

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | MAY 2025



STANLEY LINTON NEW PALACE SALOON 5K RECORD

WITH A RECOVERY BEVERAGE, THE NEW RECORD FINISH TIME OF 14:34 VISIBLE ON HIS WATCH.



VOLUME 50 | ISSUE 5
Tallahassee, FL

Gulf Winds Track Club

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | MAY 2025

VOLUME 50 | ISSUE 5

Editor: Robert & Kory Skrob, FleetFoot@GulfWinds.org

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

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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.

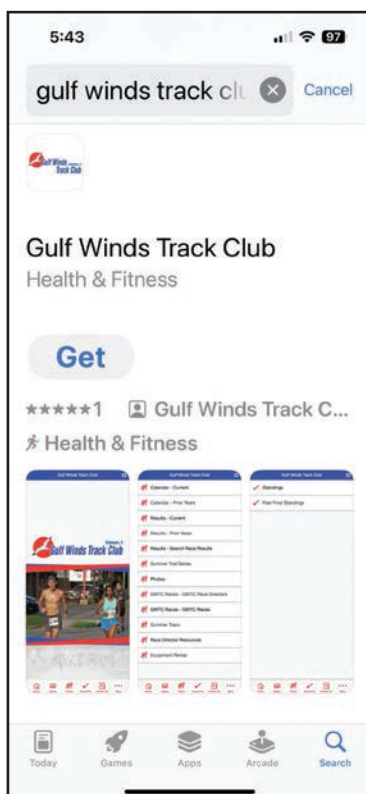
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Road Runners Club of America Member Club

USA Track & Field Member Club #14-1275

FEBRUARY 2025 BOARD MEETING RECAP

Here is a Gulf Winds Track Club Board of Directors meeting briefing about the meeting held March 12, 2025, hosted by Debbie Peters. The full meeting minutes are available at gulfwinds.org/minutes. To learn about future board meetings and their locations, visit gulfwinds.org/business-meetings. All GWTC members are welcome to attend any board meeting. Please join us if you are interested or curious about the work happening behind the scenes.

Board Reviews Donation Opportunity for ARP Bridge Project

The Board discussed a potential donation to help fund a new permanent bridge at Apalachee Regional Park. The bridge, which will be built in the wooded area of the running trail, is expected to cost \$120,000 and will be completed ahead of the 2026 World Athletics Cross Country Championships. The bridge will include a sign acknowledging GWTC as a donor. Jerry McDaniel volunteered to gather more details from Amanda Heidecker and will follow up with the board via email or at the next meeting. Some board members indicated willingness to support a \$10,000 donation.

Committee Appointments and New Club IT Coordinator

The Board approved the appointment of Matt Hohmeister as Club IT Coordinator. A meeting will be scheduled to orient him to his responsibilities. Cait Ubilla was appointed to the Grand Prix Committee, and Romeko Card was appointed to the RACER Committee, which promotes engagement and representation across the running community.

Flash Race Donates Over \$770 to CurePSP

Rob Klepper presented the race closeout for the Flash 6K/12K. The event had 175 registrants and generated a net profit of \$221.60 for GWTC. The same amount will be donated to CurePSP, a nonprofit supporting research and awareness for neurodegenerative diseases. Additionally, race participants donated \$557 through RunSignUp, bringing the total contribution to CurePSP to \$778.60. The board approved the closeout.

Financial Report Highlights Donation Accounting Change

Treasurer Peg Griffin reported that, as of February 28, 2025, the club's net assets totaled \$286,721.42, with \$185,130.87 in the operating account, including \$14,415.86 in ACT Grant funds for community outreach. Net revenue for the fiscal year stands at \$29,475.56. Peg announced a change in accounting practice: donations collected through optional add-ons in race registration will now be recorded as liabilities instead of revenue, since they are not assets of the club.

Memorial Plans and Archival Photo Project for Fred Deckert

Mary Jean Yon announced that the family of longtime GWTC member and Fleet Foot editor Fred Deckert donated his computer and photography equipment to the club. His race photos will be made available for public viewing. A memorial service is scheduled for October.

New Shirts and Website Redesign in Progress

Hawthorne Hay reported that new club shirts and tank tops will be available soon, with links shared in Running Shorts. The GWTC website is currently being redesigned, with Austinrunners.org serving as a model for layout and functionality. Historical content and archives are being preserved as part of the upgrade. Current club membership includes 1,308 individual members and 752 family memberships, both up from the previous year.

RACER Committee Announces Name Change

The Diversity, Equity, and Inclusion Committee has been renamed RACER, which stands for Runners Advocating for Community Engagement and Representation. Black Girls RUN! Tallahassee once again earned top honors for best water station at the Tallahassee Marathon. Volunteers Chika and Gabrielle continue to be active in club initiatives.

Equipment Updates and Storage Unit Cleanup

Bill Lott reported that several items missing from the Marathon have been recovered and returned to storage. A broken spigot will be replaced on a water cooler. The battery in the Chronomix needs replacing, and repairs are underway on a malfunctioning flip-digit clock and tables. Bill and Vicky Droze reorganized one of the storage units, consolidating containers and discarding expired or damaged supplies. They plan to reorganize the second unit next.

Club Provides Timing for Six Races in February and March

In February, GWTC's chip timing team timed one non-club race, the M.A.D. Dash 10K/5K/1M, and three club races: the Bank of America Tallahassee Marathon, Half Marathon, and Marathon Relay; the Flash 12K/6K; and the St. Marks Duathlon. In March, the club timed the non-club Shamrock Scurry 5K/1M and two club races, the Bowlegs 5K Fun for Scholarship and the Springtime 10K/5K/1M. Scheduled for April are the NeSmith Way 5K (non-club) and the Palace Saloon 5K (club). Chip timing revenue from non-club races held since July 2024 remains at \$3,713.

Grand Prix Committee Updates Volunteer Hour Tracking

Lisa Unger shared that the Grand Prix Committee met to welcome new members and review the race calendar. Joe Vega will be learning the scoring system. The committee created four new signs with QR codes to remind members to log their volunteer hours. Inconsistencies between the Bylaws, policy statements, and website point systems were identified and will be corrected.

Training Groups and Online Community Continue to Grow

Emily Webster reported that weekly training runs remain active and are promoted across Facebook, Instagram, and Strava. The GWTC Strava group has reached 170 members.

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Great Potluck Bash 4 Mile Prediction Run

Saturday June 8, 2025

Forestmeadows Parks & Athletic Center
4750 N Meridian Rd Tallahassee, FL US 32312

LEAVE YOUR WATCH AT HOME

Runners who finish closest to their predicted time will be recognized,
so pace yourself the old-fashioned way and have fun with it!

You'll be running 4 miles through the gorgeous Phipps Property Trails.
It's a bit hilly, but the views more than make up for it.

Meet in the
Forestmeadows
parking lot to start.



*Sign Up
Here!*



FEAR NO DISTANCE

A group of runners in silhouette are shown in various stages of a running stride, moving from left to right across the frame. The background is a soft, hazy sky at sunset or sunrise, with a warm glow on the horizon. The runners are of different heights and are captured in motion, creating a sense of energy and movement.

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RACE CALENDAR



MAY 2025

03 Tails and Trails Half

Marathon/10K/5K/1M, 7:30 a.m. Half Marathon/1M; 8 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.

10 NeSmith Way 5K, 8 a.m. Phipps Farm/Meridian Meadows, 4300 N. Meridian Rd. (across from Maclay School). Online registration and additional information available at donate.giving.ufhealth.org/event/nsmith-way-5k/e645950; or Sue Ault at (850) 556-5922.

15-17 ACC Outdoor Track & Field Championships, TBA. Wake Forest University, Winston-Salem, NC.

17 River Runaround 5K/1M, 8 a.m. 5K; 9 a.m. 1M. Chattahoochee River Landing Park, 269 River Landing Rd., Chattahoochee, FL. Online registration available at ItsYourRace.com. Pamela Medley at pfmedley@hotmail.com.

24 Forgotten Coast 1st Annual Honoring the Brave 5K Run/Walk, 8 a.m. Riverfront Park, 199 Water St., Apalachicola, FL. Online registration available at Webscorer.com.

26-31 NCAA Outdoor Track & Field East Preliminary, TBA. Hodges Stadium, University of North Florida, Jacksonville, FL.

31 GWTC Summer Trail Series Race #1 – TBA. Online registration available

at RunSignUp.com. Bobby York at byorkjr@msn.com.

31 Alice Sims Track Invitational (AAU), 8:30 a.m. field events (rolling schedule); 10 a.m. running events (rolling schedule). Chiles High School, 7200 Lawton Chiles Lane. Alice Sims at alicesims3435@gmail.com or (850) 322-3929.

JUNE 2025

05 GWTC Summer Track Series - Week 1, 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.

07 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.

07 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.

10-15 NCAA Outdoor Track & Field Championships, TBA. Hayward Field, University of Oregon, Eugene, OR. Visit www.ncaa.com.

12 GWTC Summer Track Series - Week 2, 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.

19 GWTC Summer Track Series - Week 3, 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.

26 GWTC Summer Track Series - Week 4, 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.

28 GWTC Summer Trail Series Race #2 - TBA. Online registration available at RunSignUp.com. Bobby York at byorkjr@msn.com.

JULY 2025

04 41st 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 tallahasseeffirecracker5k@gmail.com.

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. Additional information and online registration available at freedomspringstriathlon.com.

10 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.

12 Ernie Sims Track Invitational (AAU), 8:30 a.m. field events (rolling schedule); 10 a.m. running events (rolling schedule). Chiles High School, 7200 Lawton Chiles Lane. Alice Sims at alicesims3435@gmail.com or (850) 322-3929.

17 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.

19 GWTC Summer Trail Series Race #3 - TBA. Online registration available at RunSignUp.com. Bobby York at byorkjr@msn.com.

24 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.

31 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; or Jeanne O'Kon at (850) 264-4903 or okonj@flagger.edu.



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
June 7	Great Potluck Bash 4 Miler	4M	-
August 8	Breakfast on the Track	1M	1M
August 16	Miller Landing Madness 8K/5K/3K	8K/5K	3K
September 1	Bluebird Run 5k (1mile not timed)	5K	-
September 13	5K for Sickle Cell Anemia & Tim Simpkins 1 Mile	-	5K or 1M
September 20	Women's Distance Festival 5K & 1M	-	5K or 1M
September 27	Steve Prefontaine 5K Forest Run	5K	-
October 11	Pine Run at Tall Timbers 20K	20K	-
November 27	Turkey Trot 15k, 10k, 5k, & 1M	15K	5K or 1M
December 13	Tallahassee Ultra Distance Classic 50M/50K	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

A New Perspective

By Jerry McDaniel, President

Like most of you, I have run a lot of races. My last race was the Sickle Cell in 2024. After a series of doctor appointments, it was determined I needed surgery, but I hope to return to racing—maybe late fall—or, if you will, “participating.” While I have worked hard over the last two and a half years to increase my volunteering at GWTC races, I often tried to do pre- or post-race help so that I could also run. As you know, running many of these GWTC legacy races just gets in your blood after being a part of them for so many years.

Since I stopped running last fall, I have gained a whole new perspective simply by watching races from start to finish. When the course permits, I have had the chance to see runners experiencing full-on pain (leaders) or joy (further back in the pack) mid-race. And finally, watching all runners come through the finish line—some with deep grimaces and others with big smiles, and every expression in between—has been eye-opening. I have remarked to the Yons that I had no idea how long it takes for Turkey Trot’s last runner or walker to cross the starting line. There’s the anticipation of gazing across the

Bradley pastures and the longhorns for the first 15K runner to appear on Old Centerville Road at the 30K/15K. The excitement of seeing the flashing lights crest the hill on Jackson Bluff as the Palace Saloon 5K leader begins the long downhill to the finish. The serene quiet at dawn, pre-race, at the Marathon/Half finish line where you will find Peg Griffin by herself enjoying the moment—and then the contrast of the blaring announcer and music as the first marathoner blazes toward the finish through the close confines of College Town. I’ve wondered: how close will the lead man be to the lead woman at Women’s Distance? And what a wonderful sight to behold at the ARP for Tannenbaum, where the broad start line gives a great view of all the runners—how good do the leaders look at first pass, and can they hold?

Over the last three years, I’ve gotten a good sense of how things shake out at the start and finish of the Springtime Races, due to my co-race-directing duties with Jackie. We had a record number of registrants this year, as have other recent races, signaling that road racing is on the upswing. While we now revel in post-race repose, needed changes are ahead. The 5K field is growing too large to navigate

the current course seamlessly, and I will be working with others to make adjustments. The 1 Mile and 10K courses will likely remain as they are now. All races will continue to finish on Suwannee Street adjacent to Cascades Park, which offers outstanding viewing of both the start and finish. A little jog up the hill and over the railroad tracks after the race start provides a good vantage point for seeing the 10K runners at different points along the course.

In sum, if you have run these races for years—or even just a short time—consider taking a break now and then to volunteer and simply watch your fellow runners. It brings a different perspective to these events, and you may gain insights and appreciation that you were previously unaware of.

Finally, some of the best GWTC news I have heard in several months: Robert and Kory Skrob have agreed to take the reins from Geb Kiros and Tsige Tadesse and will direct the Bank of America Tallahassee Marathon and Half Marathon for 2026! As many of you know, Robert has compiled the Fleet Foot for several years as Editor. One caveat to the Skrobs assuming the marathon/half duties is that Robert will need to relinquish his role with

the newsletter, which seems like a more than fair exchange. Should anyone have the skills necessary to take on the task of producing the Fleet Foot, please reach out to Robert, me, or any Board member.

Join us as we Welcome the World to Tallahassee!



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FEATURED FEET

LINDSAY SLAUTTERBACK



Childhood ambition: Doctor or Archaeologist

Current Occupation: Urban Planner focused on active transportation and safety.

If money were no object, what profession would you choose: This is a tough one! I love traveling and meeting new people, so maybe something in the tourism industry... leading hikes or tours to beautiful places.

Favorite running memory: Probably running the "Every Woman's Marathon" in Savannah in 2024 with my friends! I'm not the fastest runner but I am a strong runner, and this marathon really proved that to me! This was my third marathon build where I remained injury free and really showed up for myself. I also feel nostalgic for when I first moved back to Tallahassee and joined the GWTC springtime training group in 2018, I loved the sunset runs and great people.

Indulgence: Lately it's Jeremiah's Italian Ice.

Non-

Running hobbies: I like to ride my bike, read, hang with my dogs, travel, play pickleball. I also was recently gifted sourdough starter, so baking bread has become a fulfilling hobby that I never thought I'd have.

Favorite Reads: Recent ones I liked are North Woods by Daniel Mason, Wicked by Gregory Maguire, and The Postcard by Anne Berest.

Best place to run in Tallahassee: Saint Marks Trail, Myers Park, Midtown, and Betton.

Preferred Running Technology: Always Garmin and unpopular opinion.... AirPods.

Perfect day: Sunny Saturday with a mid morning neighborhood run, big breakfast, and anything outdoors!

Biggest challenge: For running - improving my speed! What a long road for those of us who aren't naturally fast - haha! 🏃



**2025
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>

FEATURED FEET

YIMENG LI



Childhood ambition: Mathematician

Current Occupation: Researcher at FSU

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

Researcher/scientist still. Researchers/scientists get paid much less than industry jobs but are immensely rewarding.

Favorite running memory: Turkey Trot 2023—My first official race. I picked up running during the pandemic but hadn't run a race until the 2023 Turkey Trot 5K. I trained with the GWTC Turkey Trot Training Group, which helped me get ready for the race. I was quite slow back then but glad that I made it! Faster now but that was an important start.

Indulgence: A homemade tarte tatin.

Non-Running hobbies: I watch a lot of soccer including Premier League, Champions League, Euro Cup, and World Cup.

Favorite Reads: Novels by Mitch Albom.

Best place to run in Tallahassee: A lot of great places to run around town. I like Harriman Circle for a spontaneous run.

Preferred Running Technology: Strava. Always good to see friends giving you kudos.

Perfect day: A beach day for sure. I go to the beach with friends almost every year for my birthday. The tradition dates back to my time in California and continues to this day in Florida.

Biggest challenge: Finding like-minded people with similar passion. 🏃



SPRINGTIME REFLECTIONS

By Jerry and Jackie McDaniel, Race Directors

Now that Springtime 2025 is in the rearview mirror, a few reflections: We are ecstatic that the event is complete and went off without major issues. Highlights included the number of registrants, beautiful weather, the energy from the runners, and a lively post-race gathering.



While all of our volunteers deserve recognition, with many devoting enormous amounts of time and energy, special thanks go to Judy Alexander, who managed three registration venues, and Jo Lena Pace, who led a seven-week training program. A very special acknowledgment is due to Jon Brown, who facilitated fundraising and marketing efforts. Jackie and I often say Jon must know almost everyone in town, and it showed with his incredible outreach to businesses and institutions.

I had a bet with Jon that we would not surpass 2,000 registrants across the three races, given we registered about 1,615 in 2024. I lost that bet—thanks in part to Jon's suggestion to use digital marketing, a tool I was skeptical about. Jon's energy seems boundless: securing new sponsors, tracking individual sponsor benefit packages, coordinating billboard, radio, and TV ads, setting up meetings with prospective sponsors (some of which are already scheduled through the summer), and even weighing in on details like shirt colors.

New this year were digital marketing efforts, new sponsors, two packet pick-up events, and a large collection of race photos at the finish line and along the course.



As noted in this month's President's column, we hope to introduce a course change for the 5K in 2026. We also plan to engage with neighborhood HOAs to raise awareness about the event, encourage patience, and minimize resident frustrations on race morning. Finally, we would love to have new race directors shadow us during the 2026 event, with the goal of taking over leadership in 2027. Any takers?



Records Fell at 50th Palace Saloon 5K

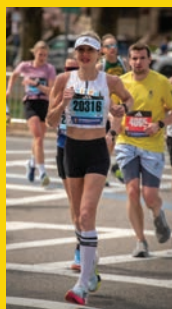
The 50th edition of the Palace Saloon 5K, held on April 12, 2025, continued its legacy as one of Tallahassee's premier running events with a record finish time of 14:34 and number of participants at 2,150. The event concluded at the iconic Palace Saloon, where runners celebrated their achievements with music and camaraderie. Race Directors Tom Perkins and Jeanne O'Kon captured memorable moments from the day, some of which are featured in this issue alongside cover images of the top finishers.



GULF WINDS MEMBERS AT THE MOST FAMOUS MARATHON IN THE WORLD

The Boston Marathon has long symbolized the pinnacle of distance running achievement, and this year, members of Gulf Winds Track Club once again took their place among the world's best on the iconic course. From the roar of the crowds to deeply personal moments of triumph, our Tallahassee runners brought home memories to last a lifetime. Here are their stories from Boston 2025.

For **Laura and Jack McDermott**, Boston 2025 was a celebration of perseverance. Laura shared, "I love running the last few miles in Boston. The cheers carry me to the finish!" She described the joy of cresting Heartbreak Hill, met with a wall of cheers that propelled her forward. Despite a slow start in training due to bronchitis and Jack's hamstring injury, the McDermotts were determined to celebrate their journey together. "It means a lot," Laura said about representing GWTC. "I thought of a different inspirational or positive person each mile—most of them are in the club."



Stephanie Liles-Weyant reflected on how special Boston weekend feels: "Downtown turns into a runner's wonderland. You absolutely feel so special when you are there." She recounted unforgettable moments, like being surrounded by runners for the entire race, sticky Gatorade aid stations, and the deafening roar from the Wellesley College "scream tunnel." Most meaningful of all was seeing her family cheering near the finish: "I just started to cry. My dad ran Boston multiple times when I was a child, so this was so much more special." Representing GWTC was a deep honor for Stephanie: "For such a small club, we have such amazing running talent. I was inspired by our members to even try for Boston."

Deanna McVay, running her eighth Boston, said this year felt especially meaningful. "After the week Tallahassee had, it was even more special to make that right on Hereford and left on Boylston. Boston strong and Tallahassee strong." She approached this Boston differently, using the race as a celebration of consistency rather than focusing on high mileage or speed. "How lucky am I that my love of running has allowed me such magical experiences?" she reflected. Having her entire family there, especially her husband after a difficult health journey, made it even sweeter.





For **Amelia Bryant**, Boston was a family affair. “The most exciting part was having my parents, my best friend, and my fiancée with me to share the whole experience,” she said. One moment stood out above all: hugging her fiancée Laura and best friend Elise at Mile 18. “It was one of the most special moments of my life.” Amelia, who grew up in Tallahassee and has been running GWTC races since 2011, said representing her hometown was a true honor. “I love this community. I can’t express how much I appreciate all the GWTC volunteers who have made local racing so wonderful over the years.”

Billy Nolas approached Boston 2025 with a new mission: running as a fundraiser for mental health and medical research. “At the finish, I was happy that I completed the race, but happier that I did so while doing something helpful.” His day on the course became a rolling celebration: “I hugged, high-fived, took pics with, blew kisses to, and encouraged so many runners and spectators that I lost count.” Billy said he even talked up the Tallahassee Marathon to runners from around the world—in Spanish, Italian, and Portuguese. “Maybe some will join us next year!” he joked. Finishing Boston on Bright Monday, a day of renewal in his Orthodox faith, added a final layer of meaning to the experience.



Congratulations to all our 2025 Boston finishers!



HERB WILLS' TALLAHASSEE'S FASTEST BOSTON MARATHON RECORD ENDURES 36 YEARS (AND COUNTING)

As the 2025 Boston Marathon comes to a close Herb Wills' record remains untouched. In 1989, at just 28 years old, Herb Wills crossed the finish line of the Boston Marathon in 2:17:40, earning the title of top American and placing 10th overall in a world-class field. His record stands as the fastest Boston Marathon finish by any Tallahassee resident. Congratulations Herb. And, thank you!

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Tuesday, 6:30am at Maclay School Track

TUESDAY EVENING INTERVALS

Tuesday, 6:00pm at Railroad Square (by skate
park/rattler snake)

MIDTOWN MIDWEEK MILES

Wednesday, 5:30am at Whole Foods Market

WEDNESDAY EVENING INTERVAL WORKOUT GROUP

Wednesday, 5:30pm 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

REFLECTION TRAIL RUN

Every Sunday EXCEPT for the last
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VOLUNTEER SPOTLIGHT

ALAN COX



Tell us briefly about your running experience. I have run most of my life. I played football and ran track at Leon High School from 1974-1978. I continued to run recreationally when I was in college and through my career. I have run the Boston Marathon and several other large national races many times and completed five Ironman races. As a high school principal I credit running with enabling me to handle the stress of a 41 year career.

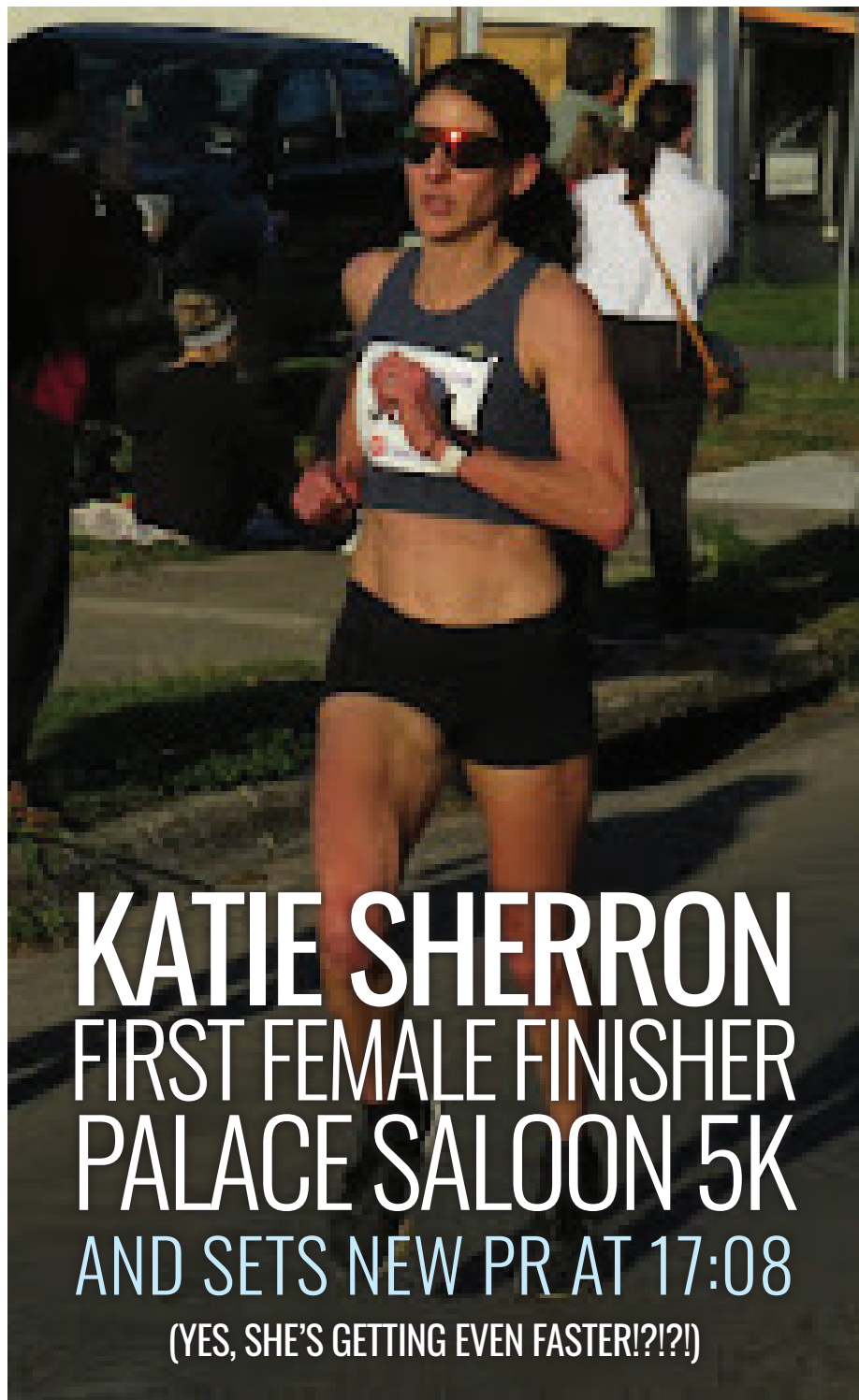
How long have you been a member of GWTC? I joined GWTC in the fall of 1999. I've pretty much kept up my membership with GWTC and the Triathlon club over the years.

How did you first get involved as a volunteer? I have volunteered at many 5k's and various distance triathlons over the years. As much as I hate to admit it I usually volunteered when I was recovering from an injury of some sort. Volunteering kept me close to the events and the people that I trained with.

What do you enjoy most about volunteering? I absolutely love the race environment. I love the excitement and atmosphere of pre-race, during the event, and post race celebrations. Being a volunteer enables me to be an integral part of the whole experience.

Why do you volunteer? I've always felt it was important to give back to these activities. They only exist if people come out and not only support friends running the races but also sign up to volunteer.

What is your next volunteer project? I may go volunteer at Ironman Florida this coming November. I have been a catcher (finish line volunteer) a couple of times and really enjoyed it. I have been managing the water stations for the Tallahassee Marathon with a good friend Mike Martinez the last several years and plan to keep that effort going. 🏃



KATIE SHERRON
FIRST FEMALE FINISHER
PALACE SALOON 5K
AND SETS NEW PR AT 17:08

(YES, SHE'S GETTING EVEN FASTER!?!?!)