

# THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | JUNE / JULY 2024



## SUMMER TRACK SERIES HEATS UP

DETAILS ON PAGE 2



VOLUME 49 | ISSUE 6

Tallahassee, FL  
**Gulf Winds Track Club**

# THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | JUNE / JULY 2024

VOLUME 49 | ISSUE 6

**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.:**

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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.



Bring your children to the GWTC Summer Track Series Thursday evenings at 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. It is FUN and promotes health activities for your children. This is a free program put on by track club volunteers for our community. (If you have a high school student who needs volunteer hours, this is a fun way to earn them.)



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

**Miccosukee Greenway Management Plan Update:** Jerry reported that a new management plan is being drafted specifying nine goals. Public testimony was heard from people who are concerned about the Greenway. New flooding near the Edenfield entrance of the Greenway has occurred that most have never seen. It is suspected that the Welaunee construction is a contributing factor. There are four possible roads specified in the original deed that are planned to traverse the Greenway over a roughly three-mile span and will connect Miccosukee Road to Welaunee Boulevard or Centerville Road. During the committee's update of the management plan, there is hope that they might eliminate or mitigate the impact of these planned roads. Trees have recently been planted to create a visual barrier between the Greenway and new construction at Welaunee Boulevard.

**Chenoweth Committee Appointment:** Myrna Hoover has stepped down from the committee, and Megan Noonan is willing to take her place. Motion was made and seconded to approve Megan Noonan as her replacement. Motion passed.

**GWTC Townhall/Roundtable:** Jerry indicated that he receives many questions from club members about the club, the number of races, how money is spent, club functions, and so on. Jerry has articulated that many members are aging and younger members need to step up into some of the important roles. He would like to offer a meeting in early May in a town hall format to include interested younger members. Board members discussed ways to get other members involved. A budget for the event was also discussed. A motion was made and seconded to allot a minimum of \$1,000 to host such an event. Motion passed.

Volunteer Coordinator Rebekah Mayfield informed Jerry that she recruited the Junior Women's Club of Midtown to volunteer at races. The possible

volunteers are listed in the GWTC RunSignUp page. They would like a Gulf Winds speaker (preferably female) to attend one of their meetings to discuss what GWTC does.

Jennifer reported that she still needs more group run leaders, especially for Trails. Allen Blay volunteered to lead a group at Forest Meadows on Thursdays. Also, the FSU College of Nursing Wellness Committee wants to become more involved with the club. Jennifer will meet with them next week. Girls on the Run Panhandle chapter will hold their celebratory 5K run within the Tails & Trails Run on May 4th. They have 71 girls and 17 coaches participating. They will have a tent at the race where GWTC members can serve as coaches. Jennifer asked if the club would be willing to be involved to assist the girls and their coaches, and Board members agreed that it was a good idea.

**Membership:** There are now 1280 individual members (1205 last year at this time), and 728 family memberships (694 last year at this time).

**Diversity, Equity, and Inclusion:** Gabrielle Gabrielli sent a report stating that Chika Okoro is working with Mark Tombrink to schedule a lecture in the GWTC lecture series on accessibility. The committee is partnering with SportsAbility Alliance to increase awareness of GWTC's DEI efforts. Chika is working with the head of SportsAbility to schedule a booth at their big event on April 20. Gabrielle is working to develop a workshop where the Club can bring together people with disabilities as well as people interested in working with the community of people with disabilities to improve outreach and opportunities. This would likely occur in June or July. And Danny Manausa is heading up efforts to provide any accessible equipment from the grant.

**Education and Lecture:** Mark Tombrink reported that a presentation will be held on April 25 at Ology by Amy Hassell, coach at Chiles High School on "Running through the Generations." It will also be a Q & A session. Mark asked for assistance with advertising the event.

**Merchandise:** Sherri Wise sent a report on gross sale amount at the Marathon. This was the total amount of both merchandise and marathon sales combined (\$1,713.00 Marathon hats, \$1,541.20 Zip Marathon shirts, and

# YOUR MEMBER BRIEFING CONT

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\$465 additional merchandise). The new web site is up and running online and will allow the club to earn an additional \$5.00 per item. She is trying to sell some of the leftover multicolor stasher marathon hats online.

**Equipment:** Bill Lott reported that last month with Board approval, 100 18-inch orange traffic cones were purchased at a total cost of \$1,080.00.

**Chip Timing:** During March, one non-Club race (Shamrock Scurry 5K/1M) and one Club race (St. Marks Duathlon) were chipped timed. In April, two Club races (Springtime 10K/5K/1M, and Palace Saloon 5K) and one non-Club race (NeSmith 5K) will be timed. Scheduled to be timed in May are one non-Club race (Tails & Trails Half Marathon/10K/5K/1M) and one Club race (Summer Trail Series Race #1 – Cadillac Trail).

GWTC has been approached to chip time a small FSU cross country meet scheduled for Friday, September 27, 2024, at the ARP. David Landis has agreed to be the lead timer and information about the costs and requirements involved has been sent to FSU for review.

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# PRESIDENTS COLUMN

By: Jerry McDaniel, GWTC President

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I subscribe to Popular Mechanics magazine. While the name is a bit of a misnomer in my view, I mostly have a subscription because my Dad always had one.

There are always interesting articles, but the magazine starts out with a section called "Can't Stop Thinking About". This section usually features 2-3 random staff people at the magazine sort of musing on, well, things that are presently occupying their thoughts or happenings.

Lately, for me, "I Can't Stop Thinking About" a variety of things...my latest book, politics and our country, the wars, my aging Mother, next motorcycle trip with my brother, my mortality, GWTC, and the list goes on. News to some, I am an intuitive person, so will confine this column to Track Club stuff.

In terms of the calendar, historically once Springtime and Palace conclude - my racing focus used to always turn toward having fun at Potluck and trying to be competitive in the Breakfast on the Track mile.

Potluck has always been an interesting event. It is the only event

all year where your favorite wearable timing/tracking device is not allowed nor is the course marked mileage-wise. It is also the only race in the 4 mile range and the goal is to predict your finish time. Early on, I thought it was ludicrous that anyone could even contemplate predicting their finish time on a hilly, rooty, not particularly accurate 4 mile off road course.

Well get this, one year I nailed my time to the second and Jackie was a mere 1 second off our respective predictions - in the same year! What are the odds?

I have not come close since that time. This run is also about the Chenoweth Fund recipients and promoting the efforts of runners and triathletes in the Big Bend area. Come run, stay for food and drink and listen to area coaches recognize their youth runners! It is a really fun social occasion.

Noteworthy this year for Breakfast on the Track are newly installed race directors, Christopher and Lauren Stanley. Thank you for stepping up and taking over from Felton and Bonnie Wright! Big shoes to



# 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**

Please refer to <http://wpexpress.org> or our Facebook page for current run location. We typically run from the north end of Winthrop Park, but we do change locations to support both the Springtime and Turkey Trot training groups.

## **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](http://www.gulfwinds.org/training). Plus, there's a link to the GWTC private Facebook Group for training runs.



# PRESIDENTS COLUMN CONT

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fill. Ah yes, the mile. The scariest and shortest event we offer. Most runners worry about this event because it is so rare- the only mile they run all year; all on-lookers can see you every step of the way; and you're pretty much in pain, if your pushing, the last 21/2 laps. On the upside - it is short-lived.

For those that do this race at maximum effort, it usually boils down to this: 1st lap - adrenaline high, no pain, trying to find your pace, don't fall; 2nd lap, where's my competition, did I go out too fast, starting to hurt; 3rd lap, you are starting to be delirious with pain, lactic acid building, and the end seems a marathon away; 4th lap - complete oxygen debt, lactic acid is full on, collapse at the finish, don't barf on the volunteers.

Interestingly, my best mile was not at an official event - it was on the Leon track, during a noon- time run with the Sloths. We conjured some bet, figured out the marks on the track that made up the stagger for a mile, 4-5 watches on me and off I went! All I remember was the inability to lift my legs coming down the final stretch.

The Breakfast on the Track Mile is a Grand Prix race this year, so you know you'll be there!

The primary GWTC things that I Can't Stop Thinking About however, involve the long term health and well being of the club. We still do not have race directors for the marathon and the machinery to put this on is in motion. I do have a feeler or two out but nothing solid as of yet.

I am gratified when someone comes to me or Jennifer or any club officer and says they wish to be more involved. That does and has happened- wonderful! I do hear and see moans and groans occasionally as well, about the Club and and how we operate. As Jennifer suggested in her column last month...let's talk about it!

Meet us at Momo's on Market St., Saturday afternoon, June 15 at 3:30 for some pizza and a drink and let's hear what you think. There is a survey out now that you should have received via email. Please respond! We want a healthy, well sustained club that balances the members concerns and needs with a vibrant and active community organization that promotes good and healthy lifestyles. No need to debate club business on FB when we can do it face to face! Should you be unable to attend June 15, we'll do a follow up AM event for coffee drinkers or morning people later in June.

# FEAR NO DISTANCE

A group of runners in silhouette are shown in motion against a bright, hazy sky at sunrise or sunset. The runners are in various stages of their stride, creating a sense of forward movement. The overall tone is motivational and energetic.

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# RACE CALENDAR



## 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](mailto:tomperkinsfu@gmail.com); or Jeanne O'Kon at (850) 264-4903 or [okonj@flagger.edu](mailto: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](https://RunSignUp.com). Visit [www.gulfwinds.org](http://www.gulfwinds.org); or David Yon at [david@radeylaw.com](mailto: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](mailto:tomperkinsfu@gmail.com); or Jeanne O'Kon at (850) 264-4903 or [okonj@flagger.edu](mailto: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](https://Eventbrite.com); or Floyd Faglie at [watermelonrun@gmail.com](mailto: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](mailto:tomperkinsfu@gmail.com); or Jeanne O'Kon at (850) 264-4903 or [okonj@flagger.edu](mailto: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](https://Eventbrite.com). Michael Atkinson at [nexnbax1@comcast.net](mailto: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](mailto:tomperkinsfu@gmail.com); or Jeanne O'Kon at (850) 264-4903 or [okonj@flagger.edu](mailto: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](https://RunSignUp.com). Bobby York at [byorkjr@msn.com](mailto:byorkjr@msn.com).

### 29 Alice Sims Track Invitational (AAU), time

TBA. Chiles High School, 7200 Lawton Chiles Lane. Alice Sims at [alicesims3435@gmail.com](mailto: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](https://raceroster.com). Visit [www.cckcfirecracker5k.com](http://www.cckcfirecracker5k.com); or Capital City Kiwanis at [tallahassee5k@gmail.com](mailto: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](https://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 [tomperkinsfu@gmail.com](mailto:tomperkinsfu@gmail.com); or Jeanne O'Kon at (850) 264-4903 or [okonj@flagger.edu](mailto:okonj@flagger.edu).

**13 Ernie Sims Track Invitational (AAU)**, time TBA. Chiles High School, 7200 Lawton Chiles Lane. Alice Sims at [alicesims3435@gmail.com](mailto: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](http://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](mailto: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](mailto:tomperkinsfsu@gmail.com); or Jeanne O'Kon at (850) 264-4903 or [okonj@flagger.edu](mailto: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](http://RunSignUp.com). Bobby York at [byorkjr@msn.com](mailto: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](mailto:tomperkinsfsu@gmail.com); or Jeanne O'Kon at (850) 264-4903 or [okonj@flagger.edu](mailto:okonj@flagger.edu).

## AUGUST 2024

**01 GWTC Summer Track Series - Week 8**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or [tomperkinsfsu@gmail.com](mailto:tomperkinsfsu@gmail.com); or Jeanne O'Kon at (850) 264-4903 or [okonj@flagger.edu](mailto:okonj@flagger.edu).

**09 Tallahassee Beer Festival Beer Mile**, 6:30 p.m. Donald L. Tucker Civic Center, 505 W. Pensacola St. Visit Tallahassee Beer Festival at <https://tlhbeerfest.com>; or Mickey Moore at [mickey@mooretobusiness.com](mailto:mickey@mooretobusiness.com).

**10 GWTC Breakfast on the Track Mile**, 7:45 a.m. Maclay School Track, 3737 N. Meridian Rd. Online registration available at [RunSignUp.com](http://RunSignUp.com). Chris or Lauren Stanley at [ctstanley800@gmail.com](mailto:ctstanley800@gmail.com).

**17 GWTC Miller Landing Madness 8K/5K/3K XC Run**, 8 a.m. 8K/5K; 9 a.m. 3K. Elinor Klapp-Phipps Park, Gate B, 1775 Miller Landing Rd. (1.3 miles west of Meridian Rd. on Miller Landing Rd.). Online registration available at [RunSignUp.com](http://RunSignUp.com). Tom Perkins at [tomperkinsfsu@gmail.com](mailto:tomperkinsfsu@gmail.com) or (850) 264-4595; Jeanne O'Kon at [okonj@tcc.fl.edu](mailto:okonj@tcc.fl.edu) or (850) 264-4903; or Bill Lott at [blott@nettally.com](mailto:blott@nettally.com) or (850) 656-1273.

**24 GWTC Summer Trail Series Race #4 - Maclay Gardens (~5.5M)**, 8 a.m. Maclay Gardens State Park, 3540 Thomasville Rd. Online registration available at [RunSignUp.com](http://RunSignUp.com). Bobby York at [byorkjr@msn.com](mailto:byorkjr@msn.com).

**24 Dueling Summits XC Invitational**, 7:15 a.m. community 5K; 8 a.m. girls high school 5K; 8:40 a.m. boys high school 5K; 9:30 a.m. girls middle school 3K; 10 a.m. boys middle school 3K. Elinor Klapp-Phipps Park, Gate B, 1775 Miller Landing Rd. (1.3 miles west of Meridian Rd.). Online registration and additional information available at <http://fl.milesplit.com/>; or Jose Fernandez at [multijumps@gmail.com](mailto:multijumps@gmail.com).

## FEATURED FEET

# MICHELLE COMEAUX



### When did you start running?

When I turned 40 following some life changes. One of my first races was the Gate River Run that spring followed by the Gulf Winds Summer Trail Series. I had a blast at the trail series that summer.

### Childhood ambition?

Plan was to follow in the footsteps as most of my family members into the medical field area. As I grew up, I quickly learned that it would not work for me....some friends know....I pass out at the sight of medical "things" ;)

### Current occupation?

Quality Assurance Manager with Public Consulting Group

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

At this point in my life, I would love to be a "professional" traveler. Go on adventures and explore places around the world.

### Favorite reads?

The Diamond Eye by Kate Quinn and Pride and Prejudice by Jane Austen

### Favorite running memory?

Completing my first half marathon, Boston Mini....after completing his race, Jack McDermott ran out a few miles to support me to the finish line. I recall wondering what he was doing running towards me, and caught spring in my step till the finish.

### Indulgence?

Chocolate Chip Cookies or Reeses' Peanut Butter Cup Blizzard

### Non-running hobbies?

Long distance cycling, swimming, hiking, beach, love to watch sports

### Best place to run in Tallahassee?

Heritage Park/Piney Z and the Miccosukee Greenway

### Preferred running technology?

Garmin Watch with HR Monitor

### Biggest challenge?

The training leading up to completing my first full Ironman in 2023.

### Perfect day?

Any day that involves great weather, outdoor activity with friends, followed up with good food! 🍌



## FEATURED FEET

# DANA STETSON

**When did you start running?**

1987 after quitting smoking

**Childhood ambition?**

To be an adult, if possible

**Current occupation?**

Going on 15 years as a dog support person at Cauzican in Wakulla.

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

Whatever I'm doing, because money is already no object.

**Favorite reads?**

Florida history and anything that will be of no possible practical use.

**Favorite running memory?**

January 11, 1997 with Gary

**Indulgence?**

I kayak on all the rivers around here.

**Non-running hobbies?**

At this point in time, you might call my running a non-running hobby.

**Best place to run in Tallahassee?**

Off-road, any damn where you want.

**Preferred running technology?**

Loin cloth and viking helmet.

**Biggest challenge?**

To stay humble.

**Perfect day?**

Wake up early, run real far, go back to bed and repeat. 🏹



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

### Want to join the team?

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

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

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## VOLUNTEER SPOTLIGHT

# MARK & KAREN JETER



**KAREN: Tell us briefly about your running experience.** My younger years involved competitive martial arts. My endurance was limited to 2 minutes in the ring fighting fellow black belts. I wasn't a runner and still don't really claim to be a speedy one. I began running in 2005 to train for my first 5k at Seaside and I was so nervous!!

**How long have you been a member of GWTC?** 12+ years...? In 2005 I was living in SW Ga and would check out the GWTC web site to find area races.

**How did you first get involved as a volunteer?** I believe it was at a youth tri series event at Morcom in 2014. We volunteered in the transition area and were so inspired by the kids doing the race that day.

**What do you enjoy most about volunteering?** In triathlons, I most enjoy kayak support - I've talked quite a few swimmers off the panic ledge that were clinging onto my kayak, scared out of their wits. One guy found me the next year to thank me for helping him through his swim the prior year. He had improved his swim exponentially by the next year!

**Why do you volunteer?** Personally, I love supporting the back of the pack runners. For some of them, that 5K is the biggest thing they've ever done in their life and it means something monumental to them. Everyone has their "why" - I enjoy encouraging them to the finish.

**What is your next volunteer project?**  
TBD 😊

**MARK: Tell us briefly about your running experience.** Growing up I never really liked running more than 100 yards (football), 90 feet at a time (baseball) so no 5k's or more until my 40 year old range.

**How long have you been a member of GWTC?** About 12 years I believe.

**How did you first get involved as a volunteer?** Karen and I started getting interested in triathlons, so we volunteered at the Youth Tri Series in 2014. Watching a five-year-old complete her race on her bike with training wheels made me believe I could do it.

**What do you enjoy most about volunteering?** Helping others who are racing by providing water, snacks, encouragement, and possibly directions when needed.

**Why do you volunteer?** It's fulfilling to help others achieve their endeavors whether it be completing a local 5k or celebrating with a last-second Ironman finisher at midnight.

**What is your next volunteer project?**  
TBD 😊 🏃



## CUSTOM PRINTED APPAREL FOR YOUR RACE

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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
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>**





# GULF WINDS TRACK CLUB PRESENTS **MILLER LANDING MADNESS**

## 8K/5K/3K CROSS COUNTRY RUN TO BENEFIT SECOND HARVEST OF THE BIG BEND



**WHEN:** AUGUST 17, 2024

**WHERE:** GATE B, ELINOR KLAPP-PHIPPS PARK  
(1.3 MILES WEST OF MERIDIAN ROAD  
ON MILLER LANDING ROAD)



**TIME:** 8K/5K START AT 8:00 A.M.; 3K STARTS AT 9:00 A.M.

All monetary proceeds benefit the GWTC Chenoweth Fund.  
All canned food donations go to Second Harvest of the Big Bend.

Online registration available at [RunSignUp.com](https://RunSignUp.com).



**EARLY PACKET PICK-UP:** Register and/or pick up your packet and drop off food items early on Wednesday, August 14, 2024, at Cadence Running, 2743 Capital Circle NE #101, from 3:00 p.m. to 6:00 p.m.



**Race Day Registration and Packet Pick-Up:** Begins at race site at 6:30 a.m.

Ages 18 and Under and under: Free with four cans of food.  
Over 18 years of age: Pay registration fee and minimum of two cans of food.

High School age and Middle School age Club Teams may compete for team awards in the 5K and 3K races, respectively. Team members must enter team name when registering. Each team participant is required to register and submit a signed, completed waiver.

FOR MORE INFORMATION ABOUT THE CHENOWETH FUND  
OR GULF WINDS TRACK CLUB, VISIT [WWW.GULFWINDS.ORG](http://WWW.GULFWINDS.ORG).

FOR RACE INFORMATION

CONTACT TOM PERKINS AT (850) 264-4595;  
JEANNE O'KON AT (850) 264-4903; OR  
BILL LOTT AT (850) 656-1273.

