

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | FEBRUARY 2026



ALL SMILES AT WAKULLA SPRINGS

SOMKIT THOMPSON, WILLIAM JONES, MARY JEAN YON, AND DAVID YON
AT THE TALLAHASSEE ULTRA DISTANCE CLASSIC 50M/50K

Photo credit: Somkit Thompson

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Editor: Robert and Kory Skrob with Alex Baglietto,
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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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DECEMBER BOARD MEETING RECAP

Here is a Gulf Winds Track Club Board of Directors meeting briefing about the meeting held December 10, 2025, hosted by Mark Priddy. 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.

Extreme Challenge Approved for Another Year The board approved a one year extension of the Extreme Challenge program with \$300 allocated for the coming year.

Alford Greenway Planning Update The Alford Greenway Committee met recently at the Eastside Library to review a consolidated set of plans. The meeting focused on public input and allowed time for questions and discussion.

Board Meeting Hosts Needed Board members were encouraged to sign up to host a board meeting in 2026.

Flash 12K and 6K Budget Approved The proposed 2026 budget for the Flash 12K and 6K was presented and approved. The race is projected to break even with a small profit.

Timing Training Approved The board approved support for David Landis to attend a timing training workshop in Tampa.

Treasurer Transition Members were reminded that Carl Nordhielm will assume the role of treasurer on January 1 and that all treasurer related emails should go to treasurer@gulfwinds.org.

Triathlete Club Leadership Update Joanne Maltese was announced as the new president of the Triathlete Club.



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Turkey Trot Success and Race Director Updates The 2025

Tallahassee Turkey Trot was a big success. It saw strong growth with 6,594 registrations and 5,965 finishers, both increases over last year. Final closeout will be brought to the board in January, and updates to the Race Directors Handbook will be completed soon.

Membership Growth Continues Current membership stands at 1,421, up from 1,390 last year. Family memberships saw significant growth with 914 compared to 760 in 2024.

Social Events and Awards Planning The holiday party had a solid turnout despite poor weather, and future venue options are being explored due to the sale of Shiloh Farms. The board agreed that Sundays work best for future events to avoid conflict with the Jingle Bell Run.

Equipment Repairs and Status The flip digit race clock has been repaired and returned, with total repair and shipping costs totaling \$307.20. The Chronomix could not be repaired due to unavailable parts, and the PA system remains with PSG for repair with follow up planned.

Chip Timing In November, one non-Club race (Memorial to Memorial VeteransDay 5K) and one Club race (Tallahassee Turkey Trot 15K/10K/5K/1M) were chip timed. The three races chip timed in December are all Club races (GWTC 10M/5M Challenge; Tallahassee Ultra Distance Classic 50M/Bill Hillison 50K/Manatee Marathon; and Tannenbaum 6K). Only two races will be chip timed in January 2026 and those are both Club races (Swamp Forest Trail Quarter Marathon/Half Marathon/20M Challenge; and GWTC 30K/15K). Chip timing revenue received during the current fiscal year (July 1 – November 30, 2025) from non-Club races totals \$4,031.00, which is an increase of \$751.00 from last month's report.

Grand Prix Participation Update There are 124 members with at least three qualifying races, but only 43 have recorded volunteer service so far. Additional volunteer opportunities remain.

Training Group Participation The Half Marathon Training Group currently has about 30 participants.

FEAR NO DISTANCE

A group of runners in silhouette are running along a road towards a bright sunset. The sun is low on the horizon, creating a strong backlight effect. The runners are in various stages of their stride, and their shadows are cast on the road surface.

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RACE CALENDAR

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.tallahassee-marathon.com; or email race directors at <https://www.tallahassee-marathon.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.

14 Dr. James H. Crowdis Heart Run 5K, 9:15 a.m. First United Methodist Church, 397 College St., Blakely, GA. Online registration available at RaceEntry.com. Visit <http://crowdisrun.weebly.com>; or Tony Gilbert at tonygilbert@windstream.net or (229) 723-5070.

21 Cobb Cubs Prowl 5K/1M, 8:30 a.m. 5K; 10 a.m. 1M. Cobb Middle School, 915 Hillcrest St. See GTWC website

race calendar for online registration. Cobb Middle School PTO at cobbmspto@gmail.com.

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.

28 Capital City Senior Games (50+) - Track and Field, javelin 9 a.m.; all other events on rolling schedule starting at 10 a.m. Chiles High School, 7200 Lawton Chiles Lane. Online registration and information available at www.talgov.com/seniorgames; or Lucas Williams at (850) 891-3825.

MARCH 2026

07 Shamrock Scurry 5K/1M, 8 a.m. 1M; 8:30 a.m. 5K. Killlearn Methodist Church, 2800 Shamrock South (at the Killarney Way traffic circle). Online registration available at RunSignUp.com. Visit www.shamrockscurry.com; or email to jim@killlearn.church.

07 Capital City Senior Games (50+) 5K (held with and MUST also register for Shamrock Scurry 5K), 8:30 a.m. Killlearn Methodist Church, 2800 Shamrock South (at the Killarney Way traffic circle). Online registration and information available at www.talgov.com/seniorgames. Cindy Mead at (850) 891-3975.

07 St. George Island Red Pepper Run 5K, 8 a.m. Paddy's Raw Bar, 240 E. 3rd St. (start at Fire Station on East Pine), St. George Island, FL. Online registration available at Webscorer.com. Visit www.stgeorgeislandchilicookoff.com. Shelley Shepard at shelshep@yahoo.com.

07 Gate River Run 15K, 8 a.m. Gator Bowl Blvd., Jacksonville, FL. Online registration available at RaceRooster.com. Visit www.gateriverrun15k.com; or ryann@1stplacesports.com.

14 Honoring Women Veterans 5K, 8 a.m. 326 1st St. NE, Cairo, GA. Online registration available at RunSignUp.com. Bob Asztalos at basztalos@icloud.com.

15 GWTC St. Marks Duathlon (5K run/20K bike/2.5K run), 8 a.m. 25 Riverside Dr., St. Marks, FL. Online registration available at RunSignUp.com. Visit <https://gulfwindstri.com/st-marks-duathlon/>; or Averi Lewis at duathlon.stmarks@gmail.com.

21 Bulldog Dash 5K/1M, 7:30 a.m. 5K; 8:30 a.m. 1M. MacIntyre Park Middle School, 117 Glenwood Dr., Thomasville, GA. Additional information and online registration available at www.tcitys.org. Angie Ellis at ellisa@tcitys.org.

26-28 Terry Long FSU Relays, 3 p.m. Thursday; 10 a.m. Friday; 10 a.m. Saturday. Mike Long Track, 1104 Spirit Way, FSU Campus. Visit www.Seminoles.com.

28 GWTC Springtime 10K/5K/1M, 7:30 a.m. 1M; 8 a.m. 10K/5K. Suwanee St. next to Cascades Park. Online registration available at RunSignUp.com. Visit www.springtime10k.com; or www.gulfwinds.org.

gulfwinds.org; or Jerry McDaniel at springtime10k@gmail.com.

APRIL 2026

04 GWTC Bowlegs 5K Run for Scholarship/1M Fun Walk, 9 a.m. FSU/FAMU Engineering Building, Innovation Park, 2525 Pottsdamer St. (across from Seminole Golf Course). Online registration available at RunSignUp.com. Visit www.GulfWinds.org; or Bill Hillison at (850) 893-4557 or whillison@fsu.edu; or Larry Giunipero at (850) 878-5569 or lgiunipero@cob.fsu.edu. Rescheduled from 01/25/2025.

09-10 FSU Invite, TBA. Mike Long Track, 1104 Spirit Way, FSU Campus. Visit www.Seminoles.com.

11 GWTC Palace Saloon 5K, 8 a.m. Start at Messer Fields, corner of Jackson Bluff Rd. and Dupree St.; finish at The Palace Saloon, 1303 Jackson Bluff Rd. Online registration available at RunSignUp.com. Visit www.gulfwinds.org; or Tom Perkins at tomperkinsfsu@gmail.com or (850) 264-4595.

11 Sopchoppy Worm Gruntin' Festival Wiggle Worm Fun Run (1.4M), 8 a.m. Corner of Rose St. and Municipal Ave., downtown Sopchoppy, FL. Online registration available at RunSignUp.com. Visit www.wormgruntinfestival.com; or Mary Katherine Westmark at mkwestmark@gmail.com or (850) 445-4206.

18 Rose City Run 10K/1M, 8 a.m. 10K; 9:30 a.m. 1 M. North Broad St. at corner of Broad St. and Monroe St., near U.S. Post Office, Thomasville, GA. No Race Day Registration for 1M. Online registration available at <https://ymca-thomasville.org/rose-city-run>.



SATURDAY, MARCH 7, 2026

8:00 AM - 1 Mile

8:30 AM – 5K

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Thomasville YMCA at (229) 226-9878
or rcr@ymca-thomasville.org.

25 Rose City 5K Walk, 8:30 a.m.
Thomasville Center for the Arts, 600
E. Washington St., Thomasville, GA.
No Race Day Registration. Online
registration available at <https://ymca-thomasville.org/rose-city-run-walk>.
Thomasville YMCA at (229) 226-9878
or rcr@ymca-thomasville.org.

**25 Gladiator Challenge, an Adventure
Race/5K** (obstacle course races ages 3
and up; 5K obstacle course race ages
16 and up), 8 a.m. Phipps Farm, 4300
N. Meridian Rd. (across from Maclay
School). Online registration available at
RunSignUp.com. Visit www.gladiatortlh.com;
or Richard Lynes at (850) 339-4847
or gladiatortlh@gmail.com.



PRESIDENTS COLUMN

By: Jerry McDaniel, GWTC President

I have to say, until recently, I had yet to attend a widely recognized world event, athletic or otherwise, that happens to be held in a different part of the planet each year. The World Cross Country Championships was an event to behold. I was fortunate to attend the pre-event dinner the night before, along with other GWTC Board members and GWTC volunteers, and to hear remarks from co-event chairs Amanda Heidecker and Taylor Wheaton, as well as keynote remarks from former world record holder Sebastian Coe. I recall watching him battle fellow countryman Steve Ovett in the 80s in many of the middle-distance races. Somehow, though only three years my junior, he looks way younger than me.

On race day, my wife Jackie and I, along with David and Mary Jean Yon, staffed a GWTC table very close to the recently constructed pedestrian bridge. This is the structure that GWTC contributed construction funding toward. As the races got underway, we jockeyed back and forth, running to the fence to watch the runners fly by, then turning to the Jumbotron as drones and on-course cameras tracked the action. This was a truly exhilarating experience. From my perspective, it was hard to fully appreciate the difficulty of the course due to the apparent ease with which these athletes tackled water, mud, barriers, and sand. It was like watching the NYC Marathon, where the leaders appear to be running comfortably at an 8:00-minute pace, only to discover they are actually running 4:45s. Prior to, during, and after the races, we met people from all over the country and a few from around the world who were curious about our track club. We believe we were able to encourage some locals to join, some on their own and some through parents of up-and-coming runners. A better venue for a tabling event would be difficult to come by.

As a club, we should be quite proud to have been a significant sponsor of this event. Moreover, the list of volunteers from GWTC members was extensive, with hundreds of volunteer hours contributed during the lead-up and on race

PRESIDENTS COLUMN CONTINUED

day itself. While many GWTC members gave their time and effort to make this event happen, I must recognize Judy Alexander and Bill Lott for truly herculean efforts. These individuals lived, ate, and breathed this event for a very long time and were instrumental in its success.

A new year also brings a new Board into place for our track club, and I would like to welcome back Judy Alexander, after she catches her breath, and Lisa Unger. New to the Board are members Carl Norhielm and Mickey Moore. Judy will serve as a Director at Large, while Lisa will coordinate race directors in their efforts to continue delivering quality races, taking over for Mary Jean Yon. Carl and Mickey have very big shoes to fill as they replace Peg Griffin and Jennifer Hay, respectively.



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RUNNING THE WORLD, ONE MARATHON AT A TIME

SOME RUNNERS COLLECT RACE MEDALS. OTHERS COLLECT PASSPORT STAMPS.

This month's Featured Feet highlights Gulf Winds members William Jones and Somkit Thompson, partners who've taken their love of marathoning far beyond Tallahassee. Together, they have raced across Europe, Asia, and beyond, turning international marathons into shared adventures.



FEATURED FEET

WILLIAM JONES

What prompted you to start running?

We started running short distances to get in shape around 2015. I was 53 years old and wanted to take better care of myself.

Favorite running spots in Tallahassee?

We live in Waverly Hills and it's the best neighborhood to run through.

The streets are wide, traffic is light, and there are challenging hills.

What is the first half-marathon you completed?

My first half Marathon was 2019 at the Donna Run for Breast Cancer in Jacksonville. And since then, I have run 51 more and 2 full Marathons. And Springtime Tallahassee twice.

What inspired you to run marathons and half-marathons in other countries? I have always wanted to travel and see other countries, and including a marathon seemed like a good idea. It has been an incredible experience.

How many international marathons have you completed? What is your most memorable international marathon/half marathon experience?

In the last 5 years we have gone to Iceland 3 times, Scotland, Austria, France, Italy, Poland, Canada, China, Turkey and Greece to run marathons. Three of my favorites are Edinburgh, Scotland; Vienna, Austria; and Reykjavik, Iceland.

Have you found that marathoning is like a universal language -or are there noticeable differences between marathoners in the US and marathoners in other countries? Yes, marathoning is definitely a universal language. We can be in other countries and have a feeling of community and commitment. Everyone is there for a different reason, and yet we are united for a purpose.

How much time do you typically give yourself in the destination country before the day of the race? Is jet lag a factor when traveling abroad to race?

Do you have any remedies to keep your legs fresh on race day? When we travel overseas, we give ourselves at least 3 days to recover from jet lag before a race. We make sure to eat and hydrate as best as we can. And after a race we usually find a good pizza parlor and desserts. We love European pastries.

Your ran your first marathon in Athens, Greece. Why did you select that race for your first? What was the atmosphere like? Is the race a big deal for the people of Athens? I wanted to run the Athens marathon



on a family trip because it was iconic and historic. Somkit had been talking for years to make it happen, and finally we were able to do it. I knew my pace wasn't great to finish most marathons, however, Athens was generous with their time limit. It was incredible to actually be on the same 42K route as Pheidippides from Marathon to Athens, Greece. It was a hot day, and you are on the open road a lot with over 50,000 runners from around the world. You run through small towns passing by millions of olive trees while looking at the beautiful landscape. The finish line is at the Panathenaic Stadium built completely of marble, which hosted the first modern Olympics in 1896.

What is your next race? We just completed the Disney Marathon in mid-January. I ran the 5K, 10k, and Half Marathon. It was a wonderful experience and I would do it again. We have the Donna Run and Tallahassee Marathon in February. We are going back to Hilo, Hawaii in March for a race, and running the Salzburg Marathon of Austria in May. In June I will go back to Chamonix, France to run the 23K in the Alps. And in December we are looking to do the Half Marathon in Egypt around the Great Pyramids.



FEATURED FEET

SOMKIT THOMPSON

What prompted you to start running?

I was 48 years old and wanted to be in better health. So, I stopped drinking alcohol before I turned 50 and took up running as a replacement. I am now 58 years old and in the best shape of my life.

Favorite Running Spots in Tallahassee?

Tallahassee has some beautiful neighborhoods, and they are perfect to train in. I love my neighborhood, running along Thomasville Road and all through North Ride, Sandhurst and Kenilworth for the hills.

What is the first marathon you

completed? My first full Marathon was

actually a 5 person relay team with William, Kim Williams and 2 other friends back in 2014 for the Donna Run. I barely ran 6 miles, and I thought I was going to die, lol. After some more training and running a couple of Half Marathons, I finally completed my first full Marathon in February 2019 at the Donna Run.

What inspired you to run marathons?

I had just completed my second full Marathon in February 2020, and COVID shut the country down in March. I felt so helpless and confined that I vowed to travel and run 12 marathons a year when the world opened up. After 5 years of chasing down marathons, I feel accomplished.



What is your most memorable international marathon experience?

Every international marathon is dear to my heart. Each event offers an opportunity of growth physically, mentally and spiritually. I always said that you are not the same person when you start a marathon as when you finish. One of my most memorable experiences was the Rome Marathon, with 30,000 runners lined up along the Colosseum and the course passing through the Vatican. Running on the Great Wall of China was absolutely unbelievable. It felt surreal to run on history built more than 2,700 years ago while looking out over views that have barely changed. The Authentic Marathon in Athens, Greece follows the same route Phidippides ran 2,500 years ago to deliver a message of victory. And the most challenging one is the beautiful Mont Blanc du Marathon in Chamonix, France.

Have you found that marathoning is like a universal language - or are there noticeable differences between marathoners in the US and marathoners in other countries?

No matter what country we are in, the people and energy are the same. We are all excited to conquer the race and see each other at the finish line. Even though we may not speak the same language, a thumbs up or any encouragement are much appreciated.

How much time do you typically give yourself in the destination country before the day of the race? Is jet lag a factor when traveling abroad to race? Do you have any remedies to keep your legs fresh on race day? Once we arrive at our destination, we always make it a point to find a good restaurant for pasta. William and I are vegetarians, though we enjoy cheese and eggs. We make sure to eat good food and hydrate. I prepack my mix of protein powder, creatine, bcaa, nutritional yeast,

d-ribose, and other supplements so it's great on the go every day.

What is your next race? I finished the Dopey Challenge back in January (the 5K, 10K, Half, and Full Marathon). I look forward to the Donna Run and Tallahassee Marathon in February. My sister lives in Hilo, Hawaii so we are visiting with her and running a marathon



in March. Since we enjoyed Vienna, Austria so much 2 years ago, we are going to run the Salzburg Marathon in May. In June we are going back to run the most beautiful race in Chamonix, France. The 42k traverses through trails, rocky terrain, steep climbs with an 8,333 feet elevation and the most challenging course. There is a 10-hour time limit, and I came in at 9:16 last year, so I hope to survive it again. And we are going on a family trip to Egypt in December so William and I can run the half Marathon together around the Great Pyramids. We hope to see y'all there!

Gulf Winds Track Club We Run This Town

Tri, Tri, and Tri Again!

Host: Mickey Moore

*Featuring: Gulf Winds Track Club Tri-Club
members Tina Bahmer and Jeff Bowman*



A look at Gulf Winds Tri Club

Jeff Bowman and Tina Bahmer are two longtime triathletes who have spent years swimming, biking, running, and helping others do the same. Between them, they have decades of racing experience and just as many reminders that a triathlon does not have to be intimidating.

One thing that stood out right away is how much pride there is in what our running community has built here in Tallahassee. Hosting world-class events, seeing familiar faces from decades past, and watching new runners and families get involved all speak to the strength of this club and the people behind it.

"It was surreal seeing Olympic-level athletes right here in our hometown," Jeff said. "You realize how lucky we are to be part of a community that can support something like that."

Where It All Started

The Tri Club has been around longer than many realize. It officially formed in the late 1990s, but the spirit of it goes back even further, when groups of friends met up to train together and support each other at races. Over time, that informal community grew into the organized club we have today, thanks to the work of many dedicated members.

The mission has stayed the same. Help people get into triathlon, no matter their experience level, and create a place where learning, encouragement, and camaraderie come first.

What the Tri Club offers

Membership is simple and affordable. You join through gwinds.org and add the Tri Club option to your Track Club membership. For a small additional cost, you gain access to an entire support system.

"There's a lot packed into it," Tina said. "Training opportunities, group workouts, discounts, and people who genuinely want to help you figure things out."

That includes group rides, group runs, open water swim opportunities, training guidance, and a deep pool of experience from members who have already been through the learning curve.

Monthly meetings are another big part of the experience. They are held on the third Monday of each month and include time to connect, learn, and hear from guest speakers on topics like training, nutrition, and recovery.

A Grand Prix for triathletes too

Just like the Track Club, the Tri Club runs its own Grand Prix. Members earn points by participating in selected races across Florida and nearby areas, with an awards celebration at the end of the year.

"It adds a fun goal to the season," Tina said. "But it still keeps things supportive and social."

Volunteering keeps everything moving

None of this works without volunteers. Open water swims, training support, races, and club events all depend on people stepping up.

"Without volunteers, none of this happens," Jeff said. "It really does take a village."

A lot of people do not volunteer because they think they have nothing to offer. That is not true. Writing, marketing, photos, packet pickup, race day help, or just being an extra set of hands all count.

Podcast



Getting Out of Your Own Way

Jeff's advice was to start with a quick self check. Can you swim a few lengths of a pool? Are you comfortable on a bike? Can you run or walk a few miles? Start there and build.

Tina's advice was even simpler. Get out of your head and sign up. You do not need perfect gear. You need goggles, something to ride, and shoes you can run in. The rest comes with practice.

Both pointed to the same misunderstandings that stop people before they ever begin. You do not have to swim like an Olympian. You do not need a fancy bike. And you do not have to train for hours every day just to finish a sprint distance triathlon. The only real requirement is being willing to start.

Training tips

For swimming, Jeff said it is mostly technique, not strength. Start small, build slowly, and focus on breathing and body position.

For biking, start somewhere safe like the St Marks Trail and work up to the distance you need. You do not need clip in pedals to begin.

For running, start easy and build. And if you want one tip that will help fast, practice running right after a bike ride. Even ten minutes helps your legs and your brain adjust.

A great place to start

For anyone curious about triathlon, the St Marks Duathlon is a great entry point. It replaces the swim with a run, which removes one of the biggest barriers for first timers.

"It's a really welcoming race," Tina said. "You can do it as a relay, ride different types of bikes, and just get a feel for the sport."

It is also a great event to volunteer at if you want to see how a triathlon works up close.

Race day advice

Lay everything out the night before. Get there early. Triathlon has a lot of moving parts, and you do not want to be rushed.

Jeff also shared that he uses a checklist organized by swim, bike, run, and miscellaneous. He said it is the easiest way to avoid a race morning problem like forgetting a helmet.

Nutrition and mindset

They both said the same thing about fueling. Do not try anything new on race day, especially for longer races. Figure out what your body handles well and stick with it.

They also kept coming back to mindset. Patience matters. Staying calm matters. Tina shared a line she repeats when things feel hectic: calm is smooth, smooth is fast.

The big takeaway

If triathlon has ever sounded interesting but also a little intimidating, this episode is a good reminder that it is not about having the best gear or being the fastest person out there.

It is about showing up, doing the work, and being part of a community that makes it easier and more fun.

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 2026 standings by visiting:
<https://runsignup.com/Series/GWTCGrandPrix>

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2026 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>



FEMALE TRIATHLETE OF THE YEAR

LORANNE AUSLEY

Presented by Bill Dillon

Tonight, we recognize a Female Triathlete whose story is about far more than racing. Loranne is a longtime member of both Gulf Winds Track Club and Gulf Winds Triathletes. She races everything from the mile at Breakfast on the Track to marathons, sprint triathlons, and even full Ironman events. Beyond racing, she serves the Big Bend community in countless ways and is a tireless advocate for children and families.

Loranne is no stranger to this award. She is a regular contender, which makes this year especially meaningful. Despite not completing a single triathlon in 2025, triathlons are a huge part of her story.

That story begins at Ironman Maryland in September 2023. On that day, Loranne delivers an unforgettable performance and wins her age group, earning a spot at the Ironman World Championships in Nice, France. The course is brutal, with steep climbs and long, technical descents, but she takes it on and finishes one of the toughest races of her life.

Just weeks later, she lines up at Ironman Florida. After a strong swim, her race takes a sudden turn. She is involved



in a devastating bike accident and is rushed to the hospital with serious injuries. What follows is weeks in the hospital, months of rehab, and relentless determination. Even during recovery, she walks the track and pushes forward.

Today, Loranne has returned to running, and has jumped right back into Grand Prix events. Her strength, grit, and competitive spirit are inspiring in every way.

Please join us in honoring this year's Female Triathlete of the Year, Loranne Ausley.

MALE TRIATHLETE OF THE YEAR MICKEY MOORE

Presented by Jeff Bowman



This year's Male Triathlete of the Year is one of the most resilient and consistent athletes you will ever meet. He shows up day after day, week after week, month after month. His training is steady, focused, and relentless, and his race results tell the story. 5Ks, 10Ks, marathons, triathlons, ultras. Year after year, he just keeps going.

Mickey's racing journey started in junior high, then he took a long break before picking back up at age thirty eight. And rumor has it, he ran a 5K on his wedding day after staying out with friends until three in the morning. That pretty much sums up his commitment.



His first triathlon was the Red Hills Triathlon five years ago. Swimming put him behind early, but once he hit the run, that smile came out and his passion was lit. That same year, he took on the Gulf Coast 70.3 and finished with a standout run that qualified him for the World Championship in St. George, Utah.

From there, his resume grew quickly. A Boston qualifying 2:56 at the Tallahassee Marathon. Age group wins. Strong Ironman performances, including a perfectly executed race at Ironman Florida where he finished in 11:49, the fastest Gulf Winds time in years. He added trail races, ultras, podium finishes, and anchor relay teams with his signature run strength.

In 2025, he completed his first 100 mile race and finished third overall.

Beyond racing, Mickey pours his heart into the club and community. He is a Gulf Winds board member, race director, coach, mentor, and constant supporter of others. He gives as much as he competes.

Please join us in recognizing the 2025 Male Triathlete of the Year, Mickey Moore.



COMMUNITY AWARD CADENCE RUNNING

Presented by **Bobby York**



Each year, we recognize an organization or individual whose sustained support strengthens the local running community through action, presence, and reliability. This year's Community Award goes to Cadence Running, with the award accepted by owner Scott Maphis.

Cadence Running supports our local running community in ways that are both consistent and far reaching. They open their place of business to host race registration and packet pickup. They donate prizes, provide financial support, and maintain a visible and encouraging presence at races throughout the year. Their support is not occasional. It is ongoing.

Beyond race day, Cadence Running actively supports track and cross country programs in local schools and is well known among runners and fitness enthusiasts across the area. Their involvement helps build the next generation of athletes while supporting those who have been part of the community for years.

From a race director's perspective, support like this matters more than most people realize. The help does not stop at banners or tables. It shows up behind the scenes, during planning, setup, and those inevitable moments when things do not go according to plan. When challenges come up, it makes a huge difference to have someone you can count on to step in and help put out the fire. Sometimes quite literally.

Cadence Running contributes in ways both seen and unseen, strengthening races, supporting runners, and helping events succeed from start to finish. Their commitment embodies community spirit and genuine dedication to the sport.

It is an honor to recognize Cadence Running as this year's Community Award recipient.

CLEVELAND CALDWELL ADVANCEMENT OF THE SPORT AWARD AMANDA HEIDECKER

Presented by Jerry McDaniel



Each year, this award recognized someone who advanced the sport in ways that extended far beyond race day.

Amanda grew up in Lutz, Florida, where she became a standout runner at Gaither High School. She was recruited to Florida State University and developed further under longtime coach Bob Braman and legendary coach Karen Harvey. During her time at FSU, she competed on some of the most successful track and cross country teams in school history. She was part of six ACC championship teams and multiple NCAA regional and national championship appearances.

After graduation, Amanda moved into leadership roles with Visit Tallahassee and later Leon County Parks and Recreation. She played a key role in transforming Apalachee Regional Park from its earliest stages into a premier, world class cross country venue. Her efforts helped bring the park up to national and international standards, allowing it to host hundreds of major events, including high school state championships, NCAA championships,

and ultimately the 2026 World Cross Country Championships.

Amanda serves as Director of Leon County Parks and Recreation, managing more than fifty five parks across thousands of acres. She balances that role with a strong commitment to family and community.

Please join us in recognizing this year's Cleveland Caldwell Advancement of the Sport Award winner, Amanda Heidecker.





BILL LOTT VOLUNTEER OF THE YEAR TSIGE TADESSE-KIROS

Presented by Jean O'Kon and Lisa Unger



The Volunteer of the Year Award is given to a club member who represents the many Gulf Winds volunteers who contribute countless hours behind the scenes and often go unrecognized.

This year's honoree volunteered an extraordinary amount of time. From smaller local races to the largest events on the Gulf Winds calendar, she showed up again and again wherever help was needed. As race directors shared, volunteers like this one make all the difference. She is experienced, reliable, hardworking, and always ready to jump in.

What set her apart was not just how often she volunteered, but how she did it. She arrived with a big smile and a hug and asked the same question every time: how can I help?

She and her family are also active participants in the club, showing up as runners, training group members, and supporters across many events. Her commitment to the running community extends well beyond race day.

Outside of Gulf Winds, she was recognized as an Outstanding Community Woman by Tallahassee State College and as a Woman of Distinction by the Girl Scout Council. She works as a nurse and quality assurance manager at Tallahassee Memorial Hospital and is always willing to answer a medical question when asked.

Please join us in congratulating this year's Bill Lott Volunteer of the Year, Tsigie Tadesse-Kiros.

RACE DIRECTOR OF THE YEAR JENNIFER & CARTER HAY

Presented by Hawthorne Hay



The Race Director of the Year Award recognizes a Gulf Winds Track Club member who takes on the major responsibility of planning and putting on a race. With so many races each year and countless volunteers involved, this award honors those who go far beyond expectations.

As runners, we get to show up and race. Race directors do everything else. They build budgets, secure sponsors, design shirts, manage registration systems, and coordinate volunteers long before race day arrives. On race morning, they are there before the first runner and stay long after the final finisher. And once the race ends, planning for the next year begins almost immediately.

This year's honorees did not start at the top. Their journey began in 2013 with the first DeSoto Trail Elementary Trailblazer 5K after years of volunteering at packet pickups, course markings, and club events. It was a small race, but an important beginning.

In 2021, Jennifer and Carter Hay took on one of the club's most historic and challenging events, the Pine Run 20K. Dating back to 1977, the Pine Run offers



runners a rare chance to race through Tall Timbers Research Station. Under their leadership, the race continues to thrive, and this year brought an even bigger challenge with the introduction of the new 14K ruck distance. The planning began months in advance, from learning national rucking standards to refining race details that runners immediately notice.

This recognition is long overdue. With gratitude for their dedication and vision, please join us in congratulating Jennifer and Carter Hay as Race Directors of the Year.



FEMALE RUNNER THE YEAR NANCY PROCTOR

Presented by Mary Jean Yon



This year's Female Runner of the Year is not new to the sport. In fact, she has been at it for more than four decades.

A dive into Gulf Winds race results tells the rest of the story. Her results stretch back to at least 2010, and she is clearly not afraid of any distance. She runs everything from Breakfast on the Track to the Tallahassee Marathon, and in 2025 she had an especially impressive year. She ran nearly twenty races and dominated club events, regularly taking home age

group, Masters, and Grand Masters awards. Anyone racing in her age group knows she is a force to be reckoned with.

She has a special fondness for Springtime Tallahassee, having run it thirteen times. Her times continue to impress, and age graded results show that she is not slowing down at all. Recently, she performed well at the Tallahassee Half Marathon, Palace Saloon 5K, Breakfast on the Track, and the Turkey Trot 15K.

When asked about her secret, she keeps it simple. Do not overdo it, run mostly on weekends, and have fun.

She runs with a longtime training partner and friend, bringing laughter, encouragement, and plenty of personality to every run. Modest but confident, competitive but supportive, she is always there for her teammates and fellow runners.

Please join us in congratulating this year's Female Runner of the Year, Nancy Proctor.

MALE RUNNER THE YEAR DR. HONG-GUO YU

Presented by Jay Wallace



Our Male Runner of the Year is a familiar face on the Grand Prix circuit and at Gulf Winds events. Like many runners, he began competing regularly during his Masters years, and it quickly became clear that there was real talent there. The earliest local results show him running well under nineteen minutes for a 5K at age forty three. True to form, he remains humble and quietly consistent.

What truly stands out happened after he turned fifty. While many runners celebrate entering a new age group only to experience a gradual decline, that definitely did not happen here. Race results tell a remarkable story. Between his early fifties and mid fifties, he improved across nearly every distance. From the mile to the marathon, he continued to get faster, including significant gains at the ten mile challenge, Pine Run, and a twelve minute improvement in the marathon between ages fifty and fifty five.

Beyond the numbers, there is a youthfulness to his stride and a smooth, efficient running form that is rare and impressive. Off the course, he is just as remarkable. He is generous with



encouragement, quick to celebrate others, and always wears a genuine smile. Even after racing, he often heads back out to help clean up the course, flags and all.

He is a husband and father, a longtime member of the Gulf Winds community, and a research professor at Florida State University with a PhD in biology. His work contributes to important scientific understanding, just as his presence enriches the club.

It is an honor to recognize the 2025 Male Runner of the Year, Dr. Hong-Guo Yu.

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48 YEARS OF EXPERIENCE - LOCAL SINCE FOREVER

GWTC HALL OF FAME BOBBY YORK

Presented by Scott Zengel



This year's Hall of Fame inductee ran his first Gulf Winds Track Club race in 2008 at the Potluck Bash. From the start, it was clear that exact distances were not all that important to him and that trails were where he truly belonged.

Since then, he has competed in more than one hundred races. He is also a true multi sport athlete, competing in triathlons and remaining a familiar presence on the baseball field, tennis courts, and paddleboard. Some of his most impressive running accomplishments came at legendary ultra races like Stump Jump, Mountain Mist, Mount Cheaha, and Rebecca Mountain. These demanding fifty kilometer and fifty mile races were ones he not only finished but returned to again and again.

His impact on Gulf Winds Track Club has been profound. He has served as a race founder, race director, trail coordinator, vice president, and director at large. He was previously honored as Race Director of the Year, but his lasting legacy is unmistakable. As the founder and director of the Swamp Forest Trail Races and the Summer Trail Series beginning in 2013, he built a twelve year tradition that became the cornerstone of trail running for the club and the Tallahassee community. These races are the only single track technical trail events on the club calendar and are something truly special.



Through his leadership, countless runners have been drawn to trail racing, to Gulf Winds, and to challenges they never expected to take on. Always welcoming and encouraging, he has made marking trails and sweeping courses almost as enjoyable as racing itself.

His impact is undeniable. As he said best, trail running changed his life, and he wanted others to experience that same joy.

Please join us in welcoming the 2025 Gulf Winds Track Club Hall of Fame inductee, Bobby York.



Somkit Thompson

William Jones

Honored to be the first two
LIFETIME MEMBERS
of the Gulf WindsTrack Club.

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2026 GWTC SPRINGTIME 10K TRAINING GROUP

February 3rd - March 24th
Tuesdays at 6:00 pm
Myers Park, 904 Myers Park Drive
(by the Picnic Pavilion overlooking the pool)

Join our supportive training group to prepare
for the Springtime 10K on March 28, 2026!

Pace groups will be available based on participant needs.

Training kicks off with a 2 mile run and increases weekly.

Routes will be available on the GWTC Group Runs Facebook
page and in the RunGo app.

For additional information or to volunteer contact:
Lauryn Boyette at gressell16@gmail.com
Michelle Comeaux at michellecomeaux10@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.springtime10k.com to sign up for the race!



Get Ready to Run Into Spring!

Springtime 10K/5K/1 Mile is on
Saturday, March 28, 2026

All three races start and finish on Suwannee Street next to Cascades Park.

The 1 Mile race kicks things off at 7:30 a.m., followed by the 10K and 5K at 8:00 a.m. Whether you are racing, running with friends, or bringing the family, there is a distance for everyone.

The 10K and 5K wind through the Myers Park neighborhood. The 1 Mile is a fun out and back on Franklin Boulevard, perfect for kids and first time racers. New this year, the 5K now finishes with a run through Cascades Park, giving you an extra scenic boost in the final mile.

Once you cross the finish line, stick around for food, drinks, and an awards ceremony in the staging area. It is the perfect way to cool down, catch up, and cheer on fellow runners.

Registration

- 10K: \$25
- 5K: \$20
- 1 Mile: \$12

Awards

- Overall male and female winners in the 1 Mile
- Overall and masters winners for the 10K and 5K
- Traditional age group awards for the 10K and 5K, three deep in each race

Every runner will receive a race shirt featuring the new logo.

Packet Pickup Race day packet pickup begins at 6:30 a.m. and ends at 7:30 a.m.



Parking and arrival tips Plan to arrive early. Roads will be closed for the 10K and the Springtime Tallahassee Parade later in the day. Parking is not allowed in the FDOT lots near the start and finish area. Nearby parking garages and limited street parking will be available.

GOING THE DISTANCE AT WAKULLA SPRINGS

THE TALLAHASSEE ULTRA DISTANCE CLASSIC

DECEMBER 13, 2025

