

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | OCTOBER 2025



**MEGAN NOONAN WINS
WOMEN'S DISTANCE FESTIVAL 5K
WITH A 20:04 TIME ON SEPTEMBER 20**

Photo credit: Herb Wills



VOLUME 50 | ISSUE 9

Tallahassee, FL
Gulf Winds Track Club

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | OCTOBER 2025

VOLUME 50 | ISSUE 9

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.

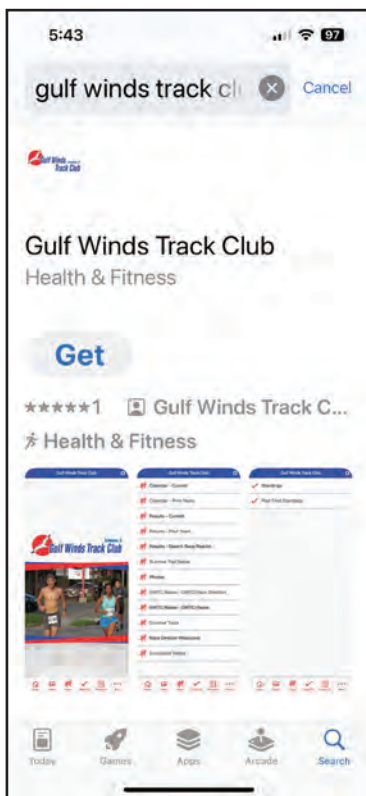
Robert & Kory Skrob, (850) 270-8295, FleetFoot@GulfWinds.org

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 is no longer 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

PO Box 3447, Tallahassee, FL 32315

President:	Jerry McDaniel	mcdaniel6068@gmail.com
Vice President:	Allen Blay	allen.blay@gmail.com
Secretary:	Jeanne O'Kon 850-264-4903	okonj@tsc.fl.edu
Treasurer:	Peg Griffin	treasurer@gulfwinds.org
Directors-at-Large:	Hawthorne Hay	hawkhayfl@gmail.com
	Tom Perkins	tomperkins51@yahoo.com
	Debbie Peters	dh7683@yahoo.com
	Emily Webster	emilyawebster@gmail.com
	Herb Wills	.hwills@gmail.com
	David Yon 850-425-6671	david@radeylaw.com
Past President:	Mark Priddy	markpriddy@msn.com
Membership Chair:	Geoffrey Adams	gadams52@gmail.com
Race Director Coordinator:	Mary Jean Yon	maryjeanyon@comcast.net
Director of Education & Socials:	Tina Bahmer 307-286-3725	tbahmer@gulfwindstri.com
Director of Communications:	Jennifer Hay	jennghayfl@gmail.com
Triathlon Club President:	Matt Vermeer	

APPOINTED OFFICIALS

USATF Liaison:	Jay Silvanima 850-264-0739	jsilvanima@aol.com
Newsletter Editor:	Robert & Kory Skrob	FleetFoot@GulfWinds.org
Equipment Manager:	Vicky Droze 850-339-7766	vickydroze@comcast.net
Clothing & Merch Manager:	Sherri Wise	Clark.sherri@gmail.com
Racing Team Coordinator:	Tim Unger 850-544-4563	runner1612@gmail.com
School Grant Coordinator:	Amy O'Kelley	amyokelley@gmail.com
Group Run Coordinators:	Ashlee Blake	Ashlee_FNP11@yahoo.com
	Emily Webster	emilyawebster@gmail.com
	Kendall Meikenhous	kpmeikenhous@gmail.com
	Joi Savery	joi.savery@gmail.com

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

Illuminating

Your Path in Residential & Commercial
Real Estate Transactions.



MSM

MANAUSA, SHAW & MINACCI, P.A.
ATTORNEYS AT LAW

1701 Hermitage Blvd., Ste. 100
Tallahassee, FL 32308
Phone: 850.597.7616
Fax: 850.270.6148

140-D West First Street
St. George Island, FL 32328
Phone: 850.799.1882
Fax: 850.799.1884

www.ManausaLaw.com

AUGUST BOARD MEETING RECAP

Here is a Gulf Winds Track Club Board of Directors meeting briefing about the meeting held August 13, 2025, hosted by Allen Blay. 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.

Lifetime Memberships and Partner Requests

The Board is considering a lifetime GWTC membership to avoid the need for annual renewals. Possible pricing will be explored, with auto-renewal still available for yearly memberships. Also under review are several inquiries from outside organizations interested in partnering with the club, including a proposal to host a race on one of the airport runways next spring.

Upcoming Board Elections

Preparations continue for the fall Board elections. A number of members have expressed interest in running for Director and Officer positions, though not all current Board members have confirmed whether they plan to run again. The ballot must be finalized by the October meeting, and candidate bios are being encouraged to help inform members ahead of voting.

Podcast Proposal

The Board considered a proposal for a new club podcast, We Run This Town, designed to educate, entertain, and encourage members and the broader community. Plans include an initial budget of \$10,000 to cover startup and one year of production with a professional audio company. The podcast would launch with two pilot episodes and could feature sponsorship opportunities to help offset costs. A motion was approved to fund six months of production as a test period.

Cryotherapy Discount for Members

A presentation on cryotherapy services was shared with the Board. The treatments, which aid in post-workout recovery and overall wellness, are being offered to GWTC members at a discounted rate of 10 percent off memberships.



Nancy Proctor

Mortgage Consultant

C: 850.459.9798

O & F: 850.427.8982

nproctor@cchl.com

nproctor.cchl.com

NMLS #2539525

1545 Raymond Diehl Rd | Ste 110 | Tallahassee, FL 32308
cchl.com | NMLS #75615 | Equal Housing Lender 

Wright, Robinson & Associates

M. Felton Wright

Managing Director

Senior Consultant

850.599.8978, mfelton_wright@ml.com

Merrill Lynch Wealth Management

1276 Metropolitan Boulevard

Tallahassee, FL 32312

<https://fa.ml.com/florida/tallahassee/WrightRobinson/>



Merrill Lynch, Pierce, Fenner & Smith Incorporated (also referred to as "MLPF&S" or "Merrill") makes available certain investment products sponsored, managed, distributed or provided by companies that are affiliates of Bank of America Corporation ("BoFA Corp."). MLPF&S is a registered broker-dealer, registered investment adviser, Member SIPC and a wholly owned subsidiary of BoFA Corp.

© 2024 Bank of America Corporation. All rights reserved. | MAP6338428 Vault-BA1PHL | MLWM-242-AD |

Club Supports Ernie Sims Track Invitational

The Board approved \$3,000 to sponsor registrations for up to 100 children at the annual Ernie Sims Track Invitational. The event, which draws more than 150 youth participants each year, provides opportunities for children across the region to experience track and field. As part of the partnership, GWTC will have a membership table at the meet and be recognized on promotional materials, t-shirts, and social media.

Race Budgets Approved for Fall and Winter Events

Several race budgets were reviewed and approved, including the 2025 Turkey Trot, which is projected to generate net revenue of over \$55,000 and will feature long-sleeved shirts and cash awards. The 5 and 10 Mile Challenge is expected to draw at least 70 participants with sponsorship already secured, and the Tannenbaum Trail 6K at Apalachee Regional Park will return in December.

Race Directors and Communications Updates

Race directors will meet this fall as part of the continuing effort to update the Race Directors Handbook. It was also noted that the current Director of Race Directors will not seek reelection this year. On the communications front, plans are underway to update the club's website and calendar, create "Run TLH" magnets for members, and explore text messaging options to keep members informed.

Chenoweth Fund Support Adjusted

An additional \$500 was approved for a Chenoweth Fund award to correct a previous underfunding, ensuring full support for an athlete's participation in national competition.

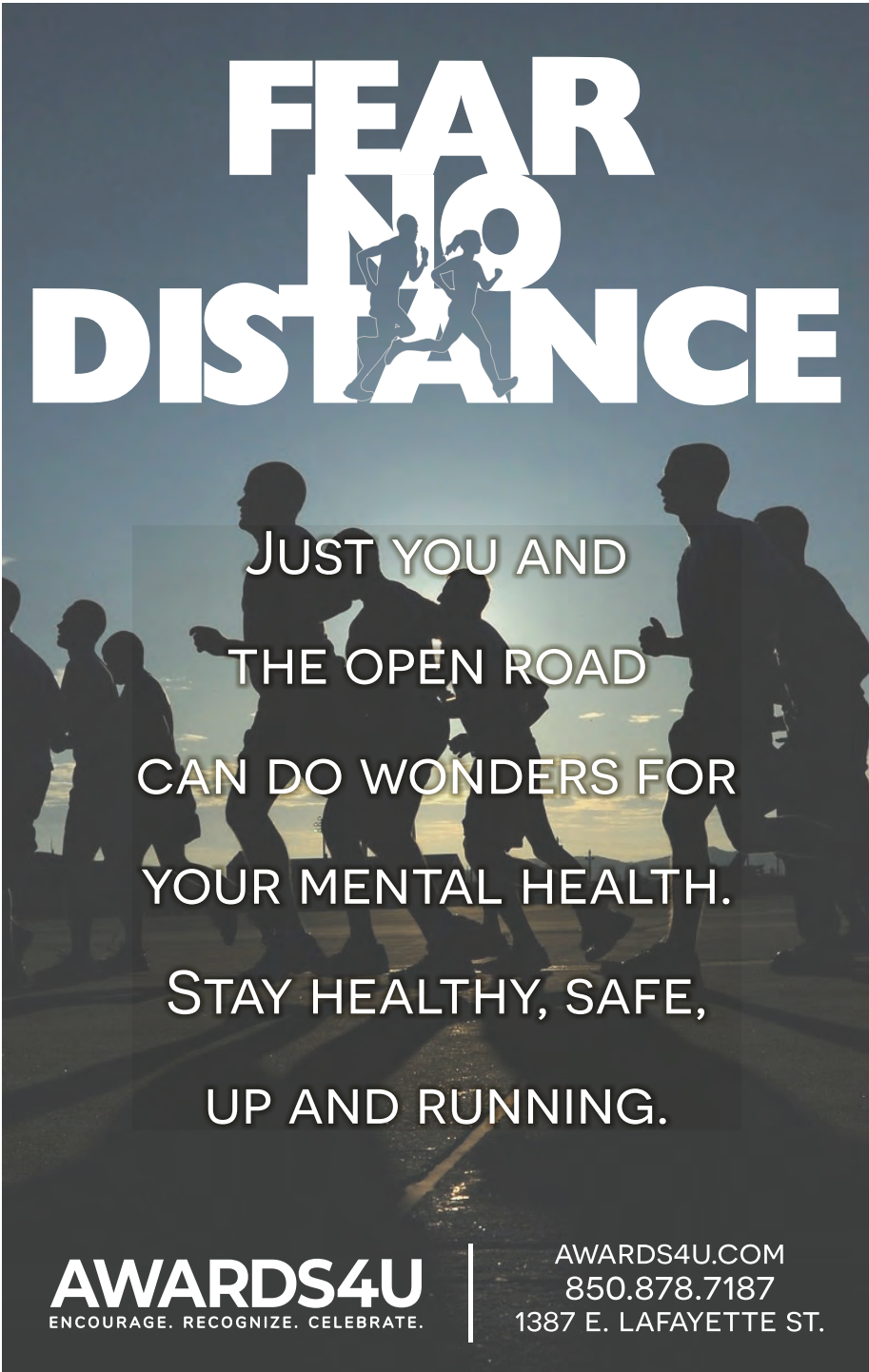
Training Groups and Leadership Changes

New leaders have stepped in to help guide several training groups. The Turkey Trot training group will continue under new leadership, while a leader is still needed for the Springtime program.

Chip Timing Services

Over the summer, both club and non-club races were timed, including popular trail events and community 5Ks. Non-club timing services generated nearly \$10,000 in revenue during the last fiscal year, with new revenue expected in the current year as fall events get underway.

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

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.

05 FSU Dance Marathon Fall 5K Harvest Hustle, 9 a.m. Integration Statue on Woodward Plaza, behind Oglesby Student Union, 91 N. Woodward Ave., FSU Campus. Online registration available at events.dancemarathon.com/harvesthustle31. Delaney Clericuzio at (321) 247-2045 or dmsu.marathondirector@gmail.com; or Skylar Russell at skylar.c.russell@gmail.com.

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

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 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.

18 Pirate's Row-Run-Ride Team Race (2K relay with team of 3)

9:30 a.m. Cascades Park, 1001 S. Gadsden St. Online registration available at pinwheel.us. Visit www.capitalcityrowing.org; or Katie Pernell at administration@capitalcityrowing.org.

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.



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

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.

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.FL.GOV.

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.



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>

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

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 men 10K; TBA women 6K. Gans Creek Recreational Area, 3350 E. Gans Rd., Columbia, MO. Visit www.ncaa.com.

22 Art Fest Half Marathon/10K/5K/1M, 8:30 a.m. half marathon; 9 a.m. 10K; 9:30 a.m. 5K; 10 a.m. 1M. The Arts Center of Moultrie, 401 7th Ave. SW, Moultrie, GA. Online registration available at RunSignUp.com. Krysta Porteus at programs@moultriearts.org.

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.

DECEMBER 2025

06 GWTC 10M/5M Challenge, 8 a.m. Hawks Rise Elementary School, 205 Meadow Ridge Rd. - use Meridian Rd. parking lot entrance. Online registration available at RunSignUp.com. Visit www.GulfWinds.org; or Mark Tombrink at marktombrink@gmail.com.

06 FSU College of Medicine 5K, 9 a.m. Integration Statue on Woodward Plaza, behind Oglesby Student Union, 91 N. Woodward Ave., FSU Campus. Anna Lu at awl24b@med.fsu.edu.

06 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.

13 GWTC Tallahassee Ultra Distance Classic 50M/Bill Hillison 50K/Manatee Marathon, 7 a.m. 50M/50K; 7:10 a.m. marathon/marathon rucking division. Wakulla Springs State Park, 15 miles south of Tallahassee on SR 267. Online registration available at RunSignUp.com. Visit www.TallahasseeUltra.com; or www.GulfWinds.org; or Jack or Laura McDermott at marathonjack@comcast.net.

20 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.



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: Jerry McDaniel, GWTC President



September always feels like jumper cables to the GWTC race calendar, jolting it into high gear each year. The legacy races that almost always land this month are Sickie Cell, the Women's Distance Festival, and Prefontaine. If memory serves, Sickie Cell and Women's Distance have mostly remained in or near Jake Gaither Community Center and Indianhead Acres, respectively. Prefontaine came into existence, I believe, out at Silver Lake in the Apalachicola National Forest.

The original Prefontaine race, deep in the forest, was tough. Before the course took on its later two-loop format, you never quite knew where you were. The route had soft dirt and plenty of fallen logs or debris to dodge. My buddies and I would race hard, then cool off in the lake, sip a brew or two, and watch Gary Droze throw himself into push-up contests with kids from his team. Today, the race is held at the Wallwood Boy Scout Reservation in Gadsden County under the capable direction of Allen Blay.

I've added the Bluebird Run for Brookie B to my September schedule in recent years, in part because it supports suicide prevention and mental health—causes also supported by the Springtime Race. Still, the Bluebird course feels nearly as challenging as the original Prefontaine. No logs, no sand—just me aging and coming off a year-long hiatus. Even Sickie Cell, which is known to be flat and fast, felt tough this year. Sustaining an aggressive pace over 3.1 miles is harder than it used to be. I'm sure my age group competitors are thrilled to hear that.

Enough of my race memories—on to some exciting news. The pedestrian bridge at Apalachee Regional Park, funded in part by our club, is now complete and stunning. From the Leon County Government press release (9/17/2025), shared by Judy Alexander:



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.

LANDCORP

I N C O R P O R A T E D

Licensed Real Estate Brokerage in Florida & Georgia

THOMAS R. "TOM" PERKINS

Florida Sales Associate

CELL 850-264-4595

TOMPERKINS51@YAHOO.COM

WWW.LANDCORPINC.COM

PRESIDENTS COLUMN CONT.

"All roads lead to Leon County this fall as Leon County Government's award-winning cross country course at Apalachee Regional Park (ARP) gears up to host an elite lineup of competitions. These major meets will be headlined by the 2026 World Athletics Cross Country Championships on January 10, 2026, where Leon County will make history on the global stage.

Known as the 'Capital of Cross Country,' Leon County again proves itself a top sports tourism destination. This fall's schedule features regional, state, and national championship meets, bringing over 21,000 visitors and generating more than \$3.6 million in direct spending.

The 2025 season is a key milestone leading to the biggest event of all—the World Athletics Cross Country Championships, expected to draw over 500 athletes and 10,000 spectators from 60+ countries, generating an estimated \$2.7 million in direct local spending."

Also worth celebrating: Leon and Chiles tracks are now open to the public during non-school hours. And the Holy Comforter Episcopal School track—our club's partner project—is steadily progressing through construction. The long "no-track" drought is finally easing.

Finally, I'm thrilled to share that GWTC has been named the Outstanding Community Organization by the Big Bend Chapter of the Association of Fundraising Professionals! We'll be honored at a luncheon in November for National Philanthropy Day. These awards go to individuals, businesses, and nonprofits that make a meaningful impact.

A quick glance at our website shows that we closed out the 2024–25 year at an all-time high: \$131,200 in contributions to schools, community causes, and research organizations. These funds come directly from our race directors' excess proceeds and generous runners.

The weather's cooling off. Get out there and enjoy the races!



Buying or selling your home?
Call a name you can trust.



- * HELPING SELLERS & BUYERS & IN OUR AREA SINCE 1990 *
- * EXPERTISE IN PRICING & PREPARING FOR THE MARKET *
- * I CAN SHOW YOU ANY LISTED PROPERTY! *
- * MARKETING POWER OF COLDWELL BANKER *



Nancy Stedman | BROKER ASSOCIATE, CRS, GRI
(850) 545-7074 | NANCYSTEDMAN@GMAIL.COM

CUSTOM PRINTED APPAREL FOR YOUR RACE

Need shirts for your next event or run? We've got you covered!

Let us be your trusted source for top-quality custom printed apparel.

We can provide one-of-a-kind artwork on a wide variety of men's and women's T shirts, performance shirts, and tanks that will help your event stand out long after the finish line.



HomesteadTshirts.com

229-872-3202 850-556-6651

Don@HomesteadTshirts.com



48 YEARS OF EXPERIENCE - LOCAL SINCE FOREVER



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
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

LILY SWANBROW BECKER



Childhood ambition: Definitely a marine biologist.

Current Occupation: Non-profit manager - while most of my career has been focused on building resilience and leadership in the climate change and environmental workforce, I just transitioned to an organization focused on enhancing women's well-being through ancient Jewish practices.

If money were no object, what profession would you choose: I would volunteer full-time at a wildlife rehabilitation center (like our local St. Francis!) or start my own. Well, mostly full-time - I think I'd build in a ton of time for traveling too!

Favorite running memory: I've only done the annual Christmas Eve Day GWTC Run to Posey's once and it was a few years ago when it was SO cold. Wind chills in the single digits, I think! I was nervous about it but had some much fun braving the frigid temperatures with a great group and with a delicious fish sandwich waiting at the end.

Indulgence: Wine, cheese, and crackers all day.

Non-Running hobbies: Cooking, discovering new restaurants, exploring the wild places nearby, and traveling whenever I can.

Favorite Reads: I'm partial to memoir/ personal reflections, and if there's a

nature element that's a huge plus. The Snow Leopard by Peter Matthiessen is my all-time favorite. A few recent reads I've loved are A Marriage at Sea, How to Say Babylon, and Crying in H Mart.

Best place to run in Tallahassee: Most of my runs are in my Killearn Estates neighborhood or in Summerbrooke with friends, but I love a great trail run! My favorites are the Lake Overstreet trail and the Greenway.

Preferred Running Technology: I keep it simple with an Apple Watch.

Perfect day: I'd start with a sunrise trail run, then head home to whip up a giant brunch with my husband and two kids — homemade bagels and an epic smoked salmon spread are our specialty. A nap is definitely non-negotiable, followed by pool time with the family (dogs included). I'd wrap it all up with a delicious dinner and a fun date night out with my husband. Running, food, and family — that's really all I need!

Biggest challenge: My first (and so far only) marathon was the Tallahassee Marathon in 2023. I had a great training cycle and felt strong going in, but crashed hard around mile 14 and never really recovered. Somehow, I managed to drag myself across the finish line, but it was a humbling experience to put it mildly— most likely a fueling issue. We'll see if I ever get the itch to tackle another one! 🏃‍♀️

FEATURED FEET

NOAH RAMBY



Childhood ambition: My childhood ambition was always to become a professional soccer player. I'd grown up playing soccer until my senior year of high school.

Current Occupation: My current occupation is full time student at FSU. Double major in finance in accounting. I work part time at the bike shop on weekends. I also co-founded a run club in Tallahassee (Peak Pulse Run Club).

If money were no object, what profession would you choose: I'd love to become a travel journalist. Going all over the world to note different cultures and see different parts of the world.

Favorite running memory: My favorite running memory has to be the last 200m of the GWTC half marathon in February. I was sprinting to go sub 1:26 and made it by the hairs on my chinny-chin-chin. The atmosphere of the spectators made the memory all the more enjoyable.

Indulgence: My indulgences are food/sleep/and my compression boots.

Non-Running hobbies: Some non-running hobbies I like to do are rock climbing, swimming, and cycling.

Favorite Reads: The intelligent Investor by Benjamin Graham, Outliers by Malcom Gladwell and Animal Farm by George Orwell.

Best place to run in Tallahassee: Best place by far is FAMU Way connecting to the St Marks trail. However, I wish I

was saying it was a track, if the public was allowed to run there :(

Preferred Running Technology: Comfortable shoes like the Novablast 5 (great all-around shoe). The Garmin Forerunner series watch and Garmin HRM+ to help me monitor my health metrics. Finally, great tasting nutrition like Go gels or Skratch carb drink mix. Can't forget my compression boots! I use those religiously every day.

Perfect day: Waking up (after 10 hours of sleep) at my family lake house back in Texas. Going down to the dock to hop onto the boat and do some wake surfing. Get back midafternoon to float in the water. Finishing the night with an easy jog before dinner followed by a sunset ride on the boat. To me, nothing beats that. Even better - all of my family are there.

Biggest challenge: The biggest challenge I have faced was summiting Mt. Shasta in California as a senior in high school. I had never climbed a mountain before and was not properly prepared. I spent a week on the side of a mountain waiting for a summit weather window to open to climb to the top. With very little sleep, nutrition, strength, and at the point of hallucination (due to lack of oxygen in my brain), I was able to summit the mountain! Definitely the most challenging thing I've done, for now... I'm thinking Ironman Texas in April might surpass that. 🏃

BANK OF AMERICA



**Tallahassee
MARATHON
& HALF MARATHON**

FEBRUARY 8, 2026

While running the marathon or half is an unforgettable experience, volunteering might just be even more rewarding. We're inviting all running fans, community members, and students needing volunteer hours to join us behind the scenes of one of Tallahassee's most iconic events.

Our volunteer leaders are already hard at work, but we've got several key roles open—and we'd love your help!

SATURDAY, FEBRUARY 7

PACKET PICKUP & EXPO (12–4 PM)

**Dunlap Champions Club at
Doak Campbell Stadium**

- Help runners check in and pick up their race bibs and shirts
- Assist with expo setup, breakdown, and vendor support
- Share info and smiles with runners from across the country
- Help runners with race bib photos in front of the FSU scoreboard!

Want to run and volunteer? This is your perfect opportunity.

SUNDAY, FEBRUARY 8

RACE DAY FUN!

**Finish Line Food Team
(8:00 AM–1:30 PM)**

Keep food stocked, water flowing, and energy high at the finish area! You'll be at the heart of the celebration as 2,300 runners cross the finish line. Shift options available as we don't need as many volunteers during the last two hours.

Traffic Course Marshals

Help guide runners at key intersections (police handle the cars—you handle the cheers). Great for those who love being outside, encouraging athletes, and making sure no one goes the wrong way!

READY TO SIGN UP?

Whether you're a longtime running fan or just love Tallahassee events, we'd love your help. Email MarathonTeam@GulfWinds.org and tell us how you'd like to get involved. We'll get you plugged into the team!

GULF
WINDS

TRACK
CLUB 20
25



2025 Tallahassee Turkey Trot

Thursday, November 27, 2025

The Tallahassee Turkey Trot is a Thanksgiving tradition for thousands of runners and walkers each year.

DISTANCES

15K
10K
5K
1 Mile Fun Run

START TIME

8:00 a.m.
8:10 a.m.
8:25 a.m.
8:45 a.m.



Sign up or learn more at
www.TallyTurkeyTrot.com

The races begin on Esplanade Way between Merchants Row and Shumard Oaks Blvd. All races except the 1-mile share the same start and finish line.

- 5K splits from the 10K and 15K on Grove Park Drive just past the water tables and the 2-mile mark.
- 10K splits at School House Road at Terrebonne Drive, turning left on Terrebonne.
- 15K continues straight on School House Road until it becomes Biltmore Avenue.

All races are chip-timed, so you don't have to worry about crossing the start line.

Packet Pickup & Registration

Sunday, Nov. 23 – Turkey Trot Festival at Goodwood Museum & Gardens (1600 Miccosukee Road) from 1:30 p.m. – 5:00 p.m.

Mon–Tue, Nov. 24–25 – Premier Health and Fitness Center, 11:00 a.m. – 6:00 p.m.

Wed, Nov. 26 – Premier Health and Fitness Center, 11:00 a.m. – 5:00 p.m.

Race Morning – Limited registration and pickup near the flagpole.

Registration

To get the best pricing and guarantee your shirt size, register on or before Sunday, November 16.

A STEP BACK IN TIME

CELEBRATING THE VERY FIRST ISSUE OF GULF WINDS
TRACK CLUB'S NEWSLETTER, OCTOBER 1979



GULF WINDS TRACK CLUB
Tallahassee, Fla.

"THE FLEET FOOT"

Vol. IV, no. 3, October 1979

CLUB MEETING

Tuesday, 9 October, 7:30 PM

Business Meeting, 7:00 PM

Berkshire Apartment Clubhouse

DISCUSSION: THE RIGHTS OF RUNNERS

Panel will include representatives of police, attorneys
judges.

REFRESHMENTS: LAST NAMES OF R,S,T,U,V: breads, fruits,
nuts, etc.

Editor's notes:

A special thanks to Matt DeLee and everyone who helped with the newsletter during the last two months, especially Diane Perrel and Linda Abele.

One of the primary goals of the GUTC is to promote all aspects of jogging, running and racing in the Tallahassee area. This may best be accomplished by minimizing all costs of being associated with GUTC. Therefore I would like the club membership to consider returning to the policies that existed prior to the last meeting- \$5.00 membership fee, no charges (except perhaps cost) for space in the newsletter and use of the mailing list and no charges for refreshments. Although \$7.50 may not seem like much to many of us there are many students and individuals on limited incomes that might be affected by a 50% increase in cost, especially at a time when the cost of races is climbing. Member of GUTC receive a 10% discount on running gear at local stores and these same stores sponsor races, distribute materials and otherwise provide services to the running community. It does not seem unreasonable to provide space in our newsletter to them. Our mailing list has been used to announce races and shoe sales and this also does not seem unreasonable. Perhaps we could charge for costs only if these continue to increase. Finally, we should eliminate the 75¢ beer donation for the following reasons: (1) we do not charge for fruit drinks, sodas, or cups and ice and these costs run \$40.00 (compared to \$72.00 for beer) (2) it may be illegal and (3) it is a hassle.

Financially the club is not in bad shape and upcoming races should generate substantial revenues. We should soon receive our non-profit status and this will save money on postage. We could also run a special race to raise money for an automatic timer if the upcoming races do not raise enough money. At any rate let's wait until the annual GUTC Day and the new year before raising the fees.

The preceding was a not-paid political announcement. This newsletter welcomes other points of view.

Financial Report: August 16 to September 23

Beginning balance	636.73
Deposits	370.09
Expenses	512.86
Balance	\$ 493.96

Expenses: Newsletter (Typing, copying etc.)	\$204.64
Club meeting (rental, beer, soda, juice, etc.)	143.94