

# THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | MARCH 2024



PHILIP QUILLEN  
NEW ORLEANS, LA  
2:34:44

## TALLAHASSEE MARATHON WINNERS



GABRIELLE SUVER  
CLERMONT, FL  
2:54:07

Photo credit: Street Safari Photo

VOLUME 49 | ISSUE 3



Tallahassee, FL  
Gulf Winds Track Club

# THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | MARCH 2024

VOLUME 49 | ISSUE 3

**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.

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

## Submissions/Contributions:

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

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

## 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.



In Tallahassee, where the weather was tough,  
Marathoners ran, feeling hot and rough,  
Philip Quillen from New Orleans,  
And Gabrielle Suver's winning means,  
They conquered the humidity, strong enough!



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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 January 10, 2024

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

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

Jennifer Hay reported that the group runs are going very well. They are doing a January Streak and everyone is encouraged to participate. Twenty minutes a day is all that is required. There are prizes for participation every week. The group schedules for the runs are on Facebook, and Jennifer is improving the app for getting the information out. Some Board members asked about getting the information to those who are not on social media. The Google group is small and does not reach all club members. Jennifer would like to make all the running groups "official" groups. There is a waiver to be signed for these running groups on RunSignUp. The Tri Club has the same problem in getting information out to its members. The information needs to be located at one hub and be kept up to date. Mariah Perez is helping the Tri Club develop better social media to reach the members. She will be invited to a future GWTC Board meeting.

**Treasurer's Report:** As of Dec. 31, 2023, the net revenue \$75,833,84. The current assets are \$304,432.61. The sales tax was paid for last year, and the 1099s will be issued by the end of the month. Race directors who purchase items (cups, Gatorade, awards) from Amazon are not eligible for tax exemption, and Peg recommended that the club get its own Amazon account. Certain discounts are available this way. The treasurer can pay for the order in advance. Motion was made and seconded to open the account. Motion passed.

**Triathlete Club:** Beverly is the race director for the Duathlon on March 3rd. The Awards meeting will be on Jan. 22nd at Momo's. There is no Red Hills Triathlon this year.

**Race Director Coordinator:** Lisa Unger reported for Mary Jean Yon. The new requirement that those eligible for Grand Prix awards volunteer at one GWTC club race to encourage volunteerism went into effect on 1/1/24. Lisa distributed the 2024 Grand Prix schedule and a description of the new requirement for volunteering. There is a form to validate volunteer participation, to be signed by the race director. Volunteers can sign up on RunSignUp for most races.

(Beverly reported that the Tri Club requires five hours per member.) There are enough races with multiple jobs, and everyone will be able to find a way to volunteer during the year. The Grand Prix Committee reserves the right to settle discrepancies. There was some discussion about what activities would qualify for volunteerism, and that may be revisited in the future. Lisa answered questions about how the membership criteria must be met in order to be eligible for awards. The new requirements are (1) volunteering at least one GWTC race during the competition year, and (2) membership in good standing as of 12/31 each year.

**Membership:** Robert McNeal reported that there are 1266 current memberships (1121 last year at this time) and 716 families (656 last year at this time). There was a question about family memberships; everyone in a family membership should be living at the same address. Robert feels that this should be spelled out more clearly for members.

**Equipment:** Bill Lott reported five new 5-gallon Gatorade water coolers were donated to the Club by Visit Tallahassee. There are no other equipment issues to report.

**Chip Timing:** Bill Lott reported that during December 2023, two GWTC races (Tallahassee Ultra Distance Classic and Tannenbaum 6K) were chip timed by the Club. A third Club race (GWTC 10 Mile and 5 Mile Challenge) was scheduled to be chip timed, but the race was canceled due to severe weather. During January 2024, only three Club races (Swamp Forest Trail Run, GWTC 30K/15K, and Bowlegs 5K Run for Scholarship) are scheduled to be chip timed. In February, two Club races (Tallahassee Marathon/Half Marathon/Marathon Relay and Flash 12K/6K) and one non-Club race (MAD Dash 10K/5K) will be chip timed.

**Grand Prix:** Lisa Unger reported that the Annual Awards ceremony is on January 21 at 5:00 p.m. at Goodwood Museum and Gardens. An additional \$500 was requested for the Grand Prix budget, because the cost for everything has increased this year. Motion was made and seconded to increase the GP budget by this amount. Motion passed. Two positions remain open on the committee. Lisa proposed that the term for committee members be changed to Feb. 1st-Jan. 31st to cover the period including the Awards meeting. Motion was made and seconded to change the term. Motion passed.. 🚫

# RACE CALENDAR

## 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. 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. 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. 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 Averi Lewis at [coachaveriww@gmail.com](mailto:coachaveriww@gmail.com).

**16 Gulf Coast Conservation Trailfest 15K/50K, 6:30 a.m. (CT).** Panama City Beach Conservation Park, 100 Conservation Dr., Panama City Beach, FL. Online registration available at RunSignUp.com. Joe Edgecombe at [joeruns@yahoo.com](mailto:joeruns@yahoo.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).

**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. 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, 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](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. Visit <http://facebook.com/nene5k>; or Marie Claire Leman at [nenefest5kandfunrun@gmail.com](mailto: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](http://www.wormgruntinfestival.com); or Katherine Westmark at [mkwestmark@gmail.com](mailto: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](http://www.gulfwinds.org); or Tom Perkins at [tomperkinsfu@gmail.com](mailto: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](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. Visit [www.gladiatortlh.com](http://www.gladiatortlh.com); or Susan Huber at (850) 294-4204 or [gladiatortlh@gmail.com](mailto:gladiatortlh@gmail.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](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).

## 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](http://www.animalshelterfoundation.org); or Cara Fowler at [carafowler@mac.com](mailto:carafowler@mac.com).

**25 Summer Trail Series Race #1**, TBA. Online registration available at RunSignUp.com. Bobby York at [byorkjr@msn.com](mailto:byorkjr@msn.com).

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# PRESIDENTS ARTICLE

By: Jennifer Hay, GWTC Vice President

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I spend a lot of time talking with people about running and walking and the role that being outdoors plays in our wellbeing. It's a part of my job at REI that I really love, and it has become a bit of a passion as you can probably tell given all the energy I pour into our club.

Often in my conversations with customers (many of you actually) about Hoka Cliftons or my fave Janji shorts, it comes up that I'm the VP of Gulf Winds Track Club or a co-race director for the Pine Run 20K. I often quickly follow this information with the disclaimer that I don't run anymore. Then they/you look at me like I've just said I have a pet unicorn. It seems too fantastical. The pieces don't fit: they just heard non-runner, devotes a ridiculous amount of time to the running community.

I totally understand the puzzled looks. But in my defense, I've told you how much inspiration I draw from hanging out with our GWTC rock stars, and I meet new ones at every single GWTC event I attend. And, of course, if injuries are going to keep me sidelined from running, there's no place I'd rather be than behind the scenes ensuring you have fun running. (Plus, I get to rub shoulders with the rock stars there too.)

A couple of weekends ago, I was doing just that at the Tallahassee Marathon, Half Marathon, and Relay. At the starting line, I got to hand out race bibs and shirts, check bags, and wish everyone good luck.

After delivering bags to the finish line, I got to cheer for our very hot marathoners (and especially loud for my hubby and friends) at the REI water station before hustling back to the finish line to help with Half Marathon awards. Then I had a moment to take it all in before another round of awards.

I watched and cheered and marveled at all the different shapes, sizes, ages, and abilities crossing the finish line—some raising their hands in triumph, some throwing their head back and digging deep to finish the final steps, some sprinting the last few yards with a huge smile, some sprinting then doubling over and puking, literally emptying the tank. It was a whole lot of different. But there was a common thread. The one that connects all runners. The one that gets you out of bed for runs on cold mornings, has you matching your running buddy stride for stride up tough hills, inspires you to do the strength work to prevent (and heal) injuries, leads you to



eat the apple instead of the potato chips, and has you cheering for others after you've grabbed your towel and downed some Gatorade. Each athlete is working toward their individual goal—pushing the boundaries of what they're capable of in the moment, in the circumstances they are dealt. They all experience the joy, pain, doubt, and pride that come with the challenge of being their best self—regardless of where they are in their running journey.

This shared experience is what binds us as a running community and a running club. Do you feel that thread connecting us? I do—because it's connected to the sidelines as well: the desire to be our best and do our best exists there too—to help you and our club succeed in all quests. Join us every chance you get. Come as you are. And show us all the ways you can be a rock star.



**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.

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## JOIN THE SPRINGTIME RUNNING GROUPS! JACKIE MCDANIEL VIA FACEBOOK

Many thanks to Jo Lena Pace (leader) and all the volunteers, Judy 'Bruneman' Alexander, Thomas Bianche, Julie Clark, Charles Kelly, Myron Herring, Chika Okoro, Gabrielle K Gabrielli, and Keith Rowe for making the Springtime 10k training possible!

**You welcome to join the group next Monday. Join the Facebook group for details: Gulf Winds Track Club Group Runs**



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# 45th annual Rose City Run

Saturday, April 20, 2024

## 10,000 METER RACE

- Performance T-shirts and specially designed coffee mugs awarded to those who finish the course.
- Silver trophies for first three males and first three females in each of 12 age divisions.
- Race day late registration 6:30-7:30 a.m. at Big Oak
- Race starts at 8:00 a.m. on Broad Street at post office
- Entry fee is \$25 postmarked by April 6, 2024. \$30 late entry fee. No refund.
- All courses TAC certified.
- Atlanta Track Club qualifying event.

## 1-MILE RUN

- One-mile run is for males and females 12 and under. Cost is \$15 early entry fee and \$20 after April 6.
- **NO RACE-DAY REGISTRATION. NO REFUND.**
- Trophies will be awarded to the first three males and three females in each of three age divisions.
- Age divisions 6 & under, 7-9 and 10-12.
- Race starts at 9:30 a.m. on Broad Street at post office
- Performance T-shirts and specially designed coffee mugs awarded to participants who complete the course.

**10,000 METER RUN**

(Please Circle Which Race)

**1-MILE RUN**

NAME: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_  
(first) (last)  
\_\_\_\_\_  
(street or box)

\_\_\_\_\_  
(city)

\_\_\_\_\_  
(county)

\_\_\_\_\_  
(state)

\_\_\_\_\_  
(zip)

PHONE: \_\_\_\_\_ PUBLIC OFFICIAL ☐ YES ☐ NO

AGE (As of 04/20/24): \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ SEX: \_\_\_\_\_

SCHOOL, EMPLOYER

AND CLUB AFFILIATION: \_\_\_\_\_

E-mail address: \_\_\_\_\_

CIRCLE ONE: T-SHIRT SIZE: Adult S M L XL  
XXL (\$3 extra) XXXL (\$4 extra)

CHILD: S (6-8) M (10-12) L (14-16)

ENCLOSED IS \$ \_\_\_\_\_ FOR MY ENTRY (Make check payable to Rose City Run)

***\*\*Bibs can be picked up race day at the Big Oak beginning at 6:30 a.m.\*\*\****

For and in consideration of my being allowed to participate in the Rose City Run (hereinafter "the event") on behalf of myself, my heirs, personal representatives and assigns, I hereby assume all risks and waive all claims for injury or illness which may result, directly, or indirectly, from my participation in the event and agree to indemnify and hold harmless the Gulf Winds Track Club of Tallahassee, Florida, the City of Thomasville, the Thomasville YMCA, sponsors, organizers and their respective employees, elected officials, appointed officials and any other person or entity associated with the event of and from all actions and claims, including attorney's fees, which may be incurred by reason of my participation in the event. I understand that anyone entering the event who is not adequately trained is taking a definite risk of suffering physical ailments. I do hereby state that I have trained properly and that I am physically prepared to participate in the event, and I expressly assume the risk of any illness or injury which may result from my participation in the event.

I authorize the use of any photograph, moving picture, or any other graphic depiction made immediately before, during or after my participation in the event by the organizers or others, and I expressly waive any claim or privilege or privacy, or right to compensation for the publication of any such photograph, film or other graphic depiction.

Emergency contact's name and number \_\_\_\_\_

Signature of entrant, or of parent or legal guardian if under 18 years of age.

MAIL ENTRY FORMS TO: **ROSE CITY RUN**  
P.O. Box 1037 (229) 226-9878  
Thomasville, Georgia 31799



# Rose City Walk

**Saturday, April 27, 2024**

**5,000 Meter Walk**

- **Performance** T-shirts and specially designed coffee mug awarded to those who finish the course.
- Entry fee \$25 postmarked by midnight April 13, 2024. After April 13, \$30 late entry fee.
- **NO RACE DAY REGISTRATION. NO REFUND.**
- Walk begins at 8:30 a.m. at Thomasville Center for the Arts, 600 East Washington Street.
- Silver trophies to first three males & females & first three Thomas County males & females.
- Special Business & Civic Club Participation Trophies.
- Entrants must be 13 years or older to participate.
- **WALKERS WILL NOT HAVE BIBS.**

**NAME:** \_\_\_\_\_  
(first) (last)

**MAILING ADDRESS:** \_\_\_\_\_  
(street or box)

\_\_\_\_\_  
(city) (county) (state) (zip)

**PHONE:** \_\_\_\_\_

**AGE (As of 04/27/24):** \_\_\_\_\_ **BIRTHDATE:** \_\_\_\_\_ **SEX:** \_\_\_\_\_

**E-MAIL** \_\_\_\_\_

**EMPLOYER AND CLUB AFFILIATION:** \_\_\_\_\_

**CIRCLE ONE: T-SHIRT SIZE:**

Youth Large or Adult S M L XL XXL (\$3 extra) XXXL (\$4 extra)

**ENCLOSED IS \$ \_\_\_\_\_ \$25 or \$30 for late fee after April 13, 2024**

(Make check payable to Rose City Run)

**Name and number of emergency contact** \_\_\_\_\_

For and in consideration of my being allowed to participate in the Rose City Walk (hereinafter "the event") on behalf of myself, my heirs, personal representatives and assigns, I hereby assume all risks and waive all claims for injury or illness which may result, directly, or indirectly, from my participation in the event and agree to indemnify and hold harmless the City of Thomasville, the Thomasville YMCA, sponsors, organizers and their respective employees, elected officials, appointed officials and any other person or entity associated with the event of and from all actions and claims, including attorney's fees, which may be incurred by reason of my participation in the event. I understand that anyone entering the event who is not adequately trained is taking a definite risk of suffering physical ailments. I do hereby state that I have trained properly and that I am physically prepared to participate in the event, and I expressly assume the risk of any illness or injury which may result from my participation in the event.

I authorize the use of any photograph, moving picture, or any other graphic depiction made immediately before, during or after my participation in the event by the organizers or others and I expressly waive any claim or privilege or privacy, or right to compensation for the publication of any such photograph, film or other graphic depiction.

\_\_\_\_\_  
**Signature of Entrant**

**MAIL ENTRY FORMS TO:**

**ROSE CITY RUN**

P.O. Box 1037

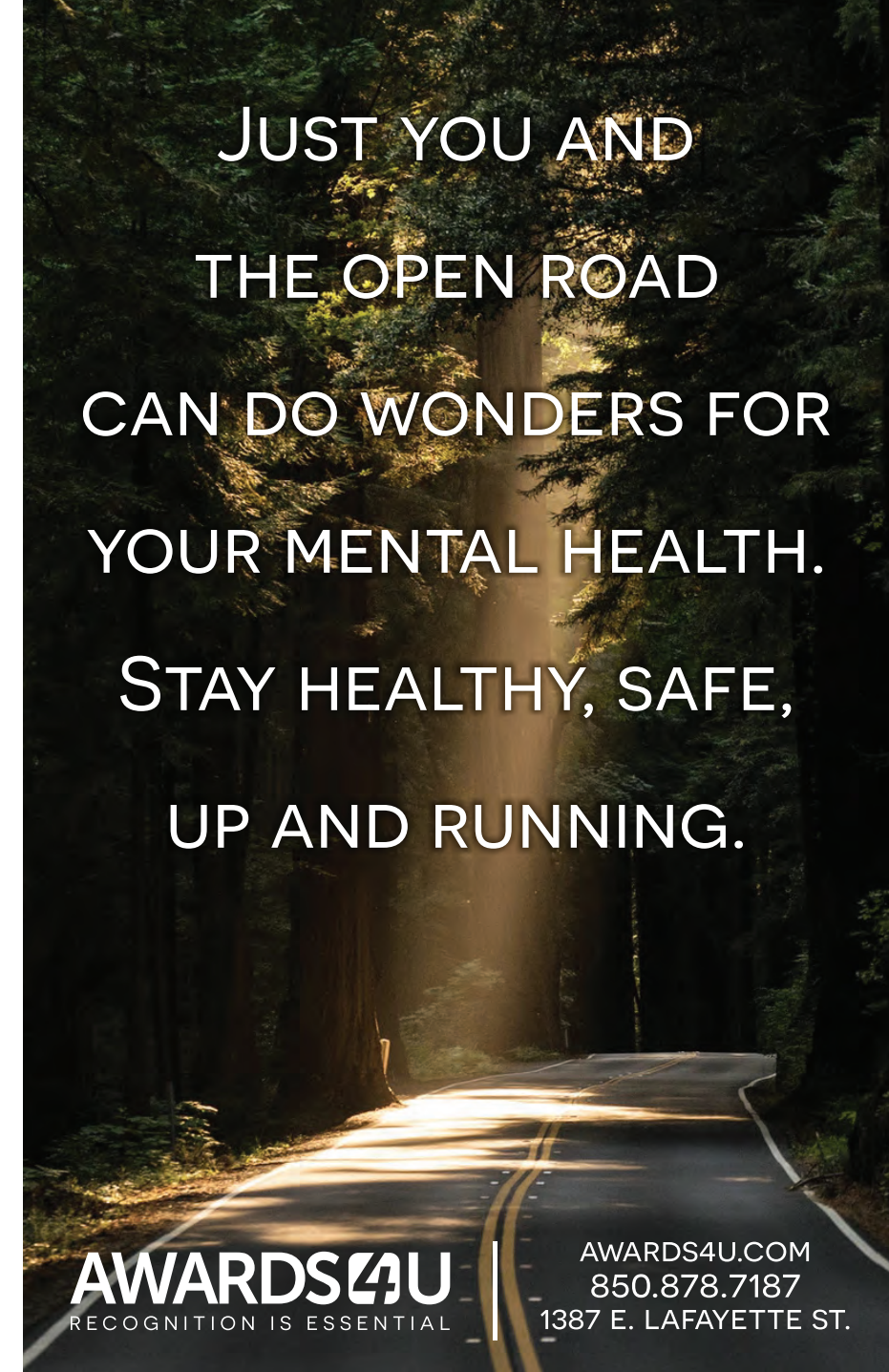
Thomasville, Georgia 31799

(229) 226-9878

E-MAIL: [rcr@ymca-thomasville.org](mailto:rcr@ymca-thomasville.org)







JUST YOU AND  
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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



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## VOLUNTEER SPOTLIGHT

# JERRY MCDANIEL



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

I have run for about 50 years but was never on a high school or college team. Once I decided to start running races, I discovered I enjoyed the competitive aspect of races and ultimately covered all distances from the mile to the marathon.

**How long have you been a member of GWTC?** I am not completely certain, but I think somewhere in the 30-year range.

**How did you first get involved as a volunteer?** I believe I was shamed into it by my wife Jackie or asked to help out at Turkey Trot by Mary Jean at some point.

**What do you enjoy most about volunteering?** I find it rewarding to help ensure races are sustained. I simply showed up for many years, ran and went home, assuming that

races somehow magically appeared. I find folks appreciate someone stepping up to take part in an event that they and oftentimes, their loved ones enjoy doing. It is also rewarding to watch younger kids running together and discovering the joy of running, socializing, and working hard, some for the first time.

**Why do you volunteer?** I'm not much of a "quid pro quo" person, or "I'll do this for you because you did this for me"... I just think it is the right thing to do if you are a member of an organization that cannot exist without members stepping up to help.

**What is your next volunteer project?** I am involved in a few, but will go out and do my best to help David with the SMIRFS. 🏃

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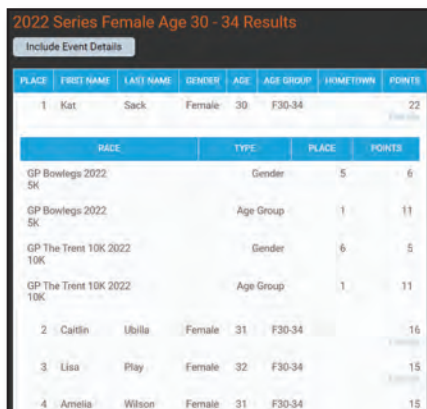


# ***Grand Prix standings now computed using Runsignup.***

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
2	Caitlin	Uballa	Female	31	F30-34		16
3	Lisa	Play	Female	32	F30-34		15
4	Armita	Wilson	Female	31	F30-34		15

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

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
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>**



SOLOMON GACHOKA  
COLUMBIA, SC  
1:05:56

# TALLAHASSEE HALF MARATHON WINNERS



ANN CENTNER  
TALLAHASSEE, FL  
1:23:21

