

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | DECEMBER 2025



HAWTHORNE HAY CLAIMS VICTORY AT THE PINE RUN 20K WITH A 1:15:13 FINISH

Photo credit: Herb Wills

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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).

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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

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Gulf Winds Track Club was recognized by Leon County

for its contribution to the digital display boards at Apalachee Regional Park. Thanks to your race registrations, sponsor support, and thousands of volunteer hours, our club continues to give back to the community.

DIRECTORY

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OCTOBER BOARD MEETING RECAP

Here is a Gulf Winds Track Club Board of Directors meeting briefing about the meeting held September 8, 2025, hosted by Mary Jean and David Yon. 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.

We Run This Town Podcast The club's new podcast continues to move forward. The first two episodes are recorded and expected to launch during the fourth week of October, and a third episode centered on marathons is already planned. More information will be shared as the series rolls out.

World Championships Sponsorship Update The club will take part in a conference call this month to learn more about its role in the 2026 World Championships. As a sponsor, GWTC will receive parking passes and several other benefits once final details are confirmed.

New Board Meeting Start Time Beginning in November, Board meetings will start at 6:30 p.m. instead of 7:00 p.m. This new time is expected to work better for most members.

Board Elections The 2026 ballot includes both returning Board members and new nominees. One additional candidate was added to the slate during the meeting. The ballot will go live on November 1 for voting. A nominee is still needed for the Director of Race Directors position.

Women's Distance Festival 5K The event netted just over \$1,000 and will donate \$400 each to Brehon Institute and Girls on the Run. The budget closeout was approved.

Prefontaine 5K Race expenses totaled \$1,018.94, with a net of \$748.96. Donations of \$469.48 will go to Suwannee Area Council and \$374.48 to GWTC. The budget closeout was approved.

RunTLH Trademark Update Trademark attorney Rob McNeeley has been working on renewing three RunTLH trademarks. Rob has donated \$5,000 worth of billable hours to support the club, though there will be additional costs moving forward.

Insurance and Waiver Updates Updates were discussed regarding waivers for members and non-members participating in club events and group runs. The club will continue working on options for collecting waivers in person and online, including paper forms and QR codes at group runs.



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Tallahassee Runway Run Planning has begun for a potential Runway Run event at the Tallahassee airport in March 2026. The event would be led by the airport with assistance from GWTC. The club has not made a final commitment yet and will review more details as they become available.

GWTC Recognized as Outstanding Community Organization GWTC will be honored as an “Outstanding Community Organization” during the Association of Fundraising Professionals luncheon on November 13 at Goodwood. The club has four complimentary seats, and members may purchase additional seats if they wish to attend.

2026 Grand Prix Schedule Approved The 2026 Grand Prix race schedule was approved. The Board discussed the awarding of points for events with multiple race distances and reminded race directors that volunteers may be eligible for Grand Prix points if reported.

Triathlete Club Volunteers are in place for next year’s Tri Club board, which will be announced next month. The Tri Club is still finalizing a date for the Christmas party, with the possibility of moving it to January.

Communications New RunTLH magnets are available, the text alert service is active, and membership registration now includes an Auto Renew option. Hall of Fame members do not need to renew. A new social media intern will assist with Instagram posts. Current membership totals 1,299 individual members and 792 family memberships.

Christmas Party Update A new band, Main Street Band, will perform at the December 6 Christmas party.

RACER Committee The committee is exploring a new running project with Astoria Park Elementary for the upcoming season.

Chip Timing During September, timing support was provided for one non club race, the Bluebird Run for Brookie B 5K, along with three GWTC events: the 5K for Sickie Cell Anemia and Tim Simpkins 1 Mile, the Women’s Distance Festival 5K, and the Salute to Steve Prefontaine 5K and 1 Mile Forest Run. October will include the Boston Half Marathon and its 5K run and walk on the non club side, as well as the Pine Run 20K and Pine Ruck 14K at Tall Timbers for GWTC. In November, timing is scheduled for the Memorial to Memorial Veterans Day 5K and the full Tallahassee Turkey Trot lineup, including the 15K, 10K, 5K, and 1 Mile. Chip timing revenue from non club races for the fiscal year to date (July 1 through September 30) remains at \$2,015.

Training Groups The Beginning Running group launched on September 24 with about 50 participants. The Turkey Trot training group began this week with 15 participants. A Boo tay running challenge is underway with increasing participation and prizes.

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.

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RACE CALENDAR

DECEMBER 2025



hwills@gmail.com; or Judy Alexander at jalexander98@comcast.net.

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 marktombink@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. NEW LOCATION - Buck Lake Road Trailhead of the St. Marks Headwaters Greenway, 10995 Buck Lake Rd. Online registration available at RunSignUp.com. Visit www.GulfWinds.org; or Herb Wills at

31 New Year Eves Ball Drop 5K Run/Walk, 8 a.m. (CT). Frank Brown Park, 16200 Panama City Beach Parkway, Panama City Beach, FL. Online registration available at RunSignUp.com. Joe Edgecombe at joeruns@yahoo.com.

JANUARY 2026

01 32nd Annual Wilde Mountain Scramble (approximately 5M, unless you cheat), 8:30 a.m. SHARP!!! Forestmeadows Park and Athletic Center, 4750 N. Meridian Rd. Don't forget state park pass or entry fee. Race entry fee: \$2 or \$2 of scratch-off lottery tickets, and a gift you don't mind pawning off on a fellow runner. As always, whining, fussing or even the slightest grumble gets you disqualified. Pre-race contact forbidden.

03 GWTC Swamp Forest Trail Run (Quarter Marathon/Half Marathon/20.4M), 8 a.m. Elinor Klapp-Phipps Park, Gate B, 1775 Miller Landing Rd. (1.3 miles west of Meridian Rd. on Miller Landing Rd.). Online registration available at RunSignUp.com. Bobby York at byorkjr@msn.com.

10 World Athletics Cross Country Championships, 9:45 a.m. Mixed Relay; 10:20 a.m. U20 women's 6K; 10:55 a.m. U20 Men's 8K; 11:35 Senior Women's 10K; 12:20 p.m. Senior Men's 10K; .2 p.m. Community



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fleetfeet.com

Races: Kids (12 & under) 2K; Open 2K; High School (ages 13-18) 4K; Open 4K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit WXCTallahassee26.com.

11 USATF Club Cross-Country National Championships, 8:15 a.m. masters women 6K; 9:15 a.m. masters men (60+) 6K; 10:15 a.m. masters men (40-59) 8K; 11:15 a.m. open women 6K; 12 p.m. open men 10K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.usatf.org/events.

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

17 Arbor Day 5K Trail Race and Native Tree Giveaway, 9 a.m. Bear Creek Educational Forest, 8125 Pat Thomas Pkwy., Quincy, FL. Online registration available at Eventbrite.com. Genevieve Printiss at (850) 597-6501.

23 HurriGains 5K Glow Run, 8 p.m. Florida State University Schools, 3000 School House Rd. Online registration available at RunSignUp.com. Visit <https://www.floridiaster.org/5k/>; or Casey Bruno at casey.bruno@em.myflorida.com.

24 Motion to Move 5K, 9 a.m. 4050 Esplanade Way. Online registration available at RunSignUp.com.

24 The Big Event 5K, 9 a.m. Integration Statue on Woodward Plaza, behind FSU Student Union, 75 N. Woodward Ave., FSU Campus. Online registration available at Eventbrite.com. Julie Giarelli at jmg22k@fsu.edu.

FEBRUARY 2026

07 Chipola 5K Challenge, 8 a.m. (CT). Cultural Center, Bldg. 1, Chipola College, 3094 Indian Circle, Marianna, FL. Online registration available at ItsYourRace.com. Visit www.chipola.edu/chipola5k; or Thomas Howell at tvhowell1@gmail.com.

08 GWTC Bank of America Bank of America Tallahassee Marathon and Half-Marathon/Half Marathon/ Marathon Relay, 7:30 a.m. Start at Leon County Courthouse, 301 South Monroe St., downtown Tallahassee; finish in College Town at Madison Social, 705 S. Woodward Ave. Online registration available at RunSignUp.com. Visit www.tallahasseemarathon.com; or email race directors at <https://www.tallahasseemarathon.com/contact/>.

14 GWTC Flash 12K/6K, 8:30 a.m. San Marcos de Apalache Historic State Park, 148 Old Fort Rd., St. Marks, FL. Online registration available at RunSignUp.com. Visit www.GulfWinds.org; or Rob Klepper at rob.klepper@comcast.net.

28 M.A.D. (Making A Difference) 10K/5K/1M, 8 a.m. 1M; 8:30 a.m. 10K/5K. Thomasville Road Baptist Church, 3131 Thomasville Rd. Online registration available at RunSignUp.com. Dan Evans at evans@harvestoflife.org.

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PRESIDENTS COLUMN

By: Jerry McDaniel, GWTC President

One of my favorite nonprofits is World Central Kitchen (WCK). Founded in 2010 by well-known chef José Andrés, this organization operates worldwide and provides fresh, hot meals to people in need during natural disasters, wars, and humanitarian crises. WCK sets up mobile kitchens or partners with local restaurants and chefs to cook meals on site, using local ingredients whenever possible.

Your track club does an extraordinary job in its own right when it comes to philanthropy. While many of our members have some sense that net proceeds from certain races benefit other areas, a closer look at the details on our website under GWTC Gives Back to the Community reveals impressive results. Total giving in each of the last four years:

2021–22: \$82,326

2022–23: \$88,612

2023–24: \$82,566

2024–25: \$131,200

These donations go to nonprofits, research organizations, advocacy groups, schools, parks, and organizations that help facilitate our races. The money primarily comes from excess proceeds from sponsors, race entry fees, and direct contributions to organizations pre-designated by our race directors or included in the annual budget. All beneficiaries are ultimately approved by the Board.

Some of the more recognizable organizations that benefit from GWTC philanthropy include Second Harvest of the Big Bend, the Sickle Cell Foundation, Black Men's Health, the National Alliance on Mental Illness, Brehon Family Services, The Kearney Center, Oasis Center for Women and Girls, The Refuge House, and the Boys and Girls Club. The Club also designates \$300 per year to be awarded to local schools to assist in implementing running programs. Some race proceeds are also directed to the Chenoweth Endowment Fund, which supports local individuals and teams that need financial assistance to attend competitions. For a comprehensive list of beneficiaries, click on any of the years in the link.

To that end, your track club was awarded Outstanding Community Organization for philanthropy last month on National Philanthropy Day (November 13, 2025) by the local chapter of the Association of Fundraising Professionals. These awards are presented annually to a business, an organization, and an individual. Attending to accept on behalf of GWTC were Jeanne O'Kon, Peg Griffin, Lisa Unger, Bill Lott, and me. The event, held at Goodwood, was well attended and nicely done.

I wanted to highlight this accomplishment so that you know the meaningful, far-reaching impact of running races and being a part of Gulf Winds Track Club. A big thank-you as well to our race directors!

GWTC HONORED FOR *Making a Difference*

The National Philanthropy Day Awards Celebration brought together local nonprofits, community leaders, and supporters to celebrate the people and organizations making a real difference in the Big Bend community. This year's theme was "Change the World with a Giving Heart," which felt especially fitting for what the day was all about.



The luncheon took place on November 13 at Goodwood Plantation, where Gulf Winds Track Club was honored as this year's Outstanding Philanthropic Organization. Representing the club were Jerry McDaniel, Jeanne O'Kon, Lisa Unger, Bill Lott, and Peg Griffin.

In his speech, Jerry shared how much of GWTC's giving comes from the work of our volunteer race directors. Every race chooses one or more charity partners, and those selections are approved by the Board. When you add it all up, the impact is huge. Over the past year alone, GWTC has donated more than \$140,000 to nonprofits throughout the community.

It was a well-deserved moment of recognition for a club that gives so much and rarely stops to take credit for it. A proud day for GWTC and for everyone who helps make this generosity possible.

We couldn't be prouder to share it with every member.



SHAKE OFF THE HOLIDAYS & HIT THE TRAILS



Swamp Forest Trail Run

SATURDAY, JANUARY 3, 2026
RACE START: 8:00 AM



LOCATION

Elinor Klapp-Phipps Park
4000 N Meridian Rd
Gate B off
Miller Landing Rd

DISTANCES

Quarter Marathon
Half Marathon
20-Mile Challenge

ABOUT THE COURSE

The course features rolling terrain on single-track and multi-use trails, linking together the three main loops of Elinor Klapp-Phipps Park: Swamp Forest, Coon Bottom, and Oak Hammock. These trails form a scenic and challenging 6.8-mile loop.

COURSE CUT-OFF

All races must be completed by 1:00 PM.
Runners in the 20-Mile Challenge must finish their second loop within 3.5 hours. Those who do not may not continue and will receive a half marathon finish time.

LAST DAY TO REGISTER & GET A RACE SHIRT IS DECEMBER 15!
EVENT IS LIMITED TO 150 RUNNERS — DON'T WAIT!

Register at <https://runsignup.com/Race/FL/Tallahassee/SwampForestTrailRace>



FEATURED FEET

RYAN KUNZ



Childhood ambition: To be a pro skater.

Current Occupation: Mechanical Engineering Student and a Carpenter in the summertime.

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

Favorite running memory: So many good ones but, finishing the Cocodona 250 this year was pretty special.

Indulgence: Oh my god... Shoes.

Non-Running hobbies: Homework and annoying my cats.

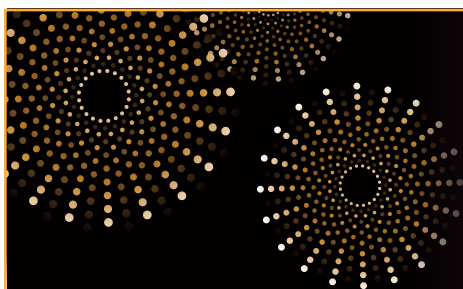
Favorite Reads: Can't go wrong with Vonnegut or Steinbeck.

Best place to run in Tallahassee: Piney Z/Tom Brown for trails or around FSU campus for road.

Preferred Running Technology: I always wear a hat.

Perfect day: Sleep in. Bacon, eggs, and coffee on the porch overlooking the mountains. Read an actual newspaper until it warms up. Then, get out to the mountains until sunset. Steak, mac and cheese, and pizza for dinner. Then watch a movie with my girlfriend and cats.

Biggest challenge: Signing up for races I have no time to train for. 🏃



HOLIDAY PARTY
DECEMBER 6
6-10PM



We're celebrating! Join fellow runners and their families at Shiloh Farm, 1500 Benjamin Chaires Rd., for food, activities, and live music from the Mainstream Band. **All ages are welcome.**

Need to volunteer to get your Grand Prix award?
contact Tina Bahmer, 307-286-3725.

GWTC Half Marathon Training Group

November 15, 2025 - January 31, 2026

Saturdays at 7:15am

Cascades Park, by The Edison

Ready to Run Your First Half Marathon?

Whether you're a beginner or getting back into running, join our supportive training group and prepare for the Tallahassee Half Marathon on February 8, 2026!

GWTC running groups are free for club members.

We plan to offer three pace groups:
9–10 min/mile, 11–12 min/mile, run/walk intervals.

Training kicks off with a 3 mile run and increases weekly.
Routes to be posted on GWTC Group Runs Facebook page and in the RunGo app.

For additional information or to volunteer contact:

Monica Judd at monicamjackson@gmail.com

Geoffrey Adams at gadams52@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!

Visit www.TallahasseeMarathon.com to sign up for the race!



Gulf Winds Track Club We Run This Town

Going The Distance: Inside The Bank of America Tallahassee Marathon and Half- Marathon

Host: Mickey Moore



Featuring: Hall of Fame marathoner Felton Wright and Bank of America Tallahassee Marathon and Half-Marathon Race Director Robert Skrob

How it all began

The very first Tallahassee Marathon in 1975 had just two runners and one lonely stretch of Natural Bridge Road. From there, it grew little by little—new routes, new neighborhoods, new traditions. Felton has run nearly all of them, including the year he tied for first with a friend and crossed the line holding hands, a classic Tallahassee moment if there ever was one.

The course has changed plenty over the past five decades with some years flatter and others brutally hilly. However, the aim is always the same: put on a great race that shows off the best parts of our city.

This year's course

The 2025 route keeps the character that Tallahassee runners love but streamlines some of the tougher sections. The race starts at the Leon County Courthouse, climbs Monroe, and rolls into Midtown and the Betton neighborhoods before dipping into Lafayette Park. After looping through Cascades Park and heading down FAMU Way, half marathoners finish in CollegeTown, while marathoners swing back out for their second loop.

One detail runners will appreciate: this year's changes reduce the number of police-controlled intersections and tighten the course footprint, making operations smoother and reducing potential bottlenecks. It also makes it easier for spectators to hit multiple viewing spots without racing their cars around town.

"It's better for runners and better for the city," Robert said. "We wanted a course that flows."

Who's lining up

Felton and Robert have watched participation trends shift over the years. The half marathon is the most popular race by far, pulling in younger runners and a majority of women. The marathon attracts a more experienced crowd, along with visitors from about 40 Florida counties and more than 35 states.

Because the race is a Boston qualifier, many runners come to Tallahassee specifically for the fast second loop and our typically mild February weather—when the weather cooperates. Runners have faced everything from freezing mornings to hot, humid finishes, so planning for multiple scenarios is key.

Podcast

Relay teams are booming

The marathon relay has turned into one of the most fun parts of race weekend. Teams of four rotate through roughly five- to six-mile segments with both exchange zones located right off the Cascades Park trail. This means runners can warm up, cheer, and swap out seamlessly—no need to drive across town to transition points.

Race perks

This year's swag was designed with a "big city race feel" without the big city price tag. Runners get high-quality shirts and medals, and volunteers get gear they actually want to wear again. Because the race is volunteer-driven and not run by a for-profit company, every dollar supports the event or returns to the community.

A portion of the proceeds go to the Leon County Schools Foundation, specifically helping track and cross-country programs—especially those in Title I schools that often struggle to cover travel and equipment. "Those kids deserve the same opportunities as anyone else," Felton said.

It takes a village

A race this size needs hundreds of volunteers—aid stations, traffic control, packet pickup, finish line crew—and the club's legendary aid station competition returns this year. Runners can expect loud music, themed setups, and the kind of mid-race encouragement that keeps people moving during those late miles.

Training wisdom

Felton shared one of his favorite pieces of marathon advice: "Make your first mile the slowest." On Tallahassee hills, it matters even more. Runners are encouraged to train on the course when possible—most roads have sidewalks, and the hills feel different when you've seen them before race day.

Aid stations every two miles will offer GU, Gatorade, gummies, and water. Electrolytes matter more than most people think—especially in unpredictable February weather—so practicing with the race nutrition is key.

See you at the finish

Whether you're running the half, the full, the relay, or cheering from CollegeTown, this year's race is shaping up to be one of the biggest and best yet.

For registration, course maps, volunteer sign-ups, and more, visit tallahassee marathon.com.

Listen to this full episode and future stories from our running community on the We Run This Town podcast—available on the [Gulf Winds website](#), [YouTube](#) and wherever you listen to podcasts.





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.

2026 Complete Grand Prix Schedule

Date	Race	Adult	Youth
January 17	GWTC 15K	15K	-
February 8	Bank of America Tallahassee Marathon and Half Marathon	Full/Half	-
February 14	Flash 12/6K	12K/6K	-
March 7	Shamrock Scurry 5K & 1M	5K	5K or 1M
March 28	Springtime 10K, 5K & 1M	10K	5K or 1M
April 4	Bowlegs 5K or 1 Mile	-	5K or 1M
April 18	Rose City 10K	10K	-
May 2	Tails and Trails 5K, 10K, and 1/2	5K, 10K, or 1/2	-
TBD	Potluck Bash 4 Miler	4M	-
July 4	Firecracker 5K	5K	5K
TBD	Breakfast on the Track	1M	1M
TBD	Miller Landing Madness 3K	-	3K
TBD	Women's Distance Festival 5K	5K	5K
September 7	Bluebird Run 5K	5K	5K
October 10	Pine Run 20K	20K	-
November 26	Turkey Trot 15K, 10K, 5K, & 1M	15K	5K or 1M
December 5	GWTC 10 & 5 MC	10M or 5M	-
December 12	Ultra 50K & 50M	50K or 50M	-
December 19	Tannenbaum 6K	6K	-

GRAND PRIX STANDINGS

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



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.



Tallahassee, FL **Gulf Winds Track Club** **GRAND PRIX**

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>

VOLUNTEER ON THE COURSE

BE PART OF 3,000+ FINISH LINE STORIES!

Bank of America Tallahassee Marathon and Half-Marathon is racing toward our biggest year yet! With registration already 77% ahead of last year, we're expecting:

450
MARATHONERS

2500
HALF MARATHONERS

75
RELAY TEAMS

Our new course means fewer volunteers are needed, but every single one matters. Traffic is handled by police. Your role? Be the cheer squad, the guide, and the steady presence who helps each runner find their way and stay safe.

WE'VE MADE IT EASY FOR YOU:

- ✓ Map pins for each position
- ✓ Simple, clear instructions
- ✓ Flexible shifts
- ✓ Incredible front-row views of 3,000+ moments of triumph

If you're not racing, this is your chance to be part of something big. The energy. The gratitude. The stories you'll help make possible.



SIGN UP TODAY: VOLUNTEER ON COURSE
RACE DAY: SUNDAY, FEBRUARY 8, 2026

<https://runsignup.com/Race/Volunteer/FL/Tallahassee/tlhmarathon>

Let's make this the best marathon and half-marathon Tallahassee has ever seen. We can't do it without you.



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**WORLD ATHLETICS
CROSS COUNTRY
CHAMPIONSHIPS
TALLAHASSEE 26**

**REGISTRATION OPEN
FOR WORLD'S FUN RUN: 2K & 4K
MEDALS TO ALL FINISHERS**



Visit
Tallahassee
SPORTS

CALL FOR NOMINATIONS!



2025 ANNUAL AWARDS!

It's that time of year again!

It's that time of year again! The Gulf Winds Track Club is excited to announce that nominations are now open for the 2025 Annual Awards. These awards honor the dedication, passion, and achievements of our members who make outstanding contributions to our club and community.

If someone has inspired you, supported you, or made your running life better in any way, this is your chance to acknowledge them and give them the appreciation they deserve.



Scan the QR to download an application and submit your nominations today.



Tallahassee, FL
Gulf Winds Track Club

NOMINATION DEADLINE: DECEMBER 15, 2025



Hall of Fame

Gulf Winds Track Club members who have brought respect to the club through their contributions, activities, and running accomplishments, and who have played a major role in shaping the ideals of the club are recognized when inducted into our Hall of Fame.

Runners of the Year

In naming its Runners of the Year, Gulf Winds Track Club seeks to honor those club members, active in the club, who, besides achieving outstanding times in the past year at various distances in local, regional, and national events, have served as models for all of us in their competitive spirit, their continuing devotion to the sport, and their support and encouragement of their fellow runners, both individually and as members of Gulf Winds.

Tris of the Year

This award will be given to both a male and female GWTC triathlete, active in the club, whose love of triathlon is demonstrated not only in competition, but also in commitment, service & inspiration. This award was first given in 1999.

Community Award

To an organization or individual who, over a period of years, through financial or other contributions, has supported running in the community at large.

Volunteer of the Year

To a club member, active in the club, deemed representative of those club members who contribute hours of time assisting in club activities and who often go unrecognized by the club at large.

Race Director of the Year

In recognition of a GWTC member who has taken a major responsibility in production of quality events, especially those favored by GWTC runners, whether by initiation or direction of the event or by coordination of a major aspect of such event.

Caldwell-Cleveland Advancement of the Sport

In 1984 GWTC recognized Michael Caldwell's contribution to the sport with this award for his publication of Racing South Magazine and organization of the Racing South Grand Prix (both now owned by Running Journal). The award was known as the Michael Caldwell Advancement of the Sport Award until 2001 when Rex Cleveland, who served as the editor of the Fleet Foot since 1983, retired. To recognize Rex's outstanding contribution to the sport and to GWTC, the award was renamed the Cleveland – Caldwell Award. The award is given in recognition of those who make significant contributions to the advancement of the sport, whether through research, education or some other area of expertise.

NOMINATION DEADLINE: DECEMBER 15, 2025



Tallahassee Ultra, Bill Hillison 50K & Manatee Marathon

WHEN Saturday, December 13, 2025

START TIMES

Bill Hillison 50 Miler — 7:00 a.m.

Bill Hillison 50K — 7:00 a.m.

Manatee Marathon — 7:10 a.m.

Manatee Marathon Rucker Division — 7:10 a.m.

WHERE Wakulla Springs State Park, 550 Wakulla Park Dr., Crawfordville

RACE DETAILS

USATF-certified marathon that's Boston-qualifying

Flat, fast, paved 10K loop course

Great volunteer support, plenty of on-course aid, and runner-friendly weather

Open to runners 16+

Awards to top overall male and female, top masters, and top grandmasters in each race

Proceeds support local running activities & Friends of Wakulla Springs

**Finish up, then soak your legs in the spring
and look for manatees.**



Register at runsSignup.com

FEATURED FEET

SIGNE ULSAMER



Childhood ambition: To be a wildlife biologist and ski bum.

Current Occupation: Civil Engineer

If money were no object, what profession would you choose: Possibly farming, however I love to travel, which can sometimes be at odds with a farming schedule.

Favorite running memory: Finishing my 1 st and only 100-mile race. The immediate relief of finishing was unbelievable. Unfortunately, that was followed by lots of soreness, pain and general discomfort.

Indulgence: Binging miniseries and chocolate.

Non-Running hobbies: Biking, hiking, exploring & gardening

Favorite Reads: Forty Years a Fur-Trader on the Upper Missouri: The Personal Narrative of

Charles

Larpenteur, 1833–1872. I love firsthand historical accounts. The ruggedness and precarious nature of life as a fur trader on the western frontier seems almost unreal compared to where we are now, not even 200 years later.

Best place to run in Tallahassee: Elinor Phipps Park. There is a great mix of singletrack trails and gravel roads.

Preferred Running Technology: My hydropac. I love backpacks; it is such a great way to carry water.

Perfect day: Being outside all day exploring new places. Followed by a delicious meal!

Biggest challenge: Difficult conversations with loved ones. I find physical or work challenges much easier than relational ones. 🏹

2026 BOARD OF DIRECTORS ELECTION RESULTS

Thank you to everyone who voted, and congratulations to our newly elected 2026 Board of Directors.

President – Jerry McDaniel
Vice President – Allen Blay

Secretary – Jeanne O’Kon
Treasurer – Carl Nordhielm

Director of Communications – Mickey Moore

Director of Education and Socials – Tina Bahmer

Director of Race Directors – Lisa Unger

Directors at Large:

Judy Alexander	Emily Webster
Harthorne Hay	Herb Wills
Debbie Peters	David Yon



PINE RUN 20K

DELIVERED ANOTHER UNFORGETTABLE RACE DAY



Photo credit:
Herb Wills