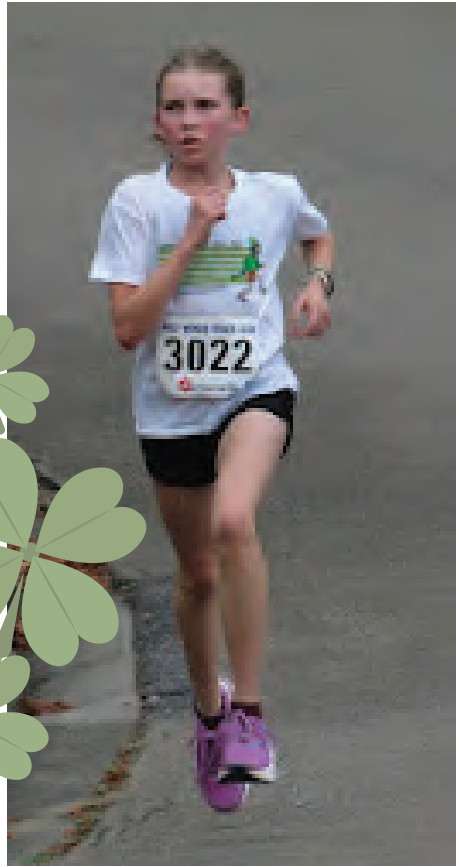
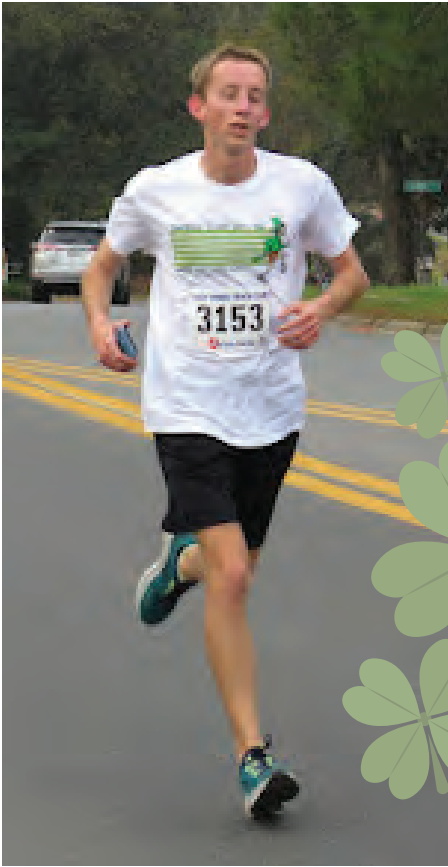


THE FLEET FOOT



NEWSLETTER OF THE GULF WINDS TRACK CLUB | APRIL 2024

SHAMROCK SCURRY 5K WINNERS



**DANIEL
WURGLER**
17:24

SHAMROCK SCURRY 5K*1 MILE



MAKING GREAT THINGS HAPPEN
KILLEARN METHODIST CHURCH
MARCH 2, 2024



**ALEXIS
MAYFIELD**
21:18

Photo credit: Herb Wills

VOLUME 49 | ISSUE 4

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | MARCH 2024

VOLUME 49 | ISSUE 4

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).

Advertising Copy:

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

Advertising Payments.:

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

Payment in advance/checks payable to:

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

Submissions/Contributions:

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

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

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.



TALLAHASSEE MARATHON HATS AVAILABLE

Stash your nutrition, ice cubes or other small items in this 'lil hero! The original BOCO Run Hat with updated "stasher" pockets on both sides, is perfect for stowing small items while out on your run. Perfect for marathon training and racing, this Stasher Run Hat with pockets helps you race hands free so you can focus on the road ahead!

To purchase, email Sherri Clark at clark.sherri@gmail.com.

Locals can pick up their hats at Fleet Feet after purchase, and Sherri will also be selling them at Spring Time packet pick up if there are any available.



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School Grant Coordinator:	Jennifer & Carter Hay	chay@fsu.edu jennghayfl@gmail.com
Beginning Running Group Coordinator:	Brandy Fortune and Elizabeth Kamerick.....	gwtc_coaches@yahoo.com

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

YOUR MEMBER BRIEFING

Your GWTC Board of Directors met on February 14, 2024

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

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

Jennifer Hay reported that the group runs are going very well. They are doing GWTC Family/GWTC Triathlon Family Memberships: Robert McNeal is now the Membership Director. The current wording about the family membership permitted individuals not residing at the same address to still be under the same family membership. Robert proposed that all members in a family membership must reside in the same household at the same address. An additional issue is the "Hall of Fame" membership. Some individuals sign up for "Hall of Fame" to receive discounts on RunSignUp for race registration even though they are not in the GWTC Hall of Fame. Robert will continue to delete these erroneous memberships.

World Athletics Cross Country Championships Tallahassee in 2026: Jerry reported that Taylor Wheaton asked if someone in GWTC would like to be an Executive Director of this event.

Announcements from Officers: Jennifer Hay reported that the group run coordinators are planning a social at The Edison on Feb. 19.

Jerry reported that he has received some phone calls about putting on additional 5K races. Seminole Boosters is one of the groups that contacted him.

The Bluebird Run for Brookie B. has a new race director who is concerned about the details and needs help, especially with the racecourse and the markers.

Peg, David, and Jerry will meet with the Department of Agriculture & Consumer Services to confirm the charitable contributions act is being followed.

He also announced that Habitat for Humanity asked for a donation of \$100 for their 5K race event on March 23, which was declined by the Board. They now asked that GWTC have a table at their event without the donation. Robert McNeal volunteered to have the table at the event.

The Capital Regional Transportation Agency will hold a meeting about bike safety next week. Jerry is also named in a county resolution to craft a management plan for the Miccosukee Greenway. It will then go to a group at DEP for approval and then back to the county.

Jerry has recruited Rebekah Mayfield as the Volunteer Coordinator for GWTC. She will create a bank of organizations and people that race directors can call on. This includes schools and school counselor contact information.

a) Treasurer's Report: Peg reported that 1099s have been filed with the IRS. The annual report has been filed with the Division of Corporations. The assets currently total \$299,127.08, and the net revenue from July 2023 to January 2024 is \$70,528.31. Expenses are down by about \$20,000.00 compared to last year.

Triathlete Club: The Duathlon is scheduled for Sunday, March 3. Volunteers sign up through RunSignUp. The ROTC in Wakulla will be volunteering. Beverly Harrell is the director of the committee organizing the Duathlon.

Race Director Coordinator: Mary Jean reported that the beneficiary checks from the Turkey Trot have been delivered, including the direct donations. The amounts given to the three charities are: Boys & Girls Clubs: \$ 13,384.35; Kearney Center: \$13,208.32; and Refuge House: \$13,729.35.

Felton and Bonnie Wright held a successful marathon last weekend. The number of total finishers in the marathon, half-marathon, and relay teams was 1315 (220 in the marathon, 998 in the half-marathon, and 33 relay teams with 4 members).

Race directors will meet on Feb. 18th at 4:00 p.m.

Membership: Robert McNeal reported that there are currently 1278 individual memberships (1146 last year at this time) and 733 family memberships (662 last year at this time).

Diversity, Equity, and Inclusion: Gabrielle Gabrielli sent a report stating that Black Girls Run Tallahassee had a strong showing at the marathon: 12 volunteers and 15-20 racers. It was the first marathon for one member and the first half-marathon for two members.

Education and Lecture: Mark Tombrink asked for suggestions about what could be offered in the lecture series. A social followed by a lecture is one possible idea. Late Sunday might be better than Thursday meeting times. A variety of locations with food and drink available and possible topics were discussed.

Chip Timing: In January, three Club races (Swamp Forest Trail Run; GWTC 30K/15K; and Bowlegs 5K/1 Mile Run for Scholarship) were chip timed. During February, two Club races (Tallahassee Marathon/Half Marathon/Marathon Relay; and Flash 12K/6K) and one non-Club race (MAD Dash 10K/5K/1M) are scheduled to be timed. In March, only one non-Club race (Shamrock Scurry 5K/1M) and one Club race (St. Marks Duathlon) are scheduled to be chip timed.

Grand Prix: The Grand Prix Committee members are now: Lisa Unger, Jennifer Hay, Joe Vega, Jeanne O'Kon, Chris O'Kelley, Debbie Peters, and Elizabeth Kamerick. 🏃

RACE CALENDAR

APRIL 2024



Visit www.gladiatorth.com; or Susan Huber at (850) 294-4204 or gladiatorth@gmail.com.

06 Springtime 10K/5K/1M, 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. Visit www.springtime10k.com; or www.gulfwinds.org; or Jerry McDaniel at 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. Visit <http://facebook.com/nene5k>; or Marie Claire Leman at nenefest5kandfunrun@gmail.com.

13 Sopchoppy Worm Gruntin' Festival Wiggle Worm Fun Run (1.4M), 8 a.m. Corner of Rose St. and Municipal Ave., downtown Sopchoppy, FL. Online registration available at RunSignUp.com. Visit www.wormgruntinfestival.com; or Katherine Westmark at mkwestmark@gmail.com or (850) 445-4206.

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. Visit www.gulfwinds.org; or Tom Perkins at tomperkinsfu@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.

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.

27 NeSmith Way 5K, 8:30 a.m. Phipps Farm/Meridian Meadows, 4300 N. Meridian Rd. (across from Maclay School). Online registration available at 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.

MAY 2024

04 Tails and Trails Half Marathon/10K/5K/1M, 7:30 a.m. Half Marathon; 8 a.m. 1M; 8:30 a.m. 10K/5K. Tallahassee Animal Service Center, 1125 Easterwood Dr. next to Tom Brown Park. Online registration available at RunSignUp.com. Visit www.animalshelterfoundation.org; or Cara Fowler at carafowler@mac.com.

25 Summer Trail Series Race #1, TBA. Online registration available at RunSignUp.com. Bobby York at byorkjr@msn.com.

JUNE 2024

06 Summer Track Series - Week 1, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or tomperkinsfu@gmail.com; or Jeanne O'Kon at (850) 264-4903 or okonj@flagger.edu.

08 Great Potluck Bash 4M (Trail Prediction Run), 6 p.m. Forestmeadows Park and Athletic Center, 4750 N. Meridian Rd. Online registration available at RunSignUp.com. Visit www.gulfwinds.org; or David Yon at david@radeylaw.com.

13 Summer Track Series - Week 2, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or tomperkinsfu@gmail.com; or Jeanne O'Kon at (850) 264-4903 or okonj@flagger.edu.

15 Monticello Kiwanis Club Watermelon 5K Run/4M Walk, 8:15 a.m. First United Methodist Church - Family Ministry Center, corner of South Water St. and Hwy 90 West, Monticello, FL. Online registration available at Eventbrite.com; or Floyd Faglie at watermelonrun@gmail.com or (850) 841-0828.

20 Summer Track Series - Week 3, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or tomperkinsfu@gmail.com; or Jeanne O'Kon at (850) 264-4903 or okonj@flagger.edu.

22 Paul Hoover Memorial Freedom Run 5K and Extra Mile Run/Walk, 8 a.m. 5K; 8:45 a.m. Extra Mile. Wakulla Springs State Park, 465 Wakulla Park Dr., Wakulla Springs, FL (15 miles south of Tallahassee on SR 267). Online registration available at Eventbrite.com. Michael Atkinson at nexnbax1@comcast.net.

27 Summer Track Series - Week 4, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or tomperkinsfu@gmail.com; or Jeanne O'Kon at (850) 264-4903 or okonj@flagger.edu.

29 Summer Trail Series Race #2, TBA. Online registration available at RunSignUp.com. Bobby York at byorkjr@msn.com.

29 Alice Sims Track Invitational (AAU), time TBA. Chiles High School, 7200 Lawton Chiles Lane. Alice Sims at alicesims3435@gmail.com or (850) 322-3929.



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. Plus, there's a link to the GWTC private Facebook Group for training runs.



PRESIDENTS COLUMN

By: Jerry McDaniel, GWTC President

First and foremost on my mind this month are the Springtime Races, which Jackie and I direct. All is well at this point due in some measure to a new Volunteer initiative of the club's (more on that in a bit), but also due to the marketing efforts of Jon Brown and the members of Gulf Winds that always seem ready and willing to be there for club races. I always think it a bit of serendipity that I now find myself co-directing this race. As I have previously written, I ran the very first Springtime race in 1976 - a 4 mile race down at FSU's intramural fields. It was moved downtown the next year. Discussions of late with some long time GWTC members reveal that many did not run the race when it was inarguably, run on it's most difficult course (it was a 10K only back then). It started for years in front of the court house, down Monroe, down Call St. and followed the course through Myers Pk where it mostly goes now...with one exception. It finished where it started - back up Call St. and back up Monroe. That course was not for the feint of heart, but I had some of my best times on that tough course. I had a very specific formula for that course which involved first determining what you hoped to run and then converting to an average pace per mile. My calculus generally involved pushing yourself below average per mile pace for the first mile (taking advantage of the down hill), recovering for miles 2 and 3 at slower than average pace, and then if you could get to 4, on pace - you were within striking range (except for

the 3/4 mile lung buster at the end). Good times!

On the Volunteer front, the Club has a Volunteer Coordinator - Rebekah Mayfield. Rebekah is in the throes of calling organizations whose members may need volunteer hours, civic organizations and schools. If the organization is amenable to supplying volunteers, she records contact information and is populating a list on the GWTC website. Peg Griffin made it quite easy to find when you open the GWTC page. This information is for GWTC race directors only. By way of example, I made 1 email to an organization that Rebekah had listed and in a flash, we had a response and 20 traffic volunteers for Springtime! You can also open this page and list yourself as willing to help at GWTC races and even check the type of work you wish to do. Obviously, if you list yourself in this location, you can always decline help at any given race. As indicated, this is a tool for GWTC race directors - Rebekah should not be called upon to find volunteers for a race. On behalf of the club, thank you for agreeing to fill this very needed role, Rebekah Mayfield! As a reminder, you must volunteer for the club in some capacity in order to qualify for grand prix awards - details are on website.

I hear off and on from club members regarding various aspects of how GWTC is operated, both pro and con. For example, why are there so many club races, how did certain races become club races,

why are there so many Board members, what happens if we can no longer find race directors, what happens to this club when folks my age are no longer around or unwilling to run for office, etc...A recent column of mine articulated some of this concern. I would like to convene a "Future of GWTC" town hall style gathering, hopefully in early May, or possibly this summer, and hope many of you will attend with open minds. I do not have many of these answers, but hope we can coalesce as a group to ensure the long term survival of this wonderful club! Stay tuned.

We recently lost a longtime GWTC member - Tom McHaffie. His recent obituary provides a ringing endorsement of a great man and wonderfully fulfilling life. As I will be unable to attend his memorial service, I will reflect a bit here. I cannot say I knew Tom well, but once upon a time, I did go on a backpack trip with him and others. What I discovered was a helpful, thoughtful and funny individual! You find out a good bit about people you backpack with. Mostly because the primary activity is walking and talking...all day. Tom

was always there to lend a hand, had really good insights into some of life's troubling elements, cracked some good subtle jokes, and had a clear spiritual overlay to his essential philosophy. I came away from that trip with the full intention of doing another with Tom... alas, that did not happen. In recent years, one of Tom's favorite things to do was hike the Miccosukee Greenway by himself, always seemingly deep in thought. We would always greet one another, maybe talk a bit, and he would be on his way. One of the last times I saw Tom was when he was hanging the banner at Turkey Trot, which he dutifully carried out yearly. This year, he needed a bit of help which I readily supplied. His direction to me was very specific as it had to be done precisely the way he had always done it. I did not know Tom well, but believe we connected in some ways on that backpack trip - his philosophy on life, knowledge of construction, electricity, entrepreneurship - all directed and precise(like hanging the banner) and comfortable and satisfied with the man he was. Tom will be missed by many.

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FEATURED FEET

RACHEL CORRY



When did you start running?

Sixth grade, mostly conditioning for the basketball team. My first race was the Turkey Trot, now a tradition!

Childhood ambition?

I wanted to be a banker or teacher – I used to pretend teaching a class with a dry-erase white board and had my own cash register to practice counting money.

Current occupation?

I am an Account Executive at The Moore Agency. Last year, I graduated from UGA's Agricultural and Environmental Communication program. I have had great mentors over the past few years who continue to help me grow as a professional.

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

Travel blogger so I could visit many countries and write about my experiences, favorite cuisines, and travel tips.

Favorite reads?

The Nightingale by Kristin Hannah, Little Women by Louisa May Alcott, the Harry Potter series by J.K. Rowling, and Into the Wild by Jon Krakauer.

Favorite running memory?

Running the half-marathon last October in Athens with my friends from graduate school. The weather was chilly, the fall colors were showing, and the community showed up on every street to cheer us on.

Indulgence?

Anything chocolate peanut butter flavored, chips and queso, and sour gummy worms.

Non-running hobbies?

Hiking, traveling, reading, cooking, and gardening.

Best place to run in Tallahassee?

Lafayette Heritage Trail and FSU campus.

Preferred running technology?

Garmin watch, AirPods, and iPhone.

Biggest challenge?

Balancing three jobs at Orchard Pond Organics, Tijuana Flats, and babysitting with classes and an honors in the major thesis during my senior year at FSU.

Perfect day?

Coffee at Red Eye or Lucky Goat with friends, followed by hiking or running at a park and then lunch at Midtown Caboose. Then reading in a hammock or gardening followed by a homemade dinner with family. 🏃‍♀️

FEATURED FEET

ROBERT SKROB



When did you start running?

Fifth grade. My first races were the Quail Trail 5K and the Run for Lawson.

Childhood ambition?

I have dreamed of becoming a pilot, an engineer, a CEO, and now, a lawyer.

Current occupation?

I am a third-year law student at the University of Florida Levin College of Law. I am in Tallahassee for my final year of law school and have had the honor of working at the Florida Supreme Court as a Fellow since August.

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

Lawyer because I can help transform people's lives and solve problems for businesses.

Favorite reads?

The Five People You Meet in Heaven by Mitch Albom, Evolution 2.0 by Perry Marshall, and The Laws of Human Nature by Robert Greene.

Favorite running memory?

Finishing the last six miles of the half marathon segment of Ironman 70.3 North Carolina. The weather was beautiful, the course was flat, and I felt great.

Indulgence?

Mint chocolate chip Talenti, oreo cake balls, and chocolate chip pancakes.

Non-running hobbies?

When not running, I enjoy strength training, hiking, and occasionally swimming.

Best place to run in Tallahassee?

Elinor Klapp-Phipps Park.

Preferred running technology?

Garmin watch, chest heart rate monitor, AirPods, and iPhone.

Biggest challenge?

The journey of recovering from breaking my right foot (fifth metatarsal) while running to completing my first half Ironman about nine months later.

Perfect day?

Any day that involves an outdoor activity, good weather, friends and yummy food. 🏃🍌



TOKYO MARATHON REPORT

Birgit Maier-Katkin

What's the process to become a runner in the Tokyo Marathon?

Tokyo is one of the toughest Abbott World Majors Marathons to get in. I got a spot through participating in the "Run as One" Virtual Event. Participation in this global event earns a spot in the lottery, anyone can enter. It took me several attempts to get a spot in the 2024 Tokyo Marathon. It is also possible to bid on a charity spot.

What surprised you the most about the marathon experience?

This was my first time traveling to East Asia, I was surprised how much I liked Japan. It took a lot of preparation, but the effort was well worth it. The marathon was well organized, the streets were extremely clean, the road-side cheering was gentle but sincere and it was fun to meet so many international runners from all parts of the world, including a sizable number from Asia. From bright colored billboards, to the occasional shrine, the towering skyscrapers, imperial buildings, the course offered lots of points to enjoy the scenery.

Was there anything interesting that you saw or happened to you while you were in Tokyo?

I enjoyed touring this gigantic city, taking in the local sites, and tasting delicious Japanese food. My fondest memory was a visit to a Japanese bath. Soaking in mineral springs and relaxing my sore muscles in a hot sauna was the perfect thing to do on the next day following the marathon. This made the flight back to America much more tolerable.

What was your favorite part of running the Tokyo marathon?

The marathon course has several out-and-back sections, this meant that early on in the race, I was able to see the lead pack of elite runners pass by on the other side of the road. It was simply elating to watch them effortlessly blaze by and see the top world marathon runners in such close proximity running the very same course.

What's next now that you've completed the Tokyo marathon?

Up next is the Berlin marathon which is celebrating its 50th marathon this year. 🏃‍♀️



VOLUNTEER SPOTLIGHT

KEITH ROWE



Tell us briefly about your running experience. I started running seriously in the year 2000. I had a lot of problems I was dealing with, and I needed a healthy way to beat back all that stress. Since then, I have floated from casual runner to full-on obsessed competitor. I think I prefer somewhere in the middle.

How long have you been a member of GWTC? I Since the year 2000.

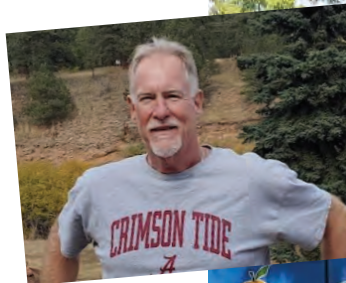
How did you first get involved as a volunteer? I honestly cannot remember a time when I was not a volunteer. Time, talent, treasure comes to mind. Growing up as a military kid, we did not have much treasure but we had plenty of time and talent so that is how we gave back to our community. These days, it's easier to just stroke a check (that's pre-Venmo terminology), but the community has always needed more than just funding. My parents and my leaders modeled that for me.

What do you enjoy most about volunteering? It's got to be the sense of belonging, of being part of something bigger than my personal training.

Why do you volunteer? It's an opportunity to support something I believe in and a way to say thank you to all those who paved the way before us. You don't have to look far to see the need all around us, in our track club, in our community, with folks who don't have all that we have. And when we give our time, we are showing that we really care about people's health and well-being.

What is your next volunteer project?
Good Shepherd Catholic

Church partners with the Tallahassee Chapter of Sleep in Heavenly Peace, an organization dedicated to building, assembling, and delivering top-notch bunk beds to children and families in need. Last year we built and delivered 22 bunk beds which means we got 44 kids off the floor and into comfortable beds. Building the beds is always fun but delivering them to the neediest of the needy is a moving experience. Peace of mind and gratitude flows not only from the recipients, but from the builders and deliverers as well.. 🏃



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IN MEMORIAM
TOM McHAFFIE, AN EARLY GIRLZ
1957-2024

The Subculture:
THE EARLY GIRLZ

By Tom McHaffie

The Early Girlz are a subculture phenomenon on several levels.

The parent organization of the Early Girlz is the venerable Gulf Winds Track Club. GWTC brings to the community and surrounding region years of leadership and commitment to local athletes with a mission to positively impact lives at a number of levels. The sponsored events and quality people who volunteer with GWTC make for a unique and rewarding experience time after time, year after year.

The Early Girlz are a product of this fine organization.

Runners are like water, they always find their own level. Fast runners find fast runners; distance runners find distance runners; and so on and so forth.

One of the interesting features of the Early Girlz is the pace; the Early Girlz have been able to magically complement each other over the years. Maybe that's why some move on - too slow or too fast. When the Early Girlz run, nobody really sets the pace - it just happens, and it happens with ease.

Quite naturally, the Early Girlz have developed as a subculture within GWTC. But the Early Girlz are a community unto themselves sharing together many aspects of their lives in special ways.

© Thomas N. McHaffie

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
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
September 2	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>

2024 TALLAHASSEE MARATHON/HALF-MARATHON/RELAY

Water Station Challenge

By Mary Jean Yon

As part of the Tallahassee Marathon & Half-Marathon, groups are invited to participate in the Water Station Challenge. This year there were 10 groups that sponsored and supported a water station for the runners. Duties included setting up the station, providing water, Gatorade, and Gu for the runners, and then helping to clear the station once all runners have passed. After the race, all participants were invited to vote on their favorite water station. Voting was close this year and for the first time, we had a tie for third place. Appreciation abounds for all the groups that participated. Here are the top four stations which will receive donations to a non-profit organization of their choice.

