

# THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | FEBRUARY 2024



## ANN CENTER LEADS KATIE SHERRON

ANN CENTER WINS GWTC 30K WITH RECORD SETTING 1:59:49 LEADING EIGHT-TIME RACE WINNER KATIE SHERRON WHO FINISHED RUNNER-UP AT 2:02:13, THE BEST TIME ON THE COURSE BY A WOMAN MASTER.

Photo credit: Herb Hills

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VOLUME 49 | ISSUE 2

**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

On Potsdamer Street just after the start of Gulf Winds Track Club's 2024 Bowlegs 5K



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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 December 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](https://www.gulfwinds.org).**

**Youth Grand Prix:** Lisa Unger presented the adult 2024 Grand Prix schedule at the November meeting, and she presented the 2024 Youth Grand Prix at this meeting. There are seven One Mile races and seven 5K races. Motion was made to approve and seconded. Motion passed.

**Turkey Trot 15K/10K/5K/1m Budget Closeout:** There were 5170 registrants and 4536 finishers.

**USATF National Club XC Championships:** GWTC was represented by 36 members, running in various races throughout the day. This was a better turnout than expected and everyone enjoyed themselves.

**Use of FSU Track:** Bill Lott, David Yon, Tom Perkins, and Bernie Waxman met with FSU head coach Bob Braman. This was about getting access to the FSU track. The track resurfacing was expensive. They discussed possible ideas for use of the track. The Leon High School track is open for public use on Saturdays 7:00-11:00 a.m. Jerry announced that the Capital Regional Planning Commission has been asked to create a Task Force on Cyclist/Pedestrian Safety. Jerry will serve on the committee. Katie Sherron has graduate students in Economics who would like to develop an impact study of the Tallahassee Marathon and GWTC generally.

**Treasurer's Report:** As of November 30, 2023, net assets are \$206,511.94, and net loss as of November 30, 2023, is \$22,086.83.

**Tri Club:** Incoming club president Beverly Harrell reported that the Duathlon (March 3) is now open for registration. The Tri Club volunteered at the Turkey Trot.

**Membership:** Jo Lena Pace reported that there are 1254 memberships (1244 last year at this time) and 712 households (703 last year at this time).

**Diversity, Equity, and Inclusion:** The International Rescue Committee (IRC) youth program concluded in November. GWTC provided a stellar group of volunteers. The kids loved the program. New kids continued to arrive each week. They

averaged 38 kids and 12 volunteers for each of the weekly sessions. Weeks 6 and week 7 had to be rescheduled due to thunderstorms. The kids who are refugees came from countries including Afghanistan, Congo, Colombia, Guatemala, and Syria. The IRC has asked GWTC to do a program in the Spring, and the plan is to do so. Danny Manausa organized the program, and Gabrielle Gabrielli supported the efforts by developing an online volunteer registration form as well as a language guide with eight languages the kids spoke. Members of the committee enjoyed volunteering at the weekly events.

**Equipment:** Bill Lott reported that Vicky Droze purchased a 60-quart, wheeled chest cooler (\$54.99) and two 50-watt megaphones (\$62.99 each) to replace those that are broken. A 52-quart chest cooler was donated to the Club. There are no other equipment issues to report.

**Chip Timing:** Bill Lott reported that in November, GWTC chip timed two non-Club races (Brewtallaty Offroad Duathlon and Veterans Day 5K) and one Club race (Tallahassee Turkey Trot 1M/5K/10K/15K). In December, three Club races (GWTC 10M & 5M Challenge; Tallahassee Ultra Distance Classic 50M/50K/ Marathon; and Tannenbaum 6K) will be chip timed. Three Club races (Swamp Forest Trail Run Quarter Marathon/Half Marathon/20.5M; GWTC 30K/15K; and Bowlegs 5K Run for Scholarship) are scheduled to be chip timed in January.

**Grand Prix:** Lisa Unger reported that the 5 and 10-Mile Challenge was the last Grand Prix race on the 2023 calendar, but it was cancelled due to weather. Lisa analyzed the scores for those individuals who only had two races at that point in time (three are required). Only one person would have broken into the Top Five of the age group if the race had been held. Lisa asked if that person could be assigned 2nd place in her age group (there was only one other person in the age group). Lisa also announced that some changes will be made in 2024—two new members will join the Grand Prix committee.

Lisa discussed the new policy intended to increase volunteerism by requiring Grand Prix participants to volunteer at one race. For the Youth Grand Prix, she felt that 0-14 should not be obligated to meet that requirement. Beverly reported how the tracking of volunteer hours is done for the Tri Club. She encouraged race directors to contact her for volunteers because Tri Club members need volunteer hours. Mark Priddy stated that this new policy needs to be included in the Bylaws. Lisa and Mary Jean are developing a report on this. 🏃

# RACE CALENDAR

## 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](http://RaceEntry.com). Visit <http://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 [tjhowell1@gmail.com](mailto:tjhowell1@gmail.com).

**10 Sweetheart 5K Run/Walk,** 8:30 a.m. St. John Paul II Catholic High School, 5100 Terrebone Dr. Online registration available at [RunSignUp.com](http://RunSignUp.com). Phil Dorn at [athleticdirector@jpichs.org](mailto:athleticdirector@jpichs.org) or (239) 462-2534.

**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](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).

**17 FSU Relay for Life Run with Heart: Cancer Awareness 5K,** 9 a.m. Integration Statue on Woodward Plaza, behind Oglesby Student Union, 75 N. Woodward Ave., FSU Campus. Online registration available at [EventBrite.com](http://EventBrite.com). Visit [www.relayforlife.org/fsufl](http://www.relayforlife.org/fsufl); or Catherine Marshall at (727) 262-3061 or [fsurfl.eventdirector@gmail.com](mailto:fsurfl.eventdirector@gmail.com).

**24 MAD (Making A Difference) 10K/5K/1M,** 8 a.m. 1M; 8:30 a.m. 10K/5K. Thomasville Road Baptist Church, 3131 Thomasville Rd. Online registration available at [RunSignUp.com](http://RunSignUp.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 Methodist Church, 2800 Shamrock South (at the Killarney Way traffic circle). Online registration available at [EventBrite.com](http://EventBrite.com). Visit [www.shamrockscurry.com](http://www.shamrockscurry.com); or email to [jim@killlearn.church](mailto:jim@killlearn.church).

**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. (CT). Johnny Hughes Community Center, 405 S. 3rd Ave., Hartford, AL. Winston Howell at (334) 390-1259; or Mark Sheehee at (334) 588-0906 or [hfrchief@cityofhartford.org](mailto:hfrchief@cityofhartford.org); or Stephanie Riley at (334) 588-2384 or [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](https://runsignup.com/st-marks-duathlon/). 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 [coachaveriww@gmail.com](mailto:coachaveriww@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](http://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).

**24 FSU Medical Response Unit's 15th Annual Run for Your Life 5K**, 9 a.m. Unconquered Statue on Langford Green, Doak Campbell Stadium, 288 Champions Way, FSU Campus. Online registration available at [RunSignUp.com](https://runsignup.com). FSU Medical Response Unit at (850) 644-3349 or [uhs-mru@fsu.edu](mailto:uhs-mru@fsu.edu).

## APRIL 2024

**06 Springtime 10K/5K/1M (1M GP for Youth Only)**, 7:30 a.m. 1M; 8 a.m. 10K/5K. Suwanee St. next to Cascades Park. NOTE: Start Location is the same as the Finish Location on Suwanee St. Online registration available at [RunSignUp.com](https://runsignup.com). Visit [www.springtime10k.com](http://www.springtime10k.com); or [www.gulfwinds.org](http://www.gulfwinds.org); or Jerry McDaniel at [springtime10k@gmail.com](mailto:springtime10k@gmail.com).

**13 Nene Fest 2-Way 5K/1M**, 8 a.m. 5K; 9 a.m. 1M. Optimist Park, 1806 E. Indianhead Dr. Online registration available at [RunSignUp.com](https://runsignup.com). Visit <http://facebook.com/nene5k>; or Marie Claire Leman at [nenefest5kandfunrun@gmail.com](mailto:nenefest5kandfunrun@gmail.com).

**20 Palace Saloon 5K**, 8 a.m. Start at Messer Fields, corner of Jackson Bluff Rd. and Dupree St.; finish at Palace Saloon, 1303 Jackson Bluff Rd. Online registration available at [RunSignUp.com](https://runsignup.com). Visit [www.gulfwinds.org](http://www.gulfwinds.org); or Tom Perkins at [tompsonperkinsfsu@gmail.com](mailto:tompsonperkinsfsu@gmail.com) or (850) 264-4595.

**20 Rose City Run 10K/1M**, 8 a.m. 10K; 9:30 a.m. 1 M. North Broad St. at corner of Broad St. and Monroe St., near U.S. Post Office, Thomasville, GA. No Race Day Registration for 1M. Online registration available at <https://ymca-thomasville.org/rose-city-run>. Thomasville YMCA at (229) 226-9878 or [rcr@ymca-thomasville.org](mailto:rcr@ymca-thomasville.org).

**20 Gladiator Challenge, an Adventure Race/5K** (adventure race ages 3-14; 5K and obstacle course ages 13 and up; 5K only ages 16 and up), 8:30 a.m. Phipps Farm, 4300 N. Meridian Rd. (across from Maclay School). Online registration available at [RunSignUp.com](https://runsignup.com). Visit [www.gladiatorthl.com](http://www.gladiatorthl.com); or Susan Huber at (850) 294-4204 or [gladiatorthl@gmail.com](mailto:gladiatorthl@gmail.com).

**27 Nesmith 5K**, 8:30 a.m. Phipps Farm, 4300 N. Meridian Rd. (across from Maclay School). Online registration available at [web.cvent.com](http://web.cvent.com). Sue Ault at (850) 556-5922.

**27 Rose City 5K Walk**, 8:30 a.m. Thomasville Center for the Arts, 600 E. Washington St., Thomasville, GA. No Race Day Registration. Online registration available at <https://ymca-thomasville.org/rose-city-run-walk>. Thomasville YMCA at (229) 226-9878 or [rcr@ymca-thomasville.org](mailto:rcr@ymca-thomasville.org).



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# PRESIDENTS COLUMN

By: Jerry McDaniel, GWTC President

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This column may tend to meander a bit but stay with me. I see and talk with my mother a time or two each week and we often chat of her past, growing up. She was an only child and often laments her loneliness growing up with no siblings. By contrast, my wife Jackie, has 3 sisters. It had to be nightly chaos for her working father to come home each evening from work to 4 teenage daughters. Add in a pet monkey that occasionally escaped from its cage, and you get why Dad retired outside to the pool each evening with some "brown juice". Even though these contrasting home environments operated at opposite ends of the spectrum, they were both family.

GWTC, likewise, is a family in a lot of ways. I know many members that would appear pretty darn lonely without the track club as the only time I see them about town, they are with fellow members. Now you could say we are a family or even a community. Instilling a sense of community in an organization can be hard to do. I imagine if we took a poll, some members in the track would say we have done that pretty well, while others would say not so much. Group run leader Joi Adams Savery is doing quite well with this lofty goal in her new role of helping manage group runs (along with several others) and encouraging folks to become members and join a group run. Joi came to a recent GWTC Board meeting and posited how we might better create an atmosphere for members that was more communal. The Board had no ready answers, but we encouraged her to come back with ideas possibly expanding on her already great work!

I do know one way to feel more a sense of belonging is to help, as in volunteer. Yeah, that same old hue and cry. I have been running for some 50 years now, and a member of the track club for probably 35-40. In my early years I ran a lot of races and never had a single thought of volunteering to help with the club or at races. I just showed up to run, and in some years probably raced what seemed like 2-3 times a month. I do not even recall being asked to volunteer. When Jackie and I got married, she was more naturally inclined to do this and started helping at races, but I just continued what I was doing...run and race. I truthfully do not recall when I started volunteering - could have been Turkey Trot, prodded by Mary Jean and maybe Jackie. You could say that I have evolved from doing essentially nothing to doing a good fair share in recent years - maybe even making up for lost ground.

Folks we are very close, if not at, a crossroads. With some exception, this club's leadership is aging and, in a sense, on borrowed time. I think I determined that over 60% of our voting Board are in their 60's and 70's and will simply not be around to do these critical jobs much longer. Why is this? Well, the obvious - aging, health concerns, and sheer weariness of the dominance some of these jobs entail on your daily life. We have installed measures similar to the tri-club's on mandatory volunteerism in order to qualify for Grand Prix awards for 2024. These are presently being finalized and have only become necessary due to the lack of members voluntarily stepping up. Don't



get me wrong, we have volunteers... BUT IT IS OFTEN THE SAME BASIC MEMBERS for the most part. As I write this, Felton and Bonnie Wright have professed that this is their final year as directors of the marathon. They have telegraphed this for at least a year, yet no one has come forward to shadow them in 2024. We have an open slot at this time to co-direct the 30K/15K. There are other races in which race directors are suggesting their time is limited. Equally important, the folks that run the Board are mostly the same folks - year in and year out - although we do get an occasional new member or two as we did this year which we are quite thankful for.

We need more new blood on the Board, race directors, and for a variety of appointments to insure the GWTC is sustained. Don't be like me in my early years and assume the club and these races will magically always be there. 🚩



# WE WANT YOU!



## 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.

# MEGAN NOONAN



### When did you start running?

My freshman year in high school. My friend asked me to try a cross-country practice with her. She didn't end up sticking with it, but I somehow kept coming back. I ended up falling in love with the community of my teammates and the challenge. My lack of coordination didn't seem to interfere with this sport either.

### Childhood ambition?

I really don't know. I knew I was going to get myself into college but failed to set a goal from there. I guess I hoped it would come to me along the way. I actually chose my college based off a cross-country running scholarship but struggled to find a field I really wanted to pursue.

### Current occupation?

I sell copiers for Service Plus Office Machines and I'm a Personal Trainer.

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

Not sure, maybe just full time-ish personal trainer.

### Favorite reads?

I'm unfortunately not a huge reader but really felt the full gamut of emotions reading *Kite Runner*. I remember having to put the book down for a day or two at one point before I had enough emotional strength to get back to it. I love how books can do that to you.

### Favorite running memory?

I've got a lot of good ones. I'm going to give my favorite running experience as of recent. My husband and I visited Italy this year for the first time. We were

training for the Philly Half Marathon and this trip we had to knock out an 8 and 9 miler. We experienced all of Florence, Verona, and Trenton on foot. It was magical! It was an awesome distraction running through gorgeous ruins, ancient buildings and roads, and seeing such lovely scenery, experiencing it all with the man I love.

### Indulgence?

Love chocolate and homemade cookies!

### Non-running hobbies?

Love weightlifting and just experiencing new things with friends and family. Love a good hike through a new place and stumbling upon waterfalls and all the beauty of nature. North Georgia has won my heart.

### Best place to run in Tallahassee?

My favorite is probably Tom Brown Park. I love running on the bike trails there.

### Preferred running technology?

My watch. Garmin Forerunner 255.

### Biggest challenge?

Being a parent. Best challenge but I'm constantly hoping I'm guiding them in the right direction.

### Perfect day?

Enjoying a cup of coffee with the sunrise. Exploring a new trail in the mountains that's challenging, has waterfalls, coves, etc. with my loved ones. Enjoying a wonderful dinner that overlooks beautiful scenery and catching the sunset, then cuddling up for a family movie or game 🎮

## FEATURED FEET

# GREG NOONAN



### When did you start running?

I began running with my late father when I was probably around 9 or 10 years old, but I didn't take it more seriously until I met my wife during my sophomore year of college. She was on the cross-country team, and I wanted to keep up with her.

### Childhood ambition?

It seems like during most of my childhood I was either thinking about sports or girls, or the homework that I should have been focusing on. Fortunately, my sister got into law school three years ahead of me so I turned on the jets to prove that I could do it too.

### Current occupation?

Attorney.

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

I still haven't figured that out. Maybe landscape design. I loved working on the grounds crew at two golf courses when I was a kid, though my back probably couldn't handle that now.

**Favorite reads?** A Land Remembered, 1776, The Perfect Mile.

### Favorite running memory?

Besides the Italy trip that Megan talked about, I'd say running the Turkey Trot 5K with our 7-year-old, Everett, this year. Towards the end I told him we could catch up to the kid ahead of us and he immediately shot back, "not gonna happen." The Philadelphia Half this year is up there too.

### Indulgence?

We ran the Swamp Forest Half recently without racing it. We were able to run together and chat most of the way which

we'd never done before. We still tried to beat each other in the last 50 feet, though.

### Non-running hobbies?

Golf and travel.

### Best place to run in Tallahassee?

I like Cascades for training since it's a mile loop and seeing other people exercising/running motivates me.

### Preferred running technology?

Super-shoes. Alphafly 2's for me.

### Biggest challenge?

Taking my training from 5K's to half marathons and trying to hit the NYC Marathon qualifying time of 1:25. There's so much more to it in terms of injury/load management, nutrition, etc. I've had to do a lot of research. I can't imagine what it's like for full marathons or ultras.

### Perfect day?

Exploring a new place during a long run or hike with the family. 🏃🏻‍♂️





**SATURDAY, MARCH 2, 2024**  
**8:00 AM - 1 Mile Youth Grand Prix**  
**8:30 AM – 5K Grand Prix**

**Killearn Methodist Church**  
**2800 Shamrock Street South, Tallahassee**

Registration includes post-race Pancake Breakfast!

**Register Now and SAVE!**

**[www.shamrockscurry.com](http://www.shamrockscurry.com)**

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# FEMALE TRIATHLETE OF THE YEAR

## BEVERLY HARRELL

*Presented by Kory Skrob*

Our Female Triathlete of the Year epitomizes the love of competition, camaraderie, and service to both Gulf Winds Track Club and Gulf Winds Triathletes.

In the realm of athleticism, our Triathlete of the Year began competing in Gulf Winds Track Club races in 2017. Like so many, she found herself drawn to the dark side...TRIATHLON.

This year, she left us in awe. She completed challenging races including Ironman 70.3 Chattanooga, Ironman 70.3 Augusta as well as completing her first FULL Ironman, at Ironman Florida. That with local 5K's as well as sprint distance triathlons.

She has been an encourager, training partner and inspiration to many throughout the year.

Moreover, she has shown unwavering service when the tri club faced adversity. Her selfless dedication in challenging times is truly inspiring.

Plus, she also devoted her time to the Gulf Winds Track club organizing and manning aide stations for the Tallahassee Marathon and Turkey Trot and now joining the board of directors.



But more importantly, our winner is a wife to Vins and mom to Anna, Natalie, and Cooper. And, she's even inspired her son to complete triathlons himself.

Please join me in congratulating Beverly Harrell as the Gulf Winds Track Club Female Triathlete of the Year!



# MALE TRIATHLETE OF THE YEAR RICK ASHTON

*Presented by Keith Rowe and Jeff Bowman*



Our 2023 recipient grew up in South Florida and played every sport he could. He moved to Tallahassee in 1969 where his love of running blossomed and joined our Gulf Winds Track Club.

He started his triathlon career in 1984, doing hundreds of triathlons for over 40 years. His first event was the Outdoorsman Triathlon in Bryson City North Carolina. This race is self-described as the nation's first triathlon, which consists of a 1-mile swim, a 4-mile run and an 8-mile whitewater canoe trek. To this day, our recipient still competes in this race.

Other high profile grueling events he has competed in include the Ironman World Championship in Kona, Hawaii, his favorite.

His 2nd favorite triathlon is the Escape from Alcatraz, in San Francisco Bay. He has also competed multiple times in the Tour Divide Bikepacking Race, over 2700 miles traversing the length of the Rocky Mountains, from Canada to the Mexican Border, and over 200,000 feet of climbing. He is currently training for it again, his 5th Tour Divide, with a 28-day completion goal.

In 2023 he competed in over a dozen events. Of note, the Red Hills Triathlon, the Outdoorsman Triathlon, the Inaugural 6 Gap Gravel ride, The Dirty Pecan 150 miler, The Sasquatch Dirt 130 miler, on & on... One of his greatest gifts is giving back to the sport and club. For instance, every year after collecting his age group award at the Red Hills Triathlon, he can be found helping clean up, dismantling bike racks, whatever needs to be done. For him, this is the norm.

He also hosts several training rides each week, where everyone is welcome, young & old, newbies & veterans, triathletes and road riders... For the new inexperienced rookies, he keeps a watchful eye, always the attentive mentor.

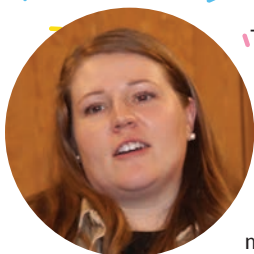
Ladies & Gentleman, I present to you, our 2023 Male Triathlete of the Year, Rick Ashton!





# COMMUNITY AWARD REI CO-OP

*Presented by Carter-Hay*



The Community Award goes to a business that's new to Tallahassee, and before they opened two of their managers attended a Gulf

Winds Track Club board

meeting to build a relationship and to show support the local running community.

In February, this company stepped up with gifts to the Marathon Race Committee to thank them for the service that the committee had done to put on that race for the city.

For the Springtime Tallahassee race this organization hosted packet pickup. To entice race registrants to early pickup they gave away coupons and held a drawing for free memberships.

For the Red Hills triathlon, they recruited volunteers for an aid station, provided packet pickup bags and coupons.

For the Pine Run 20K, they donated more than \$800 in prizes including cooler bags, not just to the overall winners but to every age group winner. Plus, they were there on race day to run an aid station and volunteered at other places on the course.

Recently, they also hosted a joint workshop with Gulf Winds Track Club for those who were interested in getting into running.

And then lastly, through their Cooperative Action Fund they awarded a grant to Sports Ability, a local organization that provides disabled athletes with equipment like all-terrain and sports wheelchairs, so they can get outdoors and do all the things that we clearly value ourselves.

I'm very happy to recognize this year's community award winner, REI Co-op.

## BILL LOTT VOLUNTEER OF THE YEAR BERINICE MERCER-LEWIS

*Presented by Gabrielle K. Gabrielli, Ph.D.*

Our winner has done so much for our club and our community with a servant heart. She is amazing and well deserving of this award. Berinice has a has a compassionate heart as a nurse for over 30 years and a nurse supervisor for 25 years.

She's not just inspirational. She will hold your butt to the fire when you're struggling. She'll make you run that extra mile. She helps people be the best possible versions of themselves.

She is an ambassador with Black Girls Run and has done a phenomenal job getting BGR involved with the Gulf Winds Track Club events. Last year the BGR team won the water station award at the marathon.

This year's Bill Lott Award goes to Berinice Mercer-Lewis.



# CLEVELAND CALDWELL ADVANCEMENT OF THE SPORT AWARD NANCY STEDMAN

*Presented by Jack McDermott*



This person has done everything, running, coaching, race directing, a super volunteer, but first and foremost, her life is a testament to the transformational power of running.

She and her husband founded a running group, the Imitation Adults, in 2008. It's been going for 15 years. It's an all-inclusive group supporting an estimated 400 to 500 runners.

One of her biggest contributions has been as a race director. She co-directed the Tallahassee Marathon from 2008 to 2015. She helped transform it from sort of a fun, parochial, local race, into a national race, often mentioned on Marathon Guide as one of the fastest races. The 2014 race had a record 358 marathon with the half capped at 750.

After that, she and her husband began race directing the Tallahassee Ultra raising the profile of the event within the Southeast ultra running community.

And now she's created a brand-new race benefiting the Tallahassee Big Dog Rescue. She created a new racecourse, found a on the local running calendar, advertised the race and created a successful race out of thin air. Today, the Fur Fest 5K is now a part of the holiday running calendar on the weekend before Thanksgiving.

Our winner was an RRCA certified running coach, coached several distance runners, served on the board of directors, been involved in the lecture series and has been an endless volunteer.

Today, one of her goals is to run a marathon in all 50 states and two weeks ago she finished her 37th state, New Mexico.

It is my honor to introduce this year's Cleveland Caldwell Award winner, Nancy Stedman.

## EQUIPMENT

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# RACE DIRECTOR OF THE YEAR BILL & MARY BOWERS

*Presented by Jeanne O'Kon and Lisa Unger*



In keeping with Gulf Winds tradition, we will make several vague statements, so it won't be obvious who the recipient is!

This race director is very dedicated and has directed an important race in Tallahassee for several years. This race director recruits great volunteers and guides them to fulfill their responsibilities well. This race director raises charitable donations for an important nonprofit in the community. This race director is a member of Gulf Winds, but the race is a non-Club race. A goal of this race is to combine athletic competition with social outreach. A "No Timing" option is provided for those who do not want to compete for race times.

This race director is actually TWO people: a husband-and-wife team who put together a quality event year after year!

Now, more specifics:

This race on Labor Day is a fundraiser for NAMI: the National Alliance on Mental Illness. This race is designed to promote suicide awareness and to provide information about mental health resources in the community. Race participants are encouraged to write comments on a "Memory Lane" exhibit in remembrance of those who may have died by suicide. These race directors get the job of race directing done from preparing a perfectly detailed web site, to ensuring the safety of all runners and walkers, while emphasizing that everyone has a fun time at the event.

Please join us in honoring the race director of the year, for The Bluebird Run and Walk for Brookie B. ----Bill Bowers and Mary Bowers.



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# FEMALE RUNNER OF THE YEAR

## LAURA MCDERMOTT

*Presented by Paula O'Neill*



Our Female Runner of the Year helps so many others become better because she's such a giving, caring, generous person. It just comes naturally to

her, as evidenced by her coaching and mentoring youth runners through Girls on the Run, the Wolf Pack Summer Running Group, SMIRFS, and Middle School Cross Country. She also gave of her time and talents through race direction for both Gulf Winds Track Club and Leon County Schools, all the while designing and selling Gulf Winds merchandise.

Our winner finished this year's Grand Prix tournament in first place, running 13 of the 15 races and earning the most points...

She was overall female winner of the Sizzler 5K and was master winner at the Blue Bird, Catfish, and Tate's Hell 5K's, and she was third overall female at that grueling Pine Run. She also ran the Tallahassee Half Marathon and the Boston Mini Marathon. This was all while building back from a debilitating knee injury!

She even ran the 2023 Big Sur marathon to test how her injury recovery was progressing which helped add to her grand total of 65 lifetime marathons, many of them run around the globe, because she runs marathons wherever she travels, an achievement in itself with having to sight see on marathon legs afterwards. Her Boston count is four although she's qualified for eleven.

I am so happy and excited to present to you this year's Gulf Winds Track Club Female Runner of the Year 2023 Laura McDermott.

### **M. Felton Wright**

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# MALE RUNNER OF THE YEAR LEONARDO CANETE

*Presented by Tim Unger*



GWTC Runners Of the Year usually affect race dynamics with simple domination – by winning races.

No doubt, the 2023 Runner of the Year (ROY) has run – and won – race after race after race since he first arrived in Tallahassee in 2021.

After attending a few local events he traveled to Jacksonville for the First Place Sports Summer Beach Run, which is known to be the oldest footrace in Florida. It is an all-sand 5-mile event that is run on Jacksonville Beach. GWTC great Ken Misner won the SBR a few times in 1970's, and Tim Simpkins won it in 1976. Of course, our 2023 ROY crushed it! The moments after he became the third GWTC winner of the SBR were both electric & hectic as the local crowd could not believe that an out-of-towner had just won!

This past summer he became the first GWTC winner of the NWFTC's crown jewel event; The Billy Bowlegs Midnight Run since Tim Simpkins, and he was Master's champion of the Bushwhacker 5k a few weeks later.

I can't list every event our ROY has a claim on, but here's a few:

- He's won nearly 50 percent of the 75 local events he has entered in just 3 years.
- He is the 2023 USATF Florida Masters Champion who led a GWTC team to a USATF national team finish.
- He has won the Summer Trail Series title an amazing 3 times.

This runner displays so much more than just running and racing accomplishments. Many people have described him as humble and encouraging to other runners, and one of the most friendly and sociable runners you may ever meet. He is regularly seen wearing the GWTC logo proudly, representing our club very honorably wherever he competes.

It is with great pride that I present to you the 2023 Runner of the Year, GWTC's 2-time Grand Prix Champion,

The Argentinian Sensation: Leonardo Canete.



# GWTC HALL OF FAME

## JERRY MCDANIEL

*Presented by Mary Jean Yon*



In addition to being a valuable member of the club for many years, this person has also spent a considerable amount of time

directing club races and simply volunteering in general. Before we talk about that, let's talk about the running prowess of this nominee.

Our winner has been a member of GWTC for approximately 26 years and a runner for 48 years. Since 1998, this runner has consistently scored in the top three positions in their age group. Our winner has run every distance from the mile to the Boston Marathon. During that time there were many sub-20-minute 5K's, sub-40 minute 10K's and an impressive streak of sub 5:35-minute miles at Breakfast on the Track.

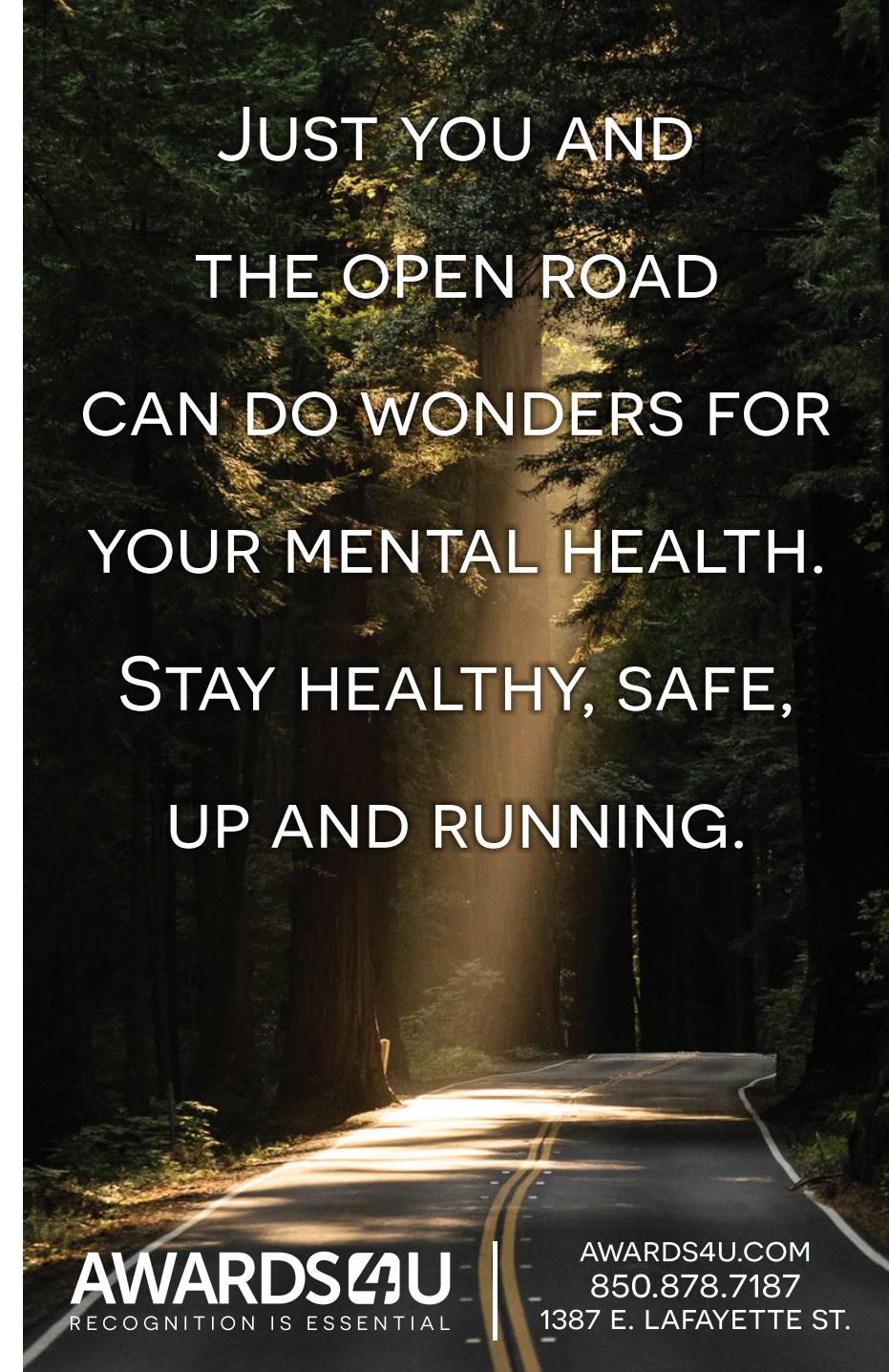
In 2004, our nominee and his wife became race director for the GWTC 30K for 12 years moving the race to Old Centerville Road and adding a 15K distance option.

Today, our winner is the race director for Springtime Tallahassee races.

He's served on the GWTC Board as a Director-at-Large. After taking a short break he was elected President of GWTC. He comes to that position with a vision, goals, and a plan. It certainly doesn't hurt that he has many years of valuable experience serving as the Budget Director for the State of Florida for at least two governors.

And last but not least, our nominee has the ability to interact with people of all types but especially with kids. He hones his skills with the SMIRFs and Striders youth running program where he volunteers on weekday mornings throughout the summer months and Monday evenings the rest of the year. It is always inspiring to watch as he treats everyone fairly and equitably as he "herds the cats" which is certainly a skill that comes in handy for handling his fellow GWTC Board members.

Please join us in congratulating Jerry McDaniel as the 2023 inductee into the GWTC Hall of Fame and a big thanks to Jackie McDaniel for helping him to shine!



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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



# CUSTOM PRINTED APPAREL FOR YOUR RACE

Need shirts for your next event or run? We've got you covered!

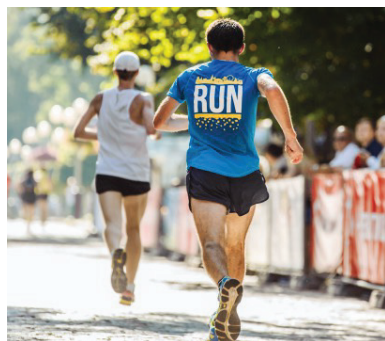
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## VOLUNTEER SPOTLIGHT

# TEC THOMAS

This photo of Tec Thomas in 1983 was provided courtesy of Rex Cleveland. It was provided by Mae Cleveland after Rex passed away.

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

I started my running experience in the mid '70s. I was on a cycling team that shadowed the U.S. cycling team. But we stayed on the east coast. After a couple of years, I sustained a haunting injury which I couldn't shake.

In '76, I was living in Stowe, Vt. In a complex with my team. I lived nearby to an Olympic Nordic skier, Larry Damon. He was also a Masters national caliber runner. When he realized I was no longer doing the team rides, he took me under his wing. When he realized I could do long runs OK, he convinced me I would be good in the marathon.

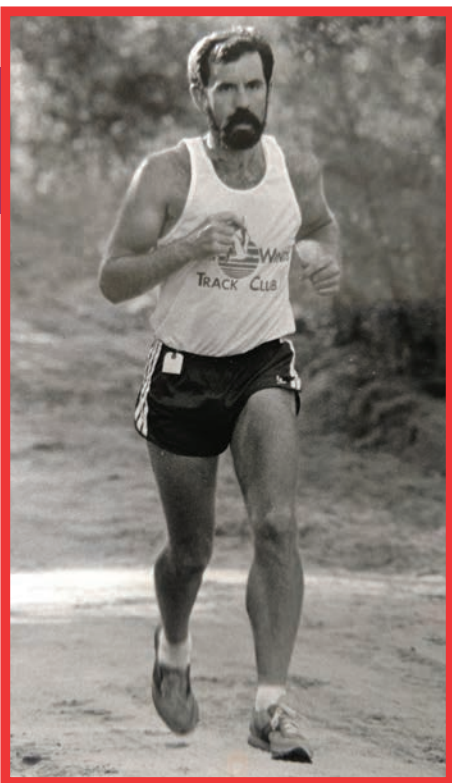
He put me on a fast-track program. When I managed to hit the milestones he set for me, he said I think you can run a sub 3-hour marathon. A month later, I ran a 2:56 marathon.

### **How long have you been a member of GWTC?**

In 1977, I returned to Tallahassee. I also joined GWTC that year. By the fall, I opened a bike shop. I realized running was much more time efficient than cycling. Running times were probably 17:30 5K at that time. By 1979, I ran a 15:52 PR.

### **What do you enjoy most about volunteering?**

By the mid '80s, I had many friends in Gulf Winds. I was race director of Springtime Tallahassee 10K in 1984. I took over another race from a friend of mine, Lee Cohee. I became Race Director of the Tom Brown Bash for 4 or 5 years. I was also equipment manager for a few years.



### **Why do you volunteer?**

I enjoy volunteering because its giving back to running community. I have run many races and have enjoyed the fruits of labor of countless other people so I could compete.

### **What is your next volunteer project?**

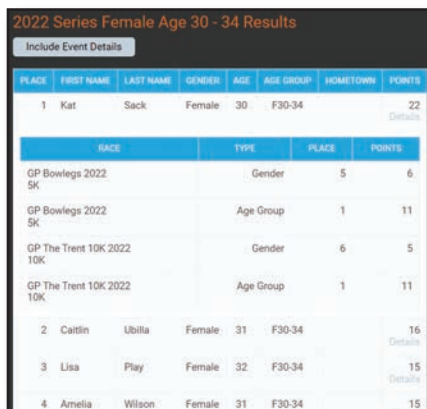
My next volunteer commitment will be the marathon. Bill McGuire has done an incredible job of course marking and organization. I know none of this could be possible without the support of Bill Lott.. 🏃

# ***Grand Prix standings now computed using Runsignup.***

For years Peg Griffin computed Grand Prix standings within a custom programmed Microsoft Access table involving a manual process of identifying Gulf Winds members within race results to include them within the calculations. Then, these results had to be manually posted to the website including lots of custom adjustments to get the tables formatted just right.

Now, the Grand Prix committee works with Runsignup to better automate the process. It's still labor intensive but at least Runsignup can more easily identify club members.

If you haven't already, visit the new Grandprix standings by clicking the "Standings" button at: <https://runsignup.com/Series/GWTCGrandPrix>



PLACE	FIRST NAME	LAST NAME	GENDER	AGE	AGE GROUP	HOMETOWN	POINTS
1	Kat	Sack	Female	30	F30-34		22
Details							
RACE		TYPE		PLACE		POINTS	
GP Bowlegs 2022 SK		Gender		5		6	
GP Bowlegs 2022 SK		Age Group		1		11	
GP The Trent 10K 2022 10K		Gender		6		5	
GP The Trent 10K 2022 10K		Age Group		1		11	
2	Caitlin	Ubilla	Female	31	F30-34		16
Details							
3	Lisa	Play	Female	32	F30-34		15
Details							
4	Amelia	Wilson	Female	31	F30-34		15

This enables you to see details of how your overall "gender" results are calculated as well as your "age group" results.



# 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
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>



# **ST. MARKS DUATHLON**

**MARCH 3, 2024**

**Join us for the St. Marks Duathlon on**  
**March 3rd, 2024**  
*hosted by the Gulf Winds Triathlon Club!*

This beginner-friendly race consists of a flat and fast 5K run, 20K bike, and 2.5K run in that order. Want to race with a team or on your mountain bike? Relay and fat tire bike divisions are also available!

New to multisport? Join us at an informational clinic on February 18th, where you will learn everything you need to know about racing a duathlon from local endurance coaches.

**More info + register online at:**

<https://runsignup.com/Race/FL/SaintMarks/TheStMarksDuathlon>

**OR scan the QR code:**



*Questions? Email [duathlon.stmarks@gmail.com](mailto:duathlon.stmarks@gmail.com)*