

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | JUNE/JULY 2023



Photos Credit: Herb Willis



SUMMER TRACK SERIES HEATS UP

DETAILS ON PAGE 2

VOLUME 48 | ISSUE 6



Tallahassee, FL
Gulf Winds Track Club

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | JUNE/JULY 2023

VOLUME 48 | ISSUE 6

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:

The maximum print size of our page is 4.75 in. by 7.75 in. If possible, ads should be sent as MS Word files, will look best with standard fonts (Arial, Times New Roman), and formatted to fit the desired size. A simple way is to use 2 inch margins on 8.5 by 11 paper. Deadline: 10th of month previous to publication. Questions, contact the editor.

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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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Bring your children to the GWTC Summer Track Series Thursday evenings at 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. It is FUN and promotes health activities for your children. This is a free program put on by track club volunteers for our community. (If you have a high school student who needs volunteer hours, this is a fun way to earn them.)



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YOUR MEMBER BRIEFING

Your GWTC Board of Directors met on April 12, 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).

Chip Timing: Bill Hillison reported that a committee was formed to look at the possibility of the club timing non-club races. They concluded that GWTC should continue to time non-club races, and more timers are needed. Two timers are needed per race. Each one could earn up to \$150 per race, to be negotiated with the race director. Bill feels this will help to recruit timers who are responsible and committed. The race director will be responsible for finding the GWTC timers from a list that Bill provides. The committee also pointed out that the fee for equipment rental has not changed in ten years. The committee recommended raising the cost of the bibs to \$3.00 each (currently it is \$2.00). The timers also need a new computer for timing. Bill thanked Judy Alexander, Mark Priddy, David Yon, Bill Lott, and Peg Griffin. Board members inquired as to whether Bill Hillison will serve as the contact for the non-club race directors. They receive about 15 requests for timing from non-club groups each year.

Dempsey Mayo Road extension letter: Jerry McDaniel signed a letter that was sent to the Dept. of Public Works. There seemed to be insufficient public input into the extension consideration, which could be dangerous for runners and cyclists. Jerry attended a meeting with the Asst. County Commissioner and others. It was in the original deed that a road could be built there. The land is owned by the state of Florida. There are four groups that are concerned about this project. DEP must approve such a project, and it is not approved right now.

Race Photography: Jennifer Hay inquired as to whether we need to find someone to do race photography. Jennifer inquired as to whether there should be photographers that are asked to take photos at each race.

Treasurer: Peg reported as of March 31, 2023 net assets of \$211,582.45 and a net operating loss of \$11,737.06. She added that the \$1,000 grant earned by Patrick Koon as 2022-23 Gatorade Boys Cross Country Player of the Year that was reported at last month's meeting was received this past week.

Triathlete Club: Eric Trombley reported that the Tri Club held the Red Hills Triathlon last weekend and had good participation. The next race for the club will be on May 6 at Defuniak Springs. As president, he wants to encourage more people to volunteer and give back to the community that supports them. He and Beverly, the Vice-President, will volunteer at every race.

Race Director Coordinator: Mary Jean Yon reported that the GWTC Race Directors met on March 19 and had a very productive meeting. Including:

- Many race directors have increased the registration prices for their races to help cover increased expenses. The fee structure for Springtime was shared which included two cut-offs for price increases and different fees for the various length races. Race directors were reminded that registration fees, at a minimum, need to cover the cost of the race t-shirt and/or other giveaway items.

- There was a good discussion regarding the concept of “race day” registration on behalf of The Flash 12K/6K. While it is the choice of all race directors whether to allow race day registration, the timing team did not view this as a burden as most people register online prior to race day.
- The group discussed the long-standing practice of sharing race proceeds with selected charities on a 50-50 basis. Discussion ensued, on behalf of the Palace Saloon 5K, about the possibility of changing that practice, noting that the Turkey Trot 15K/10/5K/ and the Bowlegs 5K have long been exceptions. The draft budget for the Palace included two charities and the request was to have those two charities get a larger share than simply sharing 50% of the race proceeds. It was noted that this discussion was best held with the Board at the race closeout so that there is a better understanding of how much money is under discussion.
- Mary Jean reported that she continues to work with Major Sally Davis at the Leon County Emergency Medical Service (EMS) to try to find ways to lower costs for having EMS at club races. David Yon is reviewing the RRCA guidelines and the club insurance policy to ensure the board is protected if other options are utilized and asked that race directors continue to use the EMS contracted services in the meantime.
- The date for the 2024 Tallahassee Marathon/Half-Marathon might need to be changed due to a conflict with the US Olympic Marathon Trials which are scheduled for the first weekend in February in Orlando. There is a possibility that the Marathon and the Flash can switch dates and the respective race directors will explore that option and report back.

Membership: Jo Lena Pace reported that the current membership is 1205 (last year at this time it was 1243) and the number of households is 694 (it was 693 last year at this time).

Diversity, Equity and Inclusion: Gabrielle Gabrielli sent a report stating that the committee members continue to work on outreach efforts such as the Emancipation Day fish fry drive on Thursday May 18 at noon that will provide free fish dinners for seniors. Volunteer runners will be needed starting at 11:00 a.m., and details are forthcoming. Gabrielle is coordinating with the organizers, and they have said they'll have a volunteer sign up by the end of the week. They are working on plans to increase the October Cascades running group (headed up by Danny Manausa) to include IRC as well as Girls and Boys Club participants. Black Girls Run had participants in both the 5K and 10K distances at Springtime, and at least one first time 10K finisher. BGR also had 10-12 volunteers covering the Springtime 10K aid station at the Myers Park tennis courts. Chika Okoro has played an integral role in sharing GWTC events and encouraging active participation by BGR. Everyone has had an excellent experience.

Chip Timing Report: Bill Lott indicated that the 12 antenna mat inserts ordered last month were received on April 11, 2023. An extra cost involving an import duty fee of \$46.66 has been incurred and paid. With the receipt of the inserts, all the newer model V-4 mats will be in working order. The Shamrock Scurry and St. Marks Duathlon were chip timed.

Grand Prix: Lisa Unger reported that Debbie Peters is learning the Grand Prix scoring, but it will take time. Eventually Debbie will take over the Grand Prix scoring. Lisa will rotate off the Grand Prix Committee next year. The GWTC feather flags that the club uses are very visible, and Tim Unger recommended buying one that says “Registration.” This would be helpful especially for big races. A motion was made, seconded and passed to buy the Registration flags. 🚩

RACE CALENDAR



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@flagler.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.

05-July 28 S.M.I.R.F. Summer Cross Country Program, 7:45 a.m. - 9 a.m. Meadows Soccer Complex, 701 Miller Landing Rd. Online registration available at RunSignUp.com (no additional fee). David Yon at david@radeylaw.com or (850) 321-8768.

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) 264-4903 or okonj@flagler.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; 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) 264-4903 or okonj@flagler.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) 264-4903 or okonj@flagler.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.

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) 264-4903 or okonj@flagler.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. Visit www.cckcfirecracker5k.com; or Capital City Kiwanis at 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; or Jeanne O'Kon at (850) 264-4903 or okonj@flagler.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 (no addition fee). Visit www.gulfwinds.org; or Bobby York at 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; or Jeanne O'Kon at (850) 264-4903 or okonj@flagler.edu.

15 Ernie Sims Track Invitational (AAU), time TBA. Chiles High School, 7200 Lawton Chiles Lane. Alice Sims at 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; or Jeanne O'Kon at (850) 264-4903 or okonj@flagler.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. Visit www.eccfranklin.org; or race director at eccfranklin@gmail.com.

AUGUST 2023

05 Breakfast on the Track Mile (GP for Youth Only), 7:45 a.m. Maclay School Track, 3737 N. Meridian Rd. Online registration available at RunSignUp.com (no addition fee). Felton, Bonnie or Jamie Wright at bonniedwright@gmail.com.

12 Miller Landing Madness 8K/5K/3K XC Run, 8 a.m. 8K/5K; 9 a.m. 3K. Elinor Klapp-Phipps Park, Gate B, 1775 Miller Landing Rd. (1.3 miles west of Meridian Rd. on Miller Landing Rd.). Online registration available at RunSignUp.com. Tom Perkins at tomperkinsfsu@gmail.com or (850) 264-4595; Jeanne O'Kon at okonj@flagler.edu or (850) 264-4903; or Bill Lott at blott@nettally.com or (850) 656-1273.

19 GWTC Summer Trail Series Race #4 - Cadillac Trail (~5.5M), 8 a.m. Tom Brown Park. Online registration available at RunSignUp.com (no addition fee). Visit www.gulfwinds.org; or Bobby York at byorkjr@msn.com.

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PRESIDENTS COLUMN

By: Jennifer Hay, GWTC Vice President

I work at REI. Retail is a new thing for me, but it often feels more like an extension of the cheerleader in me than anything else. I spend a lot of time telling people they really are an outdoorsy person or they really are a runner. Why do we think we have to reach some level of an activity or sport to be legit at it? I'm taking my microphone opportunity this month to remind you that if you run—2ish, 25ish, or 75+ miles a week—you're a runner. A couple of those options may make you more hardcore (and possibly a little crazy), but every single one means you're a runner. Embrace that label. Be proud of it.

A couple other things that aren't required to be called a "runner" are weekly speed work and fast paces. Those things aren't required to be part of the Club or part of the running community either, and it's why Gulf Winds is adding group runs to our "training" schedule. You'll see them start popping up around town. Watch the Facebook page and website for details and invitations from our four new training coordinators: Ashlee Blake, Emily Webster, Joi Savery, and Kendall Meikenhous. Join in these casual runs for company, camaraderie, and conversations about the weird and wonderful (and occasionally gross) things runners talk about.

Being a runner and part of this amazing running community means you benefit from a lot of dedicated volunteers who spend a stunning number of hours ensuring the rest of us have safe trails, fun races, inspiring youth programs, effective training sessions, and a sustainable club. Be sure to thank them and find ways to join them. You'll find a whole long list of those people in the Fleet Foot directory and scattered through the member briefing. Reach out and find the perfect ways to contribute to all the wonderful work that goes into our club. Also, encourage anyone who runs to join the club. You know the whole "farther together," "strength in numbers," and "strength of the wolf is the pack" thing is true!

See y'all out there! 🏃



Tallahassee, FL

Gulf Winds Track Club

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THE FLEET FOOT

FEATURED FEET

ADAM WALLENFELSZ



When did you start running? I started running competitively in 6th grade when I joined the Montford cross country team and I've stuck with it since then. Making my way through Leon with Coach Wills and then eventually being fortunate enough to run in college at the University of Alabama in Huntsville.

Childhood ambition? As a child I wanted to be a Lego master! Every holiday and birthday I would ask for lego sets. I'd spend hours building sets taking them apart and then rebuilding whatever I could imagine. Even now in my 20's I still find myself purchasing a set from time to time.

Current occupation. I am currently a manager at Coosh's Bayou Rouge, the best Cajun spot in Tally!

If money were no object, what profession would you choose? If money weren't an issue, I'd love to take a stab at being a professional runner. Move to Boulder, hire the best coaches, training staff, and nutritionists to give myself the best chance at success!

Favorite reads? One of my favorites is "To Sleep in a Sea of Stars" by Christopher Paolini

Favorite running memory? One of my favorite running memories happened my junior year in college. It was such a photo finish, two others and I dove across the finish line in the 800m at the conference championships. I was laying on the ground thinking I had lost as my teammates rushed the track screaming that I had won.

Indulgence? I've got a huge sweet tooth so really any type of sour candy, usually my go

to is the watermelon Sour Patch Kids.

Non-running hobbies? My main non-running hobby is golf. When I'm not running or at work I'm at the golf course with my dad and brothers.

Best place to run in Tallahassee? The best place in Tally is Forest Meadows, it's got pretty much everything you need for any style of run. The majority of my mileage is done there with my training partner Jarod Hoffman.

Preferred running technology? My go to running tech is my Garmin watch and Strava. I use both to help hold myself accountable and tracking my runs.

Biggest challenge? Right now, I'm training for my first marathon and by far the biggest challenge is staying consistent with the high mileage. It's a huge time commitment that can be difficult to plan around my work and personal life. Thankfully my fiancé is incredibly supportive in my running endeavors.

Perfect day? A perfect day would start by crushing a long run at Bradley's Country Store, then end by hitting the Wacissa River to chill and kayak the rest of the afternoon. 🏊



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BONNIE WRIGHT



How long have you been a member of GWTC? Guessing 1986

How did you first get involved as a volunteer? I was a cheap date. Felton was the race director for the 1985 Ultra and asked me to join him at the Ultra.

What do you enjoy most about volunteering?

- 1) cheering for people
- 2) setting up water tables at the 30k, which fell over once.
- 3) solving problems. See 2 above for an example.
- 4) spending time with Felton
- 5) any or all of the above

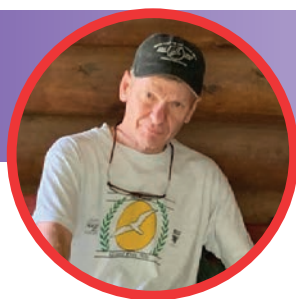
Why do you choose to volunteer? We're better together. I strongly believe in the all-volunteer organization of GWTC and to make that sustainable means contributing my time.

What is your next volunteer project? Red Hills Triathlon and Breakfast on the Track. The best 1-mile track race on the GWTC calendar with enthusiastic spectators, outstanding competition, fabulous well trained volunteers (thank you volunteers!) and pancakes! (I'm not above a wee bit of promotion 🏃)



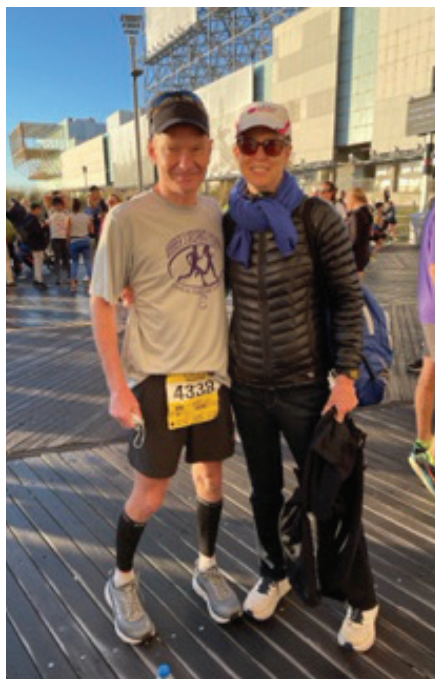
VOLUNTEER SPOTLIGHT

FELTON WRIGHT



My running experience.

I ran in high school here at Leon High. I ran in college for the University of the South in Sewanee, Tennessee. I went away to grad school in Oregon and returned here after graduation in 1980 when I joined GWTC. I have been competing in GWTC races ever since. I have won the overall Grand Prix once, and the Tallahassee Marathon a couple of times, but have slowed way down since then.



My first attempt at volunteering was when I directed the Tallahassee Ultra in 1984. I recruited some young lady into helping me with that race, and eventually she became my wife. I then talked her into co-directing the Breakfast on the Track Mile with me for the last 25 years.

Our most recent volunteer effort came about when the previous Tallahassee Marathon race director, Sheryl Rosen, came over to my house and dropped all the marathon stuff off into my garage and moved out of town. My wife said all that stuff had to get out of the garage “one way or another”. So, we ended up being co-chairs for the Tallahassee Marathon committee.

I am not sure of my next volunteer project, but we will start working on Breakfast on the Track soon!

I have run so many GWTC races over years that I feel it is important to try and repay the club for all that it has done for me. 🏃🏻♂️

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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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26th Anniversary

SGI Sizzler

Saturday July 22, 2023

Berkshire-Hathaway Beach Properties

1st West & Pine -- St. George Island, Fl

4 :00 pm –Packet Pickup/Onsite Registration

6:30 pm – 1 Mile Fun Run

7:00 pm – 5K Race/Walk

7:30 pm – Post Race Party

Full Registration –Includes Dry or Insulated Bag

\$30 SIZZLER 5K Run / Walk

One Mile Fun Run/Walk

\$25 Military

No Dry or Insulated Bag Option

\$25 SIZZLER 5K Run / Walk

\$25 One Mile Fun Run/Walk

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[Barbeque Sandwich]

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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
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>**

Grand Prix standings now computed using Runsignup.

For years Peg Griffin computed Grand Prix standings within a custom programmed Microsoft Access table involving a manual process of identifying Gulf Winds members within race results to include them within the calculations. Then, these results had to be manually posted to the website including lots of custom adjustments to get the tables formatted just right.

Now, the Grand Prix committee works with Runsignup to better automate the process. It's still labor intensive but at least Runsignup can more easily identify club members.

If you haven't already, visit the new Grandprix standings by clicking the "Standings" button at: <https://runsignup.com/Series/GWTCGrandPrix>

PLACE	FIRST NAME	LAST NAME	GENDER	AGE	AGE GROUP	HOMETOWN	POINTS
1	Kat	Sack	Female	30	F30-34		22
Details							
RACE			TYPE		PLACE	POINTS	
GP Bowlegs 2022 SK			Gender		5	6	
GP Bowlegs 2022 SK			Age Group		1	11	
GP The Trent 10K 2022 10K			Gender		6	5	
GP The Trent 10K 2022 10K			Age Group		1	11	
2	Caitlin	Ubilla	Female	31	F30-34		16
Details							
3	Lisa	Play	Female	32	F30-34		15
Details							
4	Amelia	Wilson	Female	31	F30-34		15

This enables you to see details of how your overall "gender" results are calculated as well as your "age group" results.



GULF WINDS TRACK CLUB MILLER LANDING MADNESS

8K/5K/3K CROSS COUNTRY RUN
8K IS A 2023 GWTC GRAND PRIX EVENT



WHEN: AUGUST 12, 2023

WHERE: GATE B, ELINOR KLAPP-PHIPPS PARK,
1775 MILLER LANDING RD.
(1.3 MILES WEST OF MERIDIAN RD.)



TIME: 8K/5K START AT 8:00 A.M.; 3K STARTS AT 9:00 A.M.

All monetary proceeds benefit the GWTC Chenoweth Fund.
All canned food donations go to Second Harvest of the Big Bend.
Online registration available at RunSignUp.com.



**T-SHIRTS GUARANTEED ONLY TO THOSE REGISTERED BY
WEDNESDAY, AUGUST 9, 2023, AT 6:00 P.M.**



EARLY PACKET PICK-UP: Register and/or pick up your packet and drop off canned food donations early on Wednesday, August 9, and Thursday, August 10, 2023, at Cadence Running, 2743 Capital Circle NE, Suite #103, from 3:00 p.m. to 6:00 p.m.

Race Day Registration and Packet Pick-Up: Begins at race site at 6:30 a.m. Bring your canned food donations on race day!

High School age and Middle School age Club Teams may compete for team awards in the 5K and 3K races, respectively. Team members must enter team name when registering. Each team participant is required to register and submit a signed, completed waiver.



FOR MORE INFORMATION ABOUT THE CHENOWETH FUND
OR GULF WINDS TRACK CLUB, VISIT WWW.GULFWINDS.ORG.
FOR RACE INFORMATION OR TO VOLUNTEER,
CONTACT TOM PERKINS AT (850) 264-4595;
JEANNE O'KON AT (850) 264-4903; OR
BILL LOTT AT (850) 656-1273.

