

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | SEPTEMBER 2023



MILLER LANDING MADNESS 3K RECORD BREAKING WINNERS

Photos Credit: Herb Willis



JONATHAN KIROS
9:45



CHARLOTTE SIKES
11:25



VOLUME 48 | ISSUE 8

Tallahassee, FL
Gulf Winds Track Club

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | SEPTEMBER 2023

VOLUME 48 | ISSUE 8

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

Change of Address:

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

Miccosukee Greenway at dawn
by Lisa Vickers.



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	USA Track & Field Member Club #14-1275

YOUR MEMBER BRIEFING

Your GWTC Board of Directors met on August 9, 2023

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

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

The Rex Cleveland Magic Mile: Mae Cleveland described the Rex Cleveland Magic Mile one-mile race that has been directed by Myrna Hoover and Toma Wilkerson. Mae indicated it may be time to retire the race. Rex Cleveland served as Fleet Foot editor from 1983-2000. Rex always wrote a "Legacy" column in the newsletter when appropriate. Mae proposed putting a section on the website that was titled "Remembering Rex." Last year, four GWTC members passed away (Rod Anderson, Tony Kronenberg, Bill DeGrummond, and Larry Workman), and all made contributions to the club. The Legacy section could be updated on the web page periodically. Board members agreed that the Legacy section is a nice idea. A motion was made, seconded and passed to retire the race and add a Legacy section "In Memorium" on the web site.

Facebook page monitoring/privacy: Herb Wills, Paul Guyas, and Judy Alexander monitor the GWTC page. Herb pointed out that people from south Asia have tried to join the group so they can spam the page—up to 25 a day. The people who use the group don't see this. Previously, people trying to join the group had to answer three questions in order to be accepted into the group until Facebook changed their policy. Now people can get into the group, but the first post gets flagged. One alternative is to have a private rather than a public page, but that wouldn't allow promotion of club races. The club website was created earlier than the Facebook page. Herb started the Facebook page 17 years ago, and he continues to monitor who wants to join. There are 3,329 subscribers to the GWTC group now. The club has always been an open club, and the Facebook page advertises the club races.

Training Groups: Jennifer Hay indicated there is a Facebook page for existing GWTC training groups. Herb Wills and Keith Rowe are administrators on the page. She would like to make this a private, members-only page. Group runs would be posted on the private page by members only. This would create a member benefit and privacy and safety for the runs. The intervals (speedwork) run at Maclay track at 6:30 a.m. is promoted on the webpage and is open to non-members and is not handled through Facebook.

Member Benefits: Jennifer discussed possible ways to develop the club community and support the running community. There is a tri-fold brochure listing the club's benefits. The club puts on good quality races for members and non-members. Members can participate in the year-long Grand Prix. Members get race discounts and some store discounts.

Treasurer: Peg Griffin presented the report, indicating that as of June 30, 2023, the club has \$228,598.77 in assets, and net revenue to date of \$5,279.26.

Membership: Jo Lena Pace reported that there are 1183 members currently, with 1268 members last year at this time. There are now 679 families; there were 701 last year at this time.

Equipment: Bill Lott reported that a new, still-in-the-box Chronomix was donated to the Club by Jeff Starks via Paul Guyas. The internal battery needs to be replaced and it will cost about \$4-\$5. There are no other equipment issues to report at this time.

Chip Timing: In June, two GWTC races were chip timed (Great Potluck Bash 4-Mile Prediction Run and Summer Trail Series Race #2 – Maclay Gardens) and one non-Club race (Monticello Kiwanis Club Watermelon 5K Run). During July, one Club race (Summer Trail Series Race #3 – Swamp Forest Trail) and one non-Club race (Capital City Kiwanis July 4th Firecracker 5K) will be chip timed. Scheduled to be chip timed in August will only be three Club races (Breakfast on the Track 1 Mile, Miller Landing Madness 8K/5K/3K, and Summer Trail Series Race #4 – Cadillac Trail).

The training materials have been completed for the new timers. Information will be provided on the website, and the Facebook page has an announcement recruiting new timers. A training session may be held, or possibly one-on-one training. The new system is involved but less complicated. The new timers need to be committed to timing 3-4 races per year.

Grand Prix: Lisa Unger reported that the Grand Prix points have been updated, as well as the Summer Grand Prix. There may be some discussion in the future about stopping the Summer Grand Prix because there is only a small number of GWTC participants. The Summer Track series itself is very popular with many kids and adults participating. 🏃

RACE CALENDAR

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. Visit 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. Visit www.nightsofthunder.com.

02 Gadsden County Bicentennial 5K Run/Walk, 8 a.m. Jefferson County Court House, 101 E. Jefferson St., Quincy, FL. Online registration available at RunSignUp.com. Leslie Steele at (850) 743-8757; or Jon Brown at (850) 692-8692.

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. Visit www.bluebirdrun.com; or Bill Bowers at 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 Invitational, 7:15 a.m. women 5K; 7:45 a.m. men 8K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Andy Merrill at andrew.merrill@tcc.fl.edu.

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 (no additional fee). Visit www.sicklecellfoundation.org; or Sickle Cell Foundation at sicklecellfoundation@gmail.com or 222-2355.

09 St. John Paul II Panther XC Invitational (high school/middle school), 8 a.m. high school girls; 8:45 a.m. high school boys; 9:30 a.m. middle school girls; 10 a.m. middle school boys. St. John Paul II Catholic High School, 5100 Terrebone Dr. Francee Laywell at fancyfrancee@yahoo.com.

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 / 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 (no additional fee). Visit www.gulfwinds.org; or Lisa Unger at lisa.s.unger@gmail.com.

17 FL Zeta Phi Delta Epsilon 5K, 8 a.m. Langford Green, FSU Campus. Online registration available at greekpartners.helpmakemiracles.org. Natalie Bardin at npb21@fsu.edu or (813) 753-1971

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 (no additional fee). Visit www.gulfwinds.org; or Allen Blay at allen.blay@gmail.com.

26 Crusader XC Classic (middle school), 5:15 p.m. girls; 5:45 p.m. boys. Holy Comforter Episcopal School, 2001 Fleischmann Rd. Jeremy Barlow at jbarlow@hces.org or (850) 698-8339.

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 (college); or 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; or Bob Thomas at 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, Carrabelle, FL. Online registration available at RunSignUp.com. BeLinda Wharton at bhwharton@gmail.com.

10 Tallahassee Middle School XC Open Championship, 5:15 p.m. girls; 5:45 p.m. boys. Holy Comforter Episcopal School, 2001 Fleischmann Rd. Jeremy Barlow at jbarlow@hces.org or (850) 698-8339.

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 (no additional fee). Visit www.GulfWinds.org; or Carter or Jennifer Hay at GWTCpinerun@gmail.com.

21 Run Baby Run! 5K, 8 a.m. (CT). Citizen's Lodge Park, 4574 Lodge Dr., Marianna, FL. Online registration available at Active.com. Visit www.pcmarianna.com; or Vicki Duzel at (850) 526-4673 or (850) 272-0225 or pcmarianna08@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.

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.

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.

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. Visit

www.bostonga.com; or Brad Johnson at bradjohnson@synovus.com, or (229) 584-0924 (day), or (229) 226-4679 (evening).

31 FHSAA 1A District 2 XC Championship, 10 a.m. girls; 10:45 a.m. boys. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy.

NOVEMBER 2023

03 FHSAA 2A District 1 XC Championship, time TBA. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy.

04 BrewTallaty Off-Road Duathlon, 8:30 a.m. Tom Brown Park. Online registration available at Eventbrite.com. Doug Bell at doug.bell@mhdfirm.com.

04 1st Annual FCA 5K, 8 a.m. Celebration Baptist Church, 3300 Shamrock St. East. Mitzi Woods at mitziwoods@gmail.com.

10 Memorial to Memorial Veterans Day 5K, 8 a.m. Cascades Park, 1001 S. Gadsden St. (start line at Florida Vietnam Veterans' Memorial - enter from Calhoun St.; finish on Suwannee St. near Korean War Memorial in Cascades Park). Online registration available at RunSignUp.com. Bob Asztalos at AsztalosB@FDVA.STATE.FL.US.

11 BFD Catfish Crawl 5K/1M, 8 a.m. (CT) 5K; 9 a.m. (CT) 1M. M & B Depot Park, 16977 NE Pear St., Blountstown, FL. Online registration available at ItsYourRace.com. Visit www.blountstownfire.org/catfishcrawl; or Ben Hall at blountstownfire@gmail.com or (850) 674-4988.

17 FHSAA Cross-Country State Championships, times TBA. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.fhsaa.org.

18 1st Annual Runnin' with Spirit 5K Run/Walk, 8:30 a.m. Railroad Square. Jennifer Nichols at (850) 273-1583; or Sharon Wynn at (850) 728-4255 or sharon@spiritofachild.org.

18 Fur Fest 5K, 8:15 a.m. J. Lewis Hall Park, 1492 J. Lewis Hall Sr. Ln., Woodville, FL. Nancy Stedman at nancystedman@gmail.com.

23 Tallahassee Turkey Trot 15K/10K/5K/1M, 8 a.m. 1M; 8:30 a.m. 15K/10K/5K. Southwood State Office Complex, 4055 Esplanade Way. Online registration available at RunSignUp.com (no additional fee). Visit tallyturkeytrot.com; or David Yon at 668-2236 or david@radeylaw.com.



PRESIDENTS COLUMN

By: Jennifer Hay, GWTC Vice President

I often find myself looking around Gulf Winds gatherings a little star struck. I'm always surrounded by people who have accomplished amazing physical feats. They've run dozens of marathons, completed grueling ultras, made being an Ironman look easy, qualified for Boston, finished 5Ks, 10Ks, and half marathons in times that are unfathomable by most of us running the streets of Tallahassee. And they've all done this while living the rest of life: working, cooking meals, running a household, raising children... They are superhuman. Freakin' rockstars! I am completely in awe of what they are able to train their brains and bodies to do.

But what impresses me the most about them is what they give to our running community. If you flip back a page and look at the names just in the directory, you'll find people who have been directing races for decades. Yes. Decades. And yes, plural. Many of our race directors host more than one race or serve on multiple race committees. They do it every year and they work with a committee made up of a bunch of other people on that page. They spend countless hours ensuring all the details of a race come together to make it safe, fun, fulfilling,

and cost effective. They sweat every detail: permits, insurance, registration, sponsors, portolets, race shirts, bibs, awards, marketing, hydration, traffic control, course marking, volunteers, food, cones, signs, timing equipment, trail grooming, and sometimes even bug spray. And they have fun doing it.

I love being on race committees because I get to work with the rockstars. But y'all, at some point they are going to have to pass the baton. They have run their leg of the race with amazing grace and speed, and now it's time for the rest of us to hold the lead. But we have to take the baton! Letting it fall to the ground is not an option. So go find a race director and volunteer to be on their committee. Yes, you. And yes, now (because life doesn't actually get simpler). And that's how you get to hang with run royalty and learn to be a race director. Even if you never take the lead role, you can serve on a committee and shine at getting sponsors or making the finish line fun or coordinating art for medals. Or you may just have a good truck for picking up race equipment. Every role is critical, and these volunteers keep Gulf Winds going and keep the Tally running community running. Be one of them. 🏃‍♀️



JOIN THE **NEW** GROUP RUN FACEBOOK PAGE

Our new group run coordinators have started scheduling runs, and you can find out all about them on the new members only Facebook page. Our goal is to have road and trail runs all over town several days a week and at different times of day to make them as accessible as possible. That's going to require a lot of run leaders, so grab a friend and find a time that works well for you to host. Then message our run coordinators to nail down the details. Looking forward to seeing pictures and hearing about all your runs!

TO FIND THE GROUP, SEARCH FB FOR “GULF WINDS TRACK CLUB GROUP RUNS,**”
AND BE SURE TO ANSWER ALL THE QUESTIONS WHEN REQUESTING TO JOIN.**

GWTC Group Run Coordinators, L to R: Kendall Meikenhou, Ashlee Blake, Emily Webster, Joi Savery

BREAKFAST ON THE TRACK

AUGUST 5TH, 2023

Updated records after 2022 Gulf Winds Track Club Breakfast on Track

(Record keeping by Herb Wills)

CHECK OUT THE RECORD FOR YOUR AGE GROUP

THEN, START TRAINING TODAY WITH A GOAL TO TAKE
YOUR AGE RECORD IN 2024. SEE YOU THEN!



UPDATED SINGLE AGE RECORDS, MILE AT THE BREAKFAST ON THE TRACK

MALE					FEMALE				
TIME	FIRST NAME	LAST NAME	AGE	YEAR	TIME	FIRST NAME	LAST NAME	AGE	YEAR
8:05.51	Benjamin	Sikes	5	2019	9:41.89	Cecelia	Williams	5	2001
7:35.09	Patrick	Koon	6	2012	8:03	Cecelia	Williams	6	2002
6:31.11	Landon	Heitmeyer	7	2021	7:11.50	Charlotte	Sikes	7	2018
5:46.67	Landon	Heitmeyer	8	2022	6:46.46	Cecelia	Williams	8	2004
5:42.59	Landon	Heitmeyer	9	2023	6:29.20	Cecelia	Williams	9	2005
5:38.75	Randy	Manausa	10	2019	6:08.04	Acadia	Hassell	10	2023
5:22.46	Evan	Guarino	11	2015	5:54.49	Charlotte	Sikes	11	2022
5:22.77	Kennan	Milford	12	2014	5:27.73	Cecelia	Williams	12	2008
4:59.74	Patrick	Koon	13	2019	5:26.67	Stefanie	Kurgatt	13	2008
4:42	Ryan	Desk	14	1999	5:09.21	Stefanie	Kurgatt	14	2009
4:33.30	Trevor	Touchton	15	2010	5:00.97	Stefanie	Kurgatt	15	2010
4:21.47	Ryan	Desk	16	2001	5:05.82	Stefanie	Kurgatt	16	2011
4:31.39	Whitney	Strickland	17	2008	5:01.31	Stefanie	Kurgatt	17	2012
4:34.43	Brennon	Clayton	18	2004	5:37.81	Elizabeth	Santoro	18	2012
4:35.32	Joseph	Garcia	19	2015	5:30	Kim	Winn	19	1999
4:35.13	Chris	Lake	20	2008	5:44.15	Julia	Vola	20	2008
4:43.92	Adam	Wallenfelsz	21	2019	6:31.26	Ashely	Ross	21	2008
4:22.11	Matt	Mizereck	22	2014	5:19.22	Sheryl	Rosen	22	2006
4:58.35	Christopher	O'Kelley	23	2016	5:16.22	Emily	Ness	23	2013
4:31.67	Matt	Mizereck	24	2016	5:27.85	Sheryl	Rosen	24	2008
4:39	Robert	Pautienus	25	1999	5:27.21	Kelsey	Schellin	25	2009
4:26	Lee	Willis	26	1999	5:16.68	Ann	Centner	26	2018
4:42.67	Stephen	Cox	27	2011	5:04.25	Ann	Centner	27	2019
4:25.03	Stan	Linton	28	2022	5:17.28	Sheryl	Rosen	28	2012
4:35.07	Lee	Willis	29	2002	5:12.07	Sheryl	Rosen	29	2013
4:37.96	Charlie	Johnson	30	2010	5:15.36	Amy	Hines	30	2011
4:32.40	Lee	Willis	31	2004	5:26.18	Micah	Adriani	31	2009
4:49.55	Vince	Mollosky	32	2011	5:27.12	Katie	Sherron	32	2014
4:42.38	Vince	Mollosky	33	2012	5:17.98	Katie	Sherron	33	2015
4:45.17	Nate	Kaiser	34	2014	5:15.26	Sheryl	Rosen	34	2018
4:43.58	Nate	Kaiser	35	2015	5:16	Katie	Sherron	35	2017
5:08.96	Paul	Quyas	36	2014	5:09.08	Sarah	Doctor-Williams	36	2000
4:26.90	Kevin	Sullivan	37	2011	5:08.94	Sarah	Doctor-Williams	37	2001
4:57	Tim	Unger	38	1998	5:10.33	Sarah	Doctor-Williams	38	2002
4:42.44	Andrew	Willis	39	2004	5:02.28	Sarah	Doctor-Williams	39	2003
4:45	Doug	Gorton	40	1999	5:06.00	Katie	Sherron	40	2022
4:48.04	Mike	Martinez	41	2007	5:06.88	Katie	Sherron	41	2023
4:42.77	Charlie	Johnson	42	2022	5:09.85	Sara	Doctor-Williams	42	2006
4:48.49	Gary	Johnson	43	2004	5:12.91	Sarah	Doctor-Williams	43	2007
4:55.07	Jay	Wallace	44	2008	5:13.01	Sarah	Doctor-Williams	44	2008
4:50	Tim	Simpkins	45	1999	6:16.01	Fran	McLean	45	2003
4:56.38	Jay	Wallace	46	2010	5:34.81	Sarah	Doctor-Williams	46	2010
4:55.64	Jay	Wallace	47	2011	6:07.79	Mary Anne	Grayson	47	2013
5:04.11	Joseph	Carnegie	48	2014	6:03.35	Fran	McLean	48	2006
5:00.04	Mike	Martinez	49	2015	5:54.81	Jane	Johnson	49	2008
5:07.38	Paul	Hoover	50	2000	6:12.37	Jane	Johnson	50	2009
4:52	Bill	McGuire	51	1998	6:12.15	Jane	Johnson	51	2010
5:12.41	Dale	Parfitt	52	2001	6:01	Peggy	Simpson	52	1998
4:55.68	Bill	McGuire	53	2000	6:02	Peggy	Simpson	53	1999
4:59.43	Bill	McGuire	54	2001	6:13.94	Peggy	Simpson	54	2000
5:08.59	Bill	McGuire	55	2002	6:56.25	Nancy	Widener	55	2004
5:19.30	Karl	Hempel	56	2008	6:54	Paula	O'Neill	56	2017
5:10.77	Bill	McGuire	57	2004	6:08.52	Michelle	Allen	57	2021
5:19.71	Chuck	Lang	58	2023	6:58.06	Nancy	Proctor	58	2019
5:24.80	Karl	Hempel	59	2011	7:27.15	Kelley Coe	El-Urfali	59	2023
5:36.18	Bill	McGuire	60	2007	7:04.36	Mae	Cleveland	60	2000
5:38.84	Bill	McNulty	61	2019	7:28.00	Nancy	Proctor	61	2022
6:30.67	Tim	Unger	62	2022	7:45.37	Perha	Varley	62	2006
5:51.46	Bill	McNulty	63	2021	7:56.26	Perha	Varley	63	2007
5:49.25	Bill	McNulty	64	2022	7:31.13	Mae	Cleveland	64	2004
5:48.29	Bill	McNulty	65	2023	7:28.79	Mae	Cleveland	65	2005
6:23	Craig	Willis	66	2017	8:14	Margarete	Deckert	66	1999
6:34.23	Craig	Willis	67	2018	8:19.66	Margarete	Deckert	67	2000
6:52.82	Ron	Christen	68	2014	8:08.57	Perha	Varley	68	2012
6:42.65	Ron	Christen	69	2015	8:23.01	Margarete	Deckert	69	2002
6:48.13	Ron	Christen	70	2016	8:25.18	Perha	Varley	70	2014
6:46	Ron	Christen	71	2017	8:52.91	Perha	Varley	71	2015
6:46.95	Ron	Christen	72	2018	9:04.45	Perha	Varley	72	2016
7:05.56	Ron	Christen	73	2019	9:33	Perha	Varley	73	2017
7:36.75	Carlos	Zapata	74	2021	9:30.26	Perha	Varley	74	2018
7:27.29	Ron	Christen	75	2022	9:57.68	Perha	Varley	75	2019
7:14.66	Ron	Christen	76	2022	11:07.81	Margarete	Deckert	76	2009
7:52.71	Carlos	Zapata	77	2022	10:01.95	Perha	Varley	77	2021
8:03.49	Carlos	Zapata	78	2023	10:34.21	Perha	Varley	78	2022
13:23.00	Charlie	Yates	79	2004	10:26.82	Perha	Varley	79	2023
10:50.93	Robert	Morris	80	2012	9:33	Dot	Skofronick	80	2017
11:21	Robert	Morris	81	2013	12:33.16	Margarete	Deckert	81	2014
12:19.15	Robert	Morris	82	2014	12:45.20	Margarete	Deckert	82	2015
16:40.19	Charlie	Yates	83	2008	15:10.25	Margarete	Deckert	83	2016
13:09.68	Robert	Morris	84	2016	14:18.76	Josephine	Newton	84	2010
14:23	Robert	Morris	85	2017	14:58.00	Josephine	Newton	85	2011
22:32.97	Charlie	Yates	86	2011	14:52.47	Josephine	Newton	86	2012
					14:48	Josephine	Newton	87	2013
					15:08.02	Josephine	Newton	88	2014
					15:24.21	Josephine	Newton	89	2015



MARTINUS EVANS HOPES PEOPLE CAN SEE THAT ANYONE OF ANY BACKGROUND, ABILITY OR BODY TYPE CAN START A RUNNING AND FITNESS JOURNEY.

In fact, his new book, “Slow AF Run Club,” even has the subtitle “The Ultimate Guide for Anyone Who Wants to Run.”

During a doctors visit Martinus’ doctor explained the cause of his pain symptoms, “You’re fat. You need to lose weight or you’re gonna suffer some serious health consequences.” This inspired Martinus to make changes in his life. One of those was to begin running. However, he discovered he couldn’t run for 15 seconds. But he returned the next day. Over time, 15 seconds of running became 30 seconds and several days later that grew to a minute.

Today, Martinus has completed several marathons and has written a book and started a foundation devoted to inspiring anyone to take up running, in the body they are in today.

FLEET FOOT CAUGHT UP WITH MARTINUS, HE WAS GRACIOUS TO ANSWER A FEW QUESTIONS FOR GWTC MEMBERS:

What advice do you have for someone who doesn't believe running is for them?

Running is for anybody, running is for everybody—and it may look different from what you think it should look like. It might look different from the professionals, your friends, or people on social media, but everybody can be a runner in their own right. The thing that we need to really do is stop comparing ourselves to others. Find out what works for you for this moment and time and roll with that.

Are there practical concerns for individuals blessed with size in terms of equipment, preparation, or health they should consider?

I think the concerns are just as normal as any other person's, right? What can I wear that keeps me comfortable and helps me do my best? How do I fuel my body? There are definite hurdles we face or adjustments we make that conflict with more traditional running advice.

For equipment, when you're a person in a larger body, sportswear companies don't necessarily take you into consideration. Especially when it comes to running gear, there is definitely limited access when it comes to larger sizes. Same thing when it comes to certain shoes. I wear a size 15, and sometimes it's very hard for me to find a shoe of my size. I don't

know if they believe that people with my shoe size run or not. You have to be patient. If you find something that fits you, invest in a few of that item if you can. It can be a struggle to find proper gear, so when you do—run with it.

You have to tweak your preparation too knowing that you're running five miles, a 10k, or 5k slower than somebody else. Because of this, traditional knowledge of running nutrition kind of goes out the window. Everything needs to be scaled in a way that works for you. Someone else might not need gels or snacks to tackle a 10K, but they're running it at a quicker pace than me. I'm always prepared for my needs.

What's next for you, Martinus? Is there a special event that you are training for?

I'm working on the launch of a nonprofit: the Slow AF Run Club Foundation. We want to inspire 1 million people to start running in the body they have right now. That's something I'm really looking forward to—just making the sport of running more inclusive for everyone to be a part of.



Martinus Evans' new book, *Slow AF Run Club: The Ultimate Guide for Anyone Who Wants to Run* is available at your favorite book retailer. You can get more information on Martinus' story and check out his running turtle clothing line at

WWW.SLOWAFRUNCLUB.COM



Tallahassee, FL

Gulf Winds Track Club

2023 BEGINNING RUNNING GROUP



SEPTEMBER 20TH - NOVEMBER 15TH 2023

Group meets on Wednesdays at 6:00PM
at the Korean War Memorial at Cascades Park
(1001 South Gadsden)

Want to start a steady running routine? **New to running**
(or getting back into it) and **need some motivation** to
stick with it? **Want to complete a 5k?**

JOIN US & GET THE TOOLS TO SUPPORT AND BUILD YOUR RUN ENDURANCE

Cost? Free.

Visit www.gulfwinds.org to register for the Beginning Running Group by completing the "GWTC Training Groups Waiver" in the Training section. Consider joining the club or renewing membership while visiting the site.

Parking? Parking is available at many locations throughout the area

What do I wear? Wear running shoes and comfortable, breathable running/fitness attire.

What do I bring? Bring a water bottle and beach towel/mat for stretching after the run. Please leave valuables in your vehicle.



Run-Walk-Run

Training Week 1 started with a 1 minute run:1 minute walk – or 1:1 ratio – for 1 mile. Each week, the number of minutes running increases as the goal distance steps up (i.e. 1:1 for 1 mile, 2:1 for 1.25 mile, etc). These runners progress toward continuously running 3 miles by the 8th week.

Run-Walk Only

These runners complete the goal distance each week using a set 1 minute run:1 minute walk ratio. This won't change from week to week (i.e. Week 1 is 1:1 for 1 mile, Week 2 is 1:1 for 1.25 mile, etc).

Running

These runners progress toward running 3 miles continuously with little to no walking by the 8th week. They will increase running distance by ¼-mile each week, without taking a walk break if possible, adding roughly 2 to 3 minutes to their running endurance per week.

Participants under age 14 must be accompanied on all runs by an adult.

Visit the Training page at www.gulfwinds.org or contact Brandy Fortune and Elizabeth Kamerick at gwtc_coaches@yahoo.com for more info or to volunteer

FEATURED FEET

NICK NICHOLS

HERE'S A FEATURED FEET PROFILE FROM FLEET FOOT SEPTEMBER 2016.

Childhood ambition:

When I was young, I wanted to be a soldier and a policeman. Ended up being both. Retired as a Regular Army Lieutenant Colonel/Military Police Officer after 21 meaningful years including a tour in Vietnam Nam ('67-68).

My other ambition was to replace Johnny Carson on the Tonight Show. It goes without saying, that didn't happen.

Current occupation:

Work part-time evaluating folks who are arrested for Driving Under the Influence to determine if they need substance abuse counseling. Have done volunteer work for Big Bend Hospice, Guardian ad Litem, Dementia patients and Vets with substance abuse issues.

If money were no object what profession would you choose:

Probably a greeter at Walmart, engaging with people and getting them to smile.

Proudest running memory:

Running and completing the Boston Marathon as a bandit back in April, 1978. At the time, qualifying time for guys in their early 30's was under 3 hours. I had an artist friend create my unofficial BM bib number- 2 SLOW

In Fort McClellan, AL. It was my second marathon- the first was the 1977 Joe Steele Rocket City Marathon-3:58.



That was a long way from a sub 3-hour time. It took me nearly 8 minutes to get to the starting line from my position at the back of the pack. Finished with a 3:51:30 and passed a heck of a lot of runners with official numbers who looked to be in their 30's. Finally, in 2008 I ran a 3:57 as a 64-year-old and qualified! Never returned. I realized nothing could top the thrill from 1978. For old timers, at the finish of the BM I "ran" into Joe Henderson, then a featured writer/ runner with Runner's World and had a nice chat.

Indulgence: My wife's baked from scratch cakes, pies, and assorted desserts.

Non-running hobby: Reading and taking walks with our dog Ella.

Best place to run in Tallahassee:

With 85,000 + miles run (over 60,000 in Tallahassee), you name the road, I have probably run on it. Betton and Waverly have seen a lot of me.

Perfect day: Soon to be 73, waking up and being able to go for a run. Oh yeah, eating desserts when I finish.

Biggest challenge: Being humble.

Already signed up for the 2017 Tallahassee Marathon. See you folks there. 🏃

Happy 80th Birthday Nick Nichols!

GWTC celebrates longtime member Nick Nichols who on September 12 is celebrating his 80th birthday. Nick has participated in more than 213 local races from 1987 to the Sickle Cell 5K in 2021. During 25 years of racing his consistency has been impressive logging 19 races in 1999 at age 55 and 17 in 2014 at 70! Well done, Nick! Congratulations.

M. Felton Wright

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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.

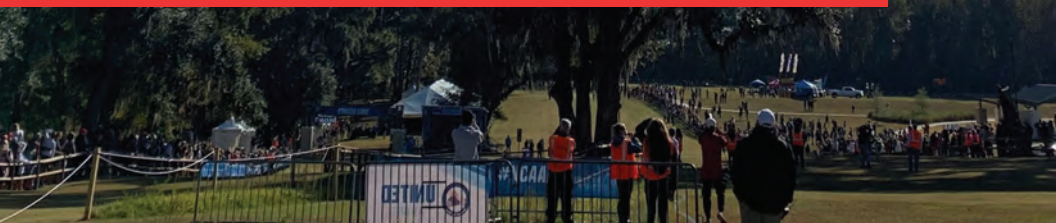
Your USATF annual membership, race registration, and singlets will be sponsored/reimbursed by the Gulf Winds Track Club.



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, or text 850-445-0053 for more info





YEAR ROUND RUNNING GROUPS

Training groups are great motivators to not only get people running, but to keep them running! And runners are certainly not limited to one group. Volunteers lead each of these groups. These are a fun way to meet people who encourage each other to improve their best performance.

WINTHROP PARK EXPRESS

Monday at 6:00 p.m. at Fleet Feet
1845 Thomasville Rd, #125

GWTC TUESDAY EVENING INTERVALS

Tuesday evenings at 6:30 p.m.
at FSU Mike Long Track

GWTC WEDNESDAY MORNING INTERVALS

Wednesday at 6:30 a.m.
at Maclay School Track

OPTIMIST PARK THURSDAY NIGHT RUN GROUP

Thursdays at 6 p.m. at Optimist Park

Learn a lot more about running groups by visiting www.gulfwinds.org/training. Plus, there's a link to the GWTC private Facebook Group for training runs.

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 Grand Prix Schedule

Date	Race	Adult	Youth
9/16/2023	Women's Distance Festival		5K or 1M
9/23/2023	Prefontaine	5K	5K
10/14/2023	Pine Run	20K	
11/11/2023	Catfish Crawl	5K	5K
12/2/2023	5 & 10 Mile Challenge	10M	

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

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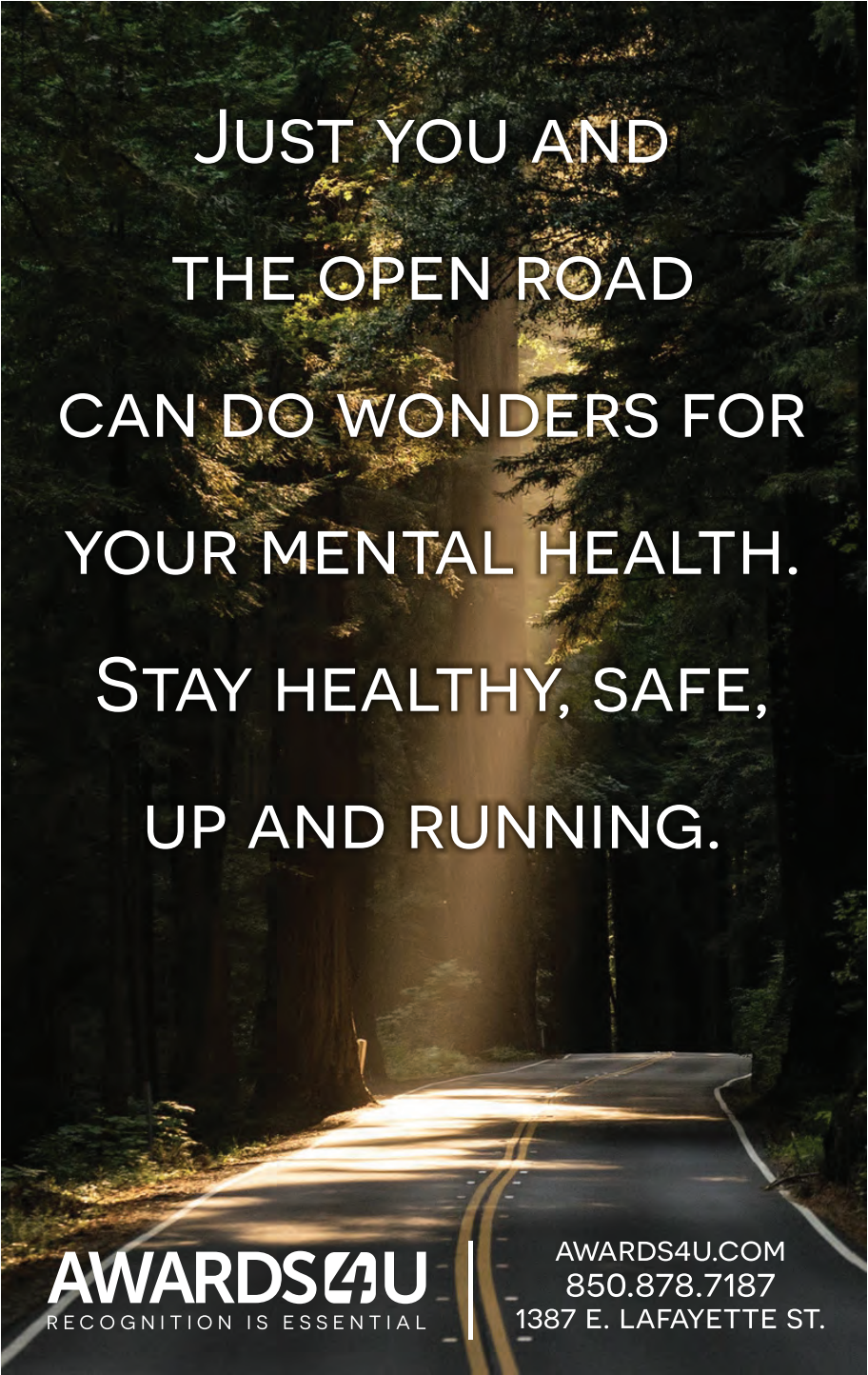
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SATURDAY

SEPTEMBER 9th, 2023

The 42nd annual 5k for Sickle Cell Anemia & Tim Simpkins 1 Mile will be the best yet. The course through Jake Gaither Neighborhood is very fast and provides participants with a great chance to run personal bests. Volunteers for this race are abundant and enthusiastic.

Proceeds from the race go to Sickle Cell Foundation to help families dealing with Sickle Cell Disease.

Register by searching RunSignup.com or by visiting GulfWinds.org.



GULF WINDS



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