshire-Hathaway Beach Properties, 140 First Street West at Pine Ave., St. George Island, FL. Online registration available at [Eventbrite.com](http://Eventbrite.com). Visit [www.eccfranklin.org](http://www.eccfranklin.org); or race director at [eccfranklin@gmail.com](mailto:eccfranklin@gmail.com).

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# PRESIDENTS COLUMN

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By: Jerry McDaniel, GWTC President

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The 10-year anniversary of the bombings at the Boston marathon brought back quite a few memories for me last month. We were there with several friends from Tallahassee and stayed at the host hotel quite close to the finish line.

Unusual for me, I do not recall anything particularly about the marathon itself other than the bus ride out to Hopkinton and the hype and excitement that brings before the race.

Once underway, most everyone runs their own speed, so we were spread out along the way headed back into Boston. Jackie did not run but we had agreed that she would try to spot me and the others coming into the finish area along Boylston Street and then meet up in the hotel room.

We have had past miscues on locating each other post-race in large marathons. I finished, can't recall if I spotted her or not, but she saw me and others, then headed to the room. Once finished, I located the bus with my dry clothes, swapped them out, and began the circuitous walk/limp to get back to the hotel amid road closures, crowds, and barricades.

As I was about to enter the hotel, I heard the loudest explosion I have ever heard and certainly the closest. At the time, I characterized it as the sound of a locomotive hitting the side of a building broadside. Everyone around me just stared in utter confusion and

bewilderment! I hesitated outside, heard the second one...this one not as close.

Before I entered the hotel, there appeared from nowhere, dozens of blacked out SUVs(FBI), sirens blaring and screeching to a halt nearby. Complete chaos seemed to be unfolding. I eventually entered the hotel, only to find people running up and down hallways, some screaming about possible terrorists.

Making it to the room, I found Jackie safe, but many of our friends unaccounted for. The hotel went into complete lockdown. The TV news began revealing the situation. Cell networks were down, so it was many long hours until all of our friends reported in and were accounted for. You may not realize the deep intrinsic value of your friends and family until you face the prospect of not seeing them again. Tears were shed until all were located.

A couple of anecdotes about this event, one scary, one sort of funny. As it turned out, Jackie's viewing location, front and center behind a barricade on Boylston Street was diagonally across the street from where the 2nd bomb detonated. Had my friends and I been a bit slower, she might have sustained some shrapnel from the blast!

On a separate note, we had not mailed our taxes that year, but had taken them with us to deposit in the mail while in Boston. We did just that the day before the race. As luck would have it, the



mailbox we placed our taxes in was blown to pieces by one of the bombs! A turn on "my dog ate my homework," but we finally did get the IRS to believe us.

Our thoughts and prayers continue to go out to the innocent victims and families in Boston that day.

Hey, do you think the starting line at local club races is getting a little close? Are there folks in your personal space? It is not your imagination. A quick comparison of some of the bigger club races so far this year shows a continual uptick in runners when comparing 2022 to 2023. For instance, the marathon was up 12%, the half up 40%, Springtime across all 3 races up 12%, and Palace up a whopping 87%! Happy to see this return and continual improvement in race attendance post COVID!



Lastly, Jackie and I would like to thank all of our sponsors, all of our friends, club members and non-club members who volunteered and helped make the Springtime races a success this year!

Keep on running, biking, walking, swimming, being a gym rat... just keep moving! And VOLUNTEER! 🏃

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## A SPECIAL BOSTON MARATHON REPORT

BY HERB WILLS

### You can be a very good marathoner while not being a very good Boston Marathoner..

My favorite marathon runner of the 1930s, Pat Dengis, is an example. Dengis won three AAU National Championship Marathons and the Pan American Marathon, but never took laurels at Boston. Maybe Dengis was unlucky, but maybe Boston's unique collection of hills, turns, potholes, and contrary weather didn't suit the style of that Baltimore athlete.



And we may have seen that play out again at the 2023 Boston Marathon.

After the press and fans spent the days and weeks leading up to the race talking about a certain Very Good Marathoner, on Patriot's Day it was a very good Boston Marathoner who prevailed--defending champ Evans Chebet of Kenya. Chebet made it two in a row, throwing down a winning 2:05:54, almost a minute faster than his 2022 mark. On the women's side, Kenyan Hellen Obiri proved to be the best Boston Marathoner, running 2:21:38.

More than a few Tallahassee athletes made the trip to Massachusetts to do the annual run from Hopkinton to Boston. It is, after all, the only way to learn how good a Boston Marathoner you are. Of those Capital City athletes, the fastest was master runner Charlie Johnson, who posted a 2:49:57 and placed 1,777th. Master

# TALLAHASSEE ATHLETES IN THE 2023 BOSTON MARATHON



runner Amy Hines led the women in the Tallahassee contingent, running 3:11:03--good for 6,645th overall and 792nd in the women's standings.

In all, 21 Tallahasseeans finished the 2023 Boston Marathon, up from 16 in 2022.

## Tallahassee finishers in the 2023 Boston Marathon

PLACE	TIME	ATHLETE	SEX	AGE	M/F PLACE	DIV PLACE
1777	2:49:57	Charlie Johnson	M	43	1698	211
2755	2:55:15	Mickey Moore	M	53	2620	68
5283	3:05:10	Jason Graham	M	43	4829	935
5962	3:08:06	Raymond Reavis	M	42	5355	1066
6645	3:11:03	Amy Hines	F	42	792	105
7769	3:15:09	Michael Niezgoda	M	34	6592	3571
10380	3:24:06	Jack McDermott	M	54	8077	896
11499	3:27:41	Carrie Murphy	F	51	2853	71
11729	3:28:21	Deanna McVay	F	40	2972	484
12034	3:29:18	Gabriella Passidomo	F	31	3145	2207
12213	3:29:53	Melanie Leitman	F	39	3240	2258
12238	3:29:57	Jillian Heddaeus	F	40	3257	544
13337	3:34:03	Fanxiu Zhu	M	54	9423	1206
15250	3:41:20	Alison Thumm	F	45	5049	669
17867	3:50:25	Mary Fran Rowe	F	42	6318	1247
21868	3:52:29	Kory Skrob	F	52	6576	567
18181	3:54:07	Thomas Murphy	M	53	11408	1507
19655	4:02:23	Judy Alexander	F	61	7588	157
20073	4:05:30	Birgit Maier-Katkin	F	60	7839	185
20312	4:07:25	Tsige Tadesse	F	55	7972	455
21746	4:19:15	Felton Wrigh	M	65	12963	381
25699	5:23:56	Nancy Peters	F	64	10908	501



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## VOLUNTEER SPOTLIGHT

# MARY JEAN YON



### Tell Us Briefly About Your Running Experience

I started running in 1985, shortly after I met David. I found early success and enjoyed many years of racing and serious competing. Over the years, things change and nowadays I view running as a way to maintain fitness and socialize. Running has opened many doors for travel and adventure and a great way to see the world. That's something I never want to give up.

### How Long Have You Been a Member of GWTC

My very first running diary in 1985 (yes, I still have it) lists my "Affiliation" as Gulf Winds Track Club so I must have joined right after that first 1.5 miles that I ran on January 30, 1985.

### How Did You First Get Involved as a Volunteer

Three steps, all of which are still applicable. I started volunteering because I wanted to give back to the club that put on all the races I ran in. Next step was returning volunteer favors to all those great friends that answered our call for volunteers at Turkey Trot. And finally, in my role as Race Director Coordinator for GWTC, I often volunteer to help ensure a race happens and goes well. We've had some close calls recently finding people to help direct races and we can't afford to drop any races for that reason.

### What Do You Enjoy Most About Volunteering

Watching a race succeed and hoping I helped make a difference. That's a message

we try hard to send every year with Turkey

Trot. You simply cannot put a race on without good volunteers. Or as we said on our volunteer shirts one year, "Without good help, Turkey Trot would be chaos." I tend to think that is true about all races!

### Why Do You Volunteer

Part of it is tradition. Certain race directors know to always hold a spot for me to volunteer. Part of it is the return of favors discussed above and part of it just varies from race to race. If a race is in trouble or a race director is struggling, I don't like to just stand by and hope everything works out. I'm there to help and in a perfect world, if I can help train somebody new to step up and help, that's an added bonus!

### What Is Your Next Volunteer Project

I'll be at the Springtime races on April 1 to help race directors Jerry & Jackie McDaniel. They haven't told me what my job will be but I trust they will make it fun. I'm so happy to see Jerry & Jackie come back to race directing and to take over the Springtime 10K/5K/1M races. The 2022 version of this event was our first foray into directing by committee when we could not locate a new race director and we proved it could work. Jerry was with us last year and rose to the challenge of "chairing the committees" this year but only after bringing his better half into the partnership! Thank you, Jerry & Jackie! Without you, "Springtime would be chaos!" 🏃



## VOLUNTEER SPOTLIGHT

# DAVID YON



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

I have always been active in sports but never thought of distance running as a sport. After I graduated from law school, I continued to participate in city league competition like flag football and softball as well as things like golf and tennis. As I got into more intense work obligations, efficiency became more important. I don't recall exactly how I got started, but I began to run more consistently in 1982 or 1983 and by the end of 1983 I had been "bit by the bug."



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

1982 or 1983.

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

Snookered. Mostly, I figured I was doing my share by paying the entry fee, running the race and picking up after runners. (If someone asked me to.) Dot Skofronick, a member of GWTC then and still one now, thought I could do more. Dot was the race director for the 15K Chenoweth Run and asked me if I would help out. "Of course," I said. I did not realize that other than a 4-year hiatus it would be a job like the Hotel California.

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

Helping to create and stage events that work for our entire community.

**Why do you volunteer?**

I like to think that volunteering makes the world a better place. It demonstrates we are about more than just money.

**What is your next volunteer project?**

I am not sure it is next, but the Potluck Bash is coming up fast. 🏃

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A photograph of a paved road with double yellow lines, curving through a dense forest. Sunlight filters through the trees, creating a warm, golden glow on the road and foliage. The text is overlaid in white, sans-serif capital letters.

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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.

### **June & July 2023 Schedule**

Date	Race	Adult	Youth
6/17/2023	Monticello Melon Run	5K	
6/24//2023	Paul Hoover Freedom Run	5K	5K
7/22/2023	Sizzler	5K	

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





FOR 48 YEARS, THE PALACE SALOON ROAD RACE  
HAS SEEN MANY ATHLETES CLAIM VICTORY,  
AND IN 2023, LINTON TOOK THE LEAD PAGE  
RUNNING ALONE WITH EVEN CONSISTENCY.

HE FINISHED FIRST, WITH MENA IN SECOND PLACE,  
AND ZISKINDER THIRD, JUST BEHIND HIS TRACE.  
MEANWHILE, LIMA LED THE WOMEN'S RACE,  
OUTRUNNING SHERRON AND SETTING A NEW PACE.

HER TIME OF 17:08 WAS THE FASTEST YET,  
SINCE 2005'S RECORD BY WILLIS WAS SET.  
SHERRON TOOK SECOND, AND LYNCH WAS THIRD IN LINE,  
AND FOR LIMA, TRAINING ALONE IS NOW JUST FINE.

EACH LINTON AND LIMA ALUMNI OF FSU RUN,  
BOTH STILL STRIVE TO TRAIN AND HAVE SOME FUN.



Photos credit Herb Willis