

# THE FLEET FOOT



NEWSLETTER OF THE GULF WINDS TRACK CLUB | DECEMBER 2023

## TURKEY TROT 10K WINNERS



**ADRIANA  
PIEKAREWICZ**  
38:15

**MATTHEW  
HAUSER**  
35:33

Photos Credit: Jane Johnson

VOLUME 48 | ISSUE 11

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VOLUME 48 | ISSUE 11

**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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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.



Photo Credit: Keith Rowe

Forty-two of us showed up for the first running of the 2023 Holiday Lights Run to Dorothy B Oven Park. Join the annual series of social runs to Dorothy B. Oven Park. Six consecutive Monday evenings starting the last Monday of November 2023 through January 1, 2024 beginning at 8:00 pm. Wear reflective clothing and bring a buddy!



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Road Runners Club of America Member Club  
USA Track & Field Member Club #14-1275

# YOUR MEMBER BRIEFING

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Your GWTC Board of Directors met on October 11, 2023

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

Complete minutes for all board meetings are available at [Gulfwinds.org](http://Gulfwinds.org).

**DACS Recommendation:** Peg reported that GWTC may be required to register with the Department of Agriculture and Consumer Services by fundraising for Chenoweth Endowment Fund. The requirements are significant, unless GWTC chooses to fundraise contributions directly to the charities via RunSignUp. The board implement direct fundraising contributions via RunSignUp.

**Financial Policies Update:** Allen Blay reported that the Financial Policies have been updated. This document put in writing what the club policies already are, with just a few exceptions. The first change is in who reviews the cash balance on the bank statements—not only the treasurer, but the president, vice-president, and any other interested Board members. It provides increased internal control. One other change is comparing the current month's budget to the overall year's budget.

**Merchandise Development:** Sherri Wise discussed the club merchandise. The merchandise needs to be readily accessible to members. Sherri spoke to Scott Maphis about storing the club merchandise at the Cadence Running store. Members could pick up merchandise at the running store.

Sherri recommended that the prices be marked up by 50 cents per item. Selling the merchandise is not about making a profit but rather it markets the GWTC brand. The board supported Sherri's recommendation that club merchandise be stored at Cadence Running, and items can be purchased at the online shop. Items will be sold in person at the Tallahassee Marathon, Springtime, and Turkey Trot.

**REI "Trailhassee" t-shirt with GWTC logo:** GWTC Vice President, Jennifer Hay is employed by REI. The store sells local merchandise, purchasing the items and then selling them to consumers. She recommended that a "Trailhassee" shirt with a GWTC logo be printed. The question arose as to whether that name is already copyrighted, but apparently it isn't. GWTC would print the shirts and sell them to REI. The costs would be determined in advance and a written agreement would be needed. A certain number of t-shirts would be required for the order.

**Volunteerism--Follow-up from Sept. 17 Race Directors Meeting:** Mary Jean reported that she and Lisa Unger developed a proposal to follow the Gulf Winds Triathletes policy requiring volunteering at least one time for a track club, tri club or local running related event to be eligible for Grand Prix awards at the end of the year. Some examples of volunteer activities include pre-race preparation, race day set up, race day assistance, race day cleanup, post-race activities, and others. The volunteerism will be verified by sending an e-mail to a specified e-mail address. By October, the Grand Prix Committee will determine how many Grand Prix participants have met their obligation. The committee will then notify those who are lacking their volunteer participation. To encourage volunteering the board resolved to make these new requirements effective on January 1, 2024.

**Diversity, Equity, Inclusion:** A report from Gabrielle Gabrielli stated that the International Rescue Committee event for kids who are refugees will be held at Cascades Park at 6:00 pm on the following dates: Tuesday Oct. 17, Tuesday Oct. 24, Wednesday Nov. 1, Tuesday Nov, 7, and Tuesday Nov. 14. Danny Manausa reported that there is a taxi service lined up and he is still waiting to hear back from the church. The countries represented by the IRC include Syria, Afghanistan, Congo, Columbia, Guatemala, and, potentially, El Salvador. Chika and Gabrielle have been helping to promote the event. Gabrielle developed an online form to capture information from volunteers.

**Chip Timing:** Bill Lott reported that in September, in addition to three Club races (Sickle Cell 5K/Tim Simpkins 1 Mile; Women's Distance Festival 5K/1 Mile; and Prefontaine 5K Forest Run/1 Mile, one non-Club race (Bluebird Run 5K) was chip timed. During October, only a Club race (Pine Run 20k) will be chip timed. For November, two non-Club races (Brewtallaty Offroad Duathlon and Veterans Day 5K) and one Club race (Tallahassee Turkey Trot 15K/10K/5K/1 Mile) are scheduled to be chip timed.

**Social:** Tina Bahmer reported that last year she solicited feedback about how the social events can be improved. The holiday party will be on Dec. 16th at Shiloh Farms. She encouraged members to provide her with additional feedback. There is no charge to utilize the space at Shiloh Farms. Tina will develop a committee to help with the work for the social events..🏃

# RACE CALENDAR



## 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](http://www.GulfWinds.org); or Mark Tombrink at [mat06@my.fsu.edu](mailto:mat06@my.fsu.edu) or [10MileChallenge@gmail.com](mailto:10MileChallenge@gmail.com).
- 02 AAU Cross Country National Championships**, 8:20 a.m. open/masters 5K; 9 a.m. 15-18 girls 5K; 9:30 a.m. 15-18 boys 5K; 10 a.m. 13-14 girls 4K; 10:30 a.m. 13-14 boys 4K; 11 a.m. 11-12 girls 3K; 11:30 a.m. 12-12 boys 3K; 12 p.m. 9-10 girls 3K; 12:30 p.m. 9-10 boys 3K; 1 p.m. 7-8 girls 2K; 1:30 p.m. boys 2K; 2 p.m. 6U girls/boys 1K; 2:15 p.m. parents/coaches 3K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit [www.aasports.org](http://www.aasports.org); or [www.visittallahassee.com](http://www.visittallahassee.com); or Chad Culver at [c2culver@gmail.com](mailto: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](http://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](http://www.TallahasseeUltra.com); or [www.GulfWinds.org](http://www.GulfWinds.org); or Jack or Laura McDermott at [marathonjack@comcast.net](mailto:marathonjack@comcast.net).
- 09 USATF Club Cross-Country National Championships**, 9 a.m. masters women 6K; 10 a.m. masters men (60+) 8K; 11 a.m. masters men (40-59) 10K; 12 p.m. open women 6K; 12:45 p.m. open men 10K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit [www.usatf.org/events](http://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](mailto: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. Visit [www.GulfWinds.org](http://www.GulfWinds.org); or Herb Wills at [hwills@gmail.com](mailto:hwills@gmail.com); or Judy Alexander at [jalexander98@comcast.net](mailto: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 pawning 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](mailto: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](http://www.GulfWinds.org); or Jillian Heddaeus at [jillianheddaeus@gmail.com](mailto:jillianheddaeus@gmail.com); or Zach DeVeau at [zach.deveau@gmail.com](mailto: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](http://www.oystercookoff.com/run); or Shelley Shepard at [shelshep@yahoo.com](mailto:shelshep@yahoo.com).
- 13 Arbor Day 5K Trail Race**, 9 a.m. Bear Creek Educational Forest, 8125 Pat Thomas Pkwy., Quincy, FL. Online registration available at EventBrite.com. Genevieve Printiss at (850) 597-6501.
- 27 Bowlegs 5K Run for Scholarship/1M Fun Walk**, 9 a.m. FSU/FAMU Engineering Building, Innovation Park, 2525 Pottsdammer St. (across from Seminole Golf Course). Online registration available at RunSignUp.com. Visit [www.GulfWinds.org](http://www.GulfWinds.org); or Bill Hillison at (850) 893-4557 or [whillison@fsu.edu](mailto:whillison@fsu.edu); or Larry Giunipero at (850) 878-5569 or [lgiunipero@cob.fsu.edu](mailto:lgiunipero@cob.fsu.edu).

## FEBRUARY 2024

**03** U.S. Olympic Team Trials - Marathon, 12:10 p.m. men; 12:20 p.m. women. Orlando, FL. Visit [www.usatf.org](http://www.usatf.org).

**03** Dr. James H. Crowdis Run 10K/5K, 9:30 a.m. First United Methodist Church, 397 College St., Blakely, GA. Online registration available at [RaceEntry.com](http://RaceEntry.com). Visit <http://crowdisrun.weebly.com>; or Tony Gilbert at [tonygilbert@windstream.net](mailto:tonygilbert@windstream.net) or (229) 723-5070.

**03** Double Bridge Run, 7 a.m. (CT) 15K; 8:30 a.m. (CT) 5K. 15K start at Maritime Park, 301 West Main St., Pensacola, FL.; 5K start at 100 Daniel St., adjacent to Gulf Breeze High School football stadium, Gulf Breeze, FL. Online registration available at [RunSignUp.com](http://RunSignUp.com). Visit Pensacola Sports at [www.pensacolasports.org](http://www.pensacolasports.org) or email to [intern@pensacolasports.org](mailto:intern@pensacolasports.org).

Online registration available at [Eventbrite.com](http://Eventbrite.com). Whitney Tanenbaum at [gatorwhit@gmail.com](mailto:gatorwhit@gmail.com).

**03** Chipola 5K Challenge - 76th Anniversary Run, 8 a.m. (CT). Cultural Center, Bldg. 1, Chipola College, 3094 Indian Circle, Marianna, FL. Online registration available at [ItsYourRace.com](http://ItsYourRace.com). Visit [www.chipola.edu/chipola5k](http://www.chipola.edu/chipola5k); or Thomas Howell at [tvhowell1@gmail.com](mailto:tvhowell1@gmail.com).

**11** Tallahassee Marathon/Half Marathon/ Marathon Relay, 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](http://RunSignUp.com). Visit [www.tallahassee-marathon.com](http://www.tallahassee-marathon.com); or email race director at [marathon@gulfwinds.org](mailto:marathon@gulfwinds.org).

**17** 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](http://RunSignUp.com). Visit [www.GulfWinds.org](http://www.GulfWinds.org); or Keith Rowe at [keith.rowe@live.com](mailto:keith.rowe@live.com).

**24** MAD (Making A Difference) 10K/5K/1M, TBA. Thomasville Road Baptist Church, 3131 Thomasville Rd. Online registration available at [My.RaceResult.com](http://My.RaceResult.com). Dan Evans at [evans@harvestoflife.org](mailto:evans@harvestoflife.org). 

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# PRESIDENTS COLUMN

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By: Jerry McDaniel, GWTC President

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As you read this letter, we will be into December of 2023 and closing out my first year as President of the club and last column. This necessitates a look back on the year for me to see whether the club has back-tracked, stalled, or moved forward from some of my originally conceived concerns.

A look back at my first column in January revealed some goals which included: a better means to communicate (preferably a single means), alternative/more user friendly timing systems to encourage more volunteers, bring a younger contingent into club leadership, encourage more volunteerism across the club, ensure the club reestablished a firm financial status, and stay open to new ideas from all members. I can say we have made substantive improvement in some areas and continue to struggle in a couple of others, but 2024 will bring about some changes that may facilitate improvements in some of the areas that we continue to struggle. First, the areas that we continue to struggle.

Communication for all club activities continues to be a challenge. We use Facebook, RunSignUp, and a Google email account, predominately, for communication. I have to say they all have their pros and cons, but none work perfectly well so we will continue to work on this one.

Volunteerism has historically been the bane of most race directors' existence. Both Jennifer and I have maintained a steady drumbeat on this one as we

are both race directors. Some light at the end of the tunnel I believe. At the November meeting, the Board voted to replicate in concept what the tri club has used effectively for years. Mandatory volunteer time to be eligible for participation in the grand prix. This will come into being in 2024 - guidance to be issued by the Grand Prix committee.

In terms of bringing a younger contingent of Board members into the fold, recent elections show a reversal of this desire.

We have made significant strides on timing this year, coming from timing zero non-Gulf Winds races for a period, to where we now can respond positively to such requests and provide timers and set up. This turnaround is due in large measure to the purchase by the club of a more user-friendly timing system and recruitment and training by Board and club members.

The club's financial status is solid. Concerns were registered and cost cutting measures were considered as the financial picture dipped a bit during the peak Covid time frame. The running community at large has returned to races, race directors have updated entry fees, sponsors are sought for the larger races, GWTC equipment is being rented out and merchandise is being sold - all of which contribute to a solid financial picture for the club as we enter 2024.

Lastly, in terms of being open to new



ideas, I believe Jennifer and I along with the Board have entertained a vast array of ideas for the betterment of the club, of which some were implemented if there were no impediments and some not. This year, we updated and strengthened the club's financial and internal controls, established a good working partnership with REI, moved(moving) club merchandise to a climate controlled facility, voiced concern in person and writing to protest roads crossing greenways and trails, a Legacy page was added to the club website to memorialize deceased GWTC members; a GWTC Group Run page was added to Facebook. Numerous more nuanced changes to club business and activities were activated as well.

Key players in the work above in running the core functions of the club include: Race Directors and Coordinators, Membership Chair, Treasurer, Secretary, Lecture Coordinator, Social Coordinator, Newsletter Editor, Tri Club President, Past President, Equipment and Merchandise Managers, a Racing Team Coordinator, and a slate of Director's at Large. The amount of work all these folks do is mind boggling!

Jennifer and I are proud to have worked with this group this year and look forward to another year of productivity! My assessment is that the club has moved forward this year thanks to the efforts of this group of hard working and dedicated individuals! Thanks to all! 🏃



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 MORNING INTERVALS**  
Tuesday 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](http://www.gulfwinds.org/training). Plus, there's a link to the GWTC private Facebook Group for training runs.

# RESSA TOMKIEWICZ



### When did you start running?

I ran cross country in high school, and even though I was one of the slowest runners on the team - even finishing last in my first meet - I really enjoyed it and loved the camaraderie and support of my teammates. I continued running as a young adult, but not consistently, and then became more dedicated to the sport in my mid-30s and have become a much more disciplined (and faster) runner.

### Childhood ambition?

Artist, like my mom

### Current occupation?

Former public relations professional turned Household CEO and Personal Chauffeur to four wonderful children.

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

Restore historic homes.

### Favorite reads?

My two favorite running books are *Born to Run* and *Out of Thin Air*. I love inspirational books, especially ones where characters or a group of people overcome great adversities, so running books are some of my favorites. I joined a book club this year, which has expanded my literary horizons and exposed me to new genres and books. One of our recent reads was *Demon Copperhead*, a modern-day take on Charles Dickens's novel *David Copperfield*, and it's easily one of the best books I've ever read.

### Favorite running memory?

The Capital to Coast Relay in 2022, starting at the historic Capital Building in Tallahassee and ending 84 miles later,

on the sandy shores

of St. George Island. I

ran with 12 friends from MRTT (Moms Run This Town) and it was such an amazing experience - all of our teammates ran with such grit and grace. We took home first place in the women's division.

### Indulgence?

Delicious food! I love discovering new restaurants and trying new foods.

### Non-running hobbies?

Gardening, I'm one of those crazy plant ladies. And blindly jumping into DIY home projects. I also volunteer at my children's elementary school.

### Best place to run in Tallahassee?

Tallahassee offers many beautiful trails, and the Pine Run at Tall Timbers is a super challenging, but absolutely breathtaking course. I also enjoy running through midtown and spend many, many miles running through the Killlearn neighborhoods.

### Preferred running technology?

I am not tech savvy, I run with a simple Garmin Venu but I love my Shokz headphones.

### Biggest challenge?

Balancing strength training with running. I find it difficult to do both well - usually one takes a back seat.

### Perfect day?

My perfect day begins by sleeping in, then a nice long run on a perfect crisp Fall day, followed by a big brunch with my family and then hosting a lively party at my house for my friends! 🍷

# GEOFFREY ADAMS



### **When did you start running?**

High School. I was a midfield soccer player, but I can't say I enjoyed running then, in that, I did not run for fun. I really got into running and it became fun on Fort Benning in Columbus, Georgia ...the home of the United States Army's Infantry!

### **Childhood ambition?**

To work with Jim Henson, but he passed when I was 10. :(

### **Current occupation?**

Accounting information systems professor at Florida State University

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

A Marvel-esque Intergalactic / Mutiversal Superhero (one with an in-check ego) -or- Accounting information systems professor at Florida State University, I work for and with Dr. Allen Blay, he is alright, I guess...

### **Favorite reads?**

Anything Neil Gaiman writes... I read! I really dig *Neverwhere*, *American Gods*, and *The Ocean at the End of the Lane*. I am currently reading *B.J. Novak's One More Thing* and I really like that. I also read a bunch of work-related stuff, which I deeply enjoy because I love to learn.

### **Favorite running memory?**

I actually have two, one old and one new. I have a very fun memory of running with my sister around Big Pine Key in the late 90s. We ran and sang funny songs together. In retrospect, that is probably the solitary reason I became an Infantryman in the Army, to

run and sing funny

songs. Then more recently, in 2019, I somehow got my entire family and some cousins to run the Turkey Trot together and that too was a blast! It is like pulling teeth to get our kids on the same page with us these days; they are all teenagers and young adults. I just got sad.

### **Indulgence?**

Bruster's Hershey special dark ice cream with peanut butter (natural peanut butter, literally ground peanuts... no nonsense!). Getting happier!!

### **Non-running hobbies?**

Hanging out with the family, perfecting recipes, and collaborating on recipes with my wife, watching movies, walking our dog, and traveling.

### **Best place to run in Tallahassee?**

I adore the trails at Elinor Klapp-Phipps Park and the Maclay Trails. I also love my Waverly Hills.

### **Preferred running technology?**

Apple watch - it seems to be kinder than the Garmin watches that everybody else uses. Little lies from your watch never hurt anyone, right? :P

### **Biggest challenge?**

Knowing which of the biggest challenges I should address first and knowing the appropriate way to effectively address it.

### **Perfect day?**

Today and any day that I get a spoon or two full of Bruster's Hershey special dark ice cream with peanut butter. Now if you'll excuse me... 🍪

# (EXTREME CHALLENGE)

**THE EXTREME CHALLENGE IS A BOOT CAMP ONLY FOR THOSE WHO HAVE THE PHYSICAL AND MENTAL TRAINING TO COMPETE AND FINISH.**

Few meet the challenge. It will require you to carefully plan, train, and utilize your decision-making skills. To qualify, you must run all GWTC club races within the same calendar year. If a club race offers multiple distance events, you must complete the longest distance race director's established time limit. And, you must complete the event within the race director's established time limit.

If you meet the challenge, you will be handsomely rewarded. Awards will be unique, because few are tough enough to conquer the challenge. All that you have to do is be a member of the Gulf Winds Track Club prior to the first race of the year, register for the races and complete the longest distance at each and every Gulf Winds Track Club race. Your participation will be noted.

As you consider your 2024 New Year's Resolutions commit to great health and extreme fun with the GWTC Extreme Challenge.

Get all the details on the list of races for 2024 by visiting:  
[www.gulfwinds.org/races/gwtc-extreme-challenge/](http://www.gulfwinds.org/races/gwtc-extreme-challenge/)

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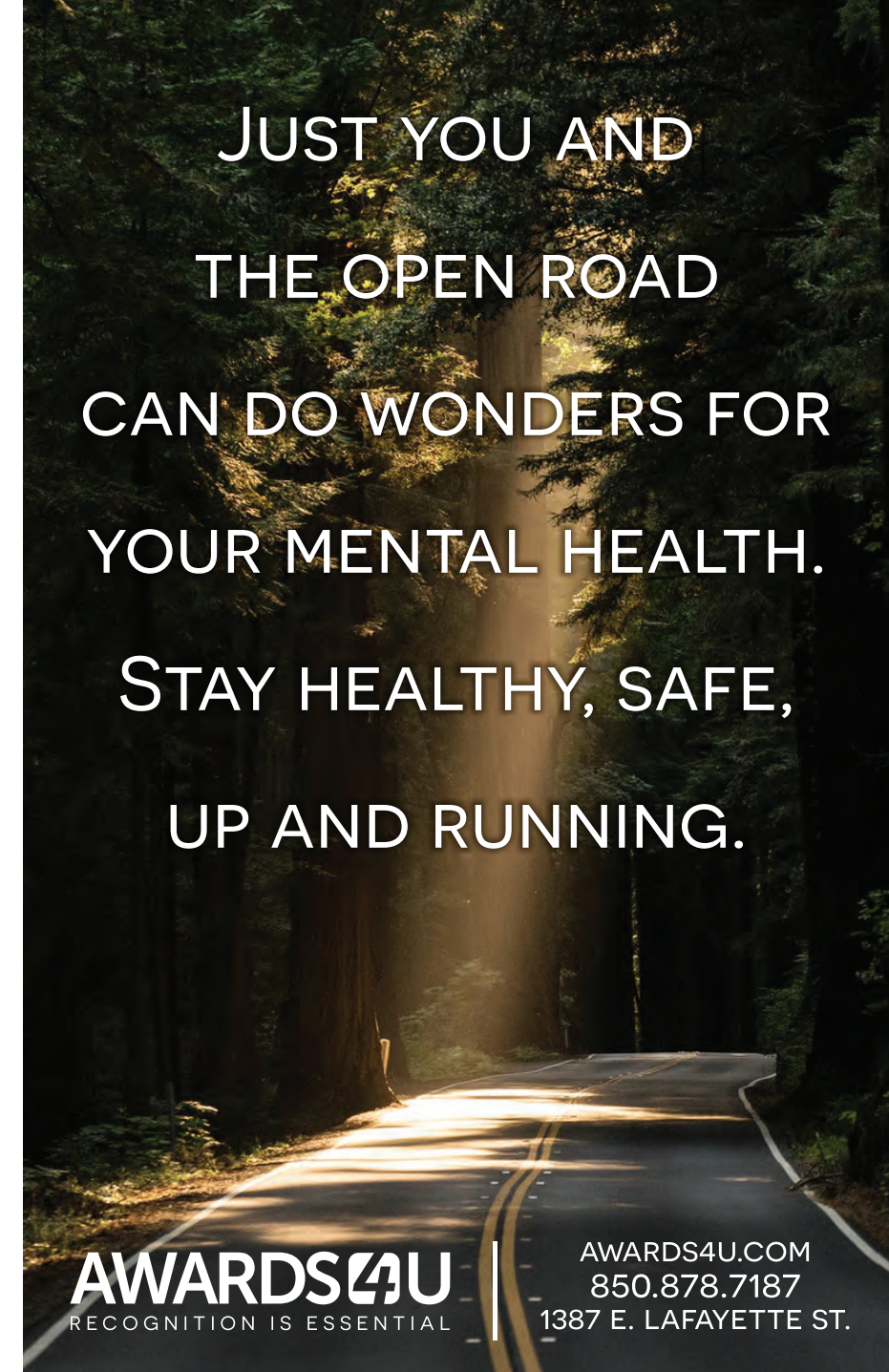
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# GORDON CHERR



### **Tell us briefly about your running experience.**

I started running in high school in New Jersey in 1964. I wanted to play high school football; my mother refused to sign any permission slip. I was all of 108 lbs., so she knew best. I played baseball, I wrestled, and I had a friend who challenged me to a race around the block. He kicked my can good but that little race got me hooked. He and I ran together through high school, and interestingly enough, I still have regular contact with 3-4 guys I ran with back then. Running builds strong and lasting friendships. I ran in college in Boston when not injured, from 1967-1971. Boston was an incredible hot bed of running in those days as was much of New England. We moved to Tallahassee in 1971 and except for moving away and back twice (to and from Asheville, N.C., another incredible running town), I have been running here ever since. Long story, short, this July will mark the start of my 60th year of running, and I guess I have run somewhere between 125,000-135,000 miles.

**How long have you been a member of GWTC?** Probably since 1977 or thereabouts. Soon after the club was formed.

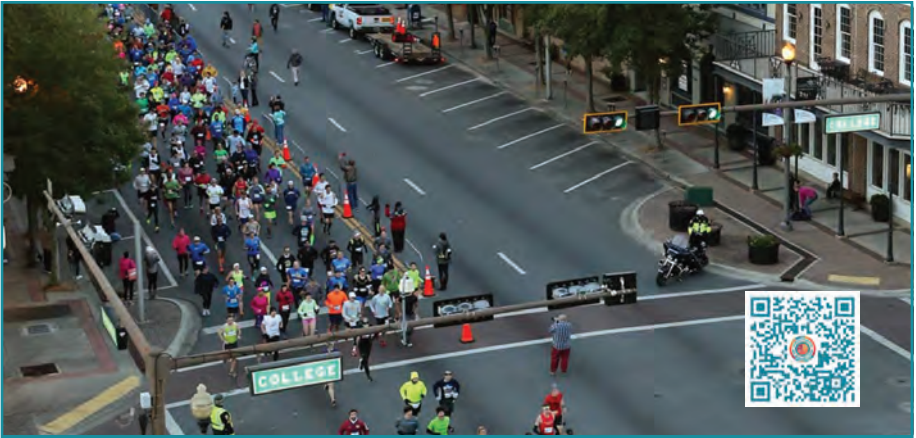
**How did you first get involved as a volunteer?** The guys I ran with, well, we raced constantly. One July 4, probably in the early 1980's, we went to Greensboro, west of here, for a Fourth of July 5K. When we got there, I encountered the race director, who had no clue about setting up a race or anything. He wasn't a runner either. He was very upset, we got to talking and I ended up setting up the finish line for him and other coworkers. Otherwise the race was going to be a complete cluster. I didn't run it. I just stayed at the finish line and gave out finishing numbers and managed from there. That opened my eyes to the fact that a race rises and falls with its volunteers. Plain and simple, no volunteers, no race. Anyway, making the race

run smoothly, that was a great feeling of accomplishment. I made it a point to volunteer at several races every year and still do. I have also directed races and one year some fool gave me Race Director of The Year for setting up the Pine Run at Tall Timbers. A labor of love I must say, I directed it for the first 5 years, and I volunteer out there every year still.

**What do you enjoy most about volunteering?** When things go well, everything. Especially watching the generations of runners behind me (age-wise). Fast or slow, competitive or simply participatory, the smiles of satisfaction on people's faces.

**Why do you volunteer?** I don't race that much any longer, at age 74, but I am fortunate enough to be able to run every day if I so choose. Frankly, we can't outrun our age and genetics and the slowdown is ego shattering. Still, I don't want to be far from the racing scene and volunteering keeps me close and in contact with so many friends.

**What is your next volunteer project?** I just finished up a very long day at the Turkey Trot with Gary Griffin, Jeff Neilson and Tec Thomas. You won't see us, we start before 5 and are there all day, setting up and taking down tables, delivering fluids to aid stations, cleaning up, bringing in hundreds of traffic cones, mile markers and directional arrows. Next week I'll be helping out at the 5 and 10 mile Challenge, and then I will run the far south aid station at The Ultra. I want to add that we need many more people in this great club to step up and volunteer. Please, we need more bodies out here as this group of volunteers is almost aged out. It is worthwhile, even bring your kids and give back a little. We need you. 🏃



# VOLUNTEERS NEEDED

(Especially if you like donuts)

## Not Running the Tallahassee Marathon?

We hope you can run the full, half, or relay, but if not, we could really use your help on **Sunday, February 11, 2024.**

Our biggest need is course volunteers who keep runners safe from vehicles and ensure runners make all the correct turns.

Other duties include race day packet pickup and finish line assistance.

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**To volunteer, visit [www.TallahasseeMarathon.com/Volunteer/](http://www.TallahasseeMarathon.com/Volunteer/) or email [marathon@gulfwinds.org](mailto:marathon@gulfwinds.org)**

### What's in it for you?

- Race shirt
- Freebies from SoDough, Township, or Madison Social (for course volunteers only)
- The warm and fuzzies for being a do-gooder







# 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 Meikenous, Ashlee Blake, Emily Webster, Joi Savery

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