

# THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | JUNE/JULY 2026



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VOLUME 51 | ISSUE 6

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NEWSLETTER OF THE GULF WINDS TRACK CLUB | JUNE/JULY 2026

VOLUME 51 | ISSUE 6

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## **Submissions/Contributions:**

Submissions for publication are strongly encouraged, the preferred format  
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# DIRECTORY

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# APRIL BOARD MEETING RECAP

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Here is a Gulf Winds Track Club Board of Directors meeting briefing about the meeting held April 8, 2026, hosted by Jerry McDaniel. The full meeting minutes are available at [gulfwinds.org/minutes](https://gulfwinds.org/minutes). To learn about future board meetings and their locations, visit [gulfwinds.org/business-meetings](https://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.

**Community Updates** The board shared condolences following the passing of Carmen Rogers, wife of Dave Rogers. Members were informed that the memorial service would take place Friday, April 10th.

**Running Shorts Transition** Hilary Powell was introduced as the new person taking over Running Shorts. Board members were encouraged to send her updates and announcements for future issues.

**Florida High Health Fair Volunteers Needed** GWTC participated in a Florida High Health Fair on April 22 from 5:00 to 7:00 p.m., and volunteers were being sought to help staff the club's table.

**Summer Membership Meeting Approved** Instead of holding a regular July board meeting, the board approved hosting a Summer Meeting open to all club members. More details will be shared in the coming months.

**Privacy Policy Development** The club is continuing to move forward with developing a formal privacy policy with legal counsel.

**City Park Fees Discussion** The club is exploring the possibility of reducing or mitigating City park fees for certain GWTC events.

**Marathon and Half Marathon Closeout Approved** The 2026 Tallahassee Marathon and Half Marathon closeout was approved after discussion of this year's event, which included 2,994 registered participants, a newly certified course, use of the FSU Dunlap Center for the expo, and more than 300 race day volunteers. Once Visit Tallahassee reimbursement funds are received, the event is projected to finish with approximately \$43,000 in profit, with several club contributions planned from the proceeds.

**30K and 15K Race Closeout Approved** The board approved the closeout for the 2026 GWTC 30K and 15K. The race had 198 registrants, and leftover supplies from previous years helped reduce expenses. Approximately \$1,000 in net income will go to the Chenoweth Fund. The course will need to be re-certified before next year, and plans are already underway for a special celebration recognizing the race's 50th running in 2027.

**Ultradistance Race Future Under Review** The board approved the Ultradistance race closeout after discussion about lower participation in the 50-mile event and challenges associated with timing such a long race day. Possibilities being considered for the future include dropping the 50-mile distance or moving portions of the race off-road. Half of the event profits will benefit Friends of Wakulla Springs.



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**2027 Marathon Budget and Race Director Compensation Discussion** The board discussed the proposed 2027 Marathon and Half Marathon budget, including the possibility of increasing registration fees and reducing certain expenses. A lengthy conversation also took place regarding whether Marathon race directors should eventually receive compensation for their work. Concerns were raised about the financial and legal complexities involved within a nonprofit structure, while other possibilities discussed included adding a management fee through RunSignUp, limiting race capacity, or potentially working with an outside event planning company. No final decision was made, and the board will revisit the discussion after additional review.

**Recognition Committee Recommendations Approved** The board approved recommendations from the Recognition Committee related to honoring club members for leadership, race directing, board service, and volunteer contributions. Suggestions included thank you cards, certificates, and other recognition efforts. The motion passed with one dissenting vote.

**Triathlete Club Update** Participation numbers for the St. Marks Duathlon were lower this year, with 44 registered athletes and 34 finishers. The club is considering moving the race to November or mid-December in future years, and two open-water swim practices at Maclay are planned this month.

**Race Director Coordination and Timing Summit** Race directors recently participated in a Zoom meeting and are working to secure discounts with local portable restroom vendors. The Timing Summit on April 16 will help race directors become more familiar with timing operations and race logistics, and race dates for later in the year are still being finalized.

**Communications and Podcast Update** The Communications Committee recently met to clarify roles and responsibilities. Current projects include developing brand standards, improving the club's YouTube presence, and continuing to grow the podcast.

**Equipment Updates** The club's PA system was repaired, and two aging race clock stands were replaced after repair attempts were abandoned. The club is also facing issues with aging Time Machine timing equipment, with only one unit currently operational. Replacement options are being researched. Broken handles on several folding tables are also being evaluated for repair, and growing equipment storage needs may require the club to rent a third storage unit.

**Chip Timing** In March, one non-Club race (Shamrock Scurry 5K/1M) and two Club races (St. Marks Duathlon; and Springtime 10K/5K/1M) were chip timed. During April, only two races will be chip timed and both are Club races (Bowlegs 5K/1M Run for Scholarship; and Palace Saloon 5K). Scheduled to be chip timed in May are two non-Club races (Tails & Trails Half Marathon/10K/5K/1M; and St. Peter's Anglican Cathedral Mother's Day 5K/1M) and one Club race (GWTC Summer Trail Series Race #1 – Oak Hammock Trail). Revenue received year-to-date 2026 (January 1 to March 31) for chip timing non-Club races totals \$5,937.00.

**Training Groups Update** New training group shirts were produced using training group funds. The Springtime training group recently completed its goal race, and 19 participants attended the post-race celebration.

# FEAR NO DISTANCE

A group of runners in silhouette is shown running on a road during a sunset or sunrise. The sky is a mix of blue and orange, and the road has a white line. The runners are in various stages of their stride, moving from left to right across the frame.

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# RACE CALENDAR

## JUNE 2026



**01-Aug 8** GWTC Youth Runners & Striders and SMIRFs Summer Cross Country Program, weekdays, 7:45 a.m. -9 a.m. Meadows Soccer Complex, 701 Miller Landing Rd. Online registration available at RunSignUp.com. David Yon at david@radeylaw.com or (850) 321-8768.

**04** GWTC Summer Track Series - Week 1, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or tomperskinsfsu@gmail.com; or Jeanne O'Kon at (850) 264-4903 or okonj@tsc.fl.edu.

**06** GWTC Great Potluck Bash 4M Trail Prediction Run, 6 p.m. Forestmeadows Park and Athletic Center, 4750 N. Meridian Rd. Online registration available at RunSignUp.com. Visit [www.gulfwinds.org](http://www.gulfwinds.org); or David Yon at david@radeylaw.com.

**10-13** NCAA Division I Outdoor Track & Field Championships, 1 p.m. field, 5:05 p.m. track on 6/10; 10:45 a.m. field, 5:05 p.m. track on 6/11; 11:45 a.m. field, 4:50 p.m. track on 6/12; 11:30 a.m. field, 4:50 p.m. track on 6/13. Hayward Field, University of Oregon, Eugene, OR. Visit [www.ncaa.com](http://www.ncaa.com).

**11** GWTC Summer Track Series - Week 2, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or tomperskinsfsu@gmail.com; or Jeanne O'Kon at (850) 264-4903 or okonj@tsc.fl.edu.

**13** Monticello Kiwanis Club Watermelon 5K Run/4M Walk, 8:30 a.m. First United Methodist Church - Family Ministry Center, corner of South Water St. and Hwy 90 West, Monticello, FL. Online registration available at Eventbrite.com; or Floyd Faglie at watermelonrun@gmail.com or (850) 841-0828.

**18** GWTC Summer Track Series - Week 3, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or tomperskinsfsu@gmail.com; or Jeanne O'Kon at (850) 264-4903 or okonj@tsc.fl.edu.

**20** GWTC Summer Trail Series Race #2 - Redbug Trail (~5M), 6 p.m. Forestmeadows Park and Athletic Center, 4750 N. Meridian Rd. Online registration available at RunSignUp.com. Bobby York at byorkjr@msn.com.

**25** GWTC Summer Track Series - Week 4, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or tomperskinsfsu@gmail.com; or Jeanne O'Kon at (850) 264-4903 or okonj@tsc.fl.edu.

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**ONLINE REGISTRATION AVAILABLE AT**

<https://runsignup.com/Race/FL/Tallahassee/BreakfastontheTrack>

# JULY 2026

**02 GWTC Summer Track Series - Week 5**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or [tomperkinsfsu@gmail.com](mailto:tomperkinsfsu@gmail.com); or Jeanne O’Kon at (850) 264-4903 or [okonj@tsc.fl.edu](mailto:okonj@tsc.fl.edu).

**04 42nd Annual Capital City Kiwanis Firecracker 5K/1M Sparkler Run**, 7:30 a.m. 1M; 8 a.m. 5K. Cascades Park, 1001 S. Gadsden St. Online registration available at [raceroster.com](http://raceroster.com). Visit [www.cckcfirecracker5k.com](http://www.cckcfirecracker5k.com); or Capital City Kiwanis at [tallahasseeifirecracker5k@gmail.com](mailto:tallahasseeifirecracker5k@gmail.com).

**04 Freedom Springs Triathlon (400-meter swim; 10M bike; 5K run)**, 7 a.m. (CT). Blue Springs Recreation Park, 5461 Blue Springs Rd., Marianna, FL. Additional information and online registration available at [freedomspringstriathlon.com](http://freedomspringstriathlon.com).

**09 GWTC Summer Track Series - Week 6**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or [tomperkinsfsu@gmail.com](mailto:tomperkinsfsu@gmail.com); or Jeanne O’Kon at (850) 264-4903 or [okonj@tsc.fl.edu](mailto:okonj@tsc.fl.edu).

**16 GWTC Summer Track Series - Week 7**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or [tomperkinsfsu@gmail.com](mailto:tomperkinsfsu@gmail.com); or Jeanne O’Kon at (850) 264-4903 or [okonj@tsc.fl.edu](mailto:okonj@tsc.fl.edu).

**18 GWTC Summer Trail Series Race #3 - Cadillac Trail (~6M)**, 8 a.m. Tom Brown Park. Online registration available at [RunSignUp.com](http://RunSignUp.com). Online registration available at [RunSignUp.com](http://RunSignUp.com). Bobby York at [byorkjr@msn.com](mailto:byorkjr@msn.com).

**18 Ernie Sims Track Invitational (AAU)**, 8:30 a.m. field events (rolling schedule); 10 a.m. running events (rolling schedule). Chiles High School, 7200 Lawton Chiles Lane. Alice Sims at [alicesims3435@gmail.com](mailto:alicesims3435@gmail.com) or (850) 322-3929.

**23 GWTC Summer Track Series - Week 8**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or [tomperkinsfsu@gmail.com](mailto:tomperkinsfsu@gmail.com); or Jeanne O’Kon at (850) 264-4903 or [okonj@tsc.fl.edu](mailto:okonj@tsc.fl.edu).

# AUGUST 2026

**07 Tallahassee Beer Festival Beer Mile**, 6 p.m. Donald L. Tucker Civic Center, 505 W. Pensacola St. Online registration available at [RunSignUp.com](http://RunSignUp.com). Visit Tallahassee Beer Festival at <https://tlhbeerfest.com>; or Mickey Moore at [info@tlhbeerfest.com](mailto:info@tlhbeerfest.com).

**08 GWTC Breakfast on the Track Mile**, 7:45 a.m. Maclay School Track, 3737 N. Meridian Rd. Online registration available at [RunSignUp.com](http://RunSignUp.com). Chris or Lauren Stanley at [ctstanley800@gmail.com](mailto:ctstanley800@gmail.com).



Tallahassee, FL

# 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
June 6	Potluck Bash 4 Miler	4M	-
July 4	Firecracker 5K	5K	5K
August 8	Breakfast on the Track	1M	1M
August 15	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>

**15** GWTC Miller Landing Madness 8K/5K/3K XC Run, 8 a.m. 8K/5K; 9 a.m. 3K. 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. Tom Perkins at [tomperkinsfu@gmail.com](mailto:tomperkinsfu@gmail.com) or (850) 264-4595; Jeanne O'Kon at [okonj@tsc.fl.edu](mailto:okonj@tsc.fl.edu) or (850) 264-4903; or Bill Lott at [blott@nettally.com](mailto:blott@nettally.com) or (850) 656-1273.

**22** GWTC Summer Trail Series Race #4 - Maclay Gardens (~6M), 8 a.m. Maclay Gardens State Park, 3540 Thomasville Rd. Online registration available at RunSignUp.com. Bobby York at [byorkjr@msn.com](mailto:byorkjr@msn.com).

**22** (Tentative) Dueling Summits XC Invitational, 7:15 a.m. community 5K; 8 a.m. girls high school 5K; 8:40 a.m. boys high school 5K; 9:30 a.m. girls middle school 3K; 10 a.m. boys middle school 3K. Elinor Klapp-Phipps Park, Gate B, 1775 Miller Landing Rd. (1.3 miles west of Meridian Rd.). Online meet information and registration available at <http://fl.milesplit.com/>; or Jose Fernandez at [multijumps@gmail.com](mailto:multijumps@gmail.com).

**28** The Wedding Bell Run 5K, 6:45 p.m. Cascades Park, 1001 S. Gadsden St. Cashata McGriff at [cashatapeace@yahoo.com](mailto:cashatapeace@yahoo.com).

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# PRESIDENTS COLUMN

By: Jerry McDaniel, GWTC President

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GWTC Board meetings are typically fairly languid, but interesting, affairs. The last couple of Board meetings have seen an infusion of energy that is atypical but welcome, as differing opinions are generally good for organizations. In April, the 2026 Marathon/Half budget closeout was submitted for approval, as well as the proposed 2027 budget. The 2026 closeout was approved. As part of the 2027 proposal, a “management fee” to pay the race director (\$10 per registrant) was included. While this proposal is not unprecedented (the Springtime race director was paid some years ago), and would also be revenue neutral to the club (race fees were already low based on the market, so they would be raised by a similar amount), some on the Board and others in attendance felt blindsided. To be fair, both the VP and I were briefed on this idea several days ahead of the meeting and did not feel it rose to a level of importance that warranted sounding the alarm. It appears we were out of touch, as some long-standing members had strong concerns.

Fortunately, some on the Board pleaded for more time to consider the proposal. In the midst of a bit of a time crunch, given the machinery it takes to pull this race off and the lead time most marathoners need, we initially decided to hold for a week, then 10 days, and ultimately took the issue up at the May Board meeting, giving approximately 30 days to consider the ramifications. The May meeting was well attended, and most attendees were relatively respectful in stating their positions.

I should note here that a volunteer did step forward and offer to continue the Marathon’s tradition of having a volunteer race director. Those who spoke against the motion to approve the 2027 Marathon/Half budget that included the management fee articulated the following general thoughts: a groundswell could occur where many current volunteer jobs and race directors seek remuneration; it has always been an all-volunteer effort; the decision was moving too quickly; the 2026 course was bad; GWTC is being

# PRESIDENTS COLUMN CONTINUED

taken advantage of; and there was already a volunteer willing to direct the race. Subsequent post-meeting feedback also included a desire for a flat fee and a lower payment.

Those who spoke in favor of the motion to approve a budget with the management fee expressed the following general thoughts: this race requires more time and effort than any other GWTC race (former race directors were there to vouch for that) and is a good candidate for this experiment; all large races benefit immensely from continuity (there have been three different race directors for the marathon in the last three years); the 2026 participant satisfaction survey was overwhelmingly positive, signaling that repeating last year's race directors would be welcome; and this would be a one-year contract, allowing the club to shift gears for 2028 should the paid race director experiment not go well.

The vote was 7-4 in favor of the motion (there was one vote against and one in favor that were not counted, as those individuals were not in attendance). So, the 2027 Tallahassee Marathon/Half will be conducted by an LLC (the same folks as in 2026), but through a contractual agreement designed to protect both the club and the race directors. It is anticipated that this arrangement will result in at least the same financial proceeds the club saw in 2026, and likely more. It should also be noted that each of the last three years' Marathon/Half race directors was in attendance and strongly supported the proposal.

A window into what it takes to put this race on:

**Strategic Planning and Event Management** (event plan, timeline, pricing structure, registration strategy, execution strategy, participation goals)

**Course Design, Permitting, and Safety Compliance** (measurement and certification, coordination with local government agencies including law enforcement, securing permits and insurance, safety and emergency response plans, aid stations, signage, course infrastructure)

**Financial Oversight and Sponsor Coordination** (developing and managing the event budget, monitoring and tracking revenues and expenses, coordinating sponsor activation, deliverables and marketing communications)

# PRESIDENTS COLUMN CONTINUED

**Marketing and Registration** (RunSignUp setup and management, developing and executing the marketing plan, monitoring registration trends, managing pricing tiers, deadlines, and offers)

**Participant Experience and Event Design** (designing and overseeing the participant experience from registration through race day, coordinating packet pickup and expo operations, overseeing production of materials such as bibs, medals, shirts, and merchandise, planning and executing start and finish line experiences, coordinating participant-facing technology such as timing and tracking)

**Operations and Logistics** (vendor coordination, timing, equipment rentals, facilities, procurement and distribution of race materials, logistics planning for start and finish areas, transportation, parking, setup of course infrastructure such as signage, barricades, and aid stations, creating and managing the event day schedule)

**Volunteer Recruitment and Management** (determining staffing needs, recruiting, assigning, and coordinating volunteers, developing role descriptions, instructions, and training materials, managing communications, and confirming assignments)

**Race Week Execution** (final event preparation, course inspections, logistics, packet pickup, and expo operations)

**Race Day Management** (serving as ground central for problem resolution and race execution)

**Post-Event Reporting and Closeout** (event breakdown and cleanup, publication of race results, reviewing participant and volunteer feedback, preparing post-event reports, sponsor and community follow-up)

**Community and Stakeholder Relations** (coordinating communications with neighborhoods, businesses, and organizations, providing advance notice of road closures, responding to community inquiries)

**Other General Responsibilities** (maintaining contact and coordination with GWTC, ensuring the event is safe, exercising professional judgment, etc.)

# PRESIDENTS COLUMN CONTINUED

The economics of this situation are important because, to date, the “big four,” as I call them (Marathon, Turkey Trot, Springtime, and Palace), provide much of the financial foundation for GWTC’s overall well-being. In recent years, we have grown more uncertain about the future of the Palace Saloon race, as the building housing the bar has been marketed for sale. Each of these races is critical, and we have been blessed over the years with capable volunteers who could pull them off. With that nod to financial relevance, the most important thing a race director must do is provide a safe and accurate course and a wonderful race experience for the runners. That was accomplished in 2026, and we have secured repeat race directors for the first time in the last three years.

As with many large organizations, especially when experimenting with something new, rumors and hearsay can proliferate through the ranks regarding motivations behind decisions or suggestions of underhanded dealings. If you do nothing else, please do not spread information you “hear” unless you have verified there is truth to the claim. If you come across something you deem untoward, please ask me or any Board member. We will be happy to help clarify the facts.

Since I have been President, we have held a summer meeting, which is contemplated in the bylaws. We plan to do so again this summer, likely in late July or early August. We will get that information out to you, but please plan to attend if your schedule allows. This involves free pizza and a free drink! At this meeting, we do a short presentation on what GWTC is doing, including youth running, GWTC races, school grants, and more, but mostly we would like to hear from you. Come tell us what you think about a management fee for the marathon, why a water stop was not staffed at a race, how difficult RunSignUp is to use, why Bill Lott always adds four seconds to your race compared to your watch, etc.

In closing, we will again survey the runners in the Marathon/Half in 2027 to see whether the race experience was top notch. This will assist the Board in determining whether this policy change for the race was appropriate for GWTC and whether it should continue.

# Gulf Winds Track Club We Run This Town

## Fueling for Endurance Athletes

**Host: Mickey Moore**

*Featuring: Dr. Mike Ormsbee, director of the Florida State University Institute of Sports Sciences & Medicine (ISSM), and Cooper Kework, a first-year doctoral student in exercise physiology at Florida State University*



As Tallahassee runners head into another long, hot summer of marathon training, trail races, triathlons, and early morning miles, questions about fueling and recovery start showing up everywhere. How many carbs do you really need during a race? Do electrolytes actually prevent cramps? And how much does sleep actually matter?

Those were some of the topics discussed in this month's episode, featuring Michael Ormsbee and FSU PhD student Cooper Kework. The conversation covered everything from hydration myths and marathon fueling to sleep routines, recovery, and VO2 max testing.

### Why Fueling Has Changed So Much

One of the biggest shifts in endurance sports over the last several years has been carbohydrate intake during races.

Elite marathoners are now consuming dramatically more carbohydrates during competition than athletes did even a decade ago.

"We went from about 30 grams per hour to 60 grams per hour to 90 grams per hour and now 120 grams per hour," Ormsbee explained.

But he also stressed that recreational runners should not assume elite fueling strategies automatically apply to them.

"Those are elite individuals," he said. "We've got to be honest with ourselves. Are we elite?"

For most runners, especially age group athletes, fueling needs vary depending on pace, intensity, fitness level, and gut tolerance. What works for a professional marathoner trying to break two hours may be unnecessary for someone simply trying to finish comfortably.

The important thing is to practice fueling during training instead of experimenting on race day. Both guests also discussed how individualized nutrition can be. Some runners tolerate high

# Podcast



carbohydrate loads well, while others feel better training with lower carbohydrate intake and fueling more strategically around harder workouts.

“It’s definitely person dependent,” Keywork said.

## **Protein Is Becoming a Bigger Part of the Conversation**

While carbohydrates still dominate most endurance nutrition discussions, protein is becoming a much larger focus for recovery and long term performance.

Ormsbee said newer research suggests endurance athletes may actually require more protein than strength athletes because of the amount of muscular damage created during heavy training blocks.

His recommendation was simple.

“Anchor your plate with protein.”

Rather than obsessing over every macro percentage, he encouraged athletes to first make sure they are consistently eating enough protein throughout the day, especially on recovery days.

“A lot of people think on recovery days they should pull back on everything,” he said.

“Anchor that protein high.”

Keywork added that many endurance athletes may simply not be eating enough overall, especially during harder training blocks.

“I was probably underfueling for a lot of my workouts,” he admitted while discussing his own marathon and Half Ironman training.

## **Hydration Is More Complicated Than Most People Think**

A lot of runners assume cramps automatically mean they did not drink enough water or take enough electrolytes. But according to Ormsbee, it is usually not that simple.

“The big myth here is that electrolyte supplementation will stop cramping,” he said.

“That’s a myth.”

Instead, he explained that many cramps happen because runners are simply pushing harder on race day than they ever do in training.

“You’re going a little harder than you ever have,” he said. “You’re more competitive because the guy next to you is right there.”

That does not mean hydration is unimportant, especially during Tallahassee summers.

Both guests stressed the importance of having a hydration plan before long workouts and races, particularly in Florida's heat and humidity.

"As long as you have a plan, you end up in a better spot at the end of your race," Ormsbee said. Kework also pointed out that hydration needs can vary significantly from person to person. "Some people are super salty sweaters, some people aren't," he said while discussing sodium loss during training and racing.

## **Why Sleep Matters More Than Most Athletes Realize**

Sleep was another major focus of the discussion, especially for athletes balancing training with work, school, and family life.

Ormsbee described sleep as foundational to both recovery and long term health.

"If you have a really bad night of sleep, it completely wrecks your next day," he said.

There are several practical ways athletes can improve sleep quality, including consistent sleep schedules, cooler room temperatures, reducing screen exposure before bed, and creating stronger nighttime routines.

Kework shared some of the adjustments that have helped him personally, including lowering the thermostat at night, using blackout curtains, and limiting fluids before bed to avoid waking up during the night.

Research has shown that physically active individuals may be somewhat more resilient to short term sleep deprivation than sedentary individuals. Still, training hard means very little if recovery is neglected.

## **Consistency Matters More Than Trends**

While social media is full of complicated fueling strategies, expensive supplements, and conflicting advice, consistency matters more than chasing trends.

For Kework, one of the biggest lessons from his own recent training has been realizing how important consistency is with fueling, hydration, and recovery habits.

Ormsbee echoed that point, stressing that athletes often overcomplicate things when the biggest improvements usually come from doing the basics well over time.

"Have a plan," he said.

For endurance athletes heading into the toughest training months of the year, that may be the most valuable advice of all. The newest gel, supplement, or hydration mix will never matter as much as consistently doing the basics well.

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**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.**

# S.M.I.R.F.

*"Run til you're blue in the face"*



## Are your children ready for some summer running fun?!?

This Youth Running Program is sponsored by Gulf Winds Track Club. The program's goal is to provide opportunities for students in elementary, middle and early high school to improve their running skills and endurance. The program is recommended for students aged 6 and above who can run at least 1 mile. There is no charge.

- The first day for the 2026 summer session is June 1 and the summer program ends on or about August 8.
- Practices will be held Monday through Friday, weather permitting. Runners should arrive before 7:45 am; we will end around 9:00.
- Drop off, pick up, and parking are at 701 Miller Landing Rd in the Forest Meadows Soccer Complex.
- All runners must sign a waiver to participate.

Practices will include running in Elinor KlappPhipps Park, which includes 670 acres of protected land along the bank and in the watershed area of Lake Jackson. The trails are magnificent and home to many GWTC races (the Potluck Bash for example) and several high school cross country meets.

Our goal is to teach kids the fundamentals of running and racing while reminding them how much fun running can be. If we do it right, running will be a lifetime friend.

### Want to join the team?

**Register here:** <https://runsignup.com/Race/FL/Tallahassee/SMIRFS>

**Email or call** David Yon, [david@radeylaw.com](mailto:david@radeylaw.com), (850) 321-8768 if you are interested in coaching or have any questions about the program.

## FEATURED FEET



# DARBY SHAW

**Childhood ambition:**

Professional three-day event (horse) rider.

**Current occupation:**

Government attorney

**If money were no object, what profession would you choose?** I would run or work for some sort of animal sanctuary (my husband Kyle would say I'm already doing that at our house).

**Favorite running memory:** Running the 5K race at the St. Jude's marathon with my cousin who was a patient there when we were kids. My sister, brother-in-law, husband, and cousins all ran the various races, and it was really special running through the St. Jude's campus.

**Indulgence:** I have a terrible sweet tooth.

**Preferred running technology:** I have not moved past my Apple Watch.

**Non-running hobbies:** Riding horses has been my main hobby since I was a kid. I try to keep up with running to stay in shape for riding.

**Favorite reads:** Any mindless beach read.

**Best place to run in Tallahassee:** Cascades Park

**Biggest challenge:** Staying motivated when life gets stressful.

**Perfect day:** Lazy day at Alligator Point with Kyle and our dog Murph.

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# Great Potluck Bash 4 Mile Prediction Run

## Saturday June 6, 2026

Forestmeadows Parks & Athletic Center  
4750 N Meridian Rd Tallahassee, FL US 32312

### LEAVE YOUR WATCH AT HOME

Runners who finish closest to their predicted time will be recognized,  
so pace yourself the old-fashioned way and have fun with it!

You'll be running 4 miles through the gorgeous Phipps Property Trails.  
It's a bit hilly, but the views more than make up for it.

Meet in the  
Forestmeadows  
parking lot to start.



*Sign Up  
Here!*



## YEAR ROUND RUNNING GROUPS

Learn a lot more about  
running groups by visiting  
[www.gulfwinds.org/training](http://www.gulfwinds.org/training).

### TUESDAY MORNING INTERVALS

Tuesday, 6:30am meet at the parking lot  
by the REI parking lot on Timberlane Road

### TUESDAY EVENING INTERVALS

Intervals previously held at Railroad Square at 6:00  
p.m. are no longer being held

### MIDTOWN MIDWEEK MILES

Wednesday, 5:30am at Whole Foods Market

### WEDNESDAY EVENING INTERVAL WORKOUT GROUP

Wednesday, 6:00pm 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

6:30pm 1st & 3rd Sunday of each month.  
Tom Brown's Lafayette Heritage Trail  
(501 Easterwood Dr). Meet at  
the West Cadillac Trailhead signpost.

# The Palace Saloon 5K

the oldest and fastest  
race in Tallahassee

By: Jeanne O’Kon



The Palace Saloon 5K was first held in 1975. It is the oldest and fastest 5K race in Tallahassee (in 2025, Stan Linton won in a time of 14:34, and in 2026, Ryan Ziskinder won in a time of 15:10. Renee Lewis was the first overall woman in 2026 in a time of 19:03, and Katie Sherron was the women’s winner in 2025 in a

time of 17:08). I volunteered with this race when the race directors were Herb Wills and Reed Vannoy, then Mike Burns, then Mark Priddy, and eventually the trio— Bill Lott, Tom Perkins, and myself.

It was considered a huge increase and a record when there were 1389 finishers in 2013. But by 2025, the 50th anniversary of the race saw 2458 registrants and 2150 finishers! This year, the 51st running of the race saw somewhat less, with 2009 registrants and 1736 finishers. Still, given the size of the Palace Saloon parking lot where runners congregate after the race, it was very crowded. Of course, the free beer is always an incentive for runners to hang around!

The Overall Winners win cash awards and a large, engraved glass beer mug—a hallmark of the race! Age group winners are awarded engraved

pint glasses—another tradition. Door prizes were donated by Lululemon, and those are always appreciated by the runners.

The race attracts the usual club and community runners, but an even larger number of university students. Fraternity, sorority, and club members come to compete for the “Most Participants” award. There is also a friendly team competition, with the Pus-Sucking Brain Worms winning both the Men’s and Women’s team competition in 2026.

All race directors know that “It takes a Village” for every race to be successful. Many people helped in different ways. Lora Lowe, the owner of the Palace Saloon, provides the venue and bartenders, and gets vendors to donate additional beer and drinks for the runners. Corey Adamyk assisted as a “race director in training” and did a huge amount of work. At least 25 volunteers assisted with packet pickup, race day registration, the water station (thanks to the FAMU students!), medal distribution at the finish line, and post-race cleanup.

Volunteers from the Oasis Center for Women and Girls, one of the charity partners, gave out t-shirts on race day and distributed medals at the finish line. Lieutenant Mike Wallace and the Leon County Sheriff’s deputies handled traffic control beautifully. Ely Rosario and Jackson Properties donated and set up the post-race food. In addition to the hard-working race directors, all of these people made major contributions to help registration and the race itself go smoothly.

This year’s race was one of the first to use the new “dynamic bib assignment” with the app Race Day Check-in. The race directors and volunteers had on-the-job training and used the app successfully! Experienced volunteers like Peg Griffin, Lynn Landis, Allen Blay, and others assisted with the transition. And credit for the very tough job of setting up the race at 5:00 a.m. on race day and picking up and returning the race equipment goes to Tom Perkins, Bill Lott, Perry Shaw, and Mike Esser.

As a GWTC race, the Palace Saloon 5K has a 51-year history and attracts some of the absolute best runners. While its future might be uncertain, we are proud of our involvement with such a successful 5K race!

## FEATURED FEET



# KYLE SHAW

**Childhood ambition:** Nothing specific comes to mind so I probably wanted to be a farmer like my parents, grandparents, great grandparents, etc.

**Current occupation:** Real estate attorney, but my wife and I have a small horse farm that keeps us busy so maybe childhood dreams really do come true?

**If money were no object, what profession would you choose?** Slight spoiler for one of the answers below, but I'd say being a liftie or ski patroller sounds pretty cool!

**Favorite running memory:** It's a tie between finishing my first half marathon at the Donna in Jax in 2012 and breaking 20 minutes at the Palace Saloon 5k in 2014. The half because I never thought I could run that far, and the 5k because I never thought I could run that fast. Shout out to Gary Droze and the Tuesday morning track group for making me faster and tougher!

**Indulgence:** Too many to count. I love good food and a good IPA.

**Preferred running technology:** Garmin Fenix series is my go-to, but I've started using a Google Pixel watch for everyday wear and have been impressed with the basic run tracking.

**Non-running hobbies:** I try to do a triathlon or two every year and I love skiing out West with family.

**Favorite reads:** I do not have a favorite author, but I enjoy reading a variety of fiction and non-fiction.

**Best place to run in Tallahassee:** Bradley's/Old Centerville Road Biggest challenge: Doing the non-running workouts necessary to prevent running injuries.

**Perfect day:** Waking up on the coast, watching the sunrise with a cup of coffee, going for a long walk and exploring, and having an amazing dinner with my wife, Darby



### 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>

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

**8K/5K/3K CROSS COUNTRY RUN  
TO BENEFIT SECOND HARVEST OF THE BIG BEND**



**WHEN:** AUGUST 15, 2025

**WHERE:** GATE B, ELINOR KLAPP-PHIPPS PARK  
(1.3 MILES WEST OF MERIDIAN ROAD  
ON MILLER LANDING ROAD)



**TIME:** 8K/5K START AT 8:00 A.M.; 3K STARTS AT 9:00 A.M.

All monetary proceeds benefit the GWTC Chenoweth Fund.  
All canned food donations go to Second Harvest of the Big Bend.



**Online registration available  
at RunSignUp.com.**



**EARLY PACKET PICK-UP:**

Register, pick up your packet, & drop off food items early:  
Wednesday, August 13, 2025 Cadence Running,  
2743 Capital Circle NE #101 3:00 p.m. to 6:00 p.m.



**Race Day Registration and Packet Pick-Up:** Begins at race site at 6:30 a.m.

Agnes 18 and Under and under: Free with four cans of food.  
Over 18 years of age: Pay registration fee and minimum of two cans of food.

High School age and Middle School age Club Teams may compete for team awards in the 5K and 3K races, respectively. Team members must enter team name when registering. Each team participant is required to register and submit a signed, completed waiver.



**FOR MORE INFORMATION ABOUT THE CHENOWETH FUND  
OR GULF WINDS TRACK CLUB, VISIT [WWW.GULFWINDS.ORG](http://WWW.GULFWINDS.ORG).**

**FOR RACE INFORMATION**

**CONTACT TOM PERKINS AT (850) 264-4595;  
JEANNE O'KON AT (850) 264-4903; OR  
BILL LOTT AT (850) 656-1273.**

