

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | SEPTEMBER 2025



TIME TO PREPARE FOR THE
BEST START LINE OF THE YEAR
TURKEY TROT RUNNING GROUPS START SOON

Photo credit: Herb Wills



VOLUME 50 | ISSUE 8

Tallahassee, FL
Gulf Winds Track Club

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | SEPTEMBER 2025

VOLUME 50 | ISSUE 8

Editor: Robert and Kory Skrob with Alex Baglietto, FleetFoot@GulfWinds.org

Columnists: Jane Johnson (Featured Feet), Allen Blay 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.

Advertising Payments.:

Full Page-\$50, Half Page – \$28, Run twice, no changes – \$46, \$25 each yearly rates. \$400, \$225, \$125. Letter-size centerfold race flyer, check with editor.

Payment in advance/checks payable to:

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.

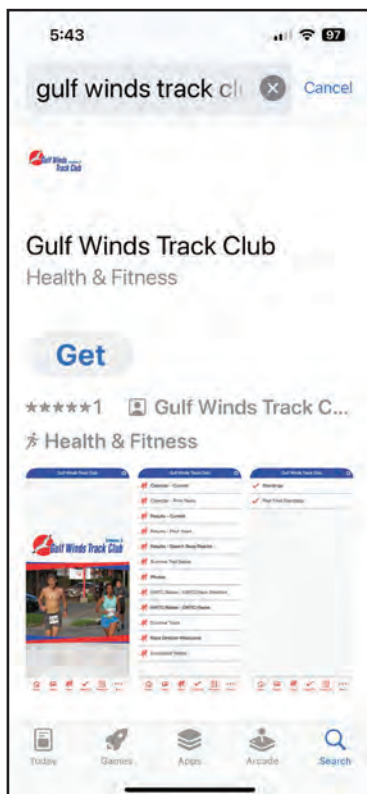
Robert & Kory Skrob, (850) 270-8295, FleetFoot@GulfWinds.org

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.

The GWTC App Has Been Discontinued

As of August 8, 2025, the Gulf Winds Track Club app will no longer be available in the Google Play Store or Apple App Store. After reviewing usage and costs, the GWTC Board made the decision to discontinue the app. The good news? You can still access everything you need, from race results, updates, the event calendar, and more, right from your phone by adding a shortcut to www.gulfwinds.org. It's just as easy and keeps you connected with all things GWTC.



DIRECTORY

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

**Join us as we
Welcome the World to Tallahassee!**



**WORLD ATHLETICS
CROSS COUNTRY
CHAMPIONSHIPS**
TALLAHASSEE 26

Apalachee Regional Park • January 10, 2026

Stay tuned for updates along with
opportunities to be a part of history.

WXCTallahassee26.com



Visit
Tallahassee
SPORTS

5K for Sickle Cell Anemia & Tim Simpkins 1 Mile

Saturday, September 13, 2025

Jake Gaither Community Center
801 Bragg Drive, Tallahassee, FL 32305

Register by August 28th at 11:59 pm to save \$10

Tim Simpkins 1 Mile Race starts at 8:00 a.m. | 5K for Sickle Cell Anemia starts at 8:30 a.m.

Featuring a Team Race Competition in 5 Divisions:

Men's, Women's, Co-Ed, Middle School, Elementary

Run through the historic Jake Gaither neighborhood, a course that's flat, fast, and lined with enthusiastic volunteers.



Sign Up Here!

[https://runsignup.com/Race/FL/Tallahassee/
RunWalkforSickleCellAnemia5K](https://runsignup.com/Race/FL/Tallahassee/RunWalkforSickleCellAnemia5K)
TimSimpkins1MileFunRunforAll

JULY 2025 BOARD MEETING RECAP

Here is a Gulf Winds Track Club Board of Directors meeting briefing about the meeting held July 9, 2025, hosted by Jerry McDaniel. 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.

Marathon Sponsorship Confirmed and Expo Plans Underway

Bank of America has been confirmed as a sponsor for the February 8, 2026 Tallahassee Marathon, with an expo scheduled at Dunlap Champions Club for February 7. A photo shoot will be arranged to showcase the new clothing items available to participants.

Race Closeouts Highlight Community Contributions

The Great Potluck Bash 4-Miler saw 94 finishers and generated \$5,370.54 in revenue. Including raffle proceeds and direct donations, \$1,215.20 was contributed to the Chenoweth Fund. The closeout was approved.

Fleet Foot Editor Position Still Open

The Fleet Foot Newsletter Editor role remains unfilled. The Club will hire someone to manage the newsletter, with oversight from Robert Skrob until a volunteer steps forward.

New Format for Summer Social at Momo's

A redesigned format for the Summer Social on July 19 at Momo's Pizza will include a club update—covering ARP contributions, Holy Comforter track use, web updates, youth running, school grants, and philanthropy—followed by informal socializing and pizza. Board members were encouraged to invite fellow runners and community participants.

Holy Comforter Track Taking Shape

Construction is underway at Holy Comforter School with the asphalt base now complete. The track will be available to GWTC members, and discussions are ongoing to expand community access, supported by advocacy from Stan Linton.

Tallahassee Ultradistance Classic 2025 Budget Approved

The budget for the Tallahassee Ultradistance Classic 2025 has been approved. This year's plan includes a transition to RunSignUp for registration and an increase in awards to better support our ultrarunners.

5K for Sickle Cell Anemia Budget Finalized

The Board approved the GWTC 5K for Sickle Cell Anemia budget. The projection shows \$7,859.30 in revenue and \$6,944.00 in expenses. Consistent with club policy, the net proceeds will be split evenly between GWTC and the beneficiary charity.



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Pine Run at Tall Timbers 20K

The budget for the Pine Run at Tall Timbers 20K has also been approved. In addition to the traditional race, a rucking option may be introduced this year.

"I Run This Town" Podcast Proposal in Motion

Mickey Moore proposed launching a monthly "I Run This Town" podcast with an estimated setup cost of \$1,500 and \$750 per episode. Potential for sponsor support was discussed. A follow-up planning meeting with podcast expert Dave Fiori was scheduled to explore a six-episode pilot.

Race Director Handbook Updates in Progress

Mary Jean Yon is still working on revising the Race Director's Handbook with Bill Lott's help. She's planning to hold a race directors' meeting this fall to go over the updates.

Membership Numbers Continue to Grow

Current individual memberships stand at 1,321 (up from 1,280 this time last year), and family memberships are at 753 (compared to 728 last year).

RACER Kids' Program Set for Fall

Danny Manausa confirmed that a fall RACER program is a go. He's planning a meeting with the IRC representative in August to get everything lined up for a September launch.

Chenoweth Fund Supports Nike Nationals Trip

Mary Jean Yon shared a request from Jake Atwood, who was selected to compete in the Nike Nationals. The committee approved \$1,000 to help cover his \$1,800 travel expenses.

Busy Summer for Chip Timing

Club and non-club races kept the chip timing crew busy this summer. In May and June, they supported events like the Summer Trail Series and Watermelon Run. July and August included the Firecracker 5K, Cadillac Trail, Breakfast on the Track and Miller Landing Madness. Since July 2024, chip timing revenue from non-club races has totaled \$8,995, not counting the Watermelon Run, which is estimated to bring in another \$700.

Call for 2026 Grand Prix Applications

Lisa Unger announced that applications for the 2026 Grand Prix are now available online. She's also reached out to race directors of non-club events, though responses have been limited so far.

School Grant Outreach Underway

Jennifer Hay connected with Amy O'Kelley to brainstorm ways to simplify the grant process for schools and encourage more applications.

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 movement and energy. The overall tone is motivational and inspiring.

JUST YOU AND
THE OPEN ROAD
CAN DO WONDERS FOR
YOUR MENTAL HEALTH.
STAY HEALTHY, SAFE,
UP AND RUNNING.

AWARDS4U
ENCOURAGE. RECOGNIZE. CELEBRATE.

AWARDS4U.COM
850.878.7187
1387 E. LAFAYETTE ST.

RACE CALENDAR

SEPTEMBER 2025



01 Bluebird Run for Brookie B. 5K/1M - 8 a.m. 1M; 8:30 a.m. 5K. J.R. Alford Greenway, 2500 S. Pedrick Rd. Online registration available at RunSignUp.com. Visit www.bluebirdrun.com; or Bill Bowers at bill@bluebirdrun.com.

03 Fort Braden XC Run (LCS middle schools only), 6 p.m. girls; 6:30 p.m. boys. Fort Braden Community Park, 15100 Blountstown Hwy. (adjacent to new Fort Braden School). Duncan Mishler.

07 Imitation Adults Fat Ass 2, 3 or 4 Hours - 7 a.m. Optimist Park, 1800 E. Indianhead Dr. Nancy Stedman at nancystedman@gmail.com.

10 Mustang XC Stampede (LCS middle schools only), 6 p.m. girls; 6:30 p.m. boys. Montford Middle School, 5789 Pimlico Dr. Keith Cottrell.

12 Hoka Nights of Thunder XC Fest (College) - 8 p.m. college men 8K/college women 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Additional information and registration available at www.NightsofThunder.com.

13 GWTC 5K Run/Walk for Sickle Cell Anemia/Tim Simpkins 1M Fun Run - 8 a.m. 1M; 8:30 a.m. 5K. Jake Gaither Community Center and Golf Course, 801 Bragg Dr. Online registration available at RunSignUp.com. Visit www.sicklecellfoundation.org; or Sickle Cell Foundation at sicklecellfoundation@gmail.com or 222-2355.

13 Hoka Nights of Thunder XC Fest (Middle School/High School) - 6 p.m. middle school 3K; 7 p.m. open 5K; 8 p.m. HS JV 5K; 9 p.m.

HS varsity 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Additional information and registration available at www.NightsofThunder.com.

17 Gretchen Everhart Owl Run XC Invitational - (LCS middle schools only), 10:15 a.m. Everhart students; 10:30 a.m. girls; 11 a.m. boys. Gretchen Everhart School, 2750 North Mission Rd. Vicky Droze at drozev@leonschools.net or (850) 339-7766.

20 GWTC Women's Distance Festival 5K - 8 a.m. women; 8:05 a.m. men. Optimist Park, 1800 E. Indianhead Dr. Online registration available at RunSignUp.com. Visit www.gulfwinds.org; or Lisa Unger at lisa.s.unger@gmail.com.

20 St. John Paul II Panther XC Invitational (high school/middle school), 8 a.m. high school girls; 8:45 a.m. high school boys; 9:30 a.m. middle school girls; 10 a.m. middle school boys. St. John Paul II Catholic High School, 5100 Terrebone Dr. Francee Laywell at fancyfrancee@yahoo.com.

24 Raa Rams XC Run (LCS middle schools only), XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. 6 p.m. girls; 6:30 p.m. boys.

26 FSU Cross Country Open - TBA. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.seminoles.com.

27 GWTC Salute to Steve Prefontaine 5K/1M Forest Run - 8:30 a.m. 1M; 9 a.m. 5K. Wallwood Scout Reservation on Lake Talquin, 23 Wallwood BSA Dr., Quincy, FL. Online registration available at RunSignUp.com. Visit www.gulfwinds.org; or Allen Blay at [allen.blay@gmail.com](mailto:blay@gmail.com).



BEYOND LIMITS

ADVENTURE 5K+ FUN RUN

Benefitting

**Independence
Landing**

Join us on Saturday, October 25th for a day of fun, fitness, and community—all in support of Independence Landing.

- ✓ Participants will complete no less than five unique challenges along the 5k course.
- ✓ Compete as an individual or as part of a two-person team.
- ✓ Separate awards will be given for individuals and teams by age groups.
- ✓ Costumes are encouraged (but not required) and make for great photo ops!
- ✓ Finisher medals presented for all participants who cross the finish line after completing all of the challenges.
- ✓ After race refreshments will be provided at Independence Landing.
- ✓ Accessibility: While the 5K course is physically demanding and includes a series of challenging obstacles, we are committed to making it as inclusive as possible. Accommodations can be requested during registration to help meet individual needs.

Independence Landing provides affordable, supportive and safe housing for individuals with a wide range of intellectual, cognitive and physical abilities with amenities that include social, vocational and employment opportunities that foster maximum independence.

OCTOBER 25, 2025

8 AM Fun Run

8:30 AM Adventure Course

RACES START AT:
Independence Landing
3025 School House Road

**PREFER SOMETHING A
LITTLE MORE LAID BACK?**

*Join us for the Fun Run/
Walk/Roll—a shorter
course (less than a mile)
around the Independence
Landing complex, suitable
for all ages and abilities.*



The Adventure Starts Here!

TO REGISTER, GO TO:
runsignup.com/IL

TO VOLUNTEER OR SPONSOR:
 please contact Barby@independencelanding.org

OCTOBER 2025

04 Tate's Hell 5K, 8 a.m., Carrabelle Christian Center, 142 River Rd., Carrabelle, FL. Online registration available at RunSignUp.com. Anna Bull at forgottencoastrunclub@gmail.com.

04 Live Like Jared Memorial 5K and Fun Run, 8 a.m. 161 Centerline Rd., Crawfordville, FL. Online registration available at Eventbrite.com. April Blackburn at blackburn91@msn.com or (850) 228-1453.

06 LCS Middle School XC City Championships (LCS middle schools only), 6 p.m. girls; 6:30 p.m. boys. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy.

07 Tallahassee XC Championship (middle schools only), 4:30 p.m. 1M (elementary aged); 5:15 p.m. MS girls 3K; 5:45 p.m. MS boys 3K. Holy Comforte

08 Corporate Cup Challenge - 7:30 a.m. (teams of 4 with one each completing in a 5K run, 9K bike, 5-minute rowing, and 3-phased strength/conditioning). XC course at Apalachee Regional Park, 7550 Apalachee Pkwy. Online registration available at Eventbrite.com. Visit www.workingwelltoday.org; or Christine Cox at (850) 570-3327 or cjcwelnesswoman@gmail.com.

11 GWTC Pine Run at Tall Timbers 20K - 7:30 a.m. Tall Timbers Research Station, 13093 Henry Beadel Dr. off CR 12. Online registration available at RunSignUp.com. Visit www.GulfWinds.org; or Carter or Jennifer Hay at GWTCpinerun@gmail.com.

18 Graceville Harvest Festival 5K Harvest Hustle, 8 a.m. (CT). Graceville Civic Center, 5224 Brown St., Graceville, FL. Online registration available at ItsYourRace.com. Visit www.gracevilleharvestfestival.com; or call (850) 263-3250.

24 NJCAA Region 8 Cross Country Championships - 8 a.m. men 8K; 9 a.m. women 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.njcaa.org.

24 FSU Cross Country Invite/Pre-State (Middle School) - 5 p.m. middle school girls 3K; 5:25 p.m. middle school boys 3K; 5:50 p.m. high school girls JV 5K; 6:20 p.m. high school boys JV 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.visittallahassee.com.

25 FSU Cross Country Invite/Pre-State (High School) - 7:40 a.m. high school girls elite; 8:05 a.m. high boys school elite; 8:30 a.m. high school girls select; 8:55 a.m. high school boys select; 9:20 a.m. high school girls varsity A; 9:50 a.m. high school boys varsity A; 10:20 a.m. high school girls varsity B; 10:50 a.m. high school boys varsity B. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.visittallahassee.com; or Bob Thomas at bttrackguy@outlook.com. XC Course at Apalachee Regional Park - 7550 Apalachee Pkwy. Visit www.visittallahassee.com.

25 Boston Half Marathon/Relay/5K Run/5K Walk - 8 a.m. half/relay; 8:15 a.m. 5K run; 8:30 a.m. 5K walk. Start at 118 E. Jefferson St., Boston, GA. Online registration available at RunSignUp.com. Visit www.bostonga.com. Jerry Magginnis at (229) 516-5193.

25 Beyond Limits 5K Adventure Race and Fun Run/Walk/Roll, 8 a.m. Fun Run/Walk/Roll; 8:30 a.m. 5K Adventure Race. Independence Landing in Southwood, 3025 School House Rd. Online registration and additional information available at RunSignUp.com.



GWTC BEGINNING RUNNING GROUP

No experience needed—
if you can walk a mile,
you can do this.

Whether you're just starting out or getting back into running, this group will help you complete a 5K. Everyone is welcome!

WHEN Wednesdays at 6 PM
September 24 – November 19, 2025

WHERE Cascades Park – Korean War Memorial
(1001 S Gadsden St, Tallahassee)

COST Free to join – just register online!

GROUP OPTIONS

- Run-Walk-Run: Start with short intervals and gradually build to running 3 miles continuously.
- Run-Walk Only: Stick to 1:1 intervals each week, increasing your total distance.
- Running Only: Already running 1+ mile? Build weekly toward a strong 5K.

Kids under 14 must run with an adult

Registration ends November 19th

Register or learn more: <https://runsignup.com/Race/FL/Tallahassee/GWTCBeginningRunningGroup>

VOLUNTEER SPOTLIGHT:

FOOD & BEVERAGE COORDINATOR NEEDED FOR

BANK OF AMERICA



Gulf Winds Track Club is seeking a Food & Beverage Coordinator to help deliver an unforgettable finish line experience at the 2026 Bank of America Tallahassee Marathon and Half Marathon.

SUNDAY 02.08.2026

Packet Pick-up: Saturday, February 7, 2026, 12:00–4:00 PM

Location: Dunlap Champions Club, Doak Campbell Stadium

This is a fun and high-impact leadership role perfect for someone who enjoys logistics, teamwork, and supporting runners during their big moment of celebration.

INTERESTED? EMAIL MARATHONTEAM@GULFWINDS.ORG

25 Quail Trail 5K - 8 a.m. Pebble Hill Plantation - 1251 U.S. Hwy. 319 South, Thomasville, GA. Online registration available at RunSignUp.com. Visit <https://pebblehill.com/quail-trail-5k>; or Lori Everett at leverett@pebblehill.com.

25 Run Watersound 5K/10K, 8 a.m. (CT) 10K; 8:10 a.m. (CT) 5K. Watersound Town Center Pavilion, 85 Origins Main St., Inlet Beach, FL. Online registration available at ItsYourRace.com. Mary Beth Lovingood at marybeth.lovingood@joe.com.

27 Southwestern Athletic Conference (SWAC) Cross Country Championships - 8 a.m. men 8K; 9 a.m. women 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.swac.org.

31 Atlantic Coast Conference (ACC) XC Championships, TBA. E.P. "Tom" Sawyer Park, 3000 Freys Hill Rd., Louisville, KY. Visit www.theacc.com.

NOVEMBER 2025

02 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. Ethan Bell at racedirector.mc5k@gmail.com; or Max Kazmierski at coracedirector.mc5k@gmail.com.

08 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. 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 Bob.Asztalos@FDVA.FLGOV.

14 NCAA Division I South Region Cross-Country Championships, TBA. XC Course at John Hunt Park, 2151 Airport Rd., Huntsville, AL. Visit www.ncaa.com.

15 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.

15 Pavement for Polio 5K, 8 a.m. Davis Park, 223 3rd St. NE, Cairo, GA. Online registration available at RunSignUp.com. Chip Wells at cwells@fnbdc.com or (229) 378-7648.

21 NAIA Cross Country National Championships, TBA men 8K; TBA women 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.naia.org.

22 FHSAA Cross-Country State Championships, TBA. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.fhsaa.org.

22 NCAA Division I Cross-Country National Championships, TBA. Gans Creek Recreational Area, 3350 E. Gans Rd., Columbia, MO. Visit www.ncaa.com.

27 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.



2025 Turkey Trot Training Group

October 6th - November 24th
Mondays at 6:15pm
Four Oaks Parks (5151 Four Oaks Blvd)
By the volleyball courts.

Goal: Prepare runners for the Turkey Trot that will take place on November, 27th 2025 - Thanksgiving Day!

Pace groups provided including a run/walk group.
All paces and abilities are welcome to join!

Distance will start at 1.5 miles or 3 miles and increase weekly.

Routes will be posted on the GWTC Group Runs Facebook page.

For additional information or to volunteer contact
Ashton Smith at Ashtoncowansmith@gmail.com

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 to tallyturkettrot.com to register for the race!





PRESIDENTS COLUMN

By: Allen Blay, GWTC Vice President

A few weeks ago, I was listening to a podcast, something my wife and kids get tired of hearing me say. Short sidebar – GWTC is launching our own “We Run This Town” podcast in mid-late October, hosted by Mickey Moore, who as usual is volunteering his time and talents. It’s going to be great. Anyway, I was listening and heard Kara Goucher, one of the most admired American distance runners, talking about her favorite race of all-time on her podcast. She said that the 2008 New York City Marathon held a very special place in her heart because it was her first marathon and because she’s from NYC. It got me thinking – what makes a race memorable and special? Is it the location? The people we are with? The big PR? For me, one really stood out. The 2022 Marine Corps Marathon is something I’ll never forget. Finishing the run up to the US Marine Corps War Memorial “Iwo Jima” in DC and being given a medal by a Marine was unbelievable. Something about this 20-something young man with glasses serving our country and giving me a medal for paying to run a race was a little surreal. I felt like it should have been the other way around. My son had flown in from Lexington, KY and was waiting for me outside the fence, and one of my best friends ran it with me. That one stood out to me and it

had nothing to do with the race itself or my finishing time. I had to ask others if they felt the same way, so I asked a whole bunch of people from Tallahassee – from the kids who grew up running our community races, to the more...seasoned...that’s what I’ll call us.

I asked a couple of my kids first. Jonah, who ran for Chiles and now beats me in marathons without training (I have special words for people like him), immediately said the 1600m at the Capital City Classic his junior year is definitely the one. He said five teammates PR’d in that race, all his friends from Lincoln and Leon were in it also and it’s the one that made him fall in love with the 1600. He also mentioned the Wingfoot XC meet in Georgia because of the drive with his team and spectacle of a huge night meet. My daughter Ansley, whose true love is swimming, said hers is the Red Hills Triathlon when she was 13 because she got to swim and bike also and her friends were there cheering her on.

Friendship was something that came across a lot, especially among the high school kids. Josh Hicks, a current senior at Chiles said the Panama City Rutherford Ram Rush in 2022 was his favorite. The beach, the hotel, and the van rides there and back with his team were the highlights. It was also the



YEAR ROUND RUNNING GROUPS

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

TUESDAY MORNING INTERVALS

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
Sunday of the month. Tom Brown's Lafayette
Heritage Trail (501 Easterwood Dr). Meet at
the West Cadillac Trailhead signpost.

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PRESIDENTS COLUMN CONT.

first time he won a race of any kind. And speaking of winning races, one runner who is familiar with this is Felton Wright, who has run marathons in all 50 states. But the race Felton remembers most was a large XC race at Center College in Kentucky. Apparently, a Civil War reenactment was going on and the last ½ mile was in an open field. He was racing one other guy for the win, and he noticed on each side of them was a Calvary escort to the finish. He says he's never had a Calvary escort since – although he did have a pretty big group of Tallahassee friends run with him in New Jersey when he completed his 50th state marathon.

Shayna Arrigo, a current FSU student from New Jersey said her most memorable races were the 4x400 and 4x800 at states her senior year for Sachem East High School. Once again, another young runner talking about her team. Shayna never ran distance until she got here and now, she's training for her third marathon. Trailahassee has that effect on people. And there are a lot of distance runners here. John Baughman, a former GWTC runner of the year, called out the Long Haul 100 in 2023. John says it was that rare race where his legs were dying and yet it felt good. He says that's only happened twice in his 13 years of ultrarunning. Kyle Kraeft, a fellow ultrarunner said that sometimes a change-up makes a race memorable. He ran the Looking Glass 100k that starts from Brevard, NC and usually hits Bald Mountain and the Art Loeb Trail. But because of the hurricane, they didn't do the normal

route, and he got to run a course that was a perfect mixture of very tough followed by forgiving. Gaby Passidomo Smith, one of the younger ultra runners in our area, says hers was the Antelope Canyon 55k because it was technical, challenging, and beautiful. Like many others who mentioned family, she also said having her sisters and her now-husband Wilson waiting for her at the finish was "very special."

Several runners mentioned marathons. Local legend Jane Johnson said her first Boston Marathon was her favorite race because, "It's an event." I was actually shocked that more people didn't mention Boston because it is such an iconic race. But most runners seem to be more about the camaraderie and scenery. GWTC President Jerry McDaniel has run a bunch of them, and he says his favorite and most magical was the Humboldt Redwoods Marathon in Northern California. It was Jerry's first marathon after a 17-year break. He says he went with his friend Bill Perry and the great temps somehow allowed them to run faster than he ever had before. He also says it was his wife Jackie's first half-marathon.

Jackie and Jerry are the Race Directors for the Springtime Tallahassee race and that one came up many times. Peg Griffin, the long-time Treasurer and Timer for GWTC says she worked with the Florida Bar for years and would run part of the course during lunch. So that course is very special to her. She also pointed out that it is challenging, but forgiving, which was another theme

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PRESIDENTS COLUMN CONT.

I heard from many people. Runners like challenges, but we also like a little downhill reward every now and then. Another local favorite is the Tallahassee Turkey Trot, directed by David and Mary Jean Yon for many years. The theme with that one was once again family. Geoffrey Adams says the 2019 race was his favorite because it's the one race all six members of his family ran. Now that's Thanksgiving!

I honestly didn't realize how much this question would strike a chord with local athletes. And the ones who REALLY gave the best answers were the kids. I don't know if it's SMIRFs, Strava or what, but these kids in Tallahassee really love running! Two of my favorite answers came from two of our local kids who grew up running GWTC races. Alexis Mayfield has been running for as long as I can remember. If you've run a GWTC race, you know Alexis. She's the girl who ALWAYS has a smile on her face whether she's racing or volunteering with her mom, Rebekah. Alexis was another vote for the Turkey Trot 10k. She says the course is "super-fast" and it is the perfect time of year since the weather is nice and

cool, and there are tons of runners so there's a lot of competition. Alexis loves competition, and she said she also loved the Jesse Forbes 2-mile track race because it was at night on the track and a bit of a unique experience. I couldn't write this column without including the site of the 2026 World XC Championships, the Apalachee Regional Park. That venue was listed as the favorite for Charlotte Sikes, who like Alexis grew up running in Tallahassee. Charlotte says her favorite race she's ever run was the Leon County Middle School Cross Country Championship last year in 8th grade. She says she loves the course because it's challenging (we've heard that before!), but still a fast race. It was her last Leon County Middle School race, and it ended in the best way possible. Her team worked hard all year, and it paid off when they took 1st place! She says that whenever she thinks of that race, "a million happy memories come back to me, and I couldn't imagine a better way to end that season." And I can't imagine a better way to end this column!

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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.

Remaining 2025 Grand Prix Races

Date	Race	Adult	Youth
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	-

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>

GRAND PRIX STANDINGS

Get the complete 2025 standings by visiting:
<https://runsSignup.com/Series/GWTCGrandPrix>

FEATURED FEET

ANNA GRACE LEWIS



Childhood ambition: Meteorologist for the Weather Channel

Current Occupation: State Government Affairs – Policy Advisor

If money were no object, what profession would you choose: Lifestyle and travel writer.

Favorite running memory: My first half-marathon two years ago. I ran the Tampa Gasparilla Half with my three best friends. An unforgettable girls' weekend that made all the training worth it!

Indulgence: Gluten-free pasta and chocolate chip cookies.

Non-Running hobbies: Trying new recipes with my husband, antiquing, yoga, attempting to play tennis, and reading from an endless stack of books.

Favorite

Reads: Daily – newspapers. Monthly – Garden & Gun. Recently – Culpability, James, and The Briar Club.

Best place to run in Tallahassee: Betton Hills or Bradley's in November.

Preferred Running Technology: Garmin.

Perfect day: A cool, crisp, 55-degree morning run with my husband, followed by a big breakfast at home and Lucky Goat coffee. Then a relaxing afternoon spent outside and dinner with friends (Since I'm envisioning Fall, maybe an FSU football win too!).

Biggest challenge: Marathon training in July and August in Tallahassee. 🏃‍♀️



SATURDAY, SEPTEMBER 20, 2025

1800 E Indianhead Drive, Tallahassee, FL US 32301 Race starts at 8:00 a.m.

Run through Indian Head Acres, a paved, USATF
-certified course that starts and finishes at Optimist Park.

Women start at 8:00 a.m., and men start five minutes later.
And most years, the women outnumber (and often outrun) the men.

**Sign Up
Here!**



All proceeds go to The Oasis Center for Women & Girls, a local nonprofit that supports women and girls through counseling, mentoring, and leadership programs.

Register by September 17 to save \$5. Online Registration Available At: <https://runsignup.com/Race/FL/Tallahassee/GWTCWomensDistanceFestival>

SALUTE TO

Steve Prefontaine
5K AND MILE

Saturday, September 27, 2025

Wallwood Boy Scout Reservation: 23 Wallwood BSA Dr., Quincy, FL US 32351

Mile starts at 8:30 a.m. | 5K starts at 9:00 a.m.

Celebrate the legacy of Steve Prefontaine, one of the greatest American distance runners, who held every national record from 2000m to 10,000m at the time of his death in 1975.

Both races are part of the GWTC Grand Prix for adults and youth. The 5K course will take you through sandy trails, past campsites, a rifle range, and a footbridge inspired by the Scout Law.

Stay after the race for awards, a post-race party, and the popular Steve Prefontaine dress-alike contest. Prizes will also be awarded to the Scout Troop and Pack with the highest turnout.



Scan to Register. Registration is online only. There will be no race day registrations. <https://runsignup.com/Race/FL/Quincy/PrefontaineForestRun>



BREAKFAST ON THE TRACK

AUGUST 6TH, 2025

Updated records after 2025 Gulf Winds Track Club Breakfast on Track

(Record keeping by Herb Wills)

CHECK OUT THE RECORD FOR YOUR AGE GROUP

THEN, START TRAINING TODAY WITH A GOAL TO TAKE
YOUR AGE RECORD IN 2026. SEE YOU THEN!



UPDATED SINGLE AGE RECORDS, MILE AT THE BREAKFAST ON THE TRACK

MALE

TIME	FIRST NAME	LAST NAME	AGE	YEAR
8:05.51	Benjamin	Sikes	5	2019
7:35.09	Patrick	Koon	6	2012
6:31.11	Landon	Heitmeyer	7	2021
5:46.67	Landon	Heitmeyer	8	2022
5:42.59	Landon	Heitmeyer	9	2023
5:38.75	Randy	Manausa	10	2019
5:22.46	Evan	Guarino	11	2015
5:22.77	Kennan	Milford	12	2014
4:59.74	Patrick	Koon	13	2019
4:42	Ryan	Deak	14	1999
4:33.30	Trevor	Touchton	15	2010
4:21.47	Ryan	Deak	16	2001
4:31.39	Whitney	Strickland	17	2008
4:34.43	Brennon	Clayton	18	2004
4:35.32	Joseph	Garcia	19	2015
4:35.13	Chris	Lake	20	2008
4:43.92	Adam	Wallenfelsz	21	2019
4:22.11	Matt	Mizereck	22	2014
4:58.35	Christopher	O'Kelley	23	2016
4:31.67	Matt	Mizereck	24	2016
4:39	Robert	Pautienus	25	1999
4:26	Lee	Willis	26	1999
4:42.67	Stephen	Cox	27	2011
4:25.03	Stan	Linton	28	2022
4:35.07	Lee	Willis	29	2002
4:37.96	Charlie	Johnson	30	2010
4:32.40	Lee	Willis	31	2004
4:49.55	Vince	Molosky	32	2011
4:42.38	Vince	Molosky	33	2012
4:45.17	Nate	Kaiser	34	2014
4:43.58	Nate	Kaiser	35	2015
5:08.96	Paul	Guyas	36	2014
4:26.90	Kevin	Sullivan	37	2011
4:57	Tim	Unger	38	1998
4:42.44	Andrew	Willis	39	2004
4:45	Doug	Gorton	40	1999
4:48.04	Mike	Martinez	41	2007
4:42.77	Charlie	Johnson	42	2022
4:48.49	Gary	Droze	43	2004
4:55.07	Jay	Wallace	44	2008
4:50	Tim	Simpkins	45	1999
4:56.38	Jay	Wallace	46	2010
4:55.64	Jay	Wallace	47	2011
5:04.11	Joseph	Carnegie	48	2014
5:00.04	Mike	Martinez	49	2015
5:07.38	Paul	Hoover	50	2000
4:52	Bill	McGuire	51	1998
5:12.41	Dale	Parfitt	52	2001
4:55.68	Bill	McGuire	53	2000
4:59.43	Bill	McGuire	54	2001
5:08.59	Bill	McGuire	55	2002
5:12	Hong-Guo	Yu	56	2025
5:10.77	Bill	McGuire	57	2004
5:19.71	Chuck	Lang	58	2023
5:24.80	Karl	Hempel	59	2011
5:36.18	Bill	McGuire	60	2007
5:38.84	Bill	McNulty	61	2019
6:30.67	Tim	Unger	62	2022
5:51.46	Bill	McNulty	63	2021
5:49.25	Bill	McNulty	64	2022
5:48.29	Bill	McNulty	65	2023
6:23	Craig	Willis	66	2017
5:57	Bill	McNulty	67	2025
6:52.82	Ron	Christen	68	2014
6:42.65	Ron	Christen	69	2015
6:48.13	Ron	Christen	70	2016
6:46	Ron	Christen	71	2017
6:46.95	Ron	Christen	72	2018
7:05.56	Ron	Christen	73	2019
7:36.75	Carlos	Zapata	74	2019
7:27.29	Ron	Christen	75	2021
7:14.66	Ron	Christen	76	2022
7:52.71	Carlos	Zapata	77	2022
8:03.49	Carlos	Zapata	78	2023
13:23.00	Charlie	Yates	79	2004
8:43	Carlos	Zapata	80	2025
11:21	Robert	Morris	81	2013
12:19.15	Robert	Morris	82	2014
16:40.19	Charlie	Yates	83	2008
13:09.68	Robert	Morris	84	2016
14:23	Robert	Morris	85	2017
22:32.97	Charlie	Yates	86	2011

FEMALE

TIME	FIRST NAME	LAST NAME	AGE	YEAR
11:28	L	Ashton	4	2025
9:41.89	Cecelia	Williams	5	2001
8:03	Cecelia	Williams	6	2002
7:11.50	Charlotte	Sikes	7	2018
6:46.46	Cecelia	Williams	8	2004
6:29.20	Cecelia	Williams	9	2005
6:08.04	Acadia	Hassell	10	2023
5:54.49	Charlotte	Sikes	11	2022
5:27.73	Cecelia	Williams	12	2008
5:26.67	Stefanie	Kurgatt	13	2008
5:09.21	Stefanie	Kurgatt	14	2009
5:00.97	Stefanie	Kurgatt	15	2010
5:05.82	Stefanie	Kurgatt	16	2011
5:01.31	Stefanie	Kurgatt	17	2012
5:37.81	Elizabeth	Santoro	18	2012
5:30	Kim	Winn	19	1999
5:44.15	Julia	Vola	20	2006
6:31.26	Ashely	Ross	21	2008
5:19.22	Sheryl	Rosen	22	2006
5:16.22	Emily	Ness	23	2013
5:27.85	Sheryl	Rosen	24	2008
5:27.21	Kelsey	Schellin	25	2009
5:16.68	Ann	Centner	26	2011
5:04.25	Ann	Centner	27	2019
5:17	Madeline	Frank	28	2025
5:12.07	Sheryl	Rosen	29	2013
5:15.36	Amy	Hines	30	2011
5:26.18	Micah	Adriani	31	2009
5:27.12	Katie	Sherron	32	2014
5:17.98	Katie	Sherron	33	2015
5:15.26	Sheryl	Rosen	34	2018
5:16	Katie	Sherron	35	2017
5:09.08	Sarah	Docter-Williams	36	2000
5:08.94	Sarah	Docter-Williams	37	2001
5:10.33	Sarah	Docter-Williams	38	2002
5:02.28	Sarah	Docter-Williams	39	2003
5:06.00	Katie	Sherron	40	2022
5:06.88	Katie	Sherron	41	2023
5:09.85	Sarah	Docter-Williams	42	2006
5:09	Katie	Sherron	43	2025
5:13.01	Sarah	Docter-Williams	44	2008
6:16.01	Fran	McLean	45	2003
5:34.81	Sarah	Docter-Williams	46	2010
6:07.79	Mary Anne	Grayson	47	2013
6:03.35	Fran	McLean	48	2006
5:54.81	Jane	Johnson	49	2008
6:12.37	Jane	Johnson	50	2009
6:12.15	Jane	Johnson	51	2010
6:01	Peggy	Simpson	52	1998
6:02	Peggy	Simpson	53	1999
6:13.94	Peggy	Simpson	54	2000
6:56.25	Nancy	Widener	55	2004
6:54	Paula	O'Neill	56	2017
6:08.52	Michelle	Allen	57	2021
6:58.06	Nancy	Proctor	58	2019
7:27.15	Kelley Coe	El-Urfali	59	2023
7:04.36	Mae	Cleveland	60	2000
7:08	Kelley	Coe El-Urfali	61	2025
7:45.37	Perha	Varley	62	2006
7:56.26	Perha	Varley	63	2007
7:15	Nancy	Proctor	64	2025
7:28.79	Mae	Cleveland	65	2005
8:14	Margaret	Deckert	66	1999
8:19.66	Margaret	Deckert	67	2000
8:08.57	Perha	Varley	68	2012
8:23.01	Margaret	Deckert	69	2002
8:12	Carmen	Williams	70	2025
8:52.91	Perha	Varley	71	2015
9:04.45	Perha	Varley	72	2016
9:33	Perha	Varley	73	2017
9:30.26	Perha	Varley	74	2018
9:57.68	Perha	Varley	75	2019
11:07.81	Margaret	Deckert	76	2009
10:01.95	Perha	Varley	77	2021
10:34.21	Perha	Varley	78	2022
10:26.82	Perha	Varley	79	2023
9:33	Dot	Skofronick	80	2017
12:33.16	Margaret	Deckert	81	2014
12:45.20	Margaret	Deckert	82	2015
15:10.25	Margaret	Deckert	83	2016
14:18.76	Josephine	Newton	84	2010
14:58.00	Josephine	Newton	85	2011
14:52.47	Josephine	Newton	86	2012
14:48	Josephine	Newton	87	2013
15:08.02	Josephine	Newton	88	2014
15:24.21	Josephine	Newton	89	2015

Call for Nominations: 2026 GWTC Board of Director



The Committee on Nominations is seeking candidates to fill seats on the 2026 Board of Directors. All positions listed below are open to any current GWTC member. Candidates must plan to renew and maintain active membership throughout their term of office.

The Board meets on the second Wednesday of each month at 7:00 p.m. to conduct business and hear committee reports. Below is a summary of each position.

THE PRESIDENT serves as the chief executive officer of the Club and presides over Board meetings, represents the Club in relationships with other organizations or agencies, appoints non-voting Club Officials and Directors for Club Races and ensures that the Club's governance functions and duties are followed.

THE VICE-PRESIDENT serves as assistant to the President in all matters concerning the Club, and in the event of vacancy of the office of President, assumes the President's office and responsibilities.

THE SECRETARY is responsible for recording and maintaining the corporate documents including Club policies and minutes of all official meetings of the Club and ensure those documents are available to members;

maintains a calendar of corporate and tax due dates; and receives and maintain copies of reports of Board Members, Club Officials and committees.

THE TREASURER oversees all fiscal transactions of the Club; and keeps the membership informed concerning the Club's financial expenditures and standing.

THE DIRECTOR OF COMMUNICATIONS AND RECRUITMENT leads the communications team in promoting the Club and communicating Club business, collaborates with committees or individuals to recruit new members, coordinates and facilitates communication to all Club members to ensure the members are aware of all GWTC activities.

THE DIRECTOR OF RACE DIRECTORS serves as the advocate and representative of the directors of Club races; prepares policies, subject to approval of the Board, for directing Club races; coordinates schedules for Club races.; and assists in recruiting and developing directors for Club races.

THE DIRECTOR OF EDUCATION AND SOCIALS exchanges and disseminates information about health, fitness and running among Club members and the community; plans, coordinates and produces the Club's social activities.

DIRECTORS AT LARGE (6 Directors). While no official duties are assigned to the directors at large, they attend monthly Board meetings and offer solutions, advice and support regarding matters that come before the Board.

If you are interested in serving, please contact
Mark Priddy markpriddy@msn.com, or Peg Griffin, peggriff91@gmail.com
BY SEPTEMBER 30, 2025

FROM FIRST HEATS TO THE LAST PANCAKE

BREAKFAST ON THE TRACK 2025

This year's Breakfast on the Track had everything runners love about the event: fast miles, stacks of pancakes, and a big dose of community spirit. For race directors Lauren and Chris Stanley, what stood out most wasn't just the competition on the track, but the people who came together to make it happen.

Lauren was struck by the number of young runners who showed up. With SMIRFs and local high school athletes filling the lanes, the energy was high from the start. "I enjoyed seeing the huge turnout of kids," she said. "There was a lot of talent on the track. I also loved seeing all of the volunteers enjoy themselves." Chris agreed, adding that one of the most meaningful moments was watching Felton Wright—one of the race's founding directors—lace up for a mile after working through an injury. "I know it felt good for him to be out there," he said.

Pulling off an event like this doesn't just happen. Both directors pointed to the teamwork behind the scenes. Nearly three decades of tradition have made Breakfast on the Track a well-oiled machine, but it's the volunteers who carry it across the finish line. "Part of our job is to know when not to interfere," Chris said. "We trust the volunteers, and they know what to do."



That trust showed. With more than 20 teams lining up for the pancake relay, Tom Perkins kept the exchange zone moving like clockwork. Meanwhile, the Chiles High School track moms ran the pancake room, flipping stacks all morning and proving that superheroes sometimes trade capes for aprons. As Chris joked, "When no one is asking 'Where are the pancakes?' you know it's going well."

Peg Griffin also earned a quiet round of applause. Steady as always, she handled last-minute heat changes, relay sign-ups, and on-track decisions with calm and grace.

From the first mile on the track to the last pancake served, the morning went off without a hitch — a true testament to the people who show up year after year. Breakfast on the Track isn't just about running fast or eating well. It's about community, tradition, and the joy of being together.



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

A LOOK AT MOMENTS FROM RACE DAY
SATURDAY, AUGUST 16, 2025



Photo credit: Jeanne O'Kon