

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | DECEMBER 2021



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VOLUME 46 | ISSUE 9



Tallahassee, FL
Gulf Winds Track Club

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | NOVEMBER 2021

VOLUME 46 | ISSUE 8

Editor: Robert & Kory Skrob, (850) 270-8295, FleetFoot@GulfWinds.org

Columnists: Jane Johnson (Featured Feet), Mark Priddy (Pres. Column), Gary Griffin (How they Train), Bill Lott (Race Calendar).

Advertising Copy:

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

Advertising Payments.:

Full Page-\$50, Half Page – \$28, Run twice, no changes – \$46, \$25 each yearly rates. \$400, \$225, \$125. Letter-size centerfold race flyer, check with editor.

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GWTC-Fleet Foot and sent to, PO Box 3447, Tallahassee, FL 32315

Submissions/Contributions:

Submissions for publication are strongly encouraged, the preferred format is Microsoft Word. If you have pictures or stories about your running group, don't be shy, photos should be in jpg format. Contact us if you have questions.

Robert & Kory Skrob, (850) 270-8295, FleetFoot@GulfWinds.org

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Parker Valby, freshman from the University of Florida leads the field at 2.5 km at the Women's NCCA Cross Country Championship in Tallahassee on November 20, 2021.



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YOUR MEMBER BRIEFING

Your GWTC Board of Directors met on October 13, 2021 Here's a summary of the board meeting, distilled down for you.

You are welcomed to attend any GWTC Board of Directors meeting. The next meeting will be at 7:00 PM on Wednesday, November 10, 2021. Email FleetFoot@GulfWinds.org for the location details if you'd like to attend.

Treasurer – Peg Griffin

Peg reported the treasury report as of September 30, 2021. Assets were reported at \$253,940.89 and net revenue was \$406.73. The 2020-21 Form 990 was submitted for approval, and subsequently was approved. Peg will send this report to the Internal Revenue Service.

Triathlete Club – Tina Bahmer

Tina reported that the last race, which was the St. Mark Duathlon had 108 participants. The race directors did a phenomenal job, and from the different participants there were many great back stories. The proceeds from the race will be split with the Michal J Fox Foundation. The Rock 'N Rollman Sprint took place October 17 in Macon, Georgia. The Tri Club will have a full awards list this year with the committee chair Stephanie Weyant.

Race Director Coordinator - Mary Jean Yon

Mary Jean reported that Tom Biance is stepping down as race director for the Ultra with Nancy Stedman is taking over.

Bobby York is looking to propose a night-time trail run that would be run sometime after the first of the year. He has been receiving favorable comments about this idea from runners as well as Parks staff with the City of Tallahassee. The reaction of the board was favorable and further discussion will take place as Bobby gets more details.

Tom Perkins is proposing a change to the start of the Springtime races to avoid running on Monroe Street. His proposal to start and finish near the Department of Transportation building would allow parents and kids to have the same starting spot and it will cut the cost of police officers. The race must be recertified this year, and everything must go through Mario Palmieri. The search for a new race director for these races is still in progress.

Membership – Tristan LaNasa

Tristan reported 1,106 members this year vs 1,312 last year, as well as 599 memberships vs 682 at this same time last year.

Diversity - Chris Turner

Chris reported that fundraising for the grant from the A Community Thrives program went well. GWTC was awarded a second grant this year which was smaller than last year's grant but sufficient funds are still available to continue the efforts of the Diversity committee. Many ideas were brought forth about making the races more accessible to everyone, specifically speaking on how to facilitate racing for wheelchairs, particularly those who have day chairs. Other ideas included providing for children who may need proper running attire, highlighting sports bras and running shoes, and possibly grants for equipment. David Yon commended both Chris and Danny Manausa for the good work they have done with this committee.

Equipment - Bill Lott

The equipment was moved on September 26, 2021, to the new storage facility (Fort Knox Storage) on North Monroe Street. The move took longer than expected and not all of the equipment was arranged in the units as desired. A workday at the storage unit was planned for Sunday, October 17, 2021, at 2:00 p.m.

Chip Timing - Bill Lott

Bill reported during September, one non-Club race and two Club races were chip timed. The non-Club race was the Bluebird Run for Brookie B. 5K/1M, and the two Club races were the 5K for Sickle Cell Anemia/Tm Simpkins 1 Mile, and Women's Distance Festival 5K/1M. Scheduled for October are the Pine Run 20K and the Palace Saloon 5K, and St. Marks Duathlon, all Club races, and the Boston Mini-Marathon, a non-Club race in Boston, Georgia. In November, only two races, both Club races, are currently scheduled to be chip timed. Those Club races are the Rex Cleveland Magic! Mile and the Tallahassee Turkey Trot 15K/10K/5K/1M.

During the Palace Saloon 5K and St. Marks Duathlon, problems were encountered with the timing mats. All of the readers and mats have since been tested and it was found that two mats were not working properly. Bill Hillison is looking into trying to have the mats checked out and repaired locally.

Grand Prix - Mark Tombrink

Mark reported that the Grand Prix is expected to go on with the Tannebaum 6k for the youth group, it was approved by the board for this year and the race date was approved by the county for December 12. The 2022 Grand Prix application deadline was October 17th. The committee is planning a full awards ceremony for 2021 which will be held at Goodwood on January 9, 2022.

Training Groups - Tristan LaNasa

The running groups are having great success. The Beginning Running Group started four weeks ago. The Wednesday running group is a peer group for the time being. 🏃

RACE CALENDAR

DECEMBER 2021

04 **GWTC 10M/5M Challenge**, 8 a.m. Hawks Rise Elementary School (use Meridian Rd. parking lot entrance). Online registration available at RunSignUp.com (no additional fee). Visit www.GulfWinds.org; or Mark Tombrink at mat06@my.fsu.edu.

04 **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.

04 **Tallahassee Race for Inclusion 5K Run/Walk**, 9 a.m. Landis Green, FSU Campus. Damien McNeil at (407) 402-8604 or damiennmcneil@sofl.org.

11 **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.

12 **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.

18 **Tallahassee Ultra Distance Classic 50M/50K/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 Nancy Stedman at nancystedman@gmail.com.

JANUARY 2022

02 **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 (no additional fee). Bobby York at byorkjr@msn.com.

08 **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 Larry Giunipero at 878-5569; or Bill Hillison at 893-4557.

15 **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 (no additional fee). Visit www.GulfWinds.org; or Jillian Heddaeus at jillianheddaeus@gmail.com; or Zach DeVeau at zach.deveau@gmail.com.

29 **The Trent 10K/5K/1M**, 8 a.m. 1M; 8:30 a.m. 5K/10K. Roberts Elementary School, 5777 Pimlico Dr. Online registration available at Eventbrite.com. Visit <http://www.trentstouch.com/trent-trot>; or Kim McFarland or Kim Vinson at thetrent@gmail.com or 488-0923.




FEBRUARY 2022

05 Double Bridge 15K/5K Run, 7 a.m. (CT) 15K; 8:30 a.m. (CT) 5K. 15K starts at Maritime Park, Pensacola, FL.; 5K starts at Daniel Dr., adjacent to football stadium, Gulf Breeze, FL. Online registration available at RunSignUp.com. Visit Pensacola Sports at www.pensacolasports.org or email to amarquez@pensacolasports.org.

06 Tallahassee Marathon/Half Marathon, 7:30 a.m. Start at Leon County Courthouse, 301 South Monroe St., downtown Tallahassee; finish in College Town at Madison Social, 705 S. Woodward Ave. Online registration available at RunSignUp.com. Visit www.tallahassee-marathon.com; or email race director at marathon@gulfwinds.org.

12 Flash 12K/6K, 8:30 a.m. San Marcos de Apalache Historic State Park, 148 Old Fort Rd., St. Marks, FL. Online registration available at RunSignUp.com (no additional fee). Visit www.GulfWinds.org; or Keith Rowe at keith.rowe@live.com.

26 MAD (Making A Difference) 5K Dash/1M, 8 a.m. 1M; 8:30 a.m. 5K. Thomasville Road Baptist Church, 3131 Thomasville Rd. Online registration available at Eventbrite.com. Dan Evans at evans@harvestoflife.org. 

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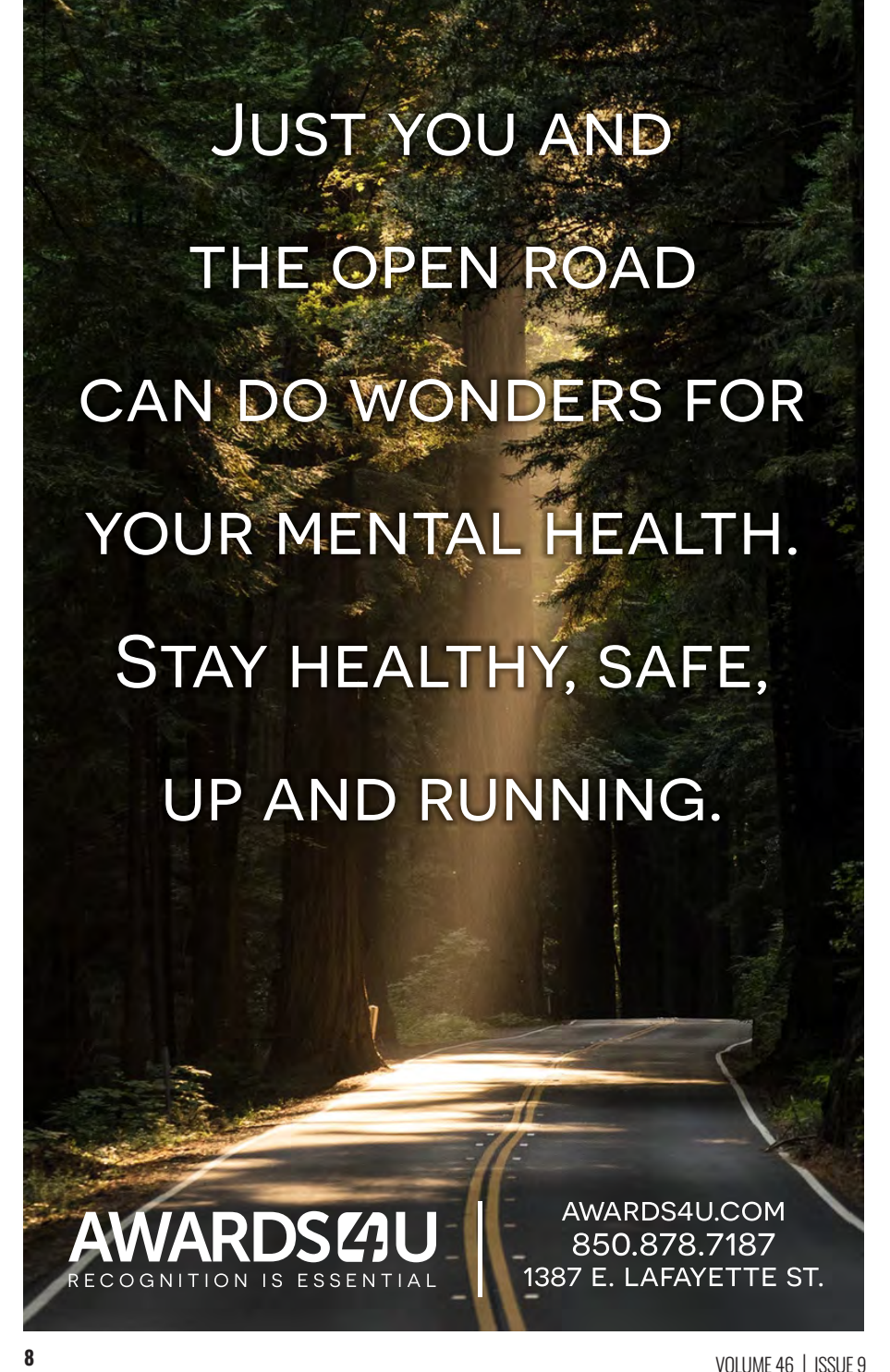
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TRAINING GROUPS

GWTC Winthrop Park Express -
6 mile group run
Winthrop Park- Contact Keith Rowe
Monday @6 p.m.

WorkAddicts - 4 mile group run.
Fleet Feet Running Store.
Contact Erik Davis
Monday @6 p.m.

GWTC Tuesday Intervals -
(3 mile speed workout)
Maclay High School Track.
Contact Gary Droze; Bill Lott.
Tuesday @6:30 a.m

GWTC Tuesday Intervals -
(3 mile speed workout)
FSU Mike Long Track.
Contact Gary Droze; Bill Lott.
Tuesday @6:30 p.m

Tuesday Early Morning Fartlek,
6:30 a.m., distance 5 miles. Edenfield Road
parking lot, Miccosukee Greenway.
Contact is Jerry McDaniel at
jerrymcdaniel@hotmail.com.

Wednesday 5:15 pm. Cascades Park
Run/Walk with our International Rescue
families. Distances vary. Contact Chris
Turner or Dan Manausa.

GWTC Wednesday Intervals -
(3 mile speed workout)
Rotating Location. Contact Tristan LaNasa
Wednesday @ 6 p.m.

Thursday Evening Tempo, 5:00 p.m.,
distance 4-5 miles. Edenfield Road
parking lot, Miccosukee Greenway.
Contact is Jerry McDaniel at
jerrymcdaniel@hotmail.com.

WorkAddicts - (4 mile group run)
Fleet Feet Running Store.
Contact Erik Davis.
Thursday @6 p.m.

GWTC Optimist Park (3 mile group run)
Optimist Park.
Thursday @6 p.m. Contact Tom Bianca.

Vaccinated Imitation Adults
(13-20+ mile group run)
Location varies. Must be vaccinated.
Contact Nancy Stedman.
Sunday @ ~7:30 a.m.

Forest Meadows on Sunday Mornings
beginning at 7:30.
Run trails around Lake Overstreet.
Most times the crowd runs approximately
9.5 miles. Alternatives for shorter and
longer runs. 🏃

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BOWLEGS 5K RUN FOR SCHOLARSHIP

Sponsored by the Faculty & Friends Club of FSU and Gulf Winds Track Club

One Mile Fun Walk for Walkers

OUR SPONSORS



Lucy Ho's



DATE: Saturday, **January 8th, 2022** at 9:00 a.m.

PLACE: Start/Finish at the FSU/FAMU Engineering Building
Innovation Park - Pottsdamer Street - Across from Seminole Golf Course
Course winds through FSU's Innovation Park area
For more information call Bill Hillison (893-4557) or Larry Giunipero (878-5569)

AWARDS: *BOWLEGS shirt to all fully-paid preregistered entrants. Race day until supply is gone.*
Medallions for 1st Place in Five-Year Age Groups

Awards for (One award per participant):

- | | |
|------------------------------------|-------------------------|
| •Male & Female Runners (Top three) | •Male & Female Student |
| •Male & Female Faculty Club Walker | •Male & Female Walker |
| •Male & Female Faculty Club Runner | •Male & Female Educator |

All registered entrants have a chance to **win prizes** from local merchants
(Winners must be present at drawing held after the race)

REGISTER: Visit Gulfwinds.org - Calendar (RunSignUp.com) Discount for early signup

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.

Upcoming Grand Prix Races:

DECEMBER 4 GWTC 5 AND 10 MILE CHALLENGE

Kids none / Adults 10 Miles

DECEMBER 12 TANNENBAUM 6K

Kids 6k / Adults 6k

DECEMBER 18 TALLAHASSEE ULTRA DISTANCE CLASSIC

Kids none / Adults 50 Miles

Kids must run at least two of the kids distance Grand Prix races to qualify for awards.
Adults will need to run at least three Grand Prix races to qualify for awards.

NCAA CROSS COUNTRY CHAMPIONSHIPS

TALLAHASSEE IS THE CENTER OF THE COLLEGIATE RUNNING WORLD FOR A DAY

More than 500 athletes from universities throughout the United States descended on the Apalachee Regional Park in Leon County for the NCAA Cross Country Championships on November 20th. Most athletes were supported by one or more fans together with coaching and medical staffs from each participating university. Together with the hundreds of volunteers the event drew several thousand attendees.

The NCAA Cross Country Championships were a huge honor for our community. It involved coordinating to create a hosting bid by Florida State University and the Leon County Sports Commission/Visit Tallahassee. A special thank you goes out to Kerry Post of Visit Tallahassee, Brian Hickey of Tallahassee Sports Commission and Amanda Heidecker who is now with Leon County for their hard work with Bob Braman of Florida State University to compete with other venues around the country to win the bid to host this event in Tallahassee.

The team made several trips to meet with NCCA including attending several other cross-country championships to identify what's necessary for host facilities. In response, Leon County stepped up to make a large investment of Tourist Development Taxes to build world-class facilities.

But it all started more than twelve years ago from the vision and work of a team of dedicated volunteers.

At the 2009 GWTC Awards Ceremony, Herb Wills, a member of the GWTC Hall of Fame, described the founding of Apalachee Regional Park:

Well, Pat Plocek, Bob Braman, and Brian Corbin weren't satisfied with their home [not having a dedicated cross country facility.] Pat Plocek works with the Leon County Division of Parks and Recreation and a little over a year ago he came up with a list of county lands on which a cross-country course could be developed. Brian Corbin and FSU coach Bob Braman know a little bit about running, and they picked out a part of Apalachee Regional Park along Lake Lafayette. Last winter Bob and Brian mapped out a loop in the park, and hacked out a narrow path through the woods.

Pat did his magic with the county, and the path became a wide avenue. With support from Leon County, Gulf Winds Track Club, Florida State University, and an army of volunteers, Pat, Bob, and Brian turned jungles, swamps, and old cow pastures into a first rate cross country course in time for the 2009 FSU Invitational. Three cross-country meets have already been held on Leon County's Apalachee Regional Park Trail. There will be more. There is a good possibility that we'll see a NCAA regional meet on the course later this year.

Best of all, you can go out there tomorrow morning or any time the park is open and run. No one will hit golf balls at you, and you won't have to check the calendar to see whether or not it's deer season.

A special project like this deserves special recognition. For their role in delivering the Apalachee Regional Park Trail cross-country course to our community, the Gulf Winds Track Club would like to present FSU's Bob Braman, Leon County's Pat Plocek, and our own Brian Corbin with its first Distinguished Service Award.

This team recruited volunteers and picked up tools to create this facility years before the county was willing to approve a significant investment. Once a few successful events proved the efficacy of the idea, the county was willing to invest and more help came forward.

While we celebrate the success of the NCAA Championship as well as our great fortunes for having a world class dedicated cross country facility within our community, there's a much bigger lesson for all of us. The seeds of this successful event were planted by a group of volunteers more than twelve years ago. Back when only a few people understood the significance of the idea.

If you wish something was different within your community, by pulling together a few people to do the work with you, you can make it happen. You may have to prove your idea will work for a couple of years before it attracts investments of time and money from others. But if you are willing to do the work you can make it happen.

Congratulations athletes. Congratulations Tallahassee. And, congratulations to all the volunteers who were willing to show up all these years to build Apalachee Regional Park into the facility it is recognized as today. 🏃

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NUTRITION - ANNA JONES, RD

Sheet-Pan Chicken and Potatoes With Feta, Lemon and Dill

Need a new super easy and really delicious dinner recipe? You've got to give this one a try! I love a one pot or pan dinner. This is one I adapted from the NY Times. I let it marinate for about 4 hours and we divided it up between one large and one medium sheet pan to spread it out some. I served it with a bagged Caesar salad. Would be great for entertaining or just a weeknight dinner. Seriously so delicious!



Ingredients:

- 3 tablespoons olive oil (divided)
- 2 tablespoons lemon juice (from about half a lemon)
- 1 garlic clove, minced
- ½ teaspoon dried oregano
- Kosher salt and black pepper
- 1 ½ to 2 pounds small boneless, skinless chicken thighs (4 to 6 thighs)
- 8 - 10 small Yukon gold potatoes (about 2 pounds), cut into 3/4-inch pieces
- 2 ounces feta cheese, crumbled (about 1/2 cup)
- 2 tablespoons chopped fresh dill

Directions:

1. In a medium bowl, whisk 2 tablespoons oil with 1 tablespoon lemon juice, the garlic, oregano, 1 teaspoon salt and 1/2 teaspoon pepper. Add the chicken thighs and toss to coat. Marinate for at least 30 minutes at room temperature, or up to 8 hours, covered, in the refrigerator.
2. Heat the oven to 425 degrees. Place potatoes on sheet pan. Drizzle with the remaining 1 tablespoon oil and sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper; toss well and move to one side of the pan. Place chicken thighs, evenly spaced, on the other side of the pan.
3. Roast for 15 minutes, toss the potatoes, then return everything to the oven and roast until the chicken is cooked through and the potatoes are tender, 15 to 25 more minutes. (Chicken is cooked through at 165-180 internal temp with a meat thermometer.)
4. Place the chicken and potatoes on a serving platter, and sprinkle them with 1 tablespoon lemon juice. Scatter the feta and dill over the potatoes. Serve hot and enjoy!

Want more recipes and information to help support you in caring for yourself and eating well? Check out and subscribe to my blog at annajonesrd.com and follow me on Instagram at [annajonesnutrition](https://www.instagram.com/annajonesnutrition).

VOLUNTEERS WANTED

Do you know Javascript and RST APIs?

GWTC is seeking a volunteer to help build and maintain a new member reporting system that will integrate with the **RunSignUp API**. The ideal volunteer should have a basic understanding of **Javascript** and REST APIs.

We have another club member who will lead the development and is willing to train.

We are looking for a second volunteer to learn the new system and take over for long-term support.



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NCCA CROSS COUNTRY NATIONAL CHAMPIONSHIPS



NOVEMBER 20, 2021