

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | NOVEMBER 2023



Photos Credit: Jane Johnson



**CARTER AND JENNIFER HAY
PINE RUN RACE DIRECTORS**

VOLUME 48 | ISSUE 10



Tallahassee, FL
Gulf Winds Track Club

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | NOVEMBER 2023

VOLUME 48 | ISSUE 10

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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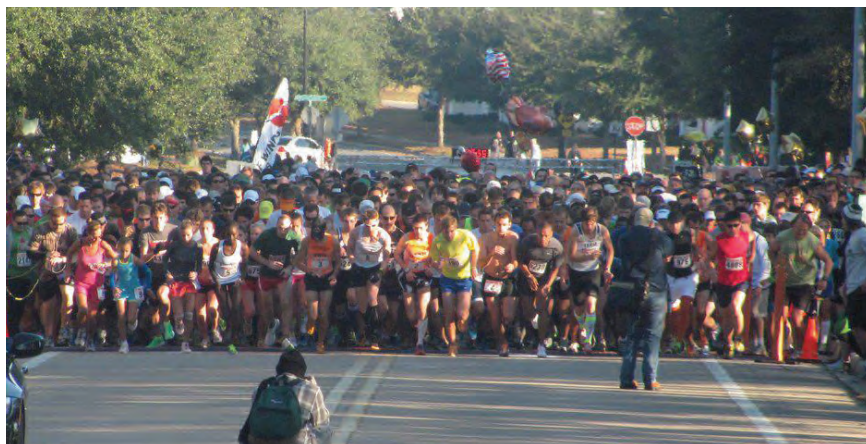


Photo Credit: Herb Willis

Turkey Trot 2012 start line reminds us to register for the 2023 Turkey Trot on Thanksgiving Day, November 23, 2023.



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	USA Track & Field Member Club #14-1275

YOUR MEMBER BRIEFING

Your GWTC Board of Directors met on September 13, 2023

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

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

Update for In Memoria Legacy section on the GWTC web page: Mae Cleveland reported that she appreciates the Board supporting this effort. People will be acknowledged who have been major contributors to the club's development. The page will go live tomorrow on the anniversary of Rex Cleveland's death. Discussion ensued as to how future club members will be selected or not selected to be honored in this section of the web page. Board members will vote as to which memorials for deceased club members will be placed in that section in the future.

Group Run Update: Jennifer Hay reported that the Facebook page has a lot of activity. It is only open to club members, and those who aren't members are sent to the GWTC page and encouraged to join. The new coordinators are hosting a run every Wednesday. More men are needed to host runs and participate in the groups. There is a Turkey Trot training group.

First Day Bikes/DEP: Jerry reported that the DEP is organizing three events on Sunday, October 1st on the St. Marks Trail. Jerry recruited volunteers to work at a table with a tent that morning, and race directors can donate shirts or other items.

RRCA Runner Friendly Communities: Mark Priddy reported that the RRCA "Runner Friendly" designation is good for five years. GWTC was on the list for 2017-2022, and Judy Alexander applied for it. Endorsements are needed for cities to be added to the list. Mark applied for this year, but Tallahassee was not selected. He will re-submit the application for next year.

Upcoming Board Election/Nominating Committee: Mark needs to know who is running for the officer and Director at Large positions for the coming year. He must present a slate to the Board at the October meeting, according to the Bylaws. The same software will be used that was used last year.

Financial Controls: Allen Blay found that there is nothing in the Bylaws about financial controls. Allen and Peg found a document previously composed by Bill Hillison, and Allen is revising it. There should be a statement about the 990 and other items. He distributed the draft to Board members to solicit input.

Peg reported as of August 31 net assets are \$208,384.45, and a net loss of \$20,214.32. She explained that the bulk of the net loss resulted from Turkey Trot expenses that have been incurred, and that revenue would begin to flow into the account next month. 990: Peg had provided a copy of the draft 990 and asked for Board approval to file it. A motion was made, seconded and unanimously passed to authorize Peg to file the 990 with the IRS once all officers and Board members have signed the annual Conflict of Interest Policy.

Race Director Coordinator: The next meeting will be on Sept. 17 at the Yon's house.

Education and Lecture: Mark Tombrink reported that Deputy Chris Smith and Shannon Smith will present a lecture on runner safety at Oology on Thursday. In October, Dr. Brian Burnette will do a presentation on injury prevention and overall health.

Merchandise: Jeanne gave a report for Sherri Wise, who suggested that the club merchandise could be sold at the Cadence running store. Members mentioned that setting up clothing sales at the Turkey Trot and the Marathon produces a lot of revenue. Different ways of recruiting volunteers for this position were discussed. Someone is also needed to create new merchandise. Debbie Peters volunteered to sell merchandise at local races.

Chip Timing: Bill Lott reported that in August, three Club races (Breakfast on the Track One Mile, Miller Landing Madness 8K/5K/3K, and Summer Trail Series Race #4 – Cadillac Trail) were chip timed. During September, one non-Club race (Bluebird Run for Bookie B. 5K) and three Club races (5K for Sickle Cell Anemia/ Tim Simpkins One Mile, Women's Distance 5K/One Mile, and Salute to Steve Prefontaine 5K Forest Run/One Mile) will be chip timed. For October, only one race (Pine Run 20K) is currently scheduled to be chip timed.

Grand Prix: Lisa Unger reported that they have scored the Grand Prix points for the Bluebird Run for Bookie B. 5K. The committee members are working on plans for the Annual Awards. 🏆

RACE CALENDAR



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 Run A-Lung With Us! - Fall 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.

04 Battle Ruck, 7 a.m. AC Hotel by Marriott Tallahassee next to Cascades Park, 801 S. Gadsden St. Online registration and additional information available at www.redhillscrossfit.com; or Meredith Wood at (850) 728-3124.

04 Geeks vs. Guardians 5K, 8 a.m. Thomas University, Forbes Campus, 1501 Millpond Rd., Thomasville, GA. Additional information and online registration available at thomasu.edu/alumni-friends/events/geeks-vs-guardians-fun-run/.

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 blountstownfire.org/catfishcrawl/; or Ben Hall at blountstownfire@gmail.com or (850) 674-4988.

17 FHSAA Cross-Country State Championships, 7:20 a.m. 4A girls; 7:45 a.m. 1A girls; 8:10 a.m. 4A boys; 8:35 a.m. 1A boys; 9 a.m. 2A girls; 9:25 a.m. 3A girls; 9:50 a.m. 2A boys; 10:15 a.m. 3A boys. 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.aausports.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.

JANUARY 2024

01 30th Annual Wilde Mountain Scramble (approximately 5M, unless you cheat), 8:30 a.m. SHARP!!! Forestmeadows Park and Athletic Center, 4750 N. Meridian Rd. Don't forget state park pass or entry fee. Race entry fee: \$2 or \$2 of scratch-off lottery tickets and a gift you don't mind pawing off on a fellow runner. As always, whining, fussing or even the slightest grumble gets you disqualified. Pre-race contact forbidden.

06 Swamp Forest Trail Run (Quarter Marathon/Half Marathon/20.5M), 8 a.m. 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. Bobby York at byorkjr@msn.com.

13 GWTC 30K/15K, 8 a.m. The Retreat at Bradley's Pond, 9002 Bradley Rd. (across from Bradley's Country Store on Old Centerville Rd.). Online registration available at RunSignUp.com. Visit www.GulfWinds.org; or Jillian Heddaeus at jillianheddaeus@gmail.com; or Zach DeVeau at zach.deveau@gmail.com.

13 Half Shell Hustle 5K, 8 a.m. (ET). Riverfront Park, 80 Water St., Apalachicola, FL. Online registration available at webscorer.com. Visit www.oystercookoff.com/run; or Shelley Shepard at shelshep@yahoo.com.

27 Bowlegs 5K Run for Scholarship/1M Fun Walk, 9 a.m. FSU/FAMU Engineering Building, Innovation Park, 2525 Pottsdamer St. (across from Seminole Golf Course). Online registration available at RunSignUp.com (no additional fee). Visit www.GulfWinds.org; or Bill Hillison at 893-4557; or Larry Giunipero at 878-5569. 🏃

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
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>



PRESIDENTS ARTICLE

By: Jennifer Hay, GWTC Vice President

I grew up going to church. As a teenager, I spent many Wednesdays at confirmation classes and choir practice, and as a kid, Sunday mornings were for bible lessons and playing twenty questions with my friends in the very back pews. I loved our church people. I rarely saw them any other time, but it never crossed my mind they may not be there on Sunday because they always were. We all just showed up. The Sunday school teachers were the same parents year after year, even after their kids headed off to college and other adventures. I now know they had whole other lives as chemical engineers, veterinarians, nurses, dentists, science teachers, lawyers, and community volunteers and leaders. They were avid tennis players, cyclists, gardeners, cooks, and yes, runners. But to me, they were always just the reliable, fun, smart, hard-working church people.

I had a flashback to leaving church on Sundays as my husband and co-race director Carter and I were pulling up the last mile markers and the final cones and pink flags at the Pine Run 20K. It's impossible not to feel some sort of spiritual connection to the nature of Tall Timbers, but in that moment, I realized the people of Gulf Winds are my adult church people. Watching Bill Lott grab the last of the parking signs heading out of Tall Timbers made me a little sad to say goodbye to my GWTC peeps but confident our paths would cross again next weekend (or you know, at a Grand Prix meeting in a couple days). Being in the race production

trenches clearly makes me sentimental for the people sharing that space. They are reliable, giving, a wealth of knowledge and experience, a little feisty, and a whole lotta committed. We're lucky to have a spirited running family of people like that.

This club is its people—the parents pushing strollers for their daily runs and exploring trails with their little ones, the retired cross country “kids,” the life-long marathoners, the beginners, the retired/injured runners still giving back, the triathletes, the women's running groups, the OGs, the lone wolves. Our diversity, passion, and commitment to showing up is what makes this club work. I've never once worried when I pulled into a parking lot at 5:30 a.m. that my running buddies wouldn't be there. I've never worried when tackling a new volunteer project that I wouldn't have a team willing to have my back the second I needed them. And I bet you've pulled up the GWTC race calendar never for a second thinking you might not find any races. (And now you can find a group run—or even create one yourself.) I hope within our club, you'll find your people. The ones who show up. And I hope you'll fall in love with them so much you'll become the group run leaders, race hosts, timers, newsletter editors, board members, fuel station volunteers, and all around cheerleaders that are the backbone of our running community. Don't take it for granted. Show up. 🏃



HOW TO BE A VOLUNTEER

Contact race directors to serve on their committee

This can be as involved as learning the t-shirt process so you can take it on next year to as simple as taking the snack table shopping list and doing the shopping. Race directors always need help getting sponsors, coordinating giveaways, ordering awards, marking courses, picking up and returning race equipment, setting up water stations... You'll meet a lot of cool people and learn a lot about hosting races.

Volunteer for race day

Contact a race director to sign up for the set up or clean up crew, water station staff, directing runners on the course, handing out medals at the finish line...

Pick a pet project and call your VP (Jennifer Hay)

Passionate about youth running? You can be a running buddy for summer morning and/or school year afternoon runs with kids, coordinate school grants, work with schools to develop their mile clubs, assist with summer track... Want more group runs? You can lead a weekly group run, find people to lead them, provide social media support for group run leaders... Want to expand our merchandising program? Recruit new members? Learn to time non-GWTC races? Maintain trails? Advocate for safe running spaces? Build a database of GWTC history? Provide support for state and national races at Apalachee Regional Park? Whatever you're passionate about, we have opportunities for you to do it.



2023 Pine Run at Tall Timbers

By Jennifer and Carter Hay

With 158 runners and better weather than predicted, the October 14 Pine Run maintained its reputation as a challenging and beautiful course. Race week rain and wind led to tall wet grass and four downed trees that our Tall Timbers' liaison Neil Fleckenstein and land manager Eric Staller ensured were cleared to prevent us having to advertise an obstacle course 20K. We are so grateful to Tall Timbers for opening their wildflower covered pine forest to us and helping us prep for the best race day possible.

The hilly final miles of the course make just completing the Pine Run a worthy accomplishment, and we are so proud of everyone who embraced the challenge. These six runners really brought their A game:

MALE OVERALL:

Leo Canete

MALE MASTER:

Mike Tercyak

MALE GRANDMASTER:

Hong-Guo Yu

FEMALE OVERALL:

Carrie Murphy

FEMALE MASTER:

Julie Fink

FEMALE GRANDMASTER:

Ali Kelly

And to make it even more exciting, Leo Canete and Carrie Murphy were first-time Pine Run winners, which hasn't happened in the same year for men and women since 2016.

As always, it took an entire team to make race day run smoothly, and we are extraordinarily grateful to all our volunteers! Their help was critical for marking and clearing the course, staffing water stations, directing runners through the forest, getting bibs distributed quickly on race day, directing parking, picking up and delivering snacks, shuttling supplies and volunteers to far reaches of the course, being lead bike on a hilly trail, and setting up/cleaning the post-race area. And, of course, we are immensely thankful for our always stellar GWTC race-timing team.

REI Co-op was a fabulous addition to this year's race. Their generous contribution of large cooler bags for awards was such a treat, and getting to have early packet pickup in the store along with a \$30 gift card to a lucky winner gave us a chance to chat with about 90

runners on Thursday and gave them a chance to pick up some great running supplies. REI also brought some uplifting race day energy (and cookies) to the Mile 9 water stop.

The Bannerman Crossing Stretch Zone was a nice sponsor addition as well. They provided post-race stretching and donated three free stretching sessions to each of our overall, master, and grandmaster winners. And Tasty Pastry and Trader Joe's provided yummy finish line treats. All of these sponsors help us keep race costs lower and still donate to Tall Timbers.

As race day wrapped up, we took our time pulling the final pink flags and loading up the last directional signs in the truck because that meant our time at Tall Timbers was officially over. It's a special place to be, a challenging place to run, and something we'll all look forward to next year. Thank you to all our amazing volunteers and fearless runners. We can't wait to see you among the wildflowers in 2024!



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IN MEMORIAM

NICK NICHOLS

MEMBER OF THE GULF WINDS TRACK CLUB

Nick Nichols, a cherished member of the Gulf Winds Track Club, passed away recently, leaving behind a legacy of perseverance, dedication, and an unwavering love for running.

Celebrating his 80th birthday this past September, Nick participated in over 213 local races from 1987 to 2021, consistently impressing the community with his athletic endurance.

A man of service, Nick served as a Regular Army Lieutenant Colonel and Military Police Officer, including a tour in Vietnam from 1967-1968. In his later years, he played a vital role in the community, evaluating individuals arrested for DUI and volunteering with various local organizations.

Nick's proudest running achievement was completing the Boston Marathon as a 'bandit' in April 1978, embodying his resilient spirit. He remained an active member of the Gulf Winds Track Club until his last days, showcasing his lifelong commitment to the sport.

. The Gulf Winds Track Club and the Tallahassee running community will forever cherish the memories and legacy of Nick Nichols. 🏃



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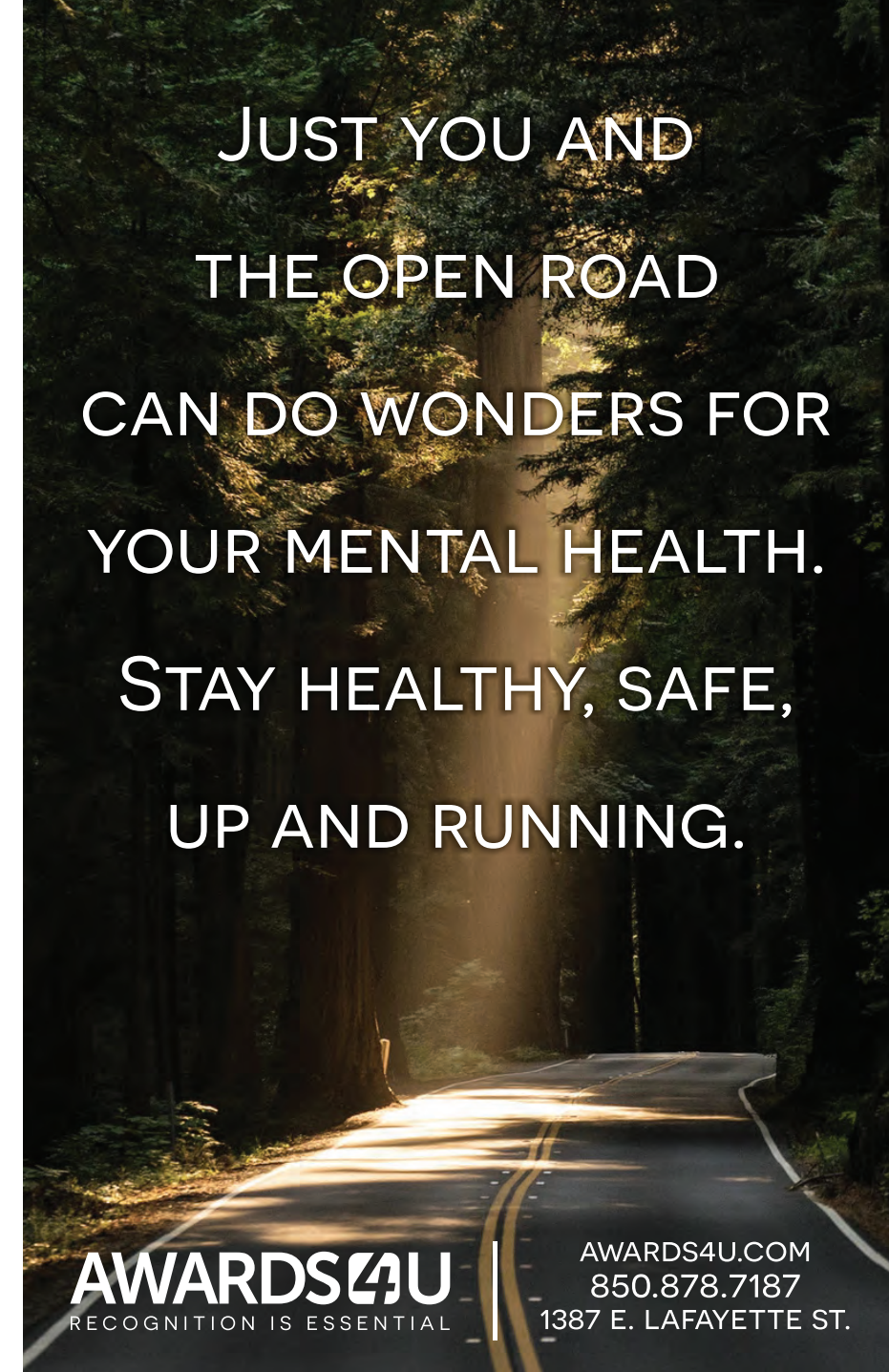
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VOLUNTEER SPOTLIGHT

TINA BAHMER



Tell us briefly about your running experience.

While I've never really considered myself a runner, I've always enjoyed the freedom of running and being outside exercising. Aside from incorporating runs into workouts and races, I hadn't been consistent until I decided to check the marathon box. I never imagined a google search of oceanfront marathons in October would take me from Wyoming snow to Appalachicola Bay, close to where I unknowingly would be moving to the following year. Being able to run year-round without snow has been amazing. Since moving, I've loved competing in triathlons, Ironman events, Tough Mudders, half marathons, Escape From Alcatraz Triathlon and even the crazy 4x4x48 David Goggins run challenge.

How long have you been a member of GWTC? I became a member in 2016 after moving from Wyoming.

How did you first get involved as a volunteer? At Red Hills Triathlon in 2016 I was introduced to Gulf Winds Triathletes and quickly discovered how wonderful and welcoming the triathlon and running community was. I wanted to become more involved and share my passion for the sport, so joined the board of directors the following year in 2017 and

have served in various roles since. As the tri club president I served within the track club board, which then led to becoming the Social Chair.

What do you enjoy most about volunteering?

I really love meeting new people with common interests from diverse backgrounds, learning about them, seeing them smile, compete in a race, or enjoy an event you've helped with. Those elements and moments of volunteering are very fulfilling.

Why do you volunteer? It brings me a lot of joy to get involved, give back and be a part of something that's important to me - community and fitness. I think the feeling of knowing you've helped in some way is very rewarding.

What is your next volunteer project? The holiday season brings some fun projects and celebrations. As the Social Chair for the track club, the next big event is the holiday party on 12/16, and awards ceremony on 1/7. Also, the triathlon club the holiday party will be on 12/11 as well. Be sure to mark your calendars! 📅

EQUIPMENT

FLEET FEET TALLAHASSEE

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(850) 727-8011 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)



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.

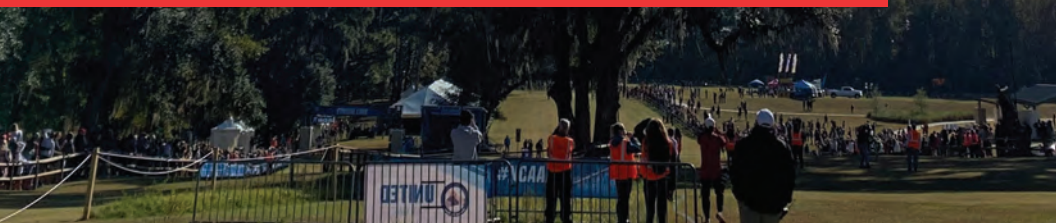
Your USATF annual membership, race registration, and singlets will be sponsored/reimbursed by the Gulf Winds Track Club.



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





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 Meikenhous, Ashlee Blake, Emily Webster, Joi Savery

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