

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | MAY 2024



49TH ANNUAL PALACE SALOON 5K WINNERS



Photo credit: Herb Wills

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NEWSLETTER OF THE GULF WINDS TRACK CLUB | MAY 2024

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

Columnists: Jane Johnson (Featured Feet), Jennifer Hay and Jerry McDaniel (Presidents Column), Gary Griffin (How they Train), Bill Lott (Race Calendar).

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Submissions/Contributions:

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

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

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



From more lovely to less, Peg Griffin, Bill Lott and Tom Perkins set-up finish line and time the Summer Trail Series race at Red Bug Trail in August 2022. Registration is open for the 2024 Summer Trail Series, but almost sold out!

Register today at:
<https://bit.ly/gwtcrsu>





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

YOUR MEMBER BRIEFING

Your GWTC Board of Directors met on March 13, 2024

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

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

Volunteers: Jerry McDaniel asked Rebekah Mayfield to fill the position of the Volunteer Coordinator for the club. Her role is to call organizations or even ask individuals to see whether they will agree to be on a volunteer list for our club's Race Directors. She already has 4-5 organizations listed on RunSignUp that can provide volunteers. This new system is a tool for race directors to use. Jerry has already recruited some volunteers from the list for the Springtime race traffic control. Mary Jean thanked Peg for building up the concept. Jerry will mention this in his next President's Column in the Fleet Foot.

Definition of Eligibility for Grand Prix: Jennifer Hay led a discussion on the volunteer requirement for Grand Prix Award eligibility. Jennifer made a motion that the volunteer requirement include all club-related activity. Jerry provided examples of "other" club-related activities. Beverly pointed out that the Tri Club requires five hours of volunteering so it can include more club-related activities. At the race directors meeting, Allen Blay offered to set up a Google Doc form that could be completed by volunteers, dropping the requirement for the race director's signature. The motion was amended to include approval by the race director in advance. Motion was seconded and passed with a majority of Board members approving.

Marketing Budget: Jennifer proposed that a Marketing Budget be developed to provide new members with a t-shirt or other club item. These items also could be provided at tabling events as giveaways. Board members asked for more specific information about the cost of items that would last for March through June, 2024. Peg will then include a budget line in the next fiscal year's budget. Jennifer made a motion for \$3,000 to be budgeted in this way. Motion was seconded. Further discussion focused on how the money would be spent exactly. Motion passed.

Meeting with Division of Consumer Services: Peg reported that she, Jerry and David met with the Director of the Division of Consumer Services to get answers to questions prior to submitting GWTC's application to solicit charitable contributions. They learned in that meeting that the 2024 Legislature

was considering a bill (SB 1084 which eventually passed) that would change the criteria for requiring registration to solicit charitable contributions from a threshold of \$50,000 gross revenue to a threshold of \$50,000 gross contributions. Inasmuch as GWTC did not receive \$50,000 in contributions during the preceding year, if the bill is signed into law, GWTC will be exempt from the registration requirement. The club would be required to file an annual report with DACS affirming exempt status.

Youth Running Proceeds: An anonymous donor gave \$425 to GWTC. David Yon proposed that the funds be used for the SMIRFS and STRIDERS youth running programs. The members of these two programs are organizing One Mile and 5K teams for the Springtime races. The members are getting a reduced registration fee. Motion was made and seconded to approve this expenditure. Motion passed.

“Future of Gulf Winds” gathering: Jerry pointed out that GWTC has an aging Board. He receives e-mails from members complaining that there are too many races and too many Board members. He suggested holding a “Town Hall” gathering on a Saturday in late April with an open discussion about the future of the club and how the club could do things better. This could be an educational opportunity for members as well, and it could become an Annual Meeting.

Triathlete Club: Beverly Harrell reported that the Duathlon Committee is closing out their budget. It was a great learning experience for Beverly and others who directed the race. They developed a notebook with all the directions for the race directors.

Race Director Coordinator: Mary Jean reported that the race directors met on Feb.18th. An account with Amazon.com has been set up and can be utilized by race directors, making it easier for the treasurer. Race directors should not have to use a personal credit card. Invoices can be sent directly to the treasurer. The volunteer requirement was also discussed, and the Google form will be set up. Bill Lott described the “cut off” time for certain races that need to be enforced, like the Marathon did this year. In the open discussion, race directors talked about raising registration fees and the Run-SignUp fees.

Membership: Robert McNeal reported that there are 1287 current members (1165 last year at this time) and 738 current family members (676 last year at this time).

YOUR MEMBER BRIEFING CONT

Diversity, Equity, and Inclusion: Gabrielle Gabrielli sent a detailed report. They are partnering with SportsAbility Alliance to be more inclusive to people with disabilities.

Volunteers are needed on April 20 to help with the SportsAbility Alliance event at Maclay Gardens. In addition, Gabrielle is working on a flyer promoting GWTC's accessibility to everyone regardless of abilities. David will look into a resource that may benefit the flyer. Chika will coordinate getting a GWTC booth at the SportsAbility Alliance event on April 20. Other action items were also included in the report.

Equipment: Bill Lott reported that when the Triathlon Club went to pick up the trailer from the Shamrock Scurry, it was discovered that the lights would not work. The lights were not working when the trailer was first picked up by the Shamrock Scurry crew. After the St. Marks Duathlon, Tim Unger took the trailer to get repaired at Capital Hitch Service, Inc, where the wiring for all the trailer's lights was reworked at a total cost of \$89.39. The trailer has been returned to the storage unit. Due to the shortage of safety vests for the Tallahassee Marathon reported at the February meeting, 100 safety vests like the ones currently owned were purchased at a total cost of \$399.00 (\$3.99 each).

A quick inventory of equipment needed for the Springtime races found that there are now only 50 small (18-inch) traffic cones. After a discussion with Vicky Droze, the purchase of 100 of these small traffic cones for the future needs of the Club is being proposed to the Board. The total cost would be approximately \$1,100.00. Motion was made and seconded to purchase 100 cones. Motion passed.

Chip Timing: In February, two Club races (Tallahassee Marathon/Half Marathon and Marathon Relay; and Flash 12K/6K) and one non-Club race (MAD Dash 10K/5K/1M) were chip timed by GWTC. During March, one non-Club race (Shamrock Scurry 5K/1M) and one Club race (St. Marks Duathlon) were chip timed. Scheduled to be timed in April are two Club races (Springtime 10K/5K/1M; and Palace Saloon 5K). 🏃



PRESIDENTS ARTICLE

By: Jennifer Hay, GWTC Vice President

Jerry and I have spent a lot of newsletter space telling you how much we value Gulf Winds Track Club and its members. We've talked about our fave GWTC memories, group runs, races, volunteering, youth programs, and superstars. Now, we want to hear from you.

GWTC is your club. We want to know what you think: what you like, what you'd like to see done differently, what new things would be fun. We think the best way to do that is with town hall style meetings and a member survey. We'll host the first meeting in mid-May. If you have an opinion about the day of the week and time of day for any of the meetings, let us know, and we'll get busy scheduling. Text me at 850-294-9395 (don't forget

to introduce yourself) or email Jerry at mcdaniel6068@gmail.com.

When you receive the email survey later this week, please take a few minutes to give us your feedback. Our goal is to use survey responses, town hall meetings, and all the awesome ideas we know y'all have to grow the club, increase its sustainability, and make it even more fun. We hope every single one of you will be part of this effort.

And, as always, feel free to reach out to us—or any board member—anytime with ideas for enhancing the running community and ensuring GWTC is an organization you're excited to be part of.

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RACE CALENDAR

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 GWTC Summer Trail Series Race #1 - Cadillac Trail (~5.5M), 8 a.m. Tom Brown Park. Online registration available at RunSignUp.com. Bobby York at byorkjr@msn.com.

JUNE 2024

06 GWTC 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 GWTC 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 GWTC 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 GWTC 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 GWTC 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 GWTC Summer Trail Series Race #2 - Redbug Trail (~4.5M), 6 p.m. Forestmeadows Park and Athletic Center, 4750 N. Meridian Rd. 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.

JULY 2024

04 40th Annual Capital City Kiwanis Firecracker 5K/1M Sparkler Run, 7:30 a.m. 1M; 8 a.m. 5K. Cascades Park, 1001 S. Gadsden St. Online registration available at raceroster.com. Visit www.cckcfirecracker5k.com; or Capital City Kiwanis at tallahassee5k@gmail.com or (850) 228-4410.

04 Freedom Springs Triathlon (400-meter swim; 10M bike; 5K run), 7 a.m. (CT). Blue Spring Recreation Park, 5461 Blue Springs Rd., Marianna, FL. Online registration available at RunSignUp.com.

11 GWTC Summer Track Series - Week 5, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or tomperkinsfsu@gmail.com; or Jeanne O'Kon at (850) 264-4903 or okonj@flagger.edu.

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

13 Bridge of Lions 5K, 7:30 a.m. Castillo de San Marcos, 1 South Castillo Dr., St. Augustine, FL. Online registration available at RunSignUp.com.

14-19 Miles and Minutes Cross Country Camp 2024, Tuckaleechee Retreat Center, Townsend, TN. Chris Sumner at (850) 567-6175 or lfcsumner3@gmail.com.

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

20 GWTC Summer Trail Series Race #3 - Swamp Forest Trail (~4.5M), 8 a.m. Elinor Klapp-Phipps Park, Gate A, 1275 Miller Landing Rd. Online registration available at RunSignUp.com. Bobby York at byorkjr@msn.com.

25 GWTC Summer Track Series - Week 7, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or tomperkinsfsu@gmail.com; or Jeanne O'Kon at (850) 264-4903 or okonj@flagger.edu.

EQUIPMENT

FLEET FEET TALLAHASSEE

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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

TUESDAY EVENING RUN AND SOCIAL

Every 3rd Tuesday, 6pm - REI

TUESDAY EVENING INTERVALS

Tuesday, 6:30pm - FAMU Track

MIDTOWN MIDWEEK MILES

Wednesday, 5:30am - Whole Foods Market

WEDNESDAY EVENING INTERVAL WORKOUT

Wednesday, 6pm - Harriman Circle Park

FOREST MEADOWS TRAIL RUN

Sunday, 7:30am - Forest Meadows Tennis Complex

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.

THE ROAD SEEMS SHORTER WHEN SHARED WITH A FRIEND

GWTC is your running *community*! If you're looking for your people, join the members only Facebook page – **Gulf Winds Track Club Group Runs** – where you can:

- take part in training programs for upcoming GWTC events;
- join morning or evening group runs facilitated by our coordinators;
- participate in engaging run challenges to win fun prizes;
- make new friends at social events; and
- host runs that work for your schedule.

We look forward to running with you soon!

GWTC Group Run Coordinators: Ashlee Blake, Emily Webster, Joi Savery, Kendall Meikenhaus



FEATURED FEET

JACKSON BLAY



When did you start running?

training with a Muay Thai (kickboxing) club. I didn't start running seriously until a few months ago, after finally being converted to the running cause by the rest of my family. My younger brother started running in high school, and slowly everyone else picked it up from there. I was the last hold-out.

Childhood ambition?

I always wanted to be a paleontologist when I was a kid; I still like dinosaurs and fossil hunting.

Current occupation?

I am a data analyst with the county health department, finally achieving every child's dream of becoming a low-level government bureaucrat.

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

I feel like it would be cool to drive(fly?) a blimp. I don't think there are very many of those around these days.

Favorite reads?

Don't get me started, I love reading. I like sci-fi especially. I like pretty much everything from Ursula Le Guin, and Children of Time by Adrian Tchaikovsky is a favorite modern book of mine.

Favorite running memory?

One time I fell down the side of a mountain and twisted my ankle during a run while on vacation with my family. Might not have been fun in the moment, but it became an inside joke that is still referenced years later.

Indulgence?

Lemon Girl Scout cookies. The good ones with the lemon crème, not the crappy powdered sugar ones.

Non-running hobbies?

I like most outdoors-related activities, especially kayaking and swimming in the springs. The Wacissa River is my favorite place around here, it's only 30 minutes away and there are places to rent canoes and kayaks right at the start of the river.

Best place to run in Tallahassee?

Miccosukee Greenway (when it's not flooded).

Preferred running technology?

Feet. I also just got a COROS pace running watch, which is really neat. No more guesstimating miles in my head.

Biggest challenge?

I'm not too lazy to wake up and run in the morning, but I am too lazy to drive more than 10 minutes for it. Someone please explain the psychology around that one to me.

Perfect day?

One that ends in "y". 🏃

FEATURED FEET

LAURA DENNIS



When did you start running?

I started running in 2012. I was inspired to take up the sport after my dad and husband had both run marathons. When I started running, I lived in Orlando and only ran sporadically. But after I moved back to Tallahassee and had my first daughter, I found the Moms Run This Town (MRTT) group and have been consistently running ever since. I went from only casually running a few miles at a time to running several half marathons and two full marathons thanks to the support and inspiration from my MRTT friends.

Childhood ambition? Math teacher.

Current occupation? I am a teacher—but not a math teacher. I am currently a Legal Writing Professor at the Florida State University College of Law. Go Noles! Prior to that, I worked as a private practice attorney.

If money were no object, what profession would you choose? I would still probably teach, but I also think I would enjoy being a book editor because I love to read.

Favorite reads? Too many to name! My favorite running book is *Let Your Mind Run* by Deena Kastor. I also really enjoy historical fiction and recently read *The Women* by Kristin Hannah which is about a nurse during the Vietnam War. It was a great book.

Favorite running memory? I have many, but there are two in particular that stick out to me. The first is running the Tails and Trails 5k with my dad on his birthday many years ago. He inspired me to start my running journey and I was grateful that he stuck with me during the race (even though he was much faster than I was). My second

favorite running memory is running the Richmond Marathon last November. It is appropriately dubbed “America’s Friendliest Marathon.” I travelled to Virginia with several other running friends, and we had a blast enjoying the city and the race. The weather was perfect, the scenery was gorgeous, and the crowd support was incredible. My favorite part, however, was crossing the finishing line holding hands with my friends Chrissy and Cait.

Indulgence? Macaroni and Cheese is my go-to comfort food, but I also love ice cream.

Non-running hobbies? Reading, camping, doing the New York Times crossword puzzle, and watching trash reality tv.

Best place to run in Tallahassee? I enjoy running on the Miccosukee Greenway. I also log a lot of miles in Killearn and around mid-town.

Preferred running technology? My Garmin Fenix 6s Pro. It gives me so much helpful running data that helps me during my training.

Biggest challenge? Being a parent to two wonderful daughters. It is the most challenging and rewarding thing I have ever done.

Perfect day? My perfect day would start with a leisurely run with friends followed by coffee at Lucky Goat. Then, I would spend some time relaxing and reading, followed by some time outdoors with my family and friends at the Hub enjoying some live music and craft beer. 🍷

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Are your children ready for some summer running fun!?!?

This Youth Running Program is sponsored by Gulf Winds Track Club. The program's goal is to provide opportunities for students in elementary, middle and early high school to improve their running skills and endurance. The program is recommended for students aged 6 and above who can run at least 1 mile. There is no charge.

- The first day for the 2024 summer session is June 3 and the summer program ends on or about August 2.
- Practices will be held Monday through Friday, weather permitting. Runners should arrive before 7:45 am; we will end around 9:00.
- Drop off, pick up, and parking are at 701 Miller Landing Rd in the Forest Meadows Soccer Complex.

Practices will include running in Elinor KlappPhipps Park, which includes 670 acres of protected land along the bank and in the watershed area of Lake Jackson. The trails are magnificent and home to many GWTC races (the Potluck Bash for example) and several high school cross country meets.

Our goal is to teach kids the fundamentals of running and racing while reminding them how much fun running can be. If we do it right, running will be a lifetime friend.

Want to join the team?

Register here: <https://runsignup.com/Race/FL/Tallahassee/SMIRFS>

Email or call David Yon, david@radeylaw.com, (850) 321-8768 if you are interested in coaching or have any questions about the program.



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The men's relay championship race. Notice the "Tallahassee '26, Welcoming the World to Florida" banner on the fence!

2026 WORLD ATHLETICS CROSS COUNTRY CHAMPIONSHIPS TO BE HELD AT APALACHEE REGIONAL PARK

A delegation visited the 2024 World Athletics Cross Country Championships in Belgrade representing Tallahassee/Leon County as the hosts of the 2024 Championships.

Tallahassee/Leon County joins Boston and New York City as the only three US cities to host the World Athletics Cross Country Championships in 2026. (Oregon was selected for 2022 but those events were canceled.) Since 1992 countries such as Denmark, Uganda, China, Poland, Spain, Jordan, Great Britain, Kenya, Japan, France, Belgium, Switzerland, Ireland, Portugal, Morocco, Italy, and Hungary.

The World Athletics Cross Country Championship is expected to draw more than 550 runners from over 60 countries that will compete in five official World championship races at Apalachee Regional Park. While it will be internationally televised, the event is projected to be attended by 10,000 spectators from around the world, bringing in an estimated economic impact of over \$4.3 million.

Fleet Foot was able to work with Katie Kole at Visit Tallahassee to find out what it was like in Belgrade:

What was it like visiting Belgrade? What did you like the most?

We found the people to be welcoming and the food scene to be top notch. The Serbians took great pride in the service, preparation and quality of their food and drinks. And while we were expecting cold and dreary weather, we managed to bring the Florida sunshine with us as race day temperatures soared into the mid-80s which is very unseasonable for the region. The event was very well run appeared to go off without a hitch. This is testament to the Belgrade organizers as they had less than four months to put the event on.

How does the World Athletics cross-country course in Belgrade differ from what we've experienced at the Apalachee Regional Park?

While the actual race event is very similar to what we've hosted at Apalachee Regional Park in the past, the World Championships present logistical challenges unlike anything we've encountered before. The course in Belgrade was hosted at a public park which comes with increased logistics for security and course development. Apalachee Regional Park is set for cross country year-round, so we are pretty unique in not having to build the course from the ground up. Like Belgrade and other championships there will be elements built out around the course to challenge the athletes. This is something new and exciting that hasn't been done at any other events hosted on our course.



L-R: David Katz – Director of Competition, Scott Lindeman – Visit Tallahassee Marketing Communications Director, Katie Kole – Visit Tallahassee Senior Marketing Director, Taylor Wheaton – VT Senior Director of Sports, Sebastian Coe - World Athletics CEO, Taylor Walker – VT Director of Sports, Jon Ridgeon – World Athletics, and Mike Scott with USA Track & Field

What changes do you expect at ARP? When will construction begin?

We have several technical features that we plan to add to the race course at ARP. Many are still in the development phase, but we can confirm we intend to highlight the entire state of Florida. From creating a Miami beach themed zone, hills and structures to mimic exciting theme park roller coasters, mud pits that recreate the Everglades, and possibly some more surprises. World Athletics has challenged us to make the course unique to our region and incorporate the true spirit of cross country running, and that's what we intend to do. The construction of these features will not permanently alter the course and would likely begin a couple months ahead of the race.

How will this impact any local events at the ARP?

We've worked closely with World Athletics and USA Track & Field to make sure the scheduling of the event has a minimal impact on our annual race calendar. Our event rightsholders have been very accommodating and have pledged to work with us should schedule or venue changes need to occur.

How can run racing fans in Tallahassee get involved in the event?

We intend to have community mass participation events to be held the week of the World Championships. This will give thousands of runners the opportunity to test their skills on the same course that will decide the World Champions. We would love to set the record for the largest community race held at a WXC event, so we're setting our sights very high, and with the help of Gulf Winds Track Club, we think we can do this. Additionally, we will be soliciting for hundreds of volunteers to support the event... so there will be ample opportunity for the running community to show their support.



What teams were you most impressed with in the Cross Country event?

Of course, we're biased towards Team USA, but the Kenyan Women's team was clearly a force to be reckoned with. Throughout the championship race, every member of Team Kenya occupied the top 5 places of the championship race that was ultimately won for the second-consecutive year by Beatrice Chebet. It was remarkable to watch them compete shoulder to shoulder over the span of 10 kilometers, with the difference between all the Kenyan runners was a total of 22 seconds!

VOLUNTEER SPOTLIGHT

BILL & KELLI DILLON



Running Experience: Kelli and I have been running recreationally since 2002. Like many people we started with 5k races and worked our way up through the ranks to half-marathons, marathons, half-Ironman and finally to Ironman distance races. We have backed off the really long stuff in the last few years but still love the GWTC and other local races.

How long have you been a member of GWTC We moved to Tallahassee in 2005 and joined GWTC not too long after that.

How did you first get involved as volunteer Like most volunteers, we sort of wandered into helping with activities like packet-pickup. That led to more involvement (Kelli - first Girls on the Run Coach for Desoto Trail to us both Co-Directing the St.,Marks Duathlon for 2 years.

What do you enjoy most about volunteering?

The races in the GWTC community are really outstanding and they are all done by volunteers. We were just happy to be able to do our part and the experience has been very rewarding.

Why do you volunteer? We volunteer because the GWTC and people we have come to know over the last 18 plus years have become a big part of our life. By volunteering we get to serve a community that we really love.

What is your next volunteer project? Bill currently volunteers as throws coach of the Maclay Track and Field Team so that takes up a lot of time during track season. Our next volunteer project likely will come when one of our great race directors puts out a call for volunteers. 🏃

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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
May 4	Tails & Trails	10K	
June 8	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>

