

# THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | JANUARY 2024



## KATIE SHERRON

3RD PLACE AT THE USATF

NATIONAL CLUB CROSS COUNTRY CHAMPIONSHIPS



VOLUME 49 | ISSUE 1

Tallahassee, FL

**Gulf Winds Track Club**

# THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | JANUARY 2024

VOLUME 49 | ISSUE 1

**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

## Change of Address:

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



Thank you to our awesome volunteers for staffing the GWTC table at REI. Missed getting a picture of Carter, who hung out for a while and Tsige Tadesse, who took over for the afternoon shift. (Bill Lott, of course, opened with Judy and packed up with Tsige.)

Photo Credit: Jennifer Hay via Facebook



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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 November 8, 2023

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

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

**Election Report:** Mark Priddy sent the election results to Board Members via e-mail. There was a 30% return of those ballots sent out. A few issues arose which will be addressed and resolved next year. Club members will be sent an e-mail through *RunSignUp*.

**Capital Region Transportation Planning Agency:** Jerry reported that this agency prioritizes transportation projects in this region. They are applying for some funding for the SUN Trail and several trail projects supporting cyclists and runners. Jerry will provide them with a letter of support from GWTC for their funding request to DOT.

**Extreme Challenge 2024:** Mark Tombrink explained that this involves completing all the Club races in the calendar year (a total of 22 races). He would like to offer this again in 2024 and requested \$300 for the Challenge. Motion to approve was made and seconded. Motion passed.

**Tuesday Intervals:** Bill Lott stated that Tuesday Intervals have not been held at FSU because the track is being resurfaced. The public will not be permitted to use the track when the work is finished. Cascades Park may be a new possible location. Maclay School track cannot be used because they are now charging \$125 per track use. Jerry will provide more information in December about the possibility of using Holy Comforter's track.

**City of Tallahassee Annual Employee Appreciation Day on Nov. 16:** The City of Tallahassee holds a day for about 750 city employees, where they have games, activities, and other events. It will be held at Messer Field from 8:00-1:00. Jerry will set up a table and needs some assistance.

**Treasurer:** Peg Griffin reported that the 990 form has been filed. The total club assets as of Oct. 31 are \$220,304.78. The Net Loss for July-October 2023 is \$3,050.91. There is a new report called "Budget vs. Actual" that is now being sent out to Board members by e-mail with the Board meeting documents. Rob-



ert Skrob has suggested putting the Full Annual Budget in the newsletter in the month of January.

**Triathlete Club:** Kory Skrob reported that the new kits have been ordered for next year. There are several sponsors helping with the cost. About 10-15 members completed the Ironman Florida event last weekend. The Holiday Party is Dec. 11 at the Hub at Feather Oaks. Beverly Harrell will be the new Tri Club president.

**Membership:** Jo Lena Pace reported that the current number of members is 1253 (1293 last year at this time ) The current number of households is 714 (708 last year at this time).

**Diversity, Equity, Inclusion:** Gabrielle Gabrielli sent a report stating the three of the five events with the IRC children have been held at Cascades Park. There is an excellent group of volunteers, and the weather has been great. Danny Manausa added that GWTC is truly comprised of some great people!

**Education and Lecture:** Mark Tombrink reported that the last lecture was presented by Dr. Brian Burnett. He was very knowledgeable and made a great presentation on preventing and treating sports injuries.

**Chip Timing:** Bill Lott reported that In October, the only race chip timed was the Club's Pine Run 20K. During November, two non-Club races, Brewtallaty Offroad Duathlon and Veterans Day 5K, and one Club race, Tallahassee Turkey Trot 15K/10K/5K/1M, will chip timed. For December, only three Club races, GWTC 10M & 5M Challenge, Tallahassee Ultra Distance Classic 50M/50K/Marathon, are scheduled to be chip timed.

**Grand Prix:** Lisa Unger presented a proposed Grand Prix race schedule for 2024. It includes one marathon, one half-marathon, one 20K, one 15K, two 10Ks, two 6Ks, one 4-mile, six 5Ks, one 1-Mile event (16 total). The schedule was discussed by Board members. The Youth Grand Prix schedule will be reviewed at the December meeting. The board approved the Grand Prix schedule.

**Social:** Tina Bahmer reported that the Christmas party will be on Dec. 16th at Shiloh Farms. The Annual Awards meeting will take place in January, possibly on Jan. 19 or 21. She will recruit volunteers to help with the events. 🦋

# RACE CALENDAR



## 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.

**01-Feb 29** **Flying Pig Virtual 5K**, anytime, anyplace. Online registration available at [RunSignUp.com](https://RunSignUp.com). Emily Lang at [events@flyingpiganimalsanctuary.org](mailto:events@flyingpiganimalsanctuary.org).

**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](https://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](https://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 [webcorer.com](https://webcorer.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](https://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 Pottsdamer St. (across from Seminole Golf Course). Online registration available at [RunSignUp.com](https://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**, 10:00 a.m. men; 10:10 a.m. women. Lake Eola Park, Orlando, FL. Visit [www.usatf.org](http://www.usatf.org).

**03** **Dr. James H. Crowdis Run 5K/1M**, 9:30 a.m. First United Methodist Church, 397 College St., Blakely, GA. Online registration available at [RaceEntry.com](https://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](https://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](https://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](https://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**, 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](https://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](https://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](https://My.RaceResult.com). Dan Evans at [evans@harvestoflife.org](mailto:evans@harvestoflife.org).

## MARCH 2024

**02 Shamrock Scurry 5K/1M**, 8 a.m. 1M; 8:30 a.m. 5K. Killlearn United Methodist Church, 2800 Shamrock South (at the Killamey Way traffic circle). Online registration available at EventBrite.com. Visit [www.shamrockscurry.com](http://www.shamrockscurry.com); or email to [scurry@kumconline.org](mailto:scurry@kumconline.org).

**02 Capital City Senior Games (50+) - Track and Field**, javelin 9 a.m.; fun walk 9:30 a.m., all other events on rolling schedule starting at 10 a.m. Godby High School, 1717 W. Tharpe St. Online registration and information available at [www.talgov.com/seniorgames](http://www.talgov.com/seniorgames); or Lucas Williams at (850) 891-3825.

**02 St. George Island Red Pepper 5K**, 8 a.m. Paddy's Raw Bar, 240 E. 3rd St., St. George Island, FL. Online registration available at [Webscorer.com](http://Webscorer.com). Visit [www.stgeorgeislandchilicookoff.com](http://www.stgeorgeislandchilicookoff.com); or Shelley Shepard at [shelshep@yahoo.com](mailto:shelshep@yahoo.com).

**02 Winston Howell 5K Road Race**, 9 a.m. 2024 Hartford Fire and Rescue, Hartford, Alabama. Information: Winston Howell (334)390-1259; Mark Shehee (334)588-

0906 [hfrchief@cityofhartford.org](mailto:hfrchief@cityofhartford.org); Stephanie Riley (334)588-2384 [librarydirector@hartfordpubliclibrary.org](mailto:librarydirector@hartfordpubliclibrary.org)

**03 St. Marks Duathlon (5K run/20K bike/2.5K run)**, 8 a.m. 25 Riverside Dr., St. Marks, FL. Online registration available at [RunSignUp.com](http://RunSignUp.com). Visit <https://gulfwindstri.com/st-marks-duathlon/>; or Eric Trombley at [trombleycrue1@gmail.com](mailto:trombleycrue1@gmail.com); or Beverly Harrell at [harrell310@icloud.com](mailto:harrell310@icloud.com); or Averil Lewis at [coachaverilww@gmail.com](mailto:coachaverilww@gmail.com).

**21-23 FSU Relays**, 2 p.m. Thursday; 10:30 a.m. Friday; 10 a.m. Saturday. Mike Long Track, 1104 Spirit Way, FSU Campus. Visit [www.seminoles.com](http://www.seminoles.com).

**23 Habitat for Humanity 5K**, 8 a.m. Cascades Park, 1001 S. Gadsden St. Online registration available at EventBrite.com. Visit [www.TBRnet.org](http://www.TBRnet.org); or Tallahassee Board of Realtors at (850) 224-7713; or Sarah Babchuck at [sarah@tbrnet.org](mailto:sarah@tbrnet.org).

# 42nd Tallahassee Ultra Distance Classic 50 Mile, 50K and Manatee Marathon

////////////////////// **DECEMBER 9, 2023** ////////////////////////



Didier Justel from Decatur Georgia wins the 50-mile race in 9:00:42.



Nathalie Phelps smiles all the way to a 7:16:10 finish in the 50K.



Michael Prine completes 50K in 6:58:15

Julia Sura via Facebook



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# PRESIDENTS ARTICLE

By: Jennifer Hay, GWTC Vice President

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Jerry did a great job of succinctly summing up the past year of our club in his President's Letter last month, and now we get a chance to look forward, to decide where our club is headed, who we want to be as a community. I'm the newbie here, so it's easier for me to move forward without spending too much time looking back or being nostalgic about how things have always been, but it's so important to take a moment to realize the huge significance of some of our race directors retiring this year from races they have directed for many many years. We have a lot of big positions to fill. We have a few options for how we're going to handle this: (1) The same people doing everything else can step in as a committee and keep these races going, (2) we can find members who are willing to take on a new challenge, or (3) we can quit hosting some of our races, leaving a void for private companies to come in and host them (or not). My first choice is definitely option two, but if we can't find those people, I'm for option three. We just can't ask the same people to take on more. And although I hate the idea of letting go of races and the income that funds trail improvements, free youth programs, school running programs and equipment..., at some point, that may become a reality. That sounds threatening doesn't it? It's just a little overwhelming to fill director positions for the Marathon, Miller Landing Madness, Palace Saloon, the Summer Track series, and Breakfast on the Track with a couple more on their heels. It's hard not to fear the dominoes that will fall if we don't have members willing to support and grow our local running community at the level we've all come to take for granted. But ringing in a new year always offers hope of great

things to come and opportunities for growth.

And I love making resolutions—writing out plans for all the new hopes and habits for being healthier and happier. I make them every January for the new year and every August for my birthday, the first of every month, and often on a Monday in the middle of the month. You get the idea: great at crafting resolutions, not so great at sticking with them. (Don't hold it against me.) But recently, I had a lightbulb moment when I pieced together some advice from dietician Ilana Muhlstein and my son Hawthorne's life coach: (1) "Quit starting over." You didn't fall off the wagon; you don't have to get back on. It's not a set back. You didn't cheat on your eating or workout plan. It was a treat. Enjoy it. Keep going. The phrasing is important, y'all. You never stopped on the journey. You haven't failed in your mission. Which is where the life coach's words resonated: (2) "You hit a speed bump, not a wall." As you consider resolutions for your new year (and we consider plans for the Club), remember the words of these wise women. You're always headed toward the finish line. You may take some wrong turns here and there, hit a few speedbumps, get lost all together for a day or week or two, but the course is still there. You're still making progress. The finish line hasn't moved, and you're working your way toward it. Don't ever consider going back to the starting line. How crazy would that be?! Use what you've learned navigating this far to get you all the way through.

The key though, is to have the finish line set. You have to have an end game whether that's being healthy and mobile



enough to play with grandchildren someday or fit enough to run a half marathon or badass enough to complete an Ironman. It can't be ambiguous. You have to know what you're working toward. There are a lot of articles about how to set SMART goals and make action plans. Go read them. Follow them. Get stronger, healthier, faster, run longer, but also remember the happier part. Make resolutions that make life more fun. More fulfilling. Resolve to eat every type of fruit in the grocery store. (It's all about your microbiome, friends!) Make Tuesday taco nights with friends. Foster kittens/dogs. Start a GWTC running group to make new friends (you can even combine that with Taco Tuesday.) Maintain a bird feeder. Coach Girls on the Run. Cook something out of your league every week. Get creative with a Shalane Flanagan inspired muffin batch once a month. Start a gratitude journal—and do it right before you go to bed to get eight hours of sleep.

I know the last one doesn't actually sound fun, but it will make all the rest of life easier. Just remember we all get to the exact same finish line eventually, and the journeys—especially the last few miles—are much easier if we fulfill the resolutions—get stronger, drink more water, spend more time with the people you love, find more people to love, give back to your community, declutter, and eat your veggies.

We need to chart that course for the Club as well. What do you think our goals should be? How would you like to be involved in reaching them? Let me know. I want a text from each of you. Blow up my phone: 850-294-9395.

Wishing you all a healthy, happy, and love filled new year, and in the famous words of my daughter Ainsley's favorite wise woman: "Make the friendship bracelets. Take the moment and taste it. You've got no reason to be afraid." 🍌



**YEAR  
ROUND  
RUNNING  
GROUPS**

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

### **WINTHROP PARK EXPRESS**

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

### **GWTC TUESDAY 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.

# TYLER MENDELSON



### When did you start running?

I hit the ground running as soon as I could walk. I started running more in college (ran Florida State's campus almost every day), as in high school, majorettes took up the majority of my time. 2022 is when I really found my niche and started to truly enjoy the sport of running.

### Childhood ambition?

I wanted to follow in the footsteps of my father. He would try to get me to run with him and I would gripe. It just wasn't for me.

He ran track in high school, but I chose the majorette path. I continued majorettes into college. I LOVE running now. So, here's to my father, who has taught me many things, but one thing I took and ran with: find something you truly love and go after it with all of your heart and soles.

### Current occupation?

I am a carnie. I handle insurance and affidavits for Fair Rides for the State of Florida.

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

If money were no object, I would find my way to volunteer all of my time with children and adults with disabilities, pushing them to all abilities, and occasionally walking a dog or two.

### Favorite reads?

The Fleet Foot of course, anything my Dad passes down to me, motivational books, and a podcast or two.

### Favorite running memory?

I have many, but all of them end when my number one fan is waiting for me at my finish lines - my father.

### One of my favorite

running memories is when I went to watch a friend run a half marathon in Nashville. One of the fellow runners couldn't run and I jumped in. My mom said, "did you even bring your shoes?" It was pouring rain - and the year Gary Allan came out with his debut "Every storm runs out of rain." I was sure this storm wouldn't run out of rain though, when I ran past his recording studio. Afterwards, run-drenched, not being able to pull out my phone, I found a cop on a horse and pointed to the hotel I needed to get back to. He said "You know the route you just ran? Run it again. That's how you get back. My first half marathon-swim was a blast! I mean full marathon. And so, it began.

### Indulgence?

When you catch me, I'll be at Lucky Goat at a corner table, basking in my cup. And if Thomasville, Georgia's Moonspin Pizza just happens to come my way... I'll try most any food, oysters, see food - eat food. I am a sucker for hot tea with honey, wrapped in a fuzzy warm blanket, with my fuzzy socks on.

*"Anyway, like I was sayin', shrimp is the fruit of the sea. You can barbecue it, boil it, broil it, bake it, saute it. Dey's uh, shrimp-kabobs, shrimp creole, shrimp gumbo. Pan fried, deep fried, stir-fried."*

### Non-running hobbies?

Walking dogs, dog sitting, nature walking, cycling, occasionally picking my baton back up, spending time with those I love.

### Best place to run in Tallahassee?

I love the hills Tallahassee has to offer. I like Myers Park/Seminole Drive, Mahan, anything with incline. Our trail systems and greenways add to the fun. 🏃

## FEATURED FEET

# LANCE JACOBSON



### When did you start running?

I started running a mile or two here and there in 2014. My friend Lindsay convinced me to run my first 5k in October of 2018 (the Trash Dash at Apalachee Regional Park), and I've been hooked ever since.

### Childhood ambition?

Train Driver

### Current occupation?

Senior Planner with the City of Tallahassee's Growth Management Department

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

International Brewery Critic

### Favorite reads?

I am drawn towards books with big adventures in both fiction and non-fiction. Recent reads include *Lost Moon*, *Undaunted Courage*, and *Sovietistan*.

### Favorite running memory?

Running every Monday night with the T.U.R.D.s, an informal trail running group. Everyone is super cool and we always have a great time.

### Indulgence?

Ice cream - particularly hot fudge sundaes with mint chocolate chip ice cream.

### Non-running hobbies?

Hiking, traveling, and playing with our dog.

### Best place to run in Tallahassee?

I like to mix it up to keep things interesting, but if I had to choose, I would pick Tom Brown/Piney-Z for trail runs and Southwood for road runs.

### Preferred running technology?

Running is a time for me to unplug.

### Biggest challenge?

Resisting the urge to eat too many hot fudge sundaes with mint chocolate chip ice cream.

### Perfect day?

Every day I'm still able to run is a perfect day. 🏃‍♂️

## EQUIPMENT

### FLEET FEET TALLAHASSEE

1845 Thomasville Road, #125  
(850) 727-8011 [www.fleetfeet.com/s/tallahassee](http://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)



# 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 27, 2024 at 9:00 a.m.

**PLACE:** Start/Finish at the FSU/FAMU Engineering Building  
Innovation Park - Pottsdamer Street - Across from Seminole Golf Course  
The course runs through the Innovation Park area- Certified: FL21047JK  
For more information text Bill Hillison (850 228-2392)

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

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

**REGISTER:** [RunSignUp.com/Race/FL/Tallahassee/BowlegsRunforScholarship5K](https://RunSignUp.com/Race/FL/Tallahassee/BowlegsRunforScholarship5K)  
or use the following QR code:



## Background And History Of The Bowlegs 5k Run For Scholarship

The race was initiated in 1984 by Leitch Wright, a professor and GWTC member, as a vehicle to raise FSU scholarship funds for The University Club (now Faculty and Friends Club of FSU). Originally the race began and ended at Tully Gym. Subsequently, to avoid traffic problems, it was moved to Innovation Park beginning and ending at the Engineering Building. The race became a club race in 2002. Scholarships (\$600 - \$1,000) are typically awarded to needy, 28 and older, returning full-time undergraduate students who maintain a 3.2 or better GPA. To date, more than 225 scholarships have been awarded from the net proceeds from the race. One of the key highlights of the race is the door-prize drawing for those runners and volunteers attending the announcement of the race results.



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# IRC COMMUNITY INCLUSION RUNNING EVENT A SUCCESS

By: Gabrielle K Gabrielli



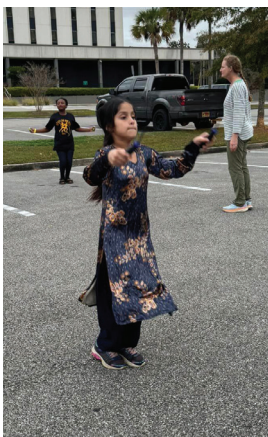
The International Rescue Committee (IRC) youth program concluded in November.

GWTC provided a stellar group of volunteers. The kids loved the program and new kids continued to arrive each week.

We averaged 38 kids and 12 volunteers for each of our weekly sessions and needed to reschedule week 6 to week 7 due to thunderstorms.

The kids who are refugees came from countries including Afghanistan, Congo, Colombia, Guatemala, and Syria.

The International Rescue Committee asked GWTC to repeat the program in the Spring, and the plan is to do so.



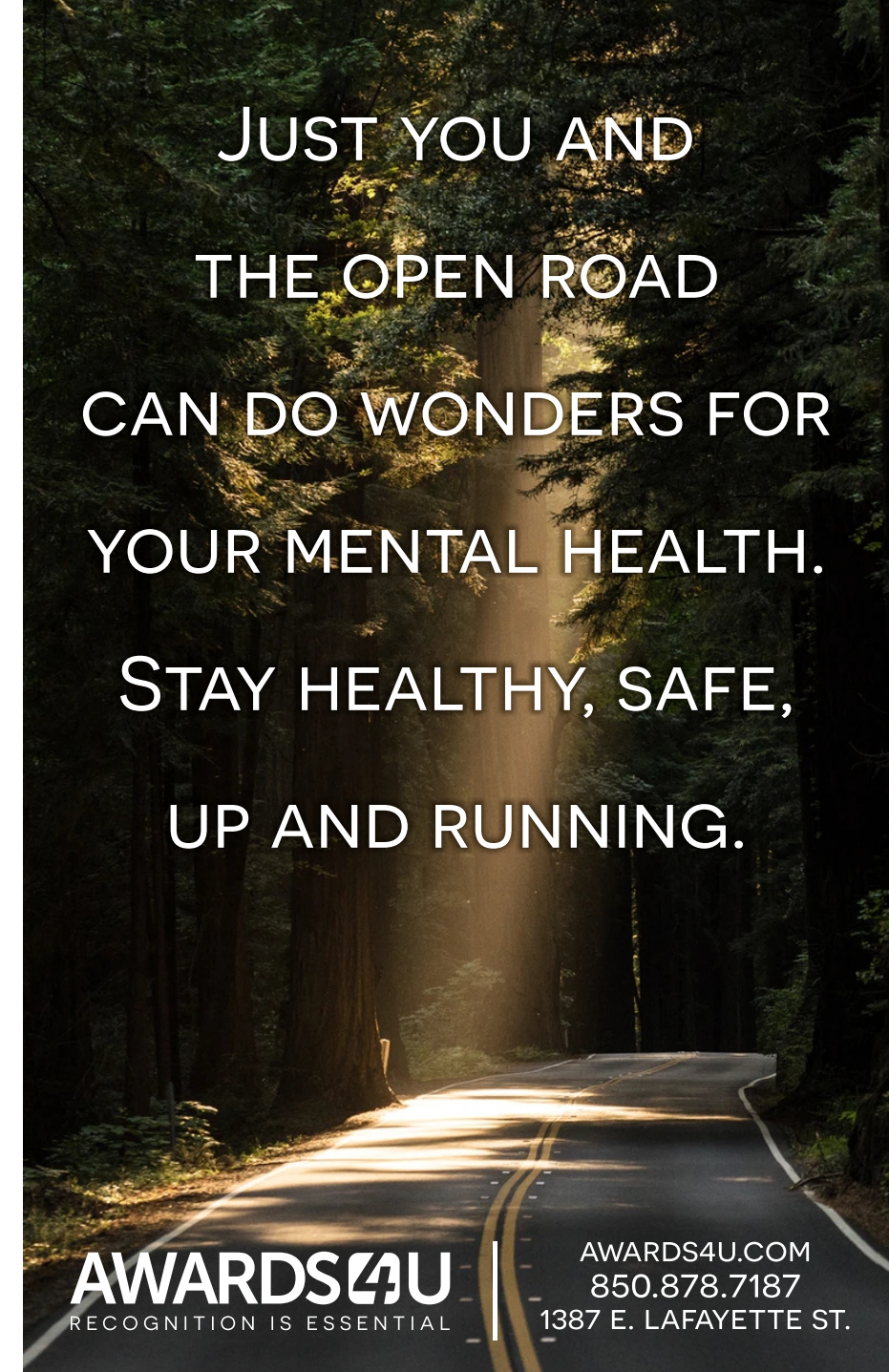




Danny Manausa organized the program, and Gabrielle K. Gabrielli, Ph.D supported the efforts by developing an online volunteer registration form as well as a language guide with 8 languages the kids spoke.

Members of the committee enjoyed volunteering at the weekly events at Cascades Park, and we look forward to adding a Spring session, too..





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# 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

# 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.

## 2024 Complete Grand Prix Schedule

Date	Race	Adult	Youth
January 6	Swamp Forest Half Marathon		
January 13	GWTC 15K	15K	
January 27	Bowlegs		1M or 5K
February 11	Tallahassee Marathon		
February 17	Flash	6K	
March 2	Shamrock Scurry	5K	1M or 5K
April 6	Springtime		1M or 5K
April 20	Palace Saloon	5K	
April 27	NeSmith	5K	
May 4	Tails & Trails	10K	
TBA	Potluck Bash	4 Mile	
August 3	Breakfast on the Track Mile	1M	1M
August 5	Bluebird Run for Brookie B		5K
September 14	Run for Sickle Cell Anemia	5K	1M or 5K
September 21	Women's Distance Festival	5K	
September 28	Prefontaine Forest Run		1M or 5K
TBA	Pine Run	20K	
November 28	Turkey Trot	10K	1M
TBA	Catfish Crawl	5K	5K
December 21	Tannenbaum	6K	

New Volunteer Requirement: To receive Grand Prix annual awards you must complete at least one volunteer service to the club. This includes any volunteer activity including race registration, packet pick-up or during an actual race event. Plan where you'd like to volunteer and reach out to race directors.

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

## VOLUNTEER SPOTLIGHT

# JULIA SURA



**How long have you been a member of GWTC?**  
About 10-12 years.

**How did you first get involved as a volunteer?**  
I believe my first volunteer project was “Smirf” in 2014. I was one of the two main coaches that summer. Roger Schmidt was the other one.

**What do you enjoy most about volunteering?**  
What I enjoy most about volunteering in the running community is getting people excited about running. In my case, that means getting kids excited about the sport (examples include the “Smirf” group and running with immigrant kids from all over the world who need to immerse themselves in the Tallahassee community).

**Why do you volunteer?**  
I like meeting people with the same passion,

exchanging ideas. I guess everyone says that, but it’s true, we love the GWTC and want to give something back because we get a lot out of the running club.

**What is your next volunteer project?**  
It’ll be the Tallahassee marathon where Philip and I have been in charge packet pick-up registration for a few years. And, I guess, running with kids that came to Tallahassee via IRC (the International Rescue Committee) is something I could call an ongoing volunteer project. Dan Manausa is the organizer and does an amazing job, and I love to run with these children. Some of the parents are my students at ACE (Adult & Community Education school). 🏃

## 42nd Tallahassee Ultra Distance Classic 50 Mile, 50K and Manatee Marathon

//////////////////// **DECEMBER 9, 2023** //////////////////////



Race Director Jack McDermott welcomes Addison Hendricks from Pensacola across the finish line of the 50 mile race.



Vicki Sue Merry of Cantonment, Florida demonstrates how to finish a 50K.

Julia Sura via Facebook

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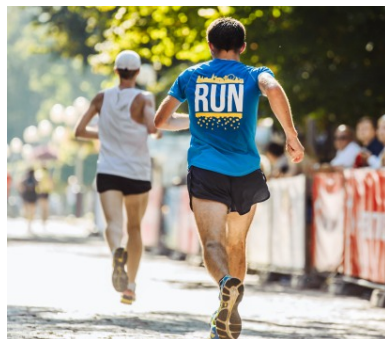
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The 2023 USA Track & Field National Club Cross Country Championships were held right here in Tallahassee on December 9, 2023 at Apalachee Regional Park in Tallahassee, FL.

Runners traveled throughout the country for the event. The championships consist of five separate races: Masters Women 6 km, Masters Men 60+ 8 km, Masters Men (40-59) 10 km, Open Women 6 km, and Open Men 10 km.

Gulf Winds Track Club delivered a strong showing. Here are photos of the Masters Women's team.





