

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | OCTOBER 2023



2023 WOMEN'S DISTANCE FESTIVAL 5K WINNERS

LEONARDO CANETE
17:28



MEGAN NOONAN
20:35

Photos Credit: Herb Willis



VOLUME 48 | ISSUE 9

Tallahassee, FL
Gulf Winds Track Club

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | OCTOBER 2023

VOLUME 48 | ISSUE 9

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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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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Photo Credit: Jeanne O'Kon

The one mile race winners at the Salute to Steve Prefontaine Forest Run 5K and 1 Mile, September 23, 2023.



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	Road Runners Club of America Member Club
	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.

Nominating Committee: Mark Priddy reported that three people serve on the Nominating Committee for the election of the officers and Directors at Large. The committee should have recommendations to the Board by the end of October. Mark suggested asking around to see if members were interested in running for those positions. Carter Hay volunteered to serve on the committee. Mark inquired as to whether an announcement should appear on the club Facebook page. A person must be a dues paying club member in order to run for office.

Treasurer: Peg Griffin reported that as of July 31, the club had total assets of \$231,382.86, with net revenue of \$ The club is approximately \$10,000 ahead of where it was last year at this time

Membership: Jo Lena Pace sent in a report stating that there are 1201 members (1274 last year at this time), and 683 families (705 last year at this time).

Diversity, Equity, Inclusion: A report from Gabrielle Gabrielli stated that Danny Manausa is working with IRC and Boys and Girls Club to launch the fall children's program in September. The committee is working to assist with these efforts and should have more information in the next two weeks. They will also support the Gadsden County Bicentennial 5K on Sept. 2.

Chip Timing: Bill Lott reported that in July, the Capital City Kiwanis July 4th Firecracker 5K (non-Club race) and the Summer Trail Series Race #3 Swamp Forest Trail (Club race) were chip timed. Scheduled to be chip timed in August are three Club races: Breakfast on the Track One Mile, Miller Landing Madness 8K/5K/3K, and the Summer Trail Series Race #4 Cadillac Trail. For September, the Bluebird Run for Bookie B. 5K (non-Club race) and the 5K for Sickle Cell Anemia/Tim Simpkins One Mile, Women's Distance Festival 5K/1 Mile, and Salute to Steve Prefontaine 5K Forest Run (all three are Club races) will be chip timed.

Grand Prix: Lisa Unger reported that Breakfast on the Track One Mile was a Youth Grand Prix Event. The 8K race in the Miller Landing Madness on Aug. 12 is a Grand Prix race. In the fall, the committee will prepare the Grand Prix schedule for next year and prepare awards for the Annual Awards meeting in January. 🏆



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

RACE CALENDAR

OCTOBER 2023



01 First Day Bikes, 9 a.m. Capital Circle Trailhead of St. Marks Trail, 4778 Woodville Hwy. Visit <https://floridadep.gov/parks/ogt/content/first-day-bikes>. Anna Hopkins at Anna.E.Hopkins@FloridaDEP.gov.

05 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). (rescheduled from 10/04/2023)

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.

08-14 Walk for the Wild 5K, St. Marks National Wildlife Refuge, 1255 Lighthouse Rd., St. Marks, FL. Additional information and registration available at <https://support.americaswildliferefuges.org/team/515939>. Lori Nicholson at (850) 925-4825 (W) or (850) 251-8525 (C).

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. Visit www.GulfWinds.org; or Carter or Jennifer Hay at GWTCpinerun@gmail.com.

21 Quail Trail 5K, 8 a.m. Pebble Hill Plantation, 1251 U.S. Hwy. 319 South, Thomasville, GA. Online registration available at RunSignUp.com. Visit <https://pebblehill.com/quail-trail-5k>; or Lori Everett at leverett@pebblehill.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 Duelz at (850) 526-4673 or (850) 272-0225 or pcmarianna08@gmail.com.

21 Graceville Harvest Festival 5K Harvest Hustle, 8 a.m. (CT). Graceville

Civic Center, 5224 Brown St., Graceville, FL. Online registration available at ItsYourRace.com. Visit www.gracevilleharvestfestival.com; or call (850) 263-3250.

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.

26 FAMU Homecoming 5K, time and location TBA. FAMU Campus.

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).

28 Special Olympics Race for Inclusion 5K - Tallahassee, 9 a.m. Langford Green, FSU Campus. Online registration and additional information available at www.raceforinclusion.org. Claudia Estevez at claudiaestevez@sofi.org.

29 Pirate's Row-Run-Ride Team Race (2K relay with crew of 3), 8 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Online registration available at Eventbrite.com. Visit www.capitalcityrowing.org; or Katie Pernell at administration@capitalcityrowing.org or (850) 445-1099.

31 FHSA 1A District 2 XC Championship, 10 a.m. girls; 10:30 a.m. boys. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Maclay School host.

NOVEMBER 2023

- 03 FHSAA 2A District 1 XC Championship**, 9 a.m. girls; 9:30 a.m. boys. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Florida State University School host.
- 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 Corporate Cup Challenge**, 9:15 a.m. (teams of 4 with one each completing in a 5K run, 9K bike, 5-minute rowing, and 3-phased strength/conditioning). XC course at Apalachee Regional Park, 7550 Apalachee Pkwy. Online registration available at Eventbrite.com. Visit www.workingwelltoday.org; or Mary Barley at marybarley50@comcast.net.
- 04 FSU Relay for Life 5K**, 9 a.m. Integration Statue on Woodward Plaza, behind Oglesby Student Union, 75 N. Woodward Ave., FSU Campus. Visit www.relayforlife.org/fsufl; or Catherine Marshall at fsufl.executivedirector@gmail.com or (727) 2626-3061.
- 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 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. Visit <http://tallyturkeytrot.com>; or David Yon at 668-2236 or david@radeylaw.com.

DECEMBER 2023

- 02 GWTC 10M/5M Challenge**, 8 a.m. Hawks Rise Elementary School (use Meridian Rd. parking lot entrance). Online registration available at RunSignUp.com. Visit www.GulfWinds.org; or Mark Tombrink at mat06@my.fsu.edu or 10MileChallenge@gmail.com.
- 02 AAU Cross Country National Championships**, TBA. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.ausports.org; or www.visittallahassee.com; or Chad Culver at c2culver@gmail.com or (423) 827-4977.
- 02 Jingle Bell Run**, 6:15 p.m. Corner of S. Monroe St. and Park Ave. Online registration available at Raceit.com. Visit www.talgov.com; or Tallahassee Parks & Recreation at 891-3866 or 891-3860.
- 09 Tallahassee Ultra Distance Classic 50K/50M/Marathon**, 7 a.m. Wakulla Springs State Park, 15 miles south of Tallahassee on SR 267. Online registration available at UltraSignUp.com. Visit www.TallahasseeUltra.com; or www.GulfWinds.org; or Jack or Laura McDermott at marathonjack@comcast.net.
- 09 USATF Club Cross-Country National Championships**, 8:30 a.m. community 5K; 9:15 a.m. masters women 6K; 10:15 a.m. masters men (60+) 8K; 11:15 a.m. masters men (40-59) 10K; 12:15 p.m. open women 6K; 1 p.m. open men 10K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.usatf.org/events.
- 09 Jingle Bell Jog 10K/5K/1M**, 8 a.m. 10K; 9 a.m. 1M; 9:30 a.m. 5K. Tift Park, 1300 N. Monroe St., Albany, GA. Online registration available at RaceRooster.com. Deidra Langstaff at deidra@gomadlab.com.
- 16 Tannenbaum 6K Cross-Country Run**, 9 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Online registration available at RunSignUp.com (no additional fee). Visit www.GulfWinds.org; or Herb Wills at hwills@gmail.com; or Judy Alexander at jalexander98@comcast.net. 📍



PRESIDENTS COLUMN

By: Jerry McDaniel, GWTC President

Running with a group has many benefits. Gets you out the door to run when you may not want to because you are meeting others. Helps the miles pass as you chat about your life or hear about others. Can create healthy in-group challenges or competitions. Maybe learn insights into training methods of others or share yours. You can meet new and interesting people as they join the group.

I experienced all of these things as a version of this concept before it was cool... I was an original member of the "Racing Sloths" - a self-named (takeoff on the old "Racing South" magazine) but close knit group of about a dozen guys (and occasionally one woman) - that met out of a downtown state office building during the bulk of my government career. We all worked in or in the vicinity of the Carlton Building downtown and met daily at 11:45, rain, sun, heat, cold, snow, sleet

- we met... because you always knew there was going to be someone there.

There were 4-5 courses (roughly 5 miles) we ran, all of which had names for various reasons - "quaker muerto" (we once saw a dead duck on this run and two of our group were Cubans); "stairway to heaven" - super hilly course; "North Carolina" - top of the golf course at Capital City Golf Club; and of course, "FSU" for obvious reasons.

Each Friday was FSU - and we always ran a hard mile at the track as part of this run. There were bets on this mile at times as to who could win or given the knowledge in the group of each of our abilities, how close you could come to someone when they finished the mile. These bets extended to weekend races around town.





Payoff? More often than not, the winner would have to “buy dogs”. The pay off would occur the next FSU Friday run, following a loss in a bet.

Our route back from the FSU track on Fridays took us through campus. There was always a hot dog vendor (dog man) in front of Strozier Library on campus, and we decided that the loser of any given bet, would buy one hotdog and a coke for whoever happened to be running on payoff day. So potentially 12 hotdogs and 12 cokes.

We would stop, consume them fast and belch all the way back up the hill downtown, shower quickly and back to work. Showers were in the basements of most of the old downtown state office buildings.

The logistics of getting on average, 8-10 sweaty guys showered and back to work timely with one shower was a sight to behold, or maybe not. I have a million stories of things that occurred on these runs through the years (full eclipses, stopped and interviewed by a TV station on an 8-degree day, runs to homicide scenes) but mostly we came to know each other's families and the ups and downs that come with life.

We helped each other cope when there was a need and celebrated when times were good. For me, a difficult and trying morning at work cluttered with meetings and seemingly unsolvable problems gained a fresh and renewed perspective and energy after a run with the boys!

What started as a simple group run, morphed into a lifetime of close-knit friends and family. We have traveled into Canada and out west on bike packing adventures, back backed in the Smoky Mountains, traveled far and wide to run marathons together, and to this day still have Sloth Christmas parties!

Clearly, the way the Sloths grew to love one another is likely the exception, and not the rule, but it is nice to have someone to run with occasionally or even every day!

The GWTC website has many run group opportunities, both seasonal and year-round, and VP Jennifer Hay has been instrumental in creating a FB GWTC Group run site that is up and active.

Check it out! What life experiences may come from your group runs? 🏃

KENDALL MEIKENHOUS



When did you start running? I started consistently running back in 2018. I had tried a few times in earlier years, but never found any joy in the sport. With a young family, getting to the gym or participating in team sports became difficult. So, I started running with a great group of ladies and that really made all the difference.

Childhood ambition? My professional goals changed frequently over the years - from elementary school teacher, to author, to psychiatrist - but I always knew I wanted a family and to travel a lot!

Current occupation? I'm fortunate enough to be a stay-at-home mom to my two little girls and a self-proclaimed general contractor to our 1970s fixer upper.

If money were no object, what profession would you choose? I'd love to be a copywriter, specializing in back cover descriptions for books. What a dream. Or some sort of work with my hands, like refinishing furniture.

Favorite reads? I love reading and am not particularly picky. But some of my favorites are historical fiction, Greek mythology, and memoirs.

Favorite running memory? My best running memories all involve friends: training for my first half with Chrissy, Betsy's company for the final 5 miles of my crazy solo marathon, Saturday morning post-run coffee, and participating in the Tallahassee Marathon and Capital to Coast relays.

Indulgence? Craft beer. I love a crisp IPA in the summer and a rich porter in the winter.

Non-running hobbies? Reading, house projects, camping, kayaking, leading a Girl Scout Troop

Best place to run in Tallahassee? You can't beat our amazing trail system for runs. It's hard to pick a favorite, but I've logged many miles at Miccosukee Greenway.

Preferred running technology? I love my Garmin, though I mostly ignore it, and I enjoy listening to audio books from the library when I run solo.

Biggest challenge? Lately, it's been injuries, and the mental adjustment of having to take it easier.

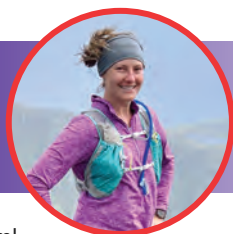
Perfect day? Waking up to a mountain view, with some water nearby. You can't go wrong from there. But throw in a good book, a run with my husband or friends, some family time and an evening fire, and that's perfection for me.

What motivated you to take the lead on coordinating group runs for the Club? Finding a fun and supportive group is what finally made running accessible to me. I would love to give that to others.

How will you define success for this initiative? I'd love to see multiple group runs a week, led by various Gulf Winds members, in different areas of town, at all times of the day. That way, everyone can find something that works for them! 🏃‍♀️

FEATURED FEET

ASHLEE BLAKE



When did you start running? 2013

Current occupation? Nurse practitioner with Burn and Reconstructive Centers of American and Covenant Care

If money were no object, what profession would you choose? While I do enjoy my current profession, I have always been interested in pursuing coaching in some form. When I was younger, I idolized Pat Summitt and dreamed of coaching basketball for the University of Tennessee Lady Vols.

Favorite reads? My favorite running related books include *26 Marathon* by Meb Keflezighi and *The Runner's Guide to the Meaning of Life* by Amby Burfoot. A great non-running book is *Being Mortal: Medicine and What Matters in the End* by Atul Gawande.

Favorite running memory? I have so many wonderful memories that it is hard to pick just one, but I have to go with my first half marathon in 2015. My husband and I had trained together and travelled to Nashville for the Rock and Roll Half Marathon. The sense of accomplishment when we crossed the finish line was amazing! The was the moment I became hooked on running.

Indulgence? Ice cream!

Non-running hobbies? Traveling, hiking, and reading.

Best place to run in Tallahassee? Trails from Tom Brown Park

Preferred running technology? Garmin Fenix watch

Biggest challenge? Running faster!?

Perfect day? Waking up on a cool, fall morning and heading to the local trails to run with my crew followed by coffee and breakfast.

What motivated you to take the lead on coordinating group runs for the Club? After joining GWTC when we moved here from West Virginia in 2019, I used the main page to look up local training groups. I met wonderful people and some of my good friends through these groups. Volunteering is my way to give back to the running community!

How will you define success for this initiative? By introducing new people to our running community, creating groups that foster friendship, and supporting all runners put in the work to achieve their goals. 🏃‍♀️

EQUIPMENT

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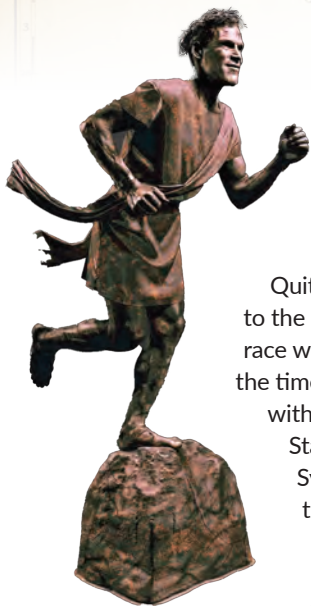
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MERIDIAN & MARATHON

-Dr. Michael C. LaBossiere



In 490 BC the Greeks and Persians fought the battle of Marathon. The stories say Pheidippides ran twenty-five miles from Marathon to Athens, announcing the Greek victory before dying of exhaustion. He ran 300 miles the week before, which is a lesson in the importance of tapering before a marathon.

Quite some time after the battle, in 1819, Spain ceded Florida to the United States. Just as most runners would not enter a race without a defined course, potential Florida landowners of the time would have not been inclined to buy land in a territory without clear property boundaries. Fortunately, the United States had already developed the Public Land Survey System. As marathon courses are divided into miles, this system divides the land into six-mile squares called townships. Each township is divided into 36 sections of one-mile squares. While it is unlikely that anyone has done this, there could be a 36-mile township race to commemorate this system.

Just as a race director needs to pick a starting point from which to measure a marathon, those in charge of dividing Florida needed a starting point. This point, known as a prime meridian, was selected in 1824. As the Surveyor General Robert Butler and the territorial governor William P. Duval were not available, Territorial Secretary George Walton selected the location, choosing a spot in Tallahassee. Tallahassee became the capital of Florida that same year. There is an unverified story that the stone intended to mark the prime meridian fell off the wagon about 200 yards short of the intended location. As the stone proved too heavy to lift, it was simply left on the spot—which became the prime meridian. Like many good tales, it is better than the truth (which is that the spot was most likely originally marked by a wooden stake).

While Florida was ceded by Spain, the prime meridian and Tallahassee also have a French connection. In repayment for his service in the Revolutionary War, Marquis de LaFayette was given a township of land in Florida. LaFayette's connection to

Tallahassee endures in the form of LaFayette Park, LaFayette Street, LaFayette Oaks, and Lake LaFayette. While LaFayette never lived in Florida, his friend Charles Louis Napoleon Achille Murat did. Bellevue Plantation, the home of his wife Catherine Willis Gray Murat, still stands and can be visited at the Tallahassee Museum.

Despite its historical importance, the prime meridian seems to have been largely forgotten until 1891, when the City Commission of Tallahassee asked the General Land Office for a monument to mark it. While the surveyor John Cook marked the spot, the monument would not be erected for many years.

In 1896 the first Olympic marathon took place to commemorate the famous run. That marathon was about 25 miles long, which was the standard until 1908, when it was increased to 26.2 miles. According to marathon lore, the change was at the behest of Queen Alexandra—she wanted the race to start at Windsor Castle and end at the royal box in the stadium. In 1921 this became the official marathon length and is still the distance run today. Four years later, in 1925, that the Florida Legislature finally had a monument erected to mark the prime meridian.

In 1971, the presence of the prime meridian marker resulted in Cascades Park's being listed on the National Register of Historic Places. The park closed shortly afterwards, but the first Tallahassee Marathon took place in 1975 (with two participants).

Cascades Park was reconstructed and reopened in 2014 with an amphitheater, trails, and even a waterfall. The park is also a popular location for races, including the Tallahassee Marathon, Firecracker 5K and 1-Mile Sparkler Run. As part of the reconstruction, the old meridian marker was replaced in 2013 with a brass plate embedded in a beautiful granite map of the state. 2024 marks the bicentennial of both Florida's prime meridian and the city of Tallahassee becoming the capital of the state. There is, of course, no better way to celebrate than running the Tallahassee Marathon.

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Cascades Park, By Larcolt at English Wikipedia, CC BY-SA 3.0

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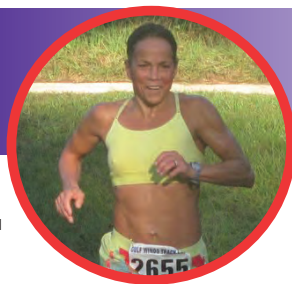
By Philip Sura

This is the name of the file at the Emergency Room. There they scanned and x-rayed me and could not see any internal damage, bleeding, fractures etc. I just had a concussion, some bruises, a sore shoulder, back and neck. Here is what happened. During the "Bluebird" 5K on Labor Day, I was literally run over by a deer. I remember something brown running towards me coming from the left, and then I passed out. Everything else I know now is what people told me afterwards. Apparently, the deer was down, too. Let's call it a tie. It looks like after the collision I fell on the deer which explains that other than the concussion I do not have more serious injuries. Christopher Bartels made sure I would make it through the finish line (walking not running though). I got a lot of help from so many people, and I am very thankful for it. Yes, that was a weird one. I have been trail- and cross-country running since the mid 80s and never heard of anything like that. Typically, runners tumble into creeks or down a hill, break ankles, get bloody noses, run into trees etc. Never heard someone got run over by a deer, except grandma on Christmas Eve, but she had too much eggnog. 🍷



VOLUNTEER SPOTLIGHT

JANE JOHNSON



Tell us briefly about your running experience.

I ran track and cross country in high school but didn't take running seriously until 1984, when I challenged myself to complete a triathlon 6 months after my second daughter was born. I have been an avid runner, cyclist, and swimmer ever since.

How long have you been a member of GWTC?

I joined GWTC shortly after moving to Tallahassee in August 1993.

How did you first get involved as a volunteer?

I can't remember my first volunteer experience with GWTC, but I've worked as a "stripper" at many finish lines (before we had a chip timing system), I've been a water table helper, a race director, a packet pickup/registration person, a newsletter contributor, and I served as GWTC president from 2000-2001.

What do you enjoy most about volunteering?

No matter the role I have played, every volunteer experience has allowed me to meet new people and enjoy the company of others I have known for years. I always come away inspired and in awe of the grit and determination on display at every local running event. It makes me wonder what would happen if we all applied that same optimism and positive energy to the rest of our lives...

Why do you volunteer?

It really is fun – and it may be the endorphins, but runners are generally super appreciative of volunteers. And race directors under stress can make volunteers believe we are indispensable to their success. Who doesn't enjoy that kind of positive feedback every once in a while?

What is your next volunteer project?

Turning in the Featured Feet column on time for the next newsletter! 🏃

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