

# THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | MAY 2026



Tim Simpkins,  
Bill McGuire and Jeff Galloway  
at the Braun's Oktoberfest 5K, October 29, 1988.

## Remembering **JEFF GALLOWAY** AND THE LEGACY HE LEFT BEHIND

Photo Credit: Rex Cleveland

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## **Advertising Copy:**

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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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# DIRECTORY

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# MARCH BOARD MEETING RECAP

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Here is a Gulf Winds Track Club Board of Directors meeting briefing about the meeting held March 11, 2026, hosted by David and Mary Jean Yon. 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.

**Road Closure Approvals** Race directors were reminded that if they need road closure approvals from the city, they should reach out to Jerry for contact information for Sgt. Schultz at the Tallahassee Police Department.

**Recognition Committee** Mickey Moore is continuing to work with the ad hoc Recognition Committee to acknowledge the contributions of club members. Emily Webster, Judy Alexander, and Debbie Peters will assist with these efforts.

**Membership List and Privacy Policy** The board revisited the question of sharing the club's membership list with outside groups. After speaking with legal counsel, it was recommended that the club not distribute its email list. To address this, the board approved hiring legal counsel to draft a formal privacy policy for the club.

**Grand Prix Committee Update** Charles Kelly was nominated and approved as a new member of the Grand Prix Committee.

**SMIRFS Youth Program** The SMIRFS program will begin June 1 and run for eight weeks. Adult volunteers and some paid high school students will serve as coaches. The program will conclude with Breakfast on the Track. An email to recruit additional adult volunteers will be sent out.

**Women's Distance Festival Budget Approved** The 2026 Women's Distance Festival budget was presented, including additional expenses this year such as course certification. The race remains part of the Grand Prix schedule, and the board approved the budget.

**Summer Trail Series Budget Approved** Bobby York presented the Summer Trail Series budget and introduced Ken G., who will shadow him as race director this year. The race has historically cleared between \$2,000 and \$3,000, but new fees from the City of Tallahassee for trail use and on site staffing are expected to increase costs. The club will contact the City Manager regarding these fees. The board approved the budget.

# GLOBAL RUNNING DAY

FLEET FEET

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**Triathlete Club Update** The St. Marks Duathlon took place Sunday, March 15 in St. Marks. There was also discussion about registration costs for relay teams.

**Race Director Coordination** Plans are underway for an upcoming meeting with race directors to review general information. EMS services were secured for the Springtime race, and some race dates are still being finalized for the calendar.

**Communications Update** The podcast continues to perform well, and sponsorship opportunities are being explored.

Hilary Powell is currently working on Running Shorts, and additional administrative access to the club's social media accounts was approved.

**Timing Summit and Education** A Timing Summit is scheduled for April 16 and will include discussions on timing systems, race photography, and other race related topics. Board members are encouraged to attend.

**Equipment Updates** A table has broken and will be discarded, with the Equipment Manager determining whether it should be replaced. The small race clock used at Intervals stopped working and may need either a battery replacement or repair by the manufacturer. A workday at the storage units was scheduled to take inventory and assess storage needs.

**Chip Timing** In February, two non-Club races (M.A.D. Dash 10K/5K; and Cobb Cub Prowl 5K) and two Club races (Bank of America Tallahassee Marathon/Half Marathon/Marathon Relay; and Flash 12K/6K) were chip timed. During March, one non-Club race (Shamrock Scurry 5K/1M) and two Club races (St. Marks Duathlon; and Springtime 10K/5K/1M) will be chip timed. Only two races are scheduled to be chip timed in April and both are Club races (Bowlegs 5K Run for Scholarship; and the 51st Palace Saloon 5K).

No revenue has been received year-to-date 2026 (January 1 to February 28) for chip timing non-Club races. Net revenue for the fiscal year is \$5544.00.

**Grand Prix Committee Chair** Caitlin Ubilla has been elected as the Grand Prix Committee chair. Some races have already been scored, and all committee members will be trained on scoring.

**Training Groups Funding Approved** There are currently four race focused training groups, and additional funding was requested to support participant items such as shirts, towels, mugs, and socks, as well as hydration and nutrition. The board approved \$2,500 for the remainder of the fiscal year to support the training groups.

# 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



## MAY 2026

### 02 Tails and Trails Half

**Marathon/10K/5K/1M**, 7:30 a.m. Half Marathon/1M; 8 a.m. 10K/5K. Tallahassee Animal Service Center, 1125 Easterwood Dr. next to Tom Brown Park. Online registration available at RunSignUp.com. Visit [www.animalshelterfoundation.org](http://www.animalshelterfoundation.org); or Cara Fowler at [carafowler@mac.com](mailto:carafowler@mac.com).

**09 St. Peters Anglican Cathedral 20th Anniversary 5K/1M**, TBA. St. Peter's Anglican Church, 4784 Thomasville Rd. Paddy Lang at [langs01234@gmail.com](mailto:langs01234@gmail.com).

**16 River Runaround 5K/1M**, 8 a.m. 5K; 9 a.m. 1M. Chattahoochee River Landing Park, 269 River Landing Rd., Chattahoochee, FL. Online registration available at [ItsYourRace.com](http://ItsYourRace.com). Pamela Medley at [pmedley@hotmail.com](mailto:pmedley@hotmail.com).

**30 GWTC Summer Trail Series Race #1 – Oak Hammock Trail (~5M)**, 8 a.m. Gate B, Elinor Klapp-Phipps Park, 1775 Miller Landing Rd. Online registration available at RunSignUp.com. Bobby York at [byorkjr@msn.com](mailto:byorkjr@msn.com).

**30 Alice 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.

## JUNE 2026

**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 [tomperkinsfu@gmail.com](mailto:tomperkinsfu@gmail.com); or Jeanne O'Kon at (850) 264-4903 or [okonj@flagger.edu](mailto:okonj@flagger.edu).

**05 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).

**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](mailto:david@radeylaw.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 [tomperkinsfu@gmail.com](mailto:tomperkinsfu@gmail.com); or Jeanne O'Kon at (850) 264-4903 or [okonj@flagger.edu](mailto:okonj@flagger.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](http://Eventbrite.com); or Floyd Faglie at [watermelonrun@gmail.com](mailto:watermelonrun@gmail.com) or (850) 841-0828.



# Gulf Winds Summer Trail Series

**Saturday May 30 through  
Saturday August 22**

**Registration opens April 1, 2026 at 8:00 AM EDT  
Spots are limited to 150 runners and tend to go quickly.**

This four race series takes place on some of the most scenic and challenging trails in Tallahassee. It has a little bit of everything. Rolling terrain, single track, multi use trails, and technical sections with rocks, roots, and tight, twisty turns. You never quite know what's coming next, and that's part of the fun.

**May 30 – Oak Hammock Trail (~5.0 mi), 8:00 a.m.**

**June 20 – Redbug Trail (~5.0 mi), 6:00 p.m.**

**July 18 – Cadillac Trail (~6.0 mi), 8:00 a.m.**

**August 22 – Maclay Gardens State Park (~6.0 mi), 8:00 a.m.**

Runners who register for the series will receive a race shirt.

### **Series Championship Awards:**

Awards will be presented at the final race. A point system determines the series champion, with your best three races counting toward the standings.

### **Packet Pick up:**

Race day bib pick up is from 7:00 to 7:45 AM for morning races and 5:00 to 5:45 PM for the evening race. Runners will receive a new bib for each race.

**Emails with details go out the Monday of each race week.  
Single race entry is not available.**



**For more information or to register, visit:**  
<https://runsignup.com/Race/FL/Tallahassee/GWTCSummerTrailSeries>

**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 [tomperkinsfsu@gmail.com](mailto:tomperkinsfsu@gmail.com); or Jeanne O'Kon at (850) 264-4903 or [okonj@flagger.edu](mailto:okonj@flagger.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](http://RunSignUp.com). Bobby York at [byorkjr@msn.com](mailto: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 [tomperkinsfsu@gmail.com](mailto:tomperkinsfsu@gmail.com); or Jeanne O'Kon at (850) 264-4903 or [okonj@flagger.edu](mailto:okonj@flagger.edu).

## 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@flagger.edu](mailto:okonj@flagger.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 [tallahassee5k@gmail.com](mailto:tallahassee5k@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@flagger.edu](mailto:okonj@flagger.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@flagger.edu](mailto:okonj@flagger.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@flagger.edu](mailto:okonj@flagger.edu).



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## PRESIDENTS COLUMN

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By: Allen Blay, GWTC Vice President

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Every runner, if they stay in the sport long enough, comes face-to-face with injury. It is not a question of if, but when. And when it happens, the real challenge is often not physical - it is mental. We have plans, goals, races circled on the calendar. We build momentum. Then suddenly, something changes, and we are forced to adjust to a new reality we did not choose.

Last August, I got a very personal reminder of that.

I traveled to the Jack and Jill Marathon in the Seattle area with my youngest son. It was his first marathon, which made the trip especially meaningful. Like many of you, I have shared countless miles with family and friends, but there is something unique about lining up for a big race with your child.

A few days before the race, I noticed some pain in my foot. Nothing dramatic at first - just enough to raise concern. I rested, hoping it would settle down. On Saturday, I tried a short run, but the discomfort was still there. By Sunday morning, standing near the start line, I knew something wasn't right.

I told my son I didn't think I could do it.

He looked at me and said something simple but powerful: if I didn't run, I would regret it for the rest of my life.

In that moment, I made a decision that many runners will recognize. I chose to start despite my best judgment.

For most of the race, the pain faded into the background. Adrenaline, focus, and the energy of the event carried me forward. It wasn't until the last few miles that the discomfort returned in a serious way. I made it to the finish line in what was strangely a good time, but as soon as I stopped, I realized something was very wrong. I couldn't take another step.

# PRESIDENTS COLUMN CONTINUED

That race ended with a wheelchair at the airport and a direct trip to Tallahassee Orthopedic Clinic. Somewhere along the course, I had ruptured my plantar fascia. It is an injury that, in some cases, is even done surgically - but when it happens unexpectedly, it changes the structure and support of your foot in ways that are hard to predict.

What followed was not a quick recovery. The rupture led to broken bones that fall. Instead of building fitness, I was trying simply to walk without pain. Running - something that had been a regular part of my life - was gone for four months, and permanently changed.

That kind of forced pause has a way of clarifying things.

When you cannot run at all, you stop thinking about pace, mileage, or race goals. You just miss it. You miss the routine, the movement, the time outside, and most of all, the people. I missed running with my oldest son every Sunday morning. I missed Geoffrey - my best friend according to Strava. Running is often described as an individual sport, but for many of us, it is deeply social. It is how we connect.

Now that I am finally back, things look different. I am running shorter distances. My pace is slower. The goals I once had are no longer the goals I am chasing today.

And that is okay.

In fact, it is more than okay - I am genuinely happy. I enjoy being out there again, even if "out there" looks different than it used to. I enjoy seeing familiar faces, sharing miles, volunteering at races more than running them and simply being part of the running community.

Injuries force us to adjust, but they also give us perspective. They remind us why we started running in the first place. For most of us, it was not about hitting a specific time or distance. It was about how running makes us feel.



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
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>

# PRESIDENTS COLUMN CONTINUED

As we head into the summer, I am looking forward to reconnecting with that side of running. I am excited about being out at Phipps Park with the SMIRFs youth program, helping younger runners discover the sport. I am looking forward to spending time at the Summer Track Series, where the focus is as much on community as it is on competition. And I am especially excited to be back on the single-track trails during Bobby York's

Summer Trail Series - moving a lot slower than last summer, but appreciating every step.

If you are dealing with an injury right now, or adjusting to a setback, you are not alone. It is part of the journey. Plans will change. Goals will shift. Sometimes you have to let go of what you thought this season would look like and accept something different.

But different does not mean worse.

Often, it just means you are being reminded of what matters most.

I hope to see many of you out there this summer - on the track, on the trails, or just enjoying an easy run with friends.



The banner features a blue and white checkered background. On the left, there is a logo of a white bird in flight against a red circle. To the right of the bird, the text "Tallahassee, FL" is written in a small font. Below this, "Gulf Winds Track Club" is written in a large, bold, italicized font. Underneath that, "GRAND PRIX" is written in a very large, bold, black font with white diagonal stripes. At the bottom, a red banner contains the text "2026 ELIGIBILITY REQUIREMENTS" in white. Below the red banner, the text "Members aged 15 and older must perform volunteer service for at least one GWTC race." is written in black. Underneath that, a yellow banner contains the text "Document your volunteer service here" in black. At the bottom, the URL "https://tinyurl.com/GWTCVolunteer" is written in red.

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

**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>

# Gulf Winds Track Club We Run This Town

## Coaching Vibes with Matt Kane

**Host: Mickey Moore**

*Featuring: Matt Kane, FSU's Director of Track & Field and Cross Country*



There is a lot people do not see when it comes to college track and field. Most people notice the race results, the rankings, and the championships. What they do not always see is the development, patience, and long term planning behind it. Mickey Moore sat down with Florida State head coach Matt Kane to talk about the state of the sport, what it takes to build a successful program, and why development still matters more than early success.

### **A coaching career built over time**

Kane got his start in junior college, where he coached nearly everything. That experience gave him a chance to learn fast and figure things out through doing. From there, he moved on to Oklahoma and Alabama, coached high level collegiate athletes, and later worked with professionals. Along the way, he coached national champions, world class hurdlers, and athletes who went on to professional careers. That range shaped how he coaches today. "Every time I got a good athlete, I challenged myself to get better," he said.

### **Why development matters more than early success**

In a time when it feels like every week there is another middle school or high school phenom making headlines, Kane emphasized that while fast times at a young age can be exciting, they do not always tell you who will still be thriving years later.

Many of the athletes who later became professionals or reached a very high level were not the biggest names coming out of high school. Many were simply in the right system and had room to grow. That growth often matters more than being the top ranked athlete at sixteen. He also pointed out that coaches are paying attention not just to times, but to how those times are achieved. Training load, mileage, strength, room for improvement, and long term durability all matter.

# Podcast



## **College track is changing quickly**

Roster limits are tighter than they used to be, which means it is harder for athletes to earn a place on a team. That does not just affect scholarships. It affects access.

NIL and revenue sharing have added more complexity, and schools are still figuring it out. For athletes and families, expectations may need to shift. It is getting harder to find a spot, and programs have to be more selective. At the same time, Kane made it clear that he still values athletes who are willing to come in, work, and develop over time.

## **Coaching is about much more than track**

Coaching is about far more than race times. With only a small percentage of athletes going on to compete professionally, the goal is to build people first.

That starts with consistency. "They need something constant in their life," he said. Showing up the same way every day, building trust, and creating a reliable environment are all part of that process. The result is a culture where athletes understand expectations and are prepared to meet them when it matters most.

## **The part of coaching that makes it all worth it**

When Kane talked about the most rewarding part of coaching, his answer was not about titles or rankings. It was about those moments when an athlete does something they did not think they were capable of doing. "When someone does something they didn't think they could do, that's everything," he said. That moment, when confidence shifts and something clicks, is what makes the work worthwhile.

## **What endurance runners can learn from this**

For everyday runners, there was a clear takeaway. Improvement is not just about logging more miles. Kane emphasized the importance of speed, strength, ankle stability, hip strength, and technique. Those things are often overlooked when runners get too focused on mileage. Simple strength work, jump rope, light jumping drills, and tendon focused training can make a real difference. The goal is not to become a powerlifter. It is to build a body that can handle training and stay healthy over time.

# Gulf Winds Track Club

## We Run This Town *Podcast*

### **Advice for parents of young runners**

The best advice is to make running enjoyable. Kids are much more likely to stay motivated when they are having fun and finding fulfillment in what they are doing. Parents should think long term. It is nice for a child to be highly ranked at a young age, but that should not become the only goal. Focus on whether they are developing in a healthy and sustainable way. Kane also encouraged parents to learn more about the sport, understand what good performance looks like, and find the right environment for their child. That could be a school team, a club, or another supportive setting. The key is finding a place that fits.

### **Florida State's program is in a strong place**

Kane shared that both the men's and women's teams are currently ranked in the top twenty five, a sign that the program is moving in the right direction. He was careful not to sound fully satisfied, but said he is happy with where things are headed. Part of that progress comes from building a more balanced program. Florida State is not focused on just one area. The team has athletes producing in throws, sprints, hurdles, jumps, and distance. That range matters and reflects the kind of program Kane is building. He also pointed ahead to next year, when Florida State will host the ACC Outdoor Championships, giving the community a chance to see high level track and field up close.

### **A sport that deserves more attention**

Track and field does not always get the same attention as other sports, even when performances are elite and teams are nationally ranked. Part of that is because the sport travels so much and does not compete at home often. Part of it is also that programs need to do a better job of sharing what is happening. Still, Kane believes the sport deserves more visibility. Once people understand how much work, talent, and development go into it, it becomes much easier to appreciate. Track and field is about growth, trust, discipline, and years of work that often go unnoticed until the breakthrough finally comes.

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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 6 and the summer program ends on or about August 2.
- Practices will be held Monday through Friday, weather permitting. Runners should arrive before 7:30 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



# BRYAN HENDRICKS

**Childhood ambition:** I wanted to join the Navy since I was a kid, but being deaf stopped me. I found running to be a gift in my life because I have ADHD, and it's one of the best medicines for it.

**Current occupation:** Full-time caretaker and gravedigger at Glendale Memorial Nature Preserve. We help people bury their loved ones naturally through green burial. I'm also the full-time trail maintenance person, building and maintaining trails on the preserve for running, biking, hiking, horseback riding, and more.

**If money were no object, what profession would you choose?** I'd probably travel the world running different races.

**Favorite running memory:** The best memories I have are the races where I

cross the finish line.

**Indulgence:** Endless new running shoes.

**Preferred running technology:** Garmin and Strava.

**Non-running hobbies:** I'm a recycled scrap artist for the Glendale Nature Preserve, and I also build new trails.

**Favorite reads:** Run with the Champions by Marc Bloom.

**Best place to run in Tallahassee:** Forest Meadow.

**Biggest challenge:** My deafness and my age. I want to keep getting faster, but age slows me down. Still, I'm stubborn, and I keep pushing.

**Perfect day:** Spending time with my son, Ethan, and my wife, Fawn.

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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 Store on Timberlane Road

### TUESDAY EVENING INTERVALS

Tuesday, 6:00pm at Skate Park/Rattler Snake  
on FAMU Way

### 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.

# SPRINGTIME 10K/5K/1 MILE BRINGS THE ENERGY ONCE AGAIN



There are some races that just feel like Tallahassee, and the Springtime Tallahassee 10K is one of them. Between the crowds, the course, and the timing alongside Springtime festivities, it is a race many runners circle on their calendar every year.

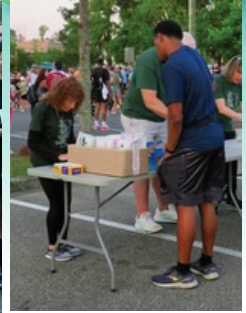
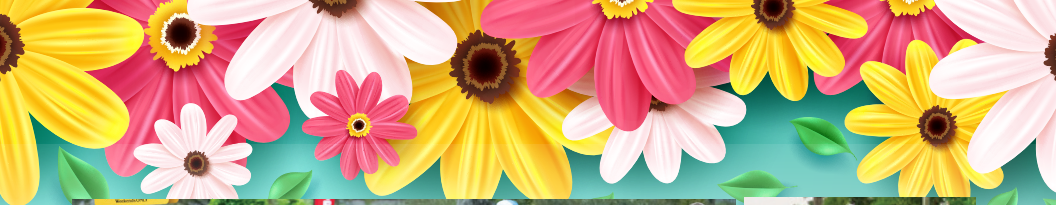
But long before runners line up at the start, months of work are already in motion behind the scenes.

For race directors Jackie and Jerry McDaniel, that moment when it all comes together is hard to beat. “Our favorite moment each year is when the siren sounds for the start of the 5K and 10K,” they shared. “That’s when all the work for the last several months comes to fruition.”

And that work starts earlier than most people would guess. In fact, planning for the next race begins almost immediately after the last one wraps up, starting with something as simple but important as the race logo. From there, every detail builds.

This year came with a unique challenge. After last year’s race, it was clear the 5K course needed to change. With such a large field, runners were packed tightly on Lafayette, making it difficult for leaders to move through without slowing down. Fixing that took time, creativity, and a lot of trial and error.

Jerry spent time out on the course himself, biking different sections and testing ideas. With help from Bill Lott and Bill McGuire, and a little insight from Robert and Kory



Skrob, they landed on a solution that worked. Even coordinating with the railroad to pause train traffic during the race helped open up new possibilities for the route.

There were also some new additions this year that made a difference. Packet pickup at DEEP Brewing turned out to be a great fit, with a welcoming atmosphere from start to finish. The race also introduced dynamic bib assignment for the first time, thanks to Peg Griffin and Judy Alexander. It may have felt seamless to runners, but it made a big impact behind the scenes.

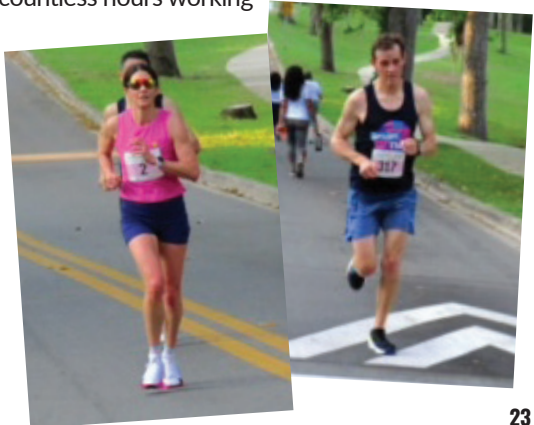
And like any great race, none of it happens without volunteers.

“Volunteers are the backbone of road races,” the McDaniels said, and Springtime is no exception. Many familiar faces return year after year, willing to step in wherever needed.

A couple stood out in a big way this year. Judy Alexander took on the massive job of managing race day registration while also coordinating packet pickups and helping recruit volunteers. Jon Brown put in countless hours working with sponsors, helping secure the support that makes an event like this possible.

Events like Springtime are built on months of planning and a community willing to step up.

And when that siren goes off, it all comes together.





## FEATURED FEET

# KYLEE STUDER

**Childhood ambition:** Play professional basketball.

**Current occupation:** Faculty in FSU's Sport Management Department.

**If money were no object, what profession would you choose?** Florist

**Favorite running memory:** Running a sub-3:00 marathon at the 2013 Houston Marathon.

**Indulgence:** Bowl of ice cream and a glass of wine, maybe at the same time.

**Preferred running technology:** My trusty Garmin 255.

**Non-running hobbies:** Reading, going to the beach, and attending sporting events.

**Favorite reads:** Anything by Michael Connelly.

**Best place to run in Tallahassee:** J.R. Alford Greenway and St. Marks Trail.

**Biggest challenge:** Keeping up with my two daughters (age 4 & 6).

**Perfect day:** A long run with friends, followed by a brunch buffet, capped off by a trip to the beach with my family.

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# JEFF GALLOWAY: REMEMBERING A RUNNING LEGEND

July 12, 1945 - February 25, 2026

Jeff Galloway meant something different to everyone who knew him. For some, he was a coach. For others, a mentor, a running legend, or simply a familiar and encouraging presence at races. For Gulf Winds Track Club members, he was all of that and more.

A founding member of GWTC and a Florida State alum, Jeff represented the United States in the 10,000 meters at the 1972 Olympics, won the inaugural Peachtree Road Race 10K, opened the country's first running store in Tallahassee, and developed the widely used Run/Walk/Run® method. His impact on the sport of running, and on this community runs deep.

We asked members of Gulf Winds Track Club to share their memories of Jeff. Here are just a few of the moments and reflections that speak to his legacy.

## Mae Cleveland

I bought my first pair of running shoes in 1978 at “Phidippides” in Northwood Mall. Jeff opened that store in 1973 at 2415 Jackson Bluff Road. He had already left by 1978, so I didn't have the privilege of meeting him until October 29, 1988. He was in Tallahassee to run the Braun's Oktoberfest 5K. Age 43 at the time, he won the Masters division in 16:03 and collected the \$75 prize.

“Jeff Galloway may be the most important person in the history of distance running,” a writer once noted in *Run*, an online newsletter. That may be true. Not just because he was an elite runner and Olympian, but because of how he reached every runner. Most of us used his training program, incorporating walking into marathon training runs.



The first ever Phidippides store located at 2415 Jackson Bluff Road. Taken by Rex Cleveland in 1986.



And on that Oktoberfest day in Tallahassee, a friendly, smiling Jeff Galloway greeted everyone with ease. He may have felt a bit nostalgic. After all, he started Gulf Winds Track Club, pioneered the running specialty store, and began his internationally known training program right here in Tallahassee. We were his people. And he was one of us. Thank you, Jeff.

## Felton Wright

In 1975, I was a senior in high school and a friend and I decided to run a marathon. There were no marathons in the area at the time, and we had no clue what we were getting into. Jeff lived in Tallahassee, and at the time, he was the only person I knew who had run one.

I went to talk to him and asked for advice. He told me, “Run the first mile the slowest. You have 25 more miles to catch everyone.” I never forgot that.

Our paths crossed many times over the years, and I would always thank him for that advice.

## Herb Wills

I would have liked to include something about the Eglin Marathon 1972 and Perry’s Great Race 1974, but I don’t remember enough about those races.

What I do remember is a unique “race” on the FSU track, where Jeff went after a ten mile record. I can’t recall whether it was a world or American record, but I do remember it required multiple timers and at least three finishers just to make it official.

## Tom Bianco

I started using the Galloway Run/Walk program early when I began running. I read a couple of his books and used the program while training for half marathons and marathons. Eventually, it became a regular part of my routine. I had briefly met him before at Donna Marathon weekend and saw him at a RunDisney booth.

Chika had Jeff’s contact information from a few years earlier, so I decided to reach out and see if he would be interested in coming back to Tallahassee to give a lecture. I was optimistic since he was a founding member of GWTC.



Photo Credit:  
Brittany Vermeer

When I made contact, Jeff graciously agreed to come—and didn't even ask for a speaker fee.

After the lecture, several board members went out to eat at Gordos. There were about ten of us, and we all got to spend time with Jeff. I had offered for Jeff and Barbara to stay at my house, and we sat around the dinner table, shared a bottle of wine, and swapped stories. I still have the empty bottle as a reminder of that night.

I came away thinking how humble he was. It was surprising, given everything he had accomplished. It was easy to see how much he enjoyed helping others achieve more in running than they thought was possible.

Jeff will truly be missed. Without him, there would not be a Gulf Winds Track Club. The running community would also be much smaller without the runners who found their place through the Run/Walk method.

## **Judy Alexander**

Jeff and Barbara are humble and down to earth. They celebrate others' accomplishments as if they were their own, with enthusiasm and genuine excitement. They ask questions and listen carefully to the answers.

Several years earlier, Jeff and Barbara came to town, and a group of us went for a trail run with them. It was fun going out with what felt like running royalty, and we were all thrilled. As always, they were gracious and humble, and they genuinely wanted to get to know each of us.

## **Bill McGuire**

When I first moved to Tallahassee in the fall of 1974, I heard there was an Olympic distance runner living in town who had started his own running store. I decided to pay him a visit, and, if possible, write a freelance article about him for the Tallahassee Democrat.

We became fast friends as a result. Jeff gave me my first job in Tallahassee, selling running shoes at his Northwood Mall location. I also got involved in helping start the Gulf Winds Track Club, attending early meetings and helping organize some of the first events.

Jeff was always a pleasure to be around. He exuded positive energy, truly loved running for its health benefits, and was dedicated to getting as many people involved as possible. He believed running should emphasize fun and participation rather than competition, which was remarkable for someone who was a world class competitor himself. He strongly believed that proper pacing was necessary

for a positive running experience. When he organized a low key track & field meet at FSU's Mike Long track, it was set up as a "couple's competition," rather than a showcase for individual achievement.

Looking back, Jeff not only helped start the club, but also set the tone for what Gulf Winds would become: a focus on participation, community, health, and introducing new people to the sport. He was also a strong advocate for trail running over "pounding the pavement," and loved Tallahassee's trail system. After a run on the Lake Overstreet trails, he once said Tallahassee was among the top three cities in the country for trail running.

As much as GWTC owes Jeff, Jeff also owes the club, it's where he met his future wife, Barbara Worrell, an FSU student from Fort Walton Beach. The rest, as they say, is history.

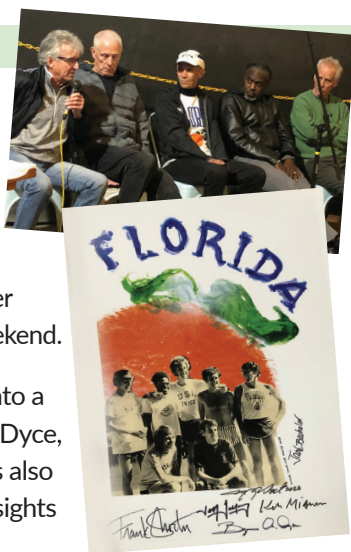
## Tom Perkins

I've been with Jeff several times over the years when he came to town. We would go to dinner with other GWTC members, and those were always great times.

Most recently, I saw him at the Florida Track Club's 50th anniversary in Gainesville. My friend Ken Misner invited me to go, and it turned into an incredible weekend.

One of the photos from that weekend was made into a poster. It included names like Frank Shorter, Byron Dyce, and Jeff—an incredible group of runners. There was also a panel discussion where Jeff shared stories and insights from his career.

It was an enlightening few days, listening to these athletes talk about training and the early days of running. Jeff and I talked about the beginnings of GWTC, and he was very happy to see that the club is still going strong.



## A LASTING LEGACY

Jeff's impact cannot be captured in a single story. It lives on in the runners he inspired, the community he helped build, and the countless people who found their way into the sport because of him.

We are grateful to have shared the road with him.



The Flash 12K and 6K took place on February 14, bringing together runners for a race day that came together exactly how you hope it will.

For race director Rob Klepper, one moment stood out right away. He finally got the chance to recognize a runner from last year in person.

“One of my favorite memories of this year’s Flash was being able to give Fiona Bayly from New York her award from last year,” he shared. “She’s never able to stick around for awards, so next year, I’ll give her the award for 12K Female Overall Winner for this year.”

**“ONE OF MY FAVORITE MEMORIES OF THIS YEAR’S FLASH WAS BEING ABLE TO GIVE FIONA BAYLY FROM NEW YORK HER AWARD FROM LAST YEAR”**

What many runners don’t see is how far in advance everything starts. Even for a race this size, planning begins at least three months ahead. There are plenty of moving parts, and it takes a full team effort to make sure race day feels seamless for everyone involved.

This year, everything came together especially well. After dealing with weather challenges in the past, conditions cooperated, making for an ideal race day.

Of course, there are always a few behind the scenes moments that turn into lessons for next time. One runner doing the 12K accidentally turned around at the 6K point, something that will be more clearly marked in future races.

Klepper also pointed to the people who helped make the day run as smoothly as it did, giving a special shoutout to volunteer coordinator Chika Okoro. Having someone focused on volunteers made a big difference and took a lot off his plate.

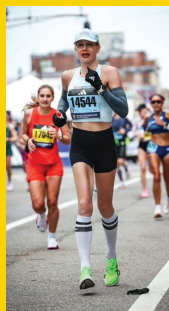


# GULF WINDS MEMBERS AT THE BOSTON MARATHON

## Congratulations to Our 2026 Boston Finishers!

The Boston Marathon is not just another marathon. It is something you work toward, qualify for, and remember long after you cross the finish line. This year, Gulf Winds Track Club had two members make their way to that iconic course, taking in everything from the energy of the crowds to those small, unforgettable moments along the way.

**Stephanie Liles-Weyant – 3:43:53** For Stephanie, the moment that stood out most came right at the end. Turning onto Boylston Street and seeing the finish line ahead is something every Boston runner hopes for, and she described it as everything you imagine it will be. Not every moment along the way was quite as picture perfect. At one point, a used gel packet stuck to the bottom of her shoe and would not budge. After trying to shake it loose, she had to stop and pull it off by hand. Not exactly glamorous, but definitely memorable. Like many runners, she felt the challenge of the course. The early downhill miles can feel easy at first, but they take a toll, especially once you reach the Newton hills. By mile 20, her legs were feeling it. Looking ahead, she is already thinking about how to approach it differently next time, with



more focus on downhill training and quad strength. More than anything, being there meant a lot. Representing Tallahassee and Gulf Winds Track Club on that stage made the experience even more meaningful, especially seeing familiar faces out on the course.



Photo by:  
Laura McDermott

**Jack McDermott – 3:29:07** When Jack crossed the finish line, it marked his 25th consecutive Boston Marathon. That kind of consistency is rare, and it earns him a well deserved spot in the Quarter Century Club. Running Boston once is an accomplishment. Doing it 25 years in a row is something else entirely.

## HERB WILLS' TALLAHASSEE'S FASTEST BOSTON MARATHON RECORD ENDURES 37 YEARS (AND COUNTING)

As the 2026 Boston Marathon comes to a close Herb Wills' record remains untouched. In 1989, at just 28 years old, Herb Wills crossed the finish line of the Boston Marathon in 2:17:40, earning the title of top American and placing 10th overall in a world-class field. His record stands as the fastest Boston Marathon finish by any Tallahassee resident. Congratulations Herb. And, thank you!





Photo Credit  
Pat Dugan

**TOM BIANCE**  
**final finisher of**  
**the Rose City 10K**  
**Thomasville, Georgia**  
**April 18, 2026**