

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | NOVEMBER 2024



DETAILS SEE PAGE 23



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THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | NOVEMBER 2024

VOLUME 49 | ISSUE 9

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

Columnists: Jane Johnson (Featured Feet), Jennifer Hay and Jerry McDaniel (Presidents Column), 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, Fleet-Foot@GulfWinds.org

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YOUR MEMBER BRIEFING

Your GWTC Board of Directors met on September 11, 2024

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

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

Race Course Certification: Jerry spoke to Bill McGuire and confirmed that Bill is retiring from the course certification business. Jerry asked if there was anyone who was interested in taking it over. There are also companies that perform this service. The Tallahassee Marathon course needs re-certification.

Training Groups: Jennifer Hay announced that all training groups start in September. Pacers are needed for several of the groups, including the Beginning Running Group, Half-Marathon training group, and others.

Proposed 2025 Grand Prix race schedule: Lisa Unger reported that about 16% of club members (292) have met the Grand Prix volunteer requirement. Lisa sent an e-mail to remind all club members about the volunteer requirement. She provided the 2025 Grand Prix race schedule and Board members approved it. The Grand Prix Committee members considered many distinct aspects, including race distances, trail races, etc. Jerry mentioned that the Duathlon could also be considered in the future.

Election of Officers and Directors for 2025: Mark Priddy asked the Board to talk to other club members about running for Board positions in the upcoming election. If a Board member isn't going to run again, the member should send Mark an e-mail. The slate will be provided to the Board in the October meeting. Jennifer mentioned this in the recent edition of Running Shorts, but more education of the members is needed. The election has been conducted electronically for the past few years. Jennifer also mentioned that having the bios of those running for the Board is very important to include.

Bylaws Review: Jerry met with a small group to review the club Bylaws. Any changes need to be presented to Board members for review for 30 days. It will be discussed at the October Board meeting. There are

currently 18 voting members on the Board, and it will be dropped to 15 if the changes pass. A few other changes are being proposed, including a new Communications and Recruitment Director position. The Education and Lecture Coordinator and Social Coordinator positions would be merged. The non-voting member position will be modified. An appointed Volunteer Coordinator and a Technology Coordinator position will be added. Some Board members felt that too much change in the Board structure should not be rushed through.

Treasurer: Peg Griffin reported that as of August 31, 2024, net assets are \$243,071.48, and net loss as of the same date is \$14,229.92.

Triathlete Club: Beverly reported that the Tri Club recently updated their Bylaws, and there are ten members on their Board. The terms are three years for their Board, and that is being modified. Their election is held in October and the members have been informed. There has been discussion about resuming the Red Hills Triathlon, but the permitting is difficult.

Membership: Robert McNeal reported that for September 2024, there are currently 1321 members (1217 last year at this time), and 831 households (688 last year at this time).

Chip Timing: During August, all three races chip timed were Club races (Breakfast on the Track 1-Mile; Miller Landing Madness 8K/5K/3K; and Summer Trail Series Race #4 – Maclay Gardens). In September, one non-Club race (Bluebird Run for Brookie B. 5K) and three Club races (5K for Sickle Cell Anemia/Tim Simpkins 1M; Women’s Distance Festival 5K/1M; and Salute to Prefontaine Forest Run 5K/1M) will be chip timed. Originally, GWTC was to time the FSU Pre-Regional Cross Country Meet on September 27th, but due to various concerns FSU has decided to go with their regular timer. Scheduled to be timed in October are one Club race (Pine Run 20K at Tall Timbers) and one non-Club race (Boston Half Marathon/5K). For the fiscal year to-date (July-August), chip timing revenue totals \$1,462.00 and all was from the Firecracker 5K held on July 4th.

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RACE CALENDAR



NOVEMBER 2024

09 BFD Catfish Crawl 5K/1M, 8 a.m. (CT) 5K; 9 a.m. (CT) 1M. M & B Depot Park, 16977 NE Pear St., Blountstown, FL. Online registration available at ItsYourRace.com. Visit www.blountstownfire.org/catfishcrawl; or Ben Hall at blountstownfire@gmail.com or (850) 674-4988.

11 Memorial to Memorial Veterans Day 5K, 8 a.m. Cascades Park, 1001 S. Gadsden St. (start at Florida Vietnam Veterans' Memorial - enter from Calhoun St.; finish on Suwannee St. near Korean War Memorial in Cascades Park). Online registration available at RunSignUp.com. Bob Asztalos at AsztalosB@FDVA.STATE.FL.US.

15 NCAA Division I South Region Cross-Country Championships, 8:30 a.m. women; 9:30 a.m. men. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.ncaa.com.

16 FHSAA Cross-Country State Championships, 7:20 a.m. 4A girls; 7:45 a.m. 1A girls; 8:10 a.m. 4A boys; 8:35 a.m. 1A boys; 9 a.m. 2A girls; 9:25 a.m. 3A girls; 9:50 a.m. 2A boys; 10:15 a.m. 3A boys. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.fhsaa.org.

16 FSU Relay for Life Run A-Lung Relay 5K, 9 a.m. Integration Statue on Woodward Plaza, behind Oglesby Student Union, 75 N. Woodward Ave., FSU Campus. Visit www.relayforlife.org/fsufl; or Sophia Martinez at (407) 655-9847.

23 Fur Fest 5K, 8:15 a.m. J. Lewis Hall Park, 1492 J. Lewis Hall Sr. Ln., Woodville, FL. Online registration available at RunSignUp.com. Nancy Stedman at nancystedman@gmail.com.

24 Marching Chiefs 5K, 9 a.m. Bill Harkins Field (Chiefs Field), located next to the Flying High Circus, FSU Campus. Additional information and online registration available at www.marchingchiefs5k.com. Micah Alexandre at racedirector.mc5k@gmail.com; or Ethan Bell at coracedirector.mc5k@gmail.com.

28 GWTC Tallahassee Turkey Trot 15K/10K/5K/1M, 8 a.m. 1M; 8:30 a.m. 15K/10K/5K. Southwood State Office Complex, 4055 Esplanade Way. Online registration available at RunSignUp.com. Visit <http://tallyturkeytrot.com>; or David Yon at david@radeylaw.com.

DECEMBER 2024

07 GWTC 10M/5M Challenge, 8 a.m. Hawks Rise Elementary School (use Meridian Rd. parking lot entrance). Online registration available at RunSignUp.com. Visit www.GulfWinds.org; or Mark Tombrink at mat06@my.fsu.edu or 10MileChallenge@gmail.com.

07 Jingle Bell Run, 6:15 p.m. Corner of S. Monroe St. and Park Ave. Online registration available at RunSignUp.com. Visit www.talgov.com; or Tallahassee Parks & Recreation at 891-3866 or 891-3860.

07 Jingle Bell Jog 10K/5K/1M, 8 a.m. 10K; 9 a.m. 1M; 9:30 a.m. 5K. Tift Park, 1300 N. Monroe St., Albany, GA. Online registration available at RaceRooster.com. Deidra Langstaff at deidra@gomadlab.com.

14 GWTC Tallahassee Ultra Distance Classic 50K/50M/Marathon, 7 a.m. Wakulla Springs State Park, 15 miles south of Tallahassee on SR 267. Online registration available at UltraSignUp.com. Visit www.TallahasseeUltra.com; or www.GulfWinds.org; or Jack or Laura McDermott at marathonjack@comcast.net.

21 **GWTC Tannenbaum 6K Cross-Country Run**, 9 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Online registration available at RunSignUp.com. Visit www.GulfWinds.org; or Herb Wills at hwills@gmail.com; or Judy Alexander at jalexander98@comcast.net.

18 **GWTC 30K/15K**, 8 a.m. The Retreat at Bradley's Pond, 9002 Bradley Rd. (across from Bradley's Country Store on Old Centerville Rd.). Online registration available at RunSignUp.com. Visit www.GulfWinds.org; or Zach DeVeau at zach.deveau@gmail.com.

JANUARY 2025

01 **31th Annual Wilde Mountain Scramble** (approximately 5M, unless you cheat), 8:30 a.m. SHARP!!! Forestmeadows Park and Athletic Center, 4750 N. Meridian Rd. Don't forget state park pass or entry fee. Race entry fee: \$2 or \$2 of scratch-off lottery tickets and a gift you don't mind pawning off on a fellow runner. As always, whining, fussing or even the slightest grumble gets you disqualified. Pre-race contact forbidden.

04 **GWTC Swamp Forest Trail Run (Quarter Marathon/Half Marathon/20.5M)**, 8 a.m. 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. Bobby York at byorkjr@msn.com.

25 **GWTC Bowlegs 5K Run for Scholarship/1M Fun Walk**, 9 a.m. FSU/FAMU Engineering Building, Innovation Park, 2525 Pottsdamer St. (across from Seminole Golf Course). Online registration available at RunSignUp.com. Visit www.GulfWinds.org; or Bill Hillison at (850) 893-4557 or whillison@fsu.edu; or Larry Giunipero at (850) 878-5569 or lgiunipero@cob.fsu.edu.

25 **The Trent 10K/5K/1M, TBA**. Roberts Elementary School, 5777 Pimlico Dr. Online registration available at RunSignUp.com. Visit <http://RunTheTrent.com>; or Brady Irwin at athlethelp@scienceofspeed.org.



NEW 2024 ELIGIBILITY REQUIREMENTS

Members aged 15 and older must perform volunteer service for at least one GWTC race.

Document your volunteer service here

<https://tinyurl.com/GWTCVolunteer>



Tallahassee, FL

Gulf Winds Track Club

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.

2025 Complete Grand Prix Schedule

Date	Race	Adult	Youth
January xx?	Bowlegs 5k & 1M	5K	5K or 1M
Feburary XX	TLH Marathon & Half	Half	-
Feb xx	Flash 12/6K	6K	-
March	Springtime 10k, 5k, & 1M	10K	5K or 1M
April	Palace Saloon 5k	5K	-
?	NeSmith 5k	-	5K
June	Potluck 4M	4M	-
Aug	Breakfast on the Track	1M	1M
	Miller Landing Madness	8K	3K
Sept	Bluebird Run 5k (1mile not timed)	5K	-
	Sickle Cell 5k & 1M	-	5K or 1M
	WDF 5k & 1M	-	5K or 1M
	Prefontaine 5k	5K	-
Oct	Pine Run 20K	20K	-
Nov	Turkey Trot 15k, 10k, 5k, & 1M	15K	5K or 1M
Dec	Ultra 50k & 50M	50K or Marathon	-

GRAND PRIX STANDINGS

Get the complete 2024 standings by visiting:
<https://runsignup.com/Series/GWTCGrandPrix>



PRESIDENTS COLUMN

By: Jerry McDaniel, GWTC President

Enjoying the cooler fall weather, which at the GWTC means election time in tandem with local and national elections, Turkey Trot, the 5/10 Mile Challenge, the Ultra and then Tannenbaum to round out the year! Hoping I can run some of these as I have been suffering with a hip issue of late. What I will do for certain, however, is volunteer!

Assuming you all have seen summaries and even details of the recently revamped club bylaws. These have been posted to the web page and the Jennifer Hay creation - "Running Shorts", which comes to you via email.

I do wish everyone that has even a mild interest in getting more involved in the club will consider getting involved with our governing Board. There are now 15 voting Board positions and a variety of non-voting positions that the President can fill. By the time this column comes out, the elections should be open and those vying for voting Board slots will be known. There are however, several non-voting positions on the Board that the President can fill, some of which are new, and I encourage you to peruse the new

bylaws and let me know if you have interest. Board meetings last usually an hour and half and do not intrude on a family or member's dinner hour (2nd Wednesday each month at 7:00). As an aside, anyone can attend Board meetings anytime. They are sometimes held at Board member's residences and sometimes held at local restaurants that have a smaller and separate room. If you have interest in being considered, please reach out to me or any member of the Board, as we are always interested in new insights and perspectives.

Even if you do not wish to fill an "official" position associated with the Board, the Club hosts roughly 20 races a years and Race Directors are always looking for help for minor and major jobs. Noting that Jennifer introduced her foray into Race Directing last month, I'll share mine. Now you might assume this was a slow migration of initially volunteering at races, morphing into larger and larger roles, peaking into stepping up to Race Directing, equipped with knowledge procured along the way. If you know me, you know that is not quite what I do - more impetuous you might say. Jackie and I were down, years ago at the St. George

Island Sizzler, which I am not sure is even held any longer. This was a 5K held around 6:00 PM, middle of the summer and miserable. Jackie and I do the race and there was always a good post race party, in some years, held up stairs in the SGI fire station, with requisite beer and food. At some point, I mosey over to where Tom Perkins was sitting looking to chat him up. Shortly thereafter, I return to where Jackie was sitting and let her know that we are the new Race Directors for the 30K/15K! Jackie does not like me to hang out with Perkins so much anymore, even though I do, for I have assumed his role of late in unabashedly asking folks to Race Direct and help with the club (Geb Kiros steers clear of me - one of our new Marathon/ Half co-race directors). Seriously, there are a myriad of jobs with all races, big and small that directors would be eternally grateful to you for the help. I recently assisted the Hays, with the Pine Run and thoroughly enjoyed it. The small duties of just picking up ice on your way to a race, picking up awards or print work, errands - what have you... can take major worries off a race director's mind, let you still run the race, and help out the club immensely!

I almost always have a side story with most races and I have to tell this one which is completely off point.

At one of the earlier Sizzler Races and quite early in our marriage, I was lining up for the race. It was as hot as it could possibly be, and I noticed this younger guy (was told later he was a local roofer), bare foot, no shirt, smoking, and drinking a beer (pretty common sight on SGI). Then, as the race is about to start, he puts his beer down, balances his cigarette on top of the beer for later retrieval and gets in a crouch position as if it is a 100 meter track race. I sort of smirk, and the race gets underway - only this guy is out like a shot and after 3/4 of a mile seems to be pulling away! I start to think, Jackie will not be impressed with me getting beat by a bare foot, shirtless, inebriated, smoker. Thankfully at around 1 mile he pulls up and all ends well.

Hey, I would love to start a guest column in the Fleet Foot, where you can share stories of experiences you have had at local or traveled to races or other athletic endeavors. I know I have a ton of them and I think others would enjoy hearing of some of your good/bad/fun experiences. I have already asked several folks to contribute so be on the lookout in upcoming issues of the Fleet Foot. If you wish to write up an experience send to Robert Skrob (fleetfoot@gulfwinds.org)



YEAR ROUND RUNNING GROUPS

Learn a lot more about
running groups by visiting
www.gulfwinds.org/training.

TUESDAY MORNING INTERVALS

Tuesday, 6:30pm - Cascades Park Trail (near by the Rattler snake head at the skate park.)

TUESDAY EVENING INTERVALS

Tuesday, 6:30pm at Cascades Park (meet near rattler snake head at the skateboard park at Railroad Square)

MIDTOWN MIDWEEK MILES

Wednesday, 5:30am at Whole Foods Market

WEDNESDAY EVENING INTERVAL GROUP

Wednesday, 6pm at Harriman Circle Park

OPTIMIST PARK THURSDAY NIGHT GROUP RUN

Thursday, 6pm at Optimist Park

SUNDAY AT FOREST MEADOWS TRAIL RUN

Sunday, 7:30am at Forest Meadows Tennis Complex

SUNDAY REFLECTION TRAIL RUN

Every 2nd and last Sunday, 6:00pm at Tom Brown Park

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FEAR NO DISTANCE

The background of the entire page is a photograph of several runners in silhouette, running on a road towards the horizon. The sky is a mix of blue and orange, suggesting a sunrise or sunset. The runners are in various stages of their stride, and their shadows are cast on the road surface.

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FEATURED FEET

RYAN TRUCHELUT



Childhood ambition: Originally, to win the NBA Finals, later to break a Guinness record. Zero for two, though I tried to do the latter in high school.

Current occupation: Hurricane newsletter writer, agricultural forecaster, and forensic meteorologist at WeatherTiger (weathertiger.substack.com).

If money were no object, what profession would you choose? Honestly, boring answer, but writing a newsletter in which I get to talk about hurricanes and my readers are subjected to mandatory dad jokes is pretty ideal. Owning a record shop or alpaca farm are strong backup career contenders.

Favorite running memory: Sticking to the past decade to not channel “Glory Days,” I’ll go with winning Breakfast on the Track in 2021. Also my 10th wedding anniversary!

Indulgence: Any highly processed snack-food described as “flavor-blasted” or “now with 75% more cheese.”

Non-running hobbies: My wife and I are trying to climb the highest point of each state and just cracked the halfway point

this year. I also love birdwatching, guitar, chess, making snow (!), and America’s national parks.

Favorite reads: My three biggest influences are Dave Barry, Chuck Klosterman, and Carl Hiassen.

Best place to run in Tallahassee: Lake Loop at Maclay Gardens and the Munson Hills trails in the national forest.

Perfect day: High of 65, low of 45, nice flat 5k in the morning, post-race buffet, play some games with the kids, live music in the evening.

Biggest challenge: At this point in life, it’s having enough time and energy to balance the things I need and want to do. I have a 5- and a 7-year-old, so there’s a high baseline level of fatigue even before factoring in repeated Hurricane Hell Weeks. Hoping to have a little more bandwidth for being intentional (and running well) in my 40s.

Preferred running technology: Nike Vaporfly shoes. The child tax credit of the feet. 🏃

FEATURED FEET

CAITLIN UBILLA



Childhood ambition: Collect a quarter with each of the 50 states designs. I otherwise did not spend any time dreaming of labor.

Current occupation: Nurse Manager of Heart and Vascular Procedural Care. Despite my lack of childhood ambition, I landed in a job I love!

If money were no object, what profession would you choose? I would love to spend my days telling people where to go out for dinner that night. I don't think it is a profession, but I could make it one.

Favorite running memory: My first half marathon which was the Tally Half. Before I met my wonderful running friends, I trained for and completed the race entirely on my own. As I ran past my old college dorm, it hit me—I was really going to finish. The sense of pride that washed over me in that moment was overwhelming.

Indulgence: Butter

Non-running hobbies: Spending time with my husband and two daughters(8 & 6), traveling, sewing, floating, hiking, and reading

Favorite reads: I read a lot and have a habit of liking most everything I read, but my favorite authors are Kurt Vonnegut, Gloria Naylor, and Sally Rooney.

Best place to run in Tallahassee: I have found that so much of Tallahassee is a beautiful place to run when the sun is coming up and hitting the moss on the oaks. Midtown, Killearn Estates, Southwood, trails, you name it. My favorite runs are the Saturday morning runs with

my girls that always end at a coffee shop.

Preferred running technology: My good ol' Garmin. I might be the only person who loves programming workouts on that thing.

Perfect day: Catch a sunrise run with my friends on a cool morning, a leisurely breakfast on a patio with my husband and kids, an afternoon floating in water or hiking on trails, a nap, and then making a fancy dinner with my daughters.

Biggest challenge: I honestly do not have the time to be as hungry as running makes me. Everyone at work knows me as the person often eating leftover spaghetti at 0730 in the morning! 🍝



New Half Marathon Training Group

November 9, 2024 - January 25, 2025

Looking to run your first half marathon and don't know where to get started? This new training group will have you ready for the Tallahassee Half Marathon on February 2, 2025.

The group will meet every Saturday at 7:05am in Cascades Park for a 7:15am start.

The goal is to have three pace groups.
9-10 min/miles, 11-12 min/miles, and a run/walk group.
All paces and abilities are welcome!

Distance will start around 3 miles and increase weekly.
Routes will be posted on the GWTC Group Runs Facebook page and in the RunGo app.
Restrooms and water fountains available in park.

Visit www.gulfwinds.org to complete the "GWTC Training Groups Waiver" under the Training section. Consider joining the club or renewing membership while visiting the site!

Go <https://www.tallahasseemarathon.com/> to register for the race.

For additional information or to volunteer contact Monica Judd at monicamjackson@gmail.com

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VOLUNTEER SPOTLIGHT

MONICA JUDD

Tell us briefly about your running experience.

Trauma leads to triumph/change. In March 2003, the sudden loss of a close family member directed me to rethink my health. Two months later I kicked smoking out of my life and I needed a good replacement. Insert running! I can clearly remember running my first mile without stopping. And so my relationship with running began. From road to dirt, flat to mountains, I'll run it. My very first race was a 3k, and my longest was the Georgia Death Race (74+ miles). Running brings me sanity and joy.

How long have you been a member of GWTC?

I have been a member of GWTC off and on (more on than not) since 2003, when I started running!

How did you first get involved as a volunteer?

I honestly don't remember! I would imagine a friend just said "Hey, are you busy on X day at X time? Can you show up here and do this to help?"

What do you enjoy most about volunteering?

The smiles!!! Giving back to something I love is one of the best feelings. I know what it is like being the runner and hearing cheers, getting help with a safety pin when your hands don't work, someone pointing you in the right



direction, or just seeing a smiling face. It feels good to give back the love, work hard to brighten someone's day, or be hands-on when needed.

Just a few weeks ago a trail running friend shared the first time they met me, and how it made their race just a little better. I don't remember the race, but I was there to cheer folks on. As my friend was running, they said they remembered the smile, the loud "good job runner," and the dorky joy I gave off. Warmed my heart to hear that I did good that day for someone.

Why do you volunteer?

It is necessary, it is fun, and it makes me feel included. Like good ole Mr. Rogers said, "Caring is sharing" and I care, so I care to share.

What is your next volunteer project?

I am kicking off a new GWTC training group for the Tallahassee Half Marathon. I am super, excitedly nervous! So as a volunteer, I am recruiting others to share the love and volunteer with me. 🏃



**REACH YOUR GOALS.
ENJOY THE JOURNEY.
JOIN THE FUN.**



The Tallahassee Marathon/Half Marathon, which began with just two runners in 1975, has grown into a premier event that showcases our beautiful capital city to runners from across the state and the nation. On February 2, 2025, we are expecting 2,000 runners, building on the success of 2024 when participants came from over 43 counties in Florida and 37 states across the USA.

This marathon/half marathon isn't just about running; it's about bringing people together, celebrating our city, and promoting the sport we love. Whether you're racing for a qualifying time or enjoying the camaraderie of running with friends, this event truly embodies the spirit of personal achievement.

But even if you're not planning to run the marathon, there are plenty of ways to be part of this incredible event! With a long course that winds through some of Tallahassee's most scenic spots, we need volunteers to help make the day a success.

We invite you to register or volunteer for the Tallahassee Marathon on February 2, 2025. Whether you're running, cheering, or volunteering, your involvement helps make this event a success and strengthens our running community.

TO REGISTER

Go to TallahasseeMarathon.com and click the [REGISTER HERE](#) button

TO VOLUNTEER

Go to TallahasseeMarathon.com and click the [VOLUNTEER HERE](#) button

Become stronger by running the marathon/half marathon or volunteer so we can show our out-of-town guests the hospitality and enthusiasm that make Tallahassee and the Gulf Winds Track Club so special.

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GULF WINDS TRACK CLUB AND TALLAHASSEE IS PROUD TO HAVE
LORANNE AUSLEY & JAMIE FORTUNE
REPRESENTING US IRONMAN WORLD CHAMPIONSHIP IN NICE IN 2024
FOR THE WOMEN'S EVENT. COMPETING AT THAT LEVEL IS A HUGE ACCOMPLISHMENT.



We were able to catch-up with each of them for a brief race report:

LORANNE AUSLEY

What's the process to qualify for the Ironman World Championship in Nice? I signed up for Ironman Maryland in 2023 as a gift to myself for my 60th birthday, and was completely shocked to win in my new age group which was an automatic qualification for Worlds in Nice. I signed up on the spot without knowing much about the course. Part of me will always wish it had been Kona, but it was pretty special to be in the first Women's Championship race to take place in Nice!

What did it take to train to prepare for the race? I was so excited to be able to share this experience with the amazing Jamie Fortune. We studied up on the bike course and knew it was going to be tough. Working with our friend and coach, Bill Dillon, we both switched out our bikes and spent the better of the year chasing hills wherever we could find them. A lot of long rides in Havana Hills. Trips to Lake Placid, NY and the Cheaha Challenge in Alabama. I took advantage of my summer travel out west and did a lot of training on the mountains in Wyoming and Idaho. And.....more time than I ever thought possible on the trainer doing the course simulation.

What surprised you the most about the marathon experience? What surprised me about the race generally was the sheer difficulty of the bike course. There is really no amount of training you can do to prepare for a course like this. Even though we put in the work, it was still the hardest thing I have ever done.

Was there anything interesting that you saw or happened to you while you were in Nice? So many interesting things to see in the South of France - beautiful little towns and villages. Finding a car big enough for my bike box created interesting challenges for parking around Nice, and we only had one flat tire - thankfully in the car and not the bike!

What was your favorite part of running the Ironman World Championship? Training and traveling with an amazing group of friends and family made it pretty special. It was also pretty cool to walk into the expo and see our names on the Ironman World Championship shirt. But the very best memory will always be watching Jamie's rock star finish!

What's next now that you've completed the Ironman World Championship? Well, we're trained and ready, so we are planning to race IMFL on November 2nd! Hope to see you there!

JAMIE FORTUNE

What's the process to qualify for the Ironman World Championship in Nice?

Option 1: Win or place in your age group at a qualifying race (see Lorraine's answer!) Option 2 (my answer!): Attend the award ceremony to celebrate your friend who won her age group at IRONMAN Maryland and accept a roll down slot. If age group winners are not present or pass on a slot to Worlds, the slot "rolls down" the list of event finishers until the place is claimed.

What did it take to train to prepare for the race? Climbing, climbing and more climbing. I used FulGaz as a primary training tool to simulate the bike course on my trainer. We also took a few trips to more hilly areas outside of Florida to practice longer/steeper climbs.

Because of the smart training plan and solid advice my coach, Bill Dillon, gave me, I went into the race physically prepared. Mentally, though, because there were so many unknowns with this event, I worked on keeping a positive mindset and focusing on how hard I worked to prepare, controlling what I had control over and trying not to talk myself out of the race before it started.

What surprised you the most about the marathon experience? In addition to the bike focus in training, I spent a lot of effort to improve my run. I had a knee injury in 2023, so it was important for me to ramp up slowly and smartly. I was looking forward to the marathon because it meant if I finished the bike course on time and was on to a discipline I'd worked to improve. My marathon run was not reflective of my training, and it was discouraging when my stomach and back revolted so early, around mile 3. However, being the last person to cross the finish line was a major surprise! I can't express enough gratitude to Kelli and Bill Dillon and Michelle and Keith Yaddaw who came to Nice and got me to the red carpet (as well as my Mom, family and friends at home who were

sending me good energy). I was not expecting that type of reception and was overcome with emotion and gratitude to the IRONMAN staff, volunteers and supporters who stayed late to receive me with an incredible welcome.

Was there anything interesting that you saw or happened to you while you were in Nice? Where do I start? Because my only goal was to finish, I focused on soaking up all the meaningful moments of my IMWC experience. The encouraging spirit of this first-ever all-women's race in Nice, meeting amazing athletes from across the globe, the beauty and challenge of the bike course, the chants of "allez, allez, courage, courage!" through the day, recapping the race with Lorraine at her villa in the countryside and drinking allllll the local champagne once the race was over!

What was your favorite part of running the Ironman World Championship?

Seeing Lorraine on parts of the course - cycling through the Alps and on the run course as I was coming into T2 - knowing she was having a strong race made me so happy and proud of her!

The result of being the final finisher has become a favorite part of the race. I've read every supportive and encouraging comment or DM related to the IRONMAN finish line video. I've received notes from women who relate to me and feel their own unworthiness about racing or like they don't have a place in the sport. It has been heartbreaking and inspiring to hear from people around the world who express this same sentiment. Every finish line is important to the person who crosses it - from an IM to 5k to a walk around the block. A takeaway for me is that we can try to be kinder to ourselves and even if there's no video crew, fireworks or red carpet, but celebrate every milestone because we all belong there. I'm rooting for you!

What's next now that you've completed the Ironman World Championship?

I'm excited to take a vacation without packing a wetsuit or a bike. 🏊🏍️

GWTC PINE RUN 20K AT TALL TIMBERS

The 2024 GWTC Pine Run 20K took place on October 12, drawing runners to the scenic trails of Tall Timbers Research Station. Participants tackled grassy paths and jeep roads, with the rolling hills providing both a challenge and stunning views of the pine uplands and Lake Iamonia. Here are stories of the Pine Run from GWTC members:

CONNIE CLARKE 02:36:49

My first Pine Run was in 1997 when it was held in Bainbridge. My brother asked me to run it with him. I have since done several; maybe 8 - 10.

I have not been running anything longer than 6 miles and had not planned to run it this year. Some friends were planning to walk/run and signed up at the last minute. The rugged beauty of the course and the fact that we can only run on this beautiful property at Tall Timbers keeps bringing me back! Nothing compares to running through fields of wildflowers.

It is always a tough race...whether trained or not and always glad to be finished. Next race? Thinking about the Tallahassee Half!

JULIA SURA 02:39:43

What's your favorite part of the Pine Run? When the weather is beautiful like during this year's Pine Run, it simply is the most beautiful race course. The Pine Run is my husband Philip's favorite race, too, and whenever I couldn't run it over the years we have been part of this running community, I always felt sad. This year, another favorite thing was to run with two people who had never done this race before. We ran together and supported each other for almost the entire 20 kilometers until I had to slow down close to the finish. I had been struggling with serious back issues and wasn't sure whether it was a good idea to sign up in the first place. However, the three of us had distracted each other very well with

both funny and serious stories, so that for the most part I felt great running.

How did it feel to complete the race? When I finally made it to the finish line I was both completely exhausted and in pain but very proud at the same time. This year, I belonged to the group of people who spontaneously signed up for the Pine Run, in my case the night before race morning. My friend who is also my current "running buddy" for Sunday morning long runs and Tuesday evening intervals had never run this distance before. During our long runs I told her how I had this love-hate relationship with this 20k but that I had also a few years ago made the statement in the Fleet Foot magazine saying that my proudest running moment was when I ran the Pine Run after I had only run a 10-kilometer race before.

What's your next race? My next race will be in Boston, Georgia. Depending on how I feel, it will be either the 5k or the half marathon. I will probably sign up again the night before or the morning of the race.

BUD FENNEMA 02:34:32

What's your favorite part of the Pine Run? This year, the weather. But the views are really the highlight.

How did it feel to complete the race? Satisfying that it didn't beat me.

What's your next race? I don't do many so maybe some laps at the Wakulla 50K or the Bradley's one.

GULF WINDS TRACK CLUB JOINS MACLAY GARDENS' SCARECROW COMPETITION!



This October, Gulf Winds Track Club is thrilled to be part of the annual Scarecrow Competition at Alfred B. Maclay Gardens State Park! Under the dedicated leadership of Jane Johnson, past club president and long-time volunteer, the club has created a unique scarecrow entry that embodies the spirit of Gulf Winds and the joy of running.

Jane and her team of club volunteers spent countless hours crafting our scarecrow, designed to capture both the beauty of fall and the energy of the track club. Decorated with running shoes, race bibs, and a dash of GWTC flair, this runner-themed scarecrow will be on display throughout October alongside entries from other community groups, schools, and families.

Be sure to visit Maclay Gardens to see our entry, vote for your favorite scarecrows, and enjoy a beautiful walk through the decorated gardens.

THANK YOU, JANE JOHNSON, FOR YOUR HARD WORK AND LEADERSHIP, AND THANK YOU TO ALL THE VOLUNTEERS WHO MADE THIS POSSIBLE. SEE YOU AT THE GARDENS!