

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | JANUARY 2026



YOUR 2025 TALLAHASSEE TURKEY TROT 15K CHAMPIONS

STAN LINTON 46:55 • KATIE SHERRON 57:36

Photo credit: Robert Skrob

VOLUME 51 | ISSUE 1

Tallahassee, FL
 **Gulf Winds Track Club**

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | DECEMBER 2025

VOLUME 51 | ISSUE 1

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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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

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Photo credit: Robert Skrob

Turkey Trot 2025 15K, 5K, and 10K, Winners

Proof that sometimes the fastest guys end up in the same place at the same time.

Pictured: Stan Linton, Sadio Fenner, and Ben Kirbo.

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NOVEMBER BOARD MEETING RECAP

Here is a Gulf Winds Track Club Board of Directors meeting briefing about the meeting held November 12, 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.

Outstanding Community Organization Luncheon GWTC will be recognized at the Equality Florida National Philanthropic Organization luncheon as the "Outstanding Community Organization." Four complimentary tickets were provided, and the Board approved reimbursing members who purchased a \$50 ticket to attend.

Track Access Advocacy The Board was updated on ongoing efforts to reopen local tracks. Leon County high school tracks are now open, and Marc Anthony Weeks is leading a new petition to reopen FSU and FAMU tracks for public use. He asked the club to support the initiative, noting that he has filed a report with the Governor's Office to push for statewide access.

Treasurer Transition Peg Griffn introduced Carl Nordhielm, who will step into the Treasurer role beginning in 2026.

Sickle Cell 5K/1M The race brought in \$21,634.80 with expenses of \$16,430.24, netting \$5,204.56. Donations totaled \$3,270. The Board approved sharing 50 percent of net proceeds with the Sickle Cell Foundation.

Pine Run 20K Approximately 170 registered with 154 finishers. Revenue reached \$7,644.72, and expenses totaled \$4,738.47 for a net of \$2,906.25. Donations of \$546.12 will go to Tall Timbers, and the Board approved sharing roughly 50 percent of net proceeds with Tall Timbers Research Station.

GWTC365 Program Due to low participation over six years, the Board approved officially discontinuing the program.

2026 Board Elections The election results for the upcoming year, and the slate was approved. The Board discussed inviting interested but unelected candidates to meetings so they can learn more about club operations.

Marathon Update Registration is up 77 percent, with expectations exceeding 3,000 runners—most entering the half marathon. Course measurement is scheduled for next week, food options will increase, and the new route requires fewer police. Traffic volunteers will be led by Geb Kiros and Tsige Tadesse.

World Championships Sponsorship Items As part of the club's sponsorship,



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GWTC will receive a half-page program ad, a 30-second video slot, and a static board ad at ARP. Allen Blay will help coordinate all deliverables.

Tri Club Update 2026 leadership changes were announced. Joanne Maltese will serve as president, Jeff Bowman as vice-president, and Signe Ulsamer as treasurer. Tina will move into a Director-at-Large role.

Race Director Updates Mary Jean Yon is continuing work on the Race Director's Handbook revision. Lisa Unger will step in as Director of Race Directors.

Equipment Report Repairs are underway for several pieces of club equipment, including the flip-digit clock, a Chronomix timer, and the PA system. Safety vests were purchased for upcoming races. Total shipping and repair costs are pending final estimates.

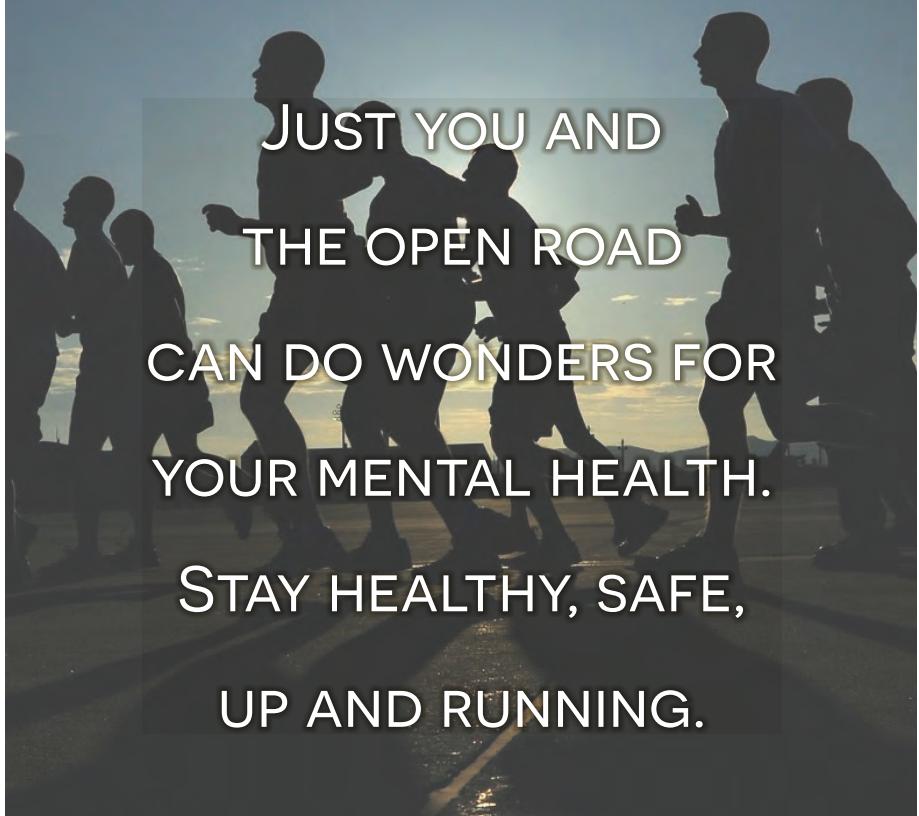
Chip Timing In October, timing support was provided for one non-Club race (Boston Half Marathon/5K Run/5K Walk) and one Club race (Pine Run 20K/Pine Ruck 14K at Tall Timbers). During November, one non-Club race (Memorial to Memorial Veterans Day 5K) and one Club race (Tallahassee Turkey Trot 15K/10K/5K/1M) will be chip timed. The three races scheduled to be 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). Chip timing revenue received during the current fiscal year (July 1 to October 31, 2025) from non-Club races totals \$3,280.00. This is an increase of \$1,265.00 since last month's report.

Grand Prix Committee The 2026 schedule is finalized, and award nominations are due December 15. The awards ceremony will be on January 25. Volunteer hour reminders were shared, and upcoming opportunities include the Turkey Trot, the Ultra, the 10 Mile Challenge, and the Holiday Party. New committee members for 2026 are being considered.

Training Groups The half marathon training group begins Saturday, followed by a group social.

Tallahassee Museum 5K Revival The Tallahassee Museum has expressed interest in bringing back its former 5K race. Early conversations are underway, and more details will be shared as plans develop.

FEAR NO DISTANCE

A dark, atmospheric photograph showing a group of runners in silhouette against a bright, glowing horizon. The runners are positioned along a road that curves into the distance, with some in the foreground and others further back. The sky is a deep blue, and the horizon line is filled with a warm, golden light from the setting or rising sun.

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RACE CALENDAR

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 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.floridadiaster.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



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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.

MARCH 2026

07 Shamrock Scurry 5K/1M, 8 a.m. 1M; 8:30 a.m. 5K. Killearn 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@killearn.church.

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.

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.tcities.org. Angie Ellis at ellisa@tcities.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.Seminole.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; or Jerry McDaniel at springtime10k@gmail.com.

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PRESIDENTS COLUMN

By: Allen Blay, GWTC Vice President

Runners are a different breed. We do something for fun that often is used as punishment in other sports. However, there are definitely different breeds of runners. There are the ones who try to win the races and the ones who don't pay any attention to time. There are some people who try to run marathons in all 50 states, and others whose only race is the Breakfast on the Track Mile, and that's plenty enough. Most of us are somewhere in the middle. We don't count how many races we run. We care a little bit about our times, but at the end of the day, we sleep just as well at night regardless. It's not like there is a Nobel Prize for Running.

However, in Tallahassee and in Gulf Winds Track Club, there sort of is a Nobel Prize for Running. We call it the GWTC Extreme Challenge and it requires a runner to race all 22 GWTC races, and do the longest distance at each. So, you've got to do everything from the BOT Mile, to the 50 miler at Wakulla. The marathon. The 30k challenge. A whole bunch of 5k and 10k races, and the Summer Trail Series. Honestly, it takes a special breed of idiot to try to do this. I can't take credit for that expression – that came from a comment made by one of the few successful Extreme Challenge finishers, John Baughman, who also won runner of the year in 2022 for being enough of an idiot to do this (and also a really great guy). He's the last person to do it. Mark Tombrink has done it three times, most recently in 2018. Zach Scharlepp, Joel Piotrowski, and Emma Spencer did it in 2015. And that's it.

Well, until this year. On December 20, 2025, Ian Fitton somehow finished 7th in the Tannenbaum 6k, one week after finishing 3rd at the 50 miler down at Wakulla. Ian doesn't just have a lot of endurance, he's also fast. And just finishing all those races is quite an accomplishment. Congratulations, Ian – this is a big testament to guts because there's no way you were feeling healthy and like running every single race. I also want to give a huge shout out to Scott

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PRESIDENTS COLUMN CONTINUED

Zengel. He came the closest you possibly can to finishing this without finishing it. He ran all of the GWTC races, and did the longest distance at all of them – except for the Ultra. He “only” finished the Bill Hillison 50k, not the 50M. How tough is Scott? He registered for both the 50k AND the 50M because he wanted the Grand Prix points for the 50k. When he finished the fifth lap, he realized he wasn’t going to finish the 50M in time. But he nonetheless ran the Tannenbaum the next weekend, which shows just how tough he is.

What strikes me most about this Extreme Challenge is how blessed we are in Tallahassee. Our club puts on 22 races, all completely directed and staffed by volunteers. The races cost half, and often less than half, what other races cost in other places. You have to take out loans to run that many races in Atlanta. Most community run clubs put on far fewer races, and only a handful – actually less than a handful – have the variety that we do. It speaks to the high quality of involvement from our running community. The only thing race directors get is that they get to choose which charity receives half the proceeds from their race. GWTC also puts on all the Summer Track events, which aren’t part of this Extreme Challenge. Those also are volunteer driven. And we have run groups, managed by volunteers, that meet almost every day of the week all year round, as well as the SMIRFs youth program, this publication, our new We Run This Town Podcast, and so much more. When I talk with people from other places, I realize how great we have it. When it comes to running, I don’t know anything except Tallahassee, so I think I took it for granted until I got involved with GWTC and started talking with people from other places. We’ve got something to be really proud of and thankful for here.

As we get into 2026, take a look at our race calendar: <https://www.gulfwinds.org/race-calendar-2026/>. Check out all the different distances, and all the different surfaces you have to choose from, and join us out at the races. And get involved – volunteer to help out at some of the races you don’t run. It’s a lot of fun, and it’s a great way to get to know other runners in the community. I’ll see you out on the trails and at the races!

FEATURED FEET

JUAN DAVID IRIGOYEN



Childhood ambition: A professional soccer player, although influenced by Star Wars, a jet fighter pilot was in the cards as well. I was way off.

Current Occupation: Teaching Faculty of the International Affairs Program at FSU.

If money were no object, what profession would you choose: Sports Analyst. That said, I really enjoy teaching and would like to do it for the rest of my life.

Favorite running memory: There are two. When I had only been running for a couple of months, I ran with a friend a 5-mile dirt road run between two towns in the Batopilas segment of the Copper Canyon in my home state of Chihuahua, Mexico. It was the longest distance I had run at that point, and our surroundings were just mesmerizing. At some point, there was a rainbow between the walls of the canyon. The second favorite memory was at mile 25 of the Cancun Marathon. Someone handed me an ice-cold cup of Coca-Cola, and that is just what Coca-Cola should taste like every single time. It has never tasted better than that one time.

Indulgence: Al Pastor Tacos, or Oreos if I'm craving a sweet treat.

Non-Running hobbies: Everything Star Wars, all sorts of sports, and pretending I can sing Pop-Punk music.

Favorite Reads: Star Wars (especially the High Republic novels), Lord of the Rings, A Christmas Carol.

Best place to run in Tallahassee: I have a circuit that includes Lake Elberta, Collegetown, and Cascades Park (the

latter if I am running with my kid in his stroller).

Preferred Running Technology: iPhone with the Jeff Galloway App, paired with the Nike Run App on my Apple Watch. Shokz OpenRun for music.

Perfect day: It would be in Orlando. Maybe starting the day with a Star Wars-themed run. Then, before noon, heading to Hollywood Studios to visit Oga's Cantina at Star Wars Galaxy's Edge and have a drink and snacks with my wife there. Ride "Rise of the Resistance" once, and "Millennium Falcon" a couple of times. Do "Mickey's Runaway Railway" with my wife and kid, and top it off by doing my wife's favorite ride, "Tower of Terror". Assuming we are done early, head to downtown Orlando to watch the Orlando Magic (NBA), or the Orlando Pride (NWSL), depending on the season. At the end of the day, once the kid is fast asleep, have a cup of Cabernet with my wife to unwind.

Biggest challenge: I just ran the Manatee Marathon at Wakulla Springs, and it was so much fun. I think one of the reasons I enjoyed it so much is how scared and undecided I was about running a marathon again. I had done the training, but I was still not sure I could do it. In the end, the marathon was great, I felt great, and I enjoyed every single step while running it. Convincing myself I could do it, and that it would be fun, was the biggest challenge I can think of right now. I do not remember being that undecided about a race before. I am glad my wife gave me the push I needed to register right before registration closed. 

2025 Holiday Party

PHOTO CREDIT: TINA BAHMER



Gulf Winds Track Club We Run This Town

A Running “Masters Class”

Host: Mickey Moore

Featuring: Masters runners and previous GWTC Runners of the Year, Katie Sherron and Leo Canete.



Learning to run smarter

Running after 40 is not the same as it was at 25. The goals can still be big. But the way you get there starts to look different.

Recovery takes longer. Fueling suddenly matters. Back to back hard days are no longer automatic. And for most of us, training now has to fit around work, kids, family schedules, and whatever else life is throwing our way that week.

That is the space Katie Sherron and Leo Kete are in. Both are highly competitive masters runners, both are deeply rooted in the Gulf Winds community, and both have figured out how to keep improving while listening to their bodies and staying healthy.

Meet the masters

Katie and Leo are both deeply experienced and deeply competitive.

After stepping away from the sport earlier in life, Katie returned to running as an adult. She started with neighborhood runs and local races, then steadily built toward higher mileage, bigger goals, and national level competition. Over the years, that return turned into nearly 200 races, many of them right here in Tallahassee.

Leo has been running forever. He tells a story about running to school as a kid because walking felt like a waste of time, then moving into soccer and eventually racing constantly. At one point he made it a goal to race every weekend and actually did it. To date, he's run between 600 and 700 races.

What changes after 40

The first thing both runners point to is recovery. Not soreness alone, but the amount of intention it takes to bounce back and stay healthy.

Leo talks about needing more time, more sleep, and more intentional rest days. He treats recovery like training, not like a bonus. Stretching right after workouts, mobility work, yoga when he can, hydration, and food that helps his body bounce back.

Katie talks about how she used to stack hard days without thinking twice. Run in the evening, wake up and do a workout, no big deal. Now she is more realistic about what her body can handle, especially after long runs with any pace work. Those efforts can take two full days to recover from, and that is just part of the deal.

The good news is neither of them talk like masters running is a slow decline. They talk about getting smarter. More deliberate. More patient. And honestly, more grateful.

Podcast

Training looks different

Kate still runs between 50 to 60 miles a week. Track sessions, tempo work, mile repeats, and yes, even faster intervals again. She also mentions something that makes every masters runner laugh because it is true. You feel like you are flying, then you catch your shadow and think, wow, I look dramatic for this pace.

Leo's training is built around a simple structure that makes sense for busy runners. Long run day, speed workout day, strength day, recovery day, and then he repeats the cycle while listening to how his body feels. He also makes time for strength work and drills, especially to keep hips and legs strong. He loves trail running, especially Forest Meadows, and he talks about how being in the woods makes time feel different in the best way.

Both runners come back to the same idea. Listen to the body, adjust when you need to, and do the work you can do that day.

Fueling is not optional anymore

What you eat and when you eat it matters more than it used to.

Leo has followed a vegetarian diet since he was 19, focusing on consistency rather than race specific changes. Whole foods, hydration, and moderation are the foundation. Nothing flashy. Nothing extreme. Just a routine that supports long term health and performance.

Katie talks about how quickly under fueling shows up now, especially in recovery. Eating soon after runs, prioritizing carbohydrates and protein, and carrying fluids on longer efforts make a noticeable difference in how she feels later that day and the next morning. Fueling is no longer optional if she wants to train and still function for work and family.

The moments they will never forget

Leo describes racing at USATF Masters Indoor Championships in Gainesville, stepping onto a Mondo track for the first time, and winning the 3000 meters. He also talks about competing at the world championships and what it felt like to represent the United States alongside other Gulf Winds runners.

Katie recalls winning at USATF Club Nationals right here at Apalachee Regional Park. She talks about lining up, realizing women came from all over the country to race here, and then winning. The best part is how real the moment stayed. Winning a national title, then immediately dealing with anti doping testing logistics, and then stepping away to feed her daughter. It is elite running and real life in the same breath.

Great Advice

- Do what excites you.
- Run with friends.
- Pick races that make you want to get out the door.
- Leave your watch at home sometimes.
- Be consistent, and let joy be part of the plan.

Masters running is not about holding onto who you used to be. It is about finding new ways to keep showing up, staying healthy, and still feeling proud of what you can do.

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.





Tallahassee, FL

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>

Gulf Winds Track Club Annual Awards Ceremony

Sunday, January 25, 2026

Join us for an evening of celebration!

We'll kick things off with a social gathering at 5:00 p.m., with appetizers and refreshments, followed by the Awards Ceremony at 6 p.m. We will honor and recognize some of the outstanding members who help make GWTC the amazing club it is.

The following Annual Awards will be presented:

- Runner of the Year (male and female)
- Community Award
- Bill Lott Volunteer of the Year
- Race Director of the Year
- Cleveland-Caldwell Advancement of the Sport
- Triathlete of the Year (male and female)
- Hall of Fame Induction

Immediately after the Annual Awards, we'll present the Grand Prix awards, honoring all age-group winners (five deep in each age group). Please mark your calendar and join us for one of the club's most meaningful events of the year!



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>

FEATURED FEET

LACEY BAILEY



Childhood ambition: To become a teacher and coach track.

Current Occupation: Accountant

If money were no object, what profession would you choose: Track coach and party planner!

Favorite running memory: Wearing matching outfits and tutus with my Burn Besties.

Indulgence: Starbucks coffee with a lemon loaf.

Non-Running hobbies: Burn Boot Camp, hiking, and kiddo activities.

Favorite Reads:
The Butcher and anything by Freida McFadden.

Best place to run in Tallahassee: Miccosukee greenway - no hills!

Preferred Running Technology: My fitness app tracking on Apple Watch.

Perfect day: I'd start the day off with a nice long run in 60-degree weather and no hills, followed by a sunny, hot day at the pool with my kiddos, and a nice evening walk with the boys and our furry child!

Biggest challenge: Running when it's cold outside! ❄️



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GWTC 30K & 15K

SATURDAY JANUARY 17

A race that feels like a perfect start to the year

RACE DAY DETAILS

Packet pickup: 6:30 AM
at The Retreat at Bradley's Pond

Start time: 8:00 AM
Plenty of room to warm up, stretch
and chat with familiar faces

USATF certified courses
Awards for overall and age groups
The Course
Red clay roads
Quiet stretches
First and last 2.25 miles paved

REGISTER HERE:



[https://runsignup.com/Race/
FL/Tallahassee/GWTC30K15K](https://runsignup.com/Race/FL/Tallahassee/GWTC30K15K)

GWTC Members Receive \$3 Discount at Checkout

TURKEY TROT 2025

A THANKSGIVING TRADITION



Photo credit: Robert Skrob



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
Tallahassee, FL

(EXTREME) (CHALLENGE)



THE EXTREME CHALLENGE IS A BOOT CAMP
ONLY FOR THOSE WHO HAVE THE PHYSICAL AND
MENTAL TRAINING TO COMPETE AND FINISH.

Few meet the challenge. It will require you to carefully plan, train, and utilize your decision-making skills. To qualify, you must run all GWTC club races within the same calendar year. If a club race offers multiple distance events, you must complete the longest distance event presented at that race.

And, you must complete the event within the race director's established time limit.

If you meet the challenge, you will be handsomely rewarded. Awards will be unique, because few are tough enough to conquer the challenge. All that you have to do is be a member of the Gulf Winds Track Club prior to the first race of the year, register for the races and complete the longest distance at each and every Gulf Winds Track Club race. Your participation will be noted.

As you consider your 2026 New Year's Resolutions commit to great health and extreme fun with the GWTC Extreme Challenge.

Get all the details on the list of races for 2026 by visiting:
www.gulfwinds.org/races/gwtc-extreme-challenge/



YOUR 2025 TALLAHASSEE TURKEY TROT 10K CHAMPIONS

SADIO FENNER 32:19 • ALYSON CHURCHILL 36:32

