

# THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | AUGUST 2023



Photos Credit: Rob Peters, in the acres

**LAURA MCDERMOTT  
AND LEONARDO CANETE WIN  
THE ST. GEORGE ISLAND SIZZLER**

VOLUME 48 | ISSUE 7

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NEWSLETTER OF THE GULF WINDS TRACK CLUB | AUGUST 2023

VOLUME 48 | ISSUE 7

**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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Tom Perkins delivers a contribution by the Gulf Winds Track Club from the Palace Saloon 5K proceeds to Dr. Hess at the Fixel Institute at the University of Florida in Gainesville. The Fixel Institute trains the next generation of Parkinson's Disease experts. About 90,000 people are diagnosed annually with Parkinson's in the U.S., and there are currently one million patients suffering from the disease.



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	<b>USA Track &amp; Field Member Club #14-1275</b>

# YOUR MEMBER BRIEFING

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Your GWTC Board of Directors met on May 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).

**Springtime Closeout:** Revenues exceeded expenses \$18,711.93 was cleared. Half was donated to Boys & Girls Club in addition to direct donations of \$849.51 to the Boys and Girls Clubs of the Big Bend.

**Palace Saloon 5K:** Revenues exceeded expenses \$7,450.83. From these proceeds two charities each received \$3,000.00 with the balance contributed to The Chenoweth Fund.


**Request for partial funding for hurdles for Chiles High School:** The Club received a request to provide \$2,000.00 in financial support for new hurdles for Chiles High School. The board approved \$2,000 from The Chenoweth Fund for this purpose.

**Equipment Rental Fees:** Recognizing rental fees no longer cover the cost of storage, clock rental fees were increased from \$100.00 to \$150.00.

**USATF Club Nationals Championship:** USATF Club Nationals XC race will be held on December 9th at Apalachee Regional Park. This event is on the same day as the Ultra Distance Classic. There are multiple team events. The board resolved to support teams financially and buy team singlets for representatives.

**Treasurer's Report:** Peg sent a report stating that GWTC's net assets are \$234,620.24, and net revenue to date is \$11,300.73. The board approved the proposed 2023-2024 annual budget.

**Membership:** Jo Lena Pace reported that the number of current members is 1174(with 1264last year at this time). The number of families is 675(there were 704last year at this time).

**Chip Timing:** In May, the only race chipped time was the GWTC Summer Trail Series Race #1 – Red Bug Trail. During June, the Club's Great Potluck Bash 4-Mile Prediction Run and GWTC Summer Trail Series Race #2 – Maclay Gardens will be chip timed, as well as the non-Club Monticello Kiwanis Club Watermelon 5K Run. For July, the GWTC Summer Trail Series Race #3 – Swamp Forest Trail Race and the non-GWTC Capital City Kiwanis Club July 4th Firecracker 5K are scheduled to be chipped timed. 

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# RACE CALENDAR

## 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](http://RunSignUp.com) (no addition fee). Felton, Bonnie or Jamie Wright at [bonniedwright@gmail.com](mailto: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](http://RunSignUp.com). Tom Perkins at [tomperkinsfu@gmail.com](mailto:tomperkinsfu@gmail.com) or (850) 264-4595; Jeanne O'Kon at [okonj@flagger.edu](mailto:okonj@flagger.edu) or (850) 264-4903; or Bill Lott at [blott@nettally.com](mailto: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](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).

**23 Swift Creek XC Run (LCS middle schools only)**, 6 p.m. girls; 6:30 p.m. boys. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Sandy Clary.

**26 Dueling Summits XC Invitational 5K/3K/1M**, 7:15 a.m. community 5K; 8 a.m. girls high school 5K; 8:40 a.m. boys high school 5K; 9:30 a.m. girls middle school 3K; 10 a.m. boys middle school 3K. Elinor Klapp-Phipps Park, Gate B, 1775 Miller Landing Rd. (1.3 miles west of Meridian Rd.). Online registration and additional information available at <http://fl.milesplit.com/>; or Jose Fernandez at [multijumps@gmail.com](mailto:multijumps@gmail.com).

**26 Tallahassee Beer Festival Beer Mile**, 11:30 a.m. Donald L. Tucker Civic Center, 505 W. Pensacola St. Visit Tallahassee Beer Festival at [www.tlhbeerfest.com](http://www.tlhbeerfest.com); or Mickey Moore at [mickey@mooretobusiness.com](mailto:mickey@mooretobusiness.com).



**30 Fort Braden XC Run (LCS middle schools only)**, 6 p.m.

girls; 6:30 p.m. boys. Fort Braden Community Park, 15100 Blountstown Hwy. (adjacent to new Fort Braden School). Duncan Mischler.

## SEPTEMBER 2023

**01 Hoka Nights of Thunder Cross Country Fest - Collegiate**, 8 p.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Online registration available at [RunSignUp.com](http://RunSignUp.com). Visit [www.nightsofthunder.com](http://www.nightsofthunder.com).

**02 Hoka Nights of Thunder Cross Country Fest – Middle School/High School**, 8 a.m. middle school; 8 p.m. high school. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Online registration available at [RunSignUp.com](http://RunSignUp.com). Visit [www.nightsofthunder.com](http://www.nightsofthunder.com).

**03 Hoka Nights of Thunder Cross Country Fest - Open/Masters**, 8 p.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Online registration available at [RunSignUp.com](http://RunSignUp.com). Visit [www.nightsofthunder.com](http://www.nightsofthunder.com).

**04 Bluebird Run for Brookie B. 5K/1M**, 8 a.m. 1M; 8:30 a.m. 5K. J.R. Alford Greenway, 2500 S. Pedrick Rd. Online registration available at [RunSignUp.com](http://RunSignUp.com). Visit [www.bluebirdrun.com](http://www.bluebirdrun.com); or Bill Bowers at [bill@bluebirdrun.com](mailto:bill@bluebirdrun.com).

**05 Mustang XC Stampede** (LCS middle schools only), 6 p.m. girls; 6:30 p.m. boys. Montford Middle School, 5789 Pimlico Dr. Monica Scott.

**08 TCC Eagle XC Open**, time TBA. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy.

**09 5K Run/Walk for Sickle Cell Anemia/ Tim Simpkins 1M Fun Run**, 8 a.m. 1M; 8:30

a.m. 5K. Jake Gaither Community Center and Golf Course, 801 Bragg Dr. Online registration available at [RunSignUp.com](http://RunSignUp.com) (no additional fee). Visit [www.sicklecellfoundation.org](http://www.sicklecellfoundation.org); or Sickel Cell Foundation at [sickle-cellfoundation@gmail.com](mailto:sickle-cellfoundation@gmail.com) or 222-2355.

**13 Gretchen Everhart Owl Run XC Invitational** (LCS middle schools only), 10:15 a.m. Everhart students; 10:30 a.m. girls; 11 a.m. boys. Gretchen Everhart School, 2750 North Mission Rd. Jane Floyd and Vicky Droze.

**16 Women's Distance Festival 5K/1M** (5K/1M GP for Youth Only), 8 a.m. women; 8:05 a.m. men; 9 a.m. 1M. Optimist Park, 1806 E. Indianhead Dr. Online registration available at [RunSignUp.com](http://RunSignUp.com) (no additional fee). Visit [www.gulfwinds.org](http://www.gulfwinds.org); or Lisa Unger at [lisa.s.unger@gmail.com](mailto:lisa.s.unger@gmail.com).

**20 Fairview Falcons XC Invitational** (LCS middle schools only), 6 p.m. girls; 6:30 p.m. boys. Gene Cox Stadium/Fairgrounds, 601 Paul Russell Rd. Everett Blakely.

**23 Salute to Steve Prefontaine 5K/1M Forest Run**, 8:30 a.m. 1M; 9 a.m. 5K. Wallwood Scout Reservation on Lake Talquin, 23 Wallwood BSA Dr., Quincy, FL. Online registration available at [RunSignUp.com](http://RunSignUp.com) (no additional fee). Visit [www.gulfwinds.org](http://www.gulfwinds.org); or Allen Blay at [allen.blay@gmail.com](mailto:allen.blay@gmail.com).

**29 FSU Cross Country Invitational (College/JV High School/Middle/Elementary Schools)**, 8 a.m. college men; 8:35 a.m. college women 6K; 5 p.m. middle school boys 3K; 5:25 p.m. middle school girls 3K; 5:50 p.m. high school boys JV 5K; 6:20 p.m. high school girls JV 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit [www.seminoles.com](http://www.seminoles.com) (college); or [www.visittallahassee.com](http://www.visittallahassee.com) (high school/middle school/elementary school).

**30 FSU Cross Country Invitational/Pre-State (High School)**, 7:40 a.m. boys high school elite; 8:05 a.m. girls high school elite; 8:30 a.m. boys high school select; 8:55 a.m. girls high school select; 9:20 a.m. boys high school varsity A; 9:50 a.m. girls high school varsity A; 10:20 a.m. boys high school varsity B; 10:50 a.m. girls high school varsity B. XC Course at Apalachee

Regional Park, 7550 Apalachee Pkwy. Visit [www.visittallahassee.com](http://www.visittallahassee.com); or Bob Thomas at [bttrackguy@outlook.com](mailto:bttrackguy@outlook.com).

## OCTOBER 2023

**04 LCS Middle School XC City Championships** (LCS middle schools only), 6 p.m. girls; 6:30 p.m. boys. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Chris Burkey (Deerlake).

**07 Tate's Hell 5K**, 8 a.m., Crooked River Grill at St. James Bay Golf Resort, Carabelle, FL. Online registration available at [RunSignUp.com](http://RunSignUp.com). Belinda Wharton at [bhwharton@gmail.com](mailto:bhwharton@gmail.com).

**14 Pine Run at Tall Timbers 20K**, 7:30 a.m. Tall Timbers Research Station, 13093 Henry Beadel Dr. off CR 12. Online registration available at [RunSignUp.com](http://RunSignUp.com) (no additional fee). Visit [www.GulfWinds.org](http://www.GulfWinds.org); or Carter or Jennifer Hay at [GWTCpinerun@gmail.com](mailto:GWTCpinerun@gmail.com).

**23 Southwestern Athletic Conference (SWAC) Cross Country Championships**, 9 a.m. men 8K; 10 a.m. women 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit [www.swac.org](http://www.swac.org).

**24 NJCAA Region 8 Cross Country Championships**, 8:30 a.m. men 8K; 9:30 a.m. women 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit [www.njcaa.org](http://www.njcaa.org).

**27 Atlantic Coast Conference (ACC) XC Championships**, 10:30 a.m. men 8K; 11:30 a.m. women 6K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit [www.theacc.com](http://www.theacc.com).

**28 Boston Mini Marathon (13.1M)/Relay/5K**, 8 a.m. half/relay; 8:15 a.m. 5K run; 8:45 a.m. 5K walk. Boston Community Club on North Main St., Boston, GA. (start/finish at Synovus Bank, 124 E. Jefferson St.). Online registration available at [RunSignUp.com](http://RunSignUp.com). Visit [www.bostonga.com](http://www.bostonga.com); or Brad Johnson at [bradjohnson@synovus.com](mailto:bradjohnson@synovus.com), or (229) 584-0924 (day), or (229) 226-4679 (evening). 🏃



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# PRESIDENTS COLUMN

By: Jerry McDaniel, GWTC President

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Back in the day, Jackie and I ran quite a few races. I am still showing up occasionally for some races when I am not injured. For those of you that have participated in these Saturday morning challenges throughout all or some portion of your running life, you know that many of your closest friends are people that you met at these races. I am also certain that you have met many people that have remained acquaintances, but that you can share a quick conversation with before or after a race. Then there are those folks that you know by name but haven't had the time or inclination to get to know or talk to. And lastly, there is everyone else including those you recognize as runners but know nothing about them, name or otherwise. Heck, I can remember warming up for dozens of races in my time, where you pass individuals that know your name and you know theirs, and not even a "hello" is exchanged (pre-race focus?).

In those years before social media, for those folks that fell into the acquaintance and lesser known categories, Jackie and I often shared that certain runners would be there race after race, then suddenly stop showing up. That would often lead us to conclude that they must be injured. But just as easily, they could have a short-term or long-term illness, family complications, could have moved away, or even stopped running. It just left us to ponder - "wonder what happened to that guy that runs with a lean to the left and swings his right arm awkwardly?" No way to know. This is probably solved somewhat today, given the relative ease with which social media can track people.

In a similar vein, Mae Cleveland came to a recent GWTC Board meeting and

proposed a change to the Rex Cleveland Magic Mile. This race has been held since 2016 and was in memory of her husband, Rex who passed away September 14, 2016. Rex is in the GWTC Hall of Fame, received the first Caldwell Advancement of the Sport award, was the Fleet Feet editor and photographer for 17 years, and a very good runner in his own right.

Mae believes this race has run its course (pun intended) and proposes that the Club instead replace it with a memorial page on the GWTC website. This page would not only serve as a memorial to Rex but also to other GWTC members that have been lost along the way that may have served in some capacity for the betterment of the Club. The concept is that this page could also provide family and friends an opportunity to share a special memory.

The Board is in full support of Mae's proposal. There was also an expression of appreciation, which I wish to reiterate here, to Mae, Toma Wilkerson, and Myrna Hoover for putting this race on through the years. Look for this Memorial Page on the GWTC website soon.

Memorializing and even simply knowing what has happened to runners and others we encounter along our life's path is important, interesting, and can be an opportunity for growth and extolling the virtues of the club. Next time you are in the situation, maybe introduce yourself to that individual you often see, but do not know. You may be surprised at how open and willing that person is to get to know you. 🏃



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# OLIVIA HITCHCOCK HOWARD

### When did you start running?

I started running my freshman year of high school. I was looking for a sport to do in the fall and when I mentioned cross country, my dad's skepticism became all the motivation I needed to start running. Thanks, Dad!

### Childhood ambition?

I never had one thing I wanted to do. I went through a stage of wanting to be just about everything — a doctor, a lawyer, the first woman to play professional baseball.

### Current occupation?

Clinical social worker

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

I still would pick social work.

### Favorite reads?

I am usually drawn to non-fiction, but I also love reading plays — I almost have read every Pulitzer Prize-winning drama — and anything Jonathan Safran Foer writes.

### Favorite running memory?

I grew up in Massachusetts, and some of my favorite running memories are of going into the city to cheer on the Boston Marathon runners.

### Indulgence?

Chocolate and tracking down TC Bakery goodies around Tallahassee

### Non-running hobbies?

Reading, hiking, trying to keep my garden alive, planning vacations we may or may not go on

### Best place to run in Tallahassee?

Apalachee Regional Park is a former cross country runner's dream!

### Preferred running technology?

I keep it simple and use an Apple Watch.

### Biggest challenge?

Managing the heat

### Perfect day?

An early morning run with Sam through Maclay, picking up breakfast at the farmer's market, taking our dog down to Mashers Sands, trying a new restaurant, and enjoying a Mangrove Pale Ale at Oyster City.

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. 🚣



## FEATURED FEET

# SAM HOWARD

### When did you start running?

Elementary school, through my Ohio hometown's YMCA cross country program

### Childhood ambition?

I was all over the place

### Current occupation?

Journalist

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

Anything that, like journalism, tries to change the world for the better.

### Favorite reads?

I don't usually read about running but I'm in the middle of "What I Talk About When I Talk About Running" and I love it. I'm also slowly working my way through Steinbeck's works.

### Favorite running memory?

Too many to count. I've shared miles with some great people in Tallahassee and growing up in Ohio.

### Indulgence?

Pop-Tarts, and Ballreich's potato chips from my hometown

### Non-running hobbies?

I'm an obsessive fan of the Grateful Dead and the Cincinnati Reds. And I don't do it enough, but I love backpacking and camping.



### Best place to run in Tallahassee?

Maclay Gardens State Park. The shade is crucial in the summer!

### Preferred running technology?

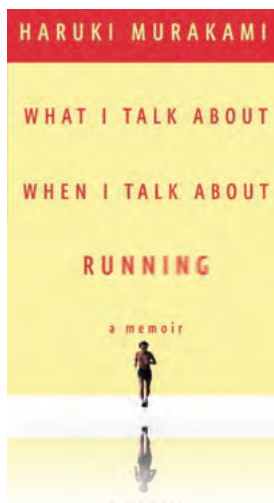
Garmin Forerunner 245 — it helped me get back into running as an adult.

### Biggest challenge?

I wish I could become a morning runner, but I also love to sleep in.

### Perfect day?

Coffee on the beach with my wife and dog, and a lot of fetch. Evening run on the Miccosukee Greenway, and a local beer outside somewhere after. 🏃‍♂️





***Would you like to represent the Gulf Winds Track Club at the USATF National Club Cross Country Championships on December 9, 2023 at the Apalachee Regional Park?***

This opportunity is available to all Gulf Winds Track Club members. Age verification, registration and team designation is a multistep process to you'll need to start early and bring your patience.

Gulf Winds Track Club adults (19+) of all paces are invited to participate in the USATF National Club Cross Country Championships. Teams will include an open, masters (40+), grand masters (50+), or great grand masters (60+) teams. Distance options include: 6 km, 8 km, or 10 km.

All team members will receive a GWTC singlet to wear. As this is a team competition all runners must wear the singlet representing your team.

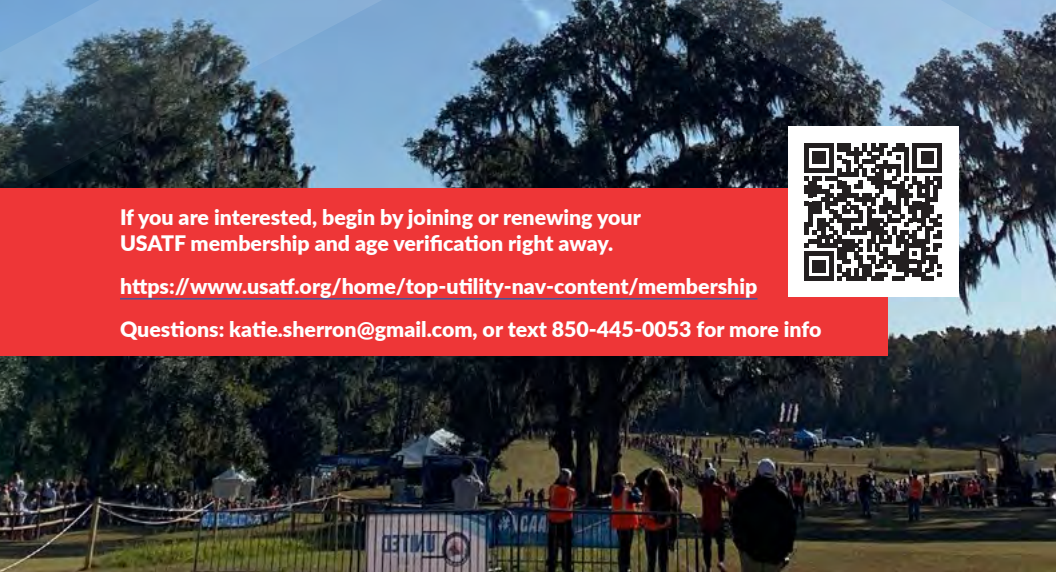
For GWTC team members USATF membership, race registration, and singlets will be sponsored/ reimbursed by the Gulf Winds Track Club.



If you are interested, begin by joining or renewing your USATF membership and age verification right away.

<https://www.usatf.org/home/top-utility-nav-content/membership>

Questions: [katie.sherron@gmail.com](mailto:katie.sherron@gmail.com), or text 850-445-0053 for more info





# MASTERING SLOW AF RUNNING

**Martinus Evans** has run eight marathons since his doctor told him to “lose weight or die” in July 2012. Since then, he’s also coached hundreds of runners and been featured in *The New York Times*, *Men’s Health*, *The Wall Street Journal*, *Runner’s World*, *New York Post*, *LADbible*, *HuffPost*, *Magnolia*, and *U.S. News & World Report*. (And now he can add the Gulf Winds Track Club Fleet Foot to the list.)

As the founder of The Slow AF Running Club, running has changed Martinus’ life. And reading his story will change yours. 🏃



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## VOLUNTEER SPOTLIGHT

# JAY SILVANIMA



### Tell us briefly about your running experience.

I ran track and XC as a student at Burgettstown JR SR Highschool in Western PA. I credit my love for long distance running to my HS XC coach, Gary Lee Bywaters. Gary had us doing some of our long runs in some really scenic areas. I also ran briefly for the Penn State XC team in 1984 until I figured out I didn't have the time to run the required 60 plus miles a week, attend classes and work part time! I have run 5 Ultras, 39 Marathons, and 18 Half Marathons.

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

Since 1998

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

Margaret's & Fred Deckert needed lap

counters for the 1998 Ultra Marathon so I offered to help.


### What do you enjoy most about volunteering?

Meeting extraordinary people and seeing them do some amazing things.

### Why do you volunteer?

To give back to the club and the answer given above.

### What is your next volunteer project?

Preparing the materials necessary and then submitting them for the USATF sanctioning of both the Ultra and the Marathon. 



*Tallahassee, FL*  
**Gulf Winds Track Club**

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## VOLUNTEER SPOTLIGHT

# NANCY STEDMAN



### Tell us briefly about your running experience.

I started running when I was 42 in order to quit a 30-year smoking habit. I had run in a couple of 5k's when I was a student at FSU in the mid 80's but couldn't wait to light up a cigarette as soon as I was done, pretty much.

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

I joined GWTC in 2006, I believe at the Palace Saloon race. My first post-smoking 5k had been the Turkey Trot in 2005.

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

I'm pretty sure my first volunteer stint was working packet pick up in the Governor's Square Mall for Turkey Trot in 2006, and then it just evolved along with my running distances... I was obtaining sponsorships & volunteer lists for the Ten Mile Challenge for a couple of years, then did a lot of work for the 2008 marathon, and then "officially" co-directed for 7 years, and then similarly for the Ultra for 5 years. About 5 years ago I started a 5k that falls on the Saturday before Thanksgiving, the Fur Fest, where runners are welcome to run with their dogs. It benefits Tallahassee Big Dog Rescue. I also

served on the GWTC board for four years.

### What do you enjoy most about volunteering?

What I enjoy most about volunteering is simply giving back to others (amazing experience to see people finish long distance races, especially when it's their first!) and our community. Running has been life changing for me, and I love seeing that happen for others too. I feel those who are capable and who can make the time have a responsibility to give back.

### What is your next volunteer project?

Continuing Imitation Adults, setting up hydration most Sundays for members' long runs, as we have for the past 15 or so years to support training for the Tallahassee Marathon. My next volunteer commitment is for the Fur Fest 5k, but if any directors out there need someone to work packet stuffing, packet pick up, course marking, water stop, finish line, or on course duties, they are welcome to contact me. I've done it all! 🏃

### EQUIPMENT

#### FLEET FEET TALLAHASSEE

1845 Thomasville Road, #125  
(850) 727-8011 [www.fleetfeet.com/s/tallahassee](http://www.fleetfeet.com/s/tallahassee)



All GWTC Members will receive

# 10% OFF

any in-store purchase on footwear, apparel, accessories & training programs (Electronics not included)

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# RUN & WALK for BROOKIE B

Labor Day, September 4, 2023  
at  
J.R. Alford Greenway

**1M FUN RUN/WALK** over the scenic  
Lafayette Heritage Trail Canopy Walkway

8:00<sup>am</sup>  
START TIME

**5K TRAIL RUN/WALK** in the  
J.R. Alford Greenway with chip timing

8:30<sup>am</sup>  
START TIME

for suicide awareness  
and prevention

Full details and registration at  
[www.BluebirdRun.com](http://www.BluebirdRun.com)

Brought to you by NAMI Tallahassee,  
the National Alliance on Mental Illness

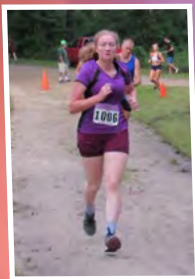






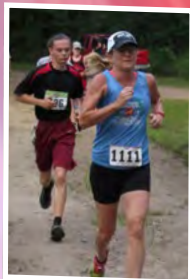
# GULF WINDS TRACK CLUB MILLER LANDING MADNESS

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



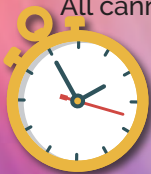
**WHEN:** AUGUST 12, 2023

**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](https://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](http://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.**

