

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | AUGUST 2026



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Photo credit: Robert Skrob



VOLUME 51 | ISSUE 7

Tallahassee, FL
Gulf Winds Track Club

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | AUGUST 2026

VOLUME 51 | ISSUE 7

Editor: Robert and Kory Skrob with Alex Baglietto,
FleetFoot@GulfWinds.org

Columnists: Jane Johnson (Featured Feet), Allen Blay and
Jerry McDaniel (Presidents Column), Bill Lott (Race Calendar).

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Submissions/Contributions:

Submissions for publication are strongly encouraged, the preferred format
is Microsoft Word. If you have pictures or stories about your running
group, don't be shy, photos should be in jpg format. Contact us if you have
questions. Robert & Kory Skrob, (850) 270-8295, FleetFoot@GulfWinds.org

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MAY BOARD MEETING RECAP

Here is a Gulf Winds Track Club Board of Directors meeting briefing about the meeting held May 13, 2026, hosted by Carl Nordhielm. 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.

New Privacy Policy Completed for the Club

The Board announced that the club's new privacy policy has been completed with assistance from Bill Dillon's law firm. Bill generously provided the legal work on a pro bono basis.

Laura Dennis Joins the Chenoweth Committee

Laura Dennis has been appointed to fill a vacancy on the Chenoweth Committee.

Billy Bowlegs Race Raises \$3,200 for FSU Scholarships

The Board approved the Billy Bowlegs 5K/1 Mile budget closeout. The event generated approximately \$3,200 for the FSU scholarship fund. Florida State University also provides the majority of volunteers who help make the race possible.

Marathon Contract Proposal Moves to Committee Review

The majority of the meeting focused on the proposed 2027 Tallahassee Marathon and Half Marathon budget. Kory Skrob presented a revised proposal that would compensate Kory Skrob for managing the marathon through an increase in registration fees rather than using existing club funds. Kory noted that the marathon has become significantly more complex over the years and that the revised structure would allow for consistent, year round attention to the event. Jerry McDaniel also acknowledged the growing scope of the marathon and the value of continuity in race leadership.

Supporters pointed to the tremendous amount of time required to organize the marathon, the specialized knowledge needed to manage an event of its size, and the benefits the race provides to both runners and the Tallahassee community. They noted that many outside services are already contracted and paid for, and that the marathon has evolved into a much larger undertaking than it was years ago.

Others expressed concerns about compensating race directors in a club built on nearly 50 years of volunteer leadership. Questions were also raised about whether alternative race directors were available, how the proposal aligned with the club's mission as a nonprofit, and what precedent compensation might set for other volunteer intensive positions. Some members also suggested taking additional time to evaluate the marathon itself, including its size, course, and long term direction.

Following discussion, the Board approved a motion directing the president to appoint a committee to review and develop a proposed one year contract before any agreement is finalized with Kory Skrob.



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Membership Holds Steady at More Than 1,400 Members

The Communications Director reported current membership of 1,434, including 464 individual members and 970 family members.

Lincoln High School Receives Chenoweth Grant

The Chenoweth Committee approved a \$1,000 grant request from Lincoln High School. The committee also encouraged members to help spread the word about the SMIRFS youth running program, which runs from June 1 through August 8.

Summer Trail Series Preparations Continue

The Director of Race Directors reported that preparations are underway for the first Summer Trail Series race, including confirmation that EMS personnel and an ambulance will be on site.

Chip Timing

In April, the only races chip timed were two Club races (Bowlegs 5K/1M Run for Scholarship; and Palace Saloon 5K). In May, 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) are scheduled to be chip timed. (Note: the Tails & Trails races were cancelled due to severe weather). During June, two non-Club races (Wedding Bell 5K; and Monticello Kiwanis 5K Melon Run) and two Club races (Great Potluck Bash 4-Mile Prediction Run; and Summer Trail Series Race #2 – Redbug Trail) are scheduled to be chip timed.

Beginning Running Group Needs New Volunteer Leader

The club is looking for a new volunteer to lead the Beginning Running Group after the current coordinator stepped away. Anyone interested in helping is encouraged to contact Emily Webster.

Supporting Our Community Partners

The Palace Saloon 5K continues to make an impact beyond race day. Tom Perkins presented a donation check to Lisa Warren, Director of Rehabilitation at the UF Health Fixel Center for Neurological Diseases, while Jean O'Kon delivered a donation to the Oasis Center for Women and Girls, accepted by Executive Director Kelly Otte. Thanks to everyone who participated and helped support these important organizations!





SATURDAY, SEPTEMBER 19, 2026

1800 E Indianhead Drive, Tallahassee, FL US 32301 Race starts at 8:00 a.m.

Run through Indian Head Acres, a paved, USATF-certified course that starts and finishes at Optimist Park.

Women start at 8:00 a.m., and men start five minutes later. And most years, the women outnumber (and often outrun) the men.

**Sign Up
Here!**



All proceeds go to The Oasis Center for Women & Girls, a local nonprofit that supports women and girls through counseling, mentoring, and leadership programs.

Register by September 16 to save \$5. Online Registration Available At: <https://runsignup.com/Race/FL/Tallahassee/GWTCWomensDistanceFestival>

SALUTE TO

Steve Prefontaine
5K AND MILE

Saturday, September 26, 2026

Wallwood Boy Scout Reservation: 23 Wallwood BSA Dr., Quincy, FL US 32351

Mile starts at 8:30 a.m. | 5K starts at 9:00 a.m.

Celebrate the legacy of Steve Prefontaine, one of the greatest American distance runners, who held every national record from 2000m to 10,000m at the time of his death in 1975.

Both races are part of the GWTC Grand Prix for adults and youth. The 5K course will take you through sandy trails, past campsites, a rifle range, and a footbridge inspired by the Scout Law.

Stay after the race for awards, a post-race party, and the popular Steve Prefontaine dress-alike contest. Prizes will also be awarded to the Scout Troop and Pack with the highest turnout.



Scan to Register. Registration is online only. There will be no race day registrations. <https://runsignup.com/Race/FL/Quincy/PrefontaineForestRun>



RACE CALENDAR

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. Visit Tallahassee Beer Festival at <https://tlhbeerfest.com>; or Mickey Moore at 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. Chris or Lauren Stanley at ctstanley800@gmail.com.

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 tomperkinsfsu@gmail.com or (850) 264-4595; Jeanne O'Kon at okonj@tsc.fl.edu or (850) 264-4903; or Bill Lott at 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.

22 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.

26 Wolves Run (LCS middle schools only), 6 p.m. girls; 6:30 p.m. boys. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Host: Swift Creek Middle School, Dea Stephens/Tonya Givens.

28 The Wedding Bell Run 5K, 6:45 p.m. Cascades Park, 1001 S. Gadsden St. Online registration available at RunSignUp.com. Visit www.tawp.org; or Cashata McGriff at cashatapeace@yahoo.com.

SEPTEMBER 2026

02 Pioneer Run (LCS middle schools only), 6 p.m. girls; 6:30 p.m. boys. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Host: Fort Braden Middle School, Duncan Mischler.

07 Bluebird Run for Brookie B. 5K/1M, 8 a.m. 1M; 8:30 a.m. 5K. J.R. Alford Greenway, 2500 S. Pedrick Rd. Online registration available at RunSignUp.com. Visit www.bluebirdrun.com; or Bill Bowers at bill@bluebirdrun.com.

BREAKFAST ON THE TRACK

A race worth waking up for

**AUGUST 8TH • 7:45AM
MACLAY SCHOOL TRACK**

Races include a competitive mile, youth heats, and fun runs for all ages. Whether you're chasing a PR or just here for the pancakes, this 1-mile race is the perfect way to start your day. Run fast. Eat well.



ONLINE REGISTRATION AVAILABLE AT

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

09 Mustang Run (LCS middle schools only), 6 p.m. girls; 6:30 p.m. boys. Montford Middle School, 5789 Pimlico Dr. Host: Montford Middle School, Keith Cottrell.

11 Hoka Nights of Thunder XC Fest (College), 8 p.m. college men 8K/college women 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Additional information and registration available at www.NightsofThunder.com.

12 GWTC 5K Run/Walk for Sickle Cell Anemia/Tim Simpkins 1M Fun Run, 8 a.m. 1M; 8:30 a.m. 5K. Jake Gaither Community Center and Golf Course, 801 Bragg Dr. Online registration available at RunSignUp.com. Visit www.sicklecellfoundation.org; or Sickle Cell Foundation at sicklecellfoundation@gmail.com or (850) 222-2355.

12 Hoka Nights of Thunder XC Fest (Middle School/High School), 6 p.m. middle school 3K; 7 p.m. open 5K; 8 p.m. HS JV 5K; 9 p.m. HS varsity 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Additional information and registration available at www.NightsofThunder.com.

16 Owl Run (LCS middle schools only), 10:15 a.m. Everhart students; 10:30 a.m. girls; 11 a.m. boys. Gretchen Everhart School, 2750 North Mission Rd. Host: Grechen Everhart School, Jane Floyd.

18 FSU Cross Country Open, 7:40 a.m. men's 8K; 8:20 a.m. women's 6K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.seminoles.com.

19 GWTC Women's Distance Festival 5K, 8 a.m. women; 8:05 a.m. men. Optimist Park, 1800 E. Indianhead Dr. Online registration available at RunSignUp.com. Visit www.gulfwinds.org; or Lisa Unger at lisa.s.unger@gmail.com.

23 Ram Run (LCS middle schools only), 6 p.m. girls; 6:30 p.m. boys. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Host: Raa Middle School, Joshua Atkins.

26 GWTC Salute to Steve Prefontaine 5K/1M Forest Run, 8:30 a.m. 1M; 9 a.m. 5K. Wallwood Scout Reservation on Lake Talquin, 23 Wallwood BSA Dr., Quincy, FL. Online registration available at RunSignUp.com. Visit www.gulfwinds.org; or Allen Blay at allen.blay@gmail.com.

26 St. John Paul II Panther XC Invitational (high school/middle school), 8 a.m. high school girls; 8:45 a.m. high school boys; 9:30 a.m. middle school girls; 10 a.m. middle school boys. St. John Paul II Catholic High School, 5100 Terrebone Dr. Francee Laywell at fancyfrancee@yahoo.com.

27 Imitation Adults Fat Ass 2, 3 or 4 Hours, 7 a.m. Optimist Park, 1800 E. Indianhead Dr. Nancy Stedman at nancystedman@gmail.com.

30 Buck Run (Championship) (LCS middle schools only), 6 p.m. girls; 6:30 p.m. boys. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Host: Deerlake Middle School, Chris Burky.



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
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	-

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>

GRAND PRIX STANDINGS

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

OCTOBER 2026

06 Tallahassee Middle School Open Cross Country Championship, 5:15

p.m. girls 3K; 5:45 p.m. boys 3K. Holy Comforter Episcopal School, 2001 Fleischmann Rd. Jeremy Barlow at jbarlow@hces.org or (850) 698-8339.

09 FSU Cross Country Invitational (College), 7:40 a.m. men's 8K; 8:20 a.m.

women's 6K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.seminoles.com.

10 GWTC Pine Run at Tall Timbers

20K, 7:30 a.m. Tall Timbers Research Station, 13093 Henry Beadel Dr. off CR 12. Online registration available at RunSignUp.com. Visit www.GulfWinds.org; or Carter Hay at (850) 294-9388, or Jennifer Hay at (850) 294-9395.

10 Visit Tallahassee Sports Pre-State Cross Country Meet (High School),

7:40 a.m. high school girls elite; 8:05 a.m. high school boys elite; 8:30 a.m. high school girls select; 8:55 a.m. high school boys select; 9:20 a.m. high school girls varsity A; 9:50 a.m. high school boys varsity A; 10:20 a.m. high school girls varsity B; 10:50 a.m. high school boys varsity B. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.visittallahassee.com; or Bob Thomas at bttrackguy@outlook.com.

17 Beyond Limits 5K Urban Adventure Race and Fun Run/Walk/Roll, 8 a.m.

Fun Run/Walk/Roll; 8:30 a.m. 5K Adventure Race. Independence Landing in Southwood, 3025 School House Rd. Online registration and additional information available at RunSignUp.com.

24 Quail Trail 5K, 8 a.m. Pebble Hill Plantation, 1251 U.S. Hwy. 319 South, Thomasville, GA. Online registration available at RunSignUp.com. Visit <https://pebblehill.com/quail-trail-5k>; or Lori Everett at leverett@pebblehill.com.

26 FCSAA Region 8 Cross Country Championships, 8 a.m. men's 8K; 9 a.m.

women's 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.njcaa.org.

27 Southwestern Athletic Conference (SWAC) Cross Country Championships, 9 a.m. men's 8K;

10 a.m. women's 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.swac.org.

31 Tallahassee Trick or Trot 5K/Fun Run, 8 a.m.

Charlie Ward Champions Ranch, 5601 Capital Circle SE. Online registration available at RunSignUp.com. Supreme Athletic Services at supremeath@gmail.com.



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PRESIDENTS COLUMN

By: Allen Blay, GWTC Vice President

I just got home tonight from five days in Blowing Rock, NC chaperoning 28 local runners at a high school XC camp. I'm tired, but rejuvenated – there isn't anything as entertaining as watching a team build chemistry by hanging around each other in close, smelly quarters. There's also nothing like Moses Cone Park up in Blowing Rock when you're a runner looking for a break from the Florida heat and humidity. This was my 9th and last time doing this – my youngest daughters are seniors this year. They always say the three best things about being a teacher are June, July and August. It's not as true when you are at FSU – it's just a lot quieter and not nearly as much fun up on campus. But without any classes to teach and almost no one around the building, I decided that this was the summer I was going to "preview" what retirement might look like for me, at least in the early morning.

I've started almost every Monday through Friday this summer with David Yon, Brandi Campbell, Kara Guinan, Joe and Maie Moody, and sometimes Hawthorne Hay and Alyson Churchill up at Phipps Park for the Gulf Winds Track Club SMIRFS program. The term was coined by Gary Droze many years ago, and I think it more or less stands for Summer Morning Is Running Fun. This summer, we have averaged between 30 and 40 elementary and middle school youth coming out for running, Sharks and Minnows, ultimate frisbee, and, of course, popsicles. The kids learn how to properly warm up, how to work as teammates, how to run as a pack, and how to laugh every time someone says the word fartlek. The kids will finish their summer with Breakfast



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PRESIDENTS COLUMN CONTINUED

on the Track on August 8, and I can't wait for them to see how much they have improved since their first mile time trial about a month ago.

In addition to the SMIRFS, every morning you can see about 35 Chiles and ultra-motivated Montford runners across the parking lot with Montford coach Brad Busboom and, on some mornings, Chiles coach David Knauf, when he decides to preview retirement also. Running across the parking lot from Forest Meadows are also large groups of Lions—the Leon variety—as well as Marauders from Maclay and Crusaders from Holy Comforter. It's a veritable tidal wave of dedicated youth giving up their summer morning sleep to beat the heat and get ready to PR this fall. I have no idea what it's like in other cities, but I can't recall ever seeing anything like this before I moved to Tallahassee 20 years ago. Maybe it's the trails, or maybe it's the SMIRFS program, or maybe it's the GWTC Summer Track Series at Maclay that Jeanne O'Kon, Tom Perkins, Bill Lott, and others have organized since well before my kids were running their first 50-yard dashes at around 3 or 4 years old.

All I know is that we have something really special here at GWTC and in Tallahassee. It's no surprise that there's rarely a year when a school in Tallahassee isn't winning or, at the very least, finishing on the podium at the state meet, which is, not coincidentally, hosted each year at Apalachee Regional Park right here in Tallahassee. I hope that, when it is time for me to retire for real, I'm healthy enough to be out here on the trails every day like Bill Hillison and so many others who call this place home. I love these trails, and I love the dedication of the kids who wake up early—and the parents who do, too—to get them there. We really do have something special here.



BEYOND LIMITS

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Join us on Saturday, October 17th for a day of fun, fitness, and community — all in support of Independence Landing.

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- ✓ **Individual and team awards** by age groups
- ✓ **Costumes encouraged** (but not required)—great photo ops!
- ✓ **Medals** for every participant who completes all challenges before crossing the finish line
- ✓ **Special Brunch Menu** provided by The Press Café
- ✓ **Accessibility:** While the 5K course is physically demanding and includes a series of challenging obstacles, we are committed to making it as inclusive as possible. Accommodations can be requested during registration to help meet individual needs.

OCTOBER 17, 2026

8 AM Fun Run
8:30 AM Adventure Course

RACES START AT:
Independence Landing
3025 School House Road

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*Join us for the Fun Run/
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The Adventure Starts Here!

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5K for Sickle Cell Anemia & Tim Simpkins 1 Mile

**Saturday,
September 12, 2026**

Jake Gaither Community Center
801 Bragg Drive, Tallahassee, FL 32305

Proceeds go to the Sickle Cell Foundation

5K

PRICE: \$20

TIME: 8:30AM EDT-
11:00AM EDT

Registration Opens July 31, 2026
at 12:01am EDT

Tim Simpkins 1 Mile

PRICE: \$15

TIME: 8:00AM EDT-
11:00AM EDT

Registration Opens July 31, 2026
at 12:01am EDT

Shirts For Non-Participant

PRICE: \$20

TIME: 8:30AM EDT-
11:00AM EDT

Registration Opens July 31, 2026
at 12:01am EDT

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*The course, through the historic Jake Gaither Neighborhood, is very fast
and provides participants with a great chance to run personal bests.*

Volunteers for this race are abundant and enthusiastic.



DEADLINE: You may join, create, or change teams up until 11:59 pm on Wednesday before the race. At midnight, team rosters are finalized. Note any team with less than four runners is not a valid team. In the case of co-ed teams, rosters with only one male or only one female cannot be considered valid.

Scan The Code To Signup!

<https://runsignup.com/Race/FL/Tallahassee/RunWalkforSickleCellAnemia5KTimSimpkins1MileFunRunforAll>





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Gulf Winds Track Club We Run This Town

Lessons From the Longest Miles

Host: Mickey Moore

Featuring: Ultramarathoners Jenny Early and John Baughman

For most runners, the marathon feels like the ultimate challenge. For others, it's simply the starting line.

That was the focus of June's podcast, where host Mickey Moore sat down with local ultrarunners Jenny Early and John Baughman to talk about a sport that's growing faster than almost anyone expected. Between stories of hurricanes, mountain races, belt buckles, and running for days at a time, one message came through loud and clear: ultrarunning isn't just about distance. It's about solving problems, embracing discomfort, and discovering what you're capable of.



It's Not Just About Running Far

Ultrarunning has exploded in popularity over the past decade, and today's runners aren't stopping at the traditional 100-mile mark. More athletes are taking on races of 200, 250, and even 350 miles, while others are testing themselves in "backyard ultras," where runners complete a 4.167-mile loop every hour until only one person remains.

But according to Early and Baughman, the appeal isn't simply seeing how far you can run.

For Early, it was about finding a new challenge after accomplishing one of running's biggest milestones: qualifying for the Boston Marathon.

"I realized I was too young to peak," she laughed.

Trail running gave her exactly what she was looking for.

Podcast

"No two ultras are ever the same," she said. "The weather changes. The terrain changes. Your body changes. Every race challenges you differently."

Baughman found his way into ultrarunning after reading *Born to Run*. His first organized race after returning to running wasn't a 5K or a marathon. It was a 50-mile ultramarathon.

"It was torture," he said. "And I fell in love with it."

Every Race Is Different

One of the biggest misconceptions about ultrarunning is that it's simply running farther than a marathon.

In reality, every race presents a different puzzle. Some 50Ks are run almost entirely on roads. Others require climbing steep mountains, scrambling over rocks, running through deep sand, or navigating miles of technical trails. Even the same race can feel completely different from one year to the next depending on weather conditions.

"You could run the exact same race a year later and have a completely different experience," Early explained.

That constant unpredictability is part of what keeps ultrarunners coming back.

The Community Is Different, Too

The conversation also highlighted something many first-time ultrarunners don't expect: the culture surrounding the sport.

Road races often revolve around pace, splits, and finishing times. Ultras tend to revolve around the experience. Instead of asking how fast you finished, runners swap stories about brutal climbs, surprise thunderstorms, stomach problems, missed turns, and whatever unexpected challenge the course threw their way.

"The course is what you're competing against," Baughman said. "Not the other runners."

Early said one of her favorite parts of ultrarunning is watching the final finisher receive the biggest celebration of the day.

"The first-place finisher might have one volunteer waiting at the finish line," she joked. "The last runner comes in to a tunnel of people cheering."



That supportive atmosphere extends well beyond race day. Whether it's answering training questions, pacing someone overnight, or crewing for a runner you've only recently met, helping each other is simply part of the culture.

Thinking About Trying an Ultra?

For runners considering their first ultramarathon, both guests recommended starting with a 50K while remembering that not all 50Ks are created equal. A relatively flat road course is a very different experience from climbing mountains or running through Florida sugar sand.

Their biggest advice was surprisingly simple: don't chase the perfect training plan.

As a working mom, Early said she rarely had the luxury of following every workout exactly as written. Instead, she focused on accumulating time on her feet, splitting runs when necessary, and accepting that walking is part of racing.

"Walking is a power move," she said. "It's strategic."

Baughman echoed that advice, adding that runners should also practice eating real food during training.

"You can't live on gels for 100 miles," he said.

Most importantly, both encouraged runners to experiment. Every ultrarunner eventually discovers what works best for their own body, whether that's different nutrition, different training, or simply learning when to slow down.

One Step at a Time

A 100-mile race sounds impossible until you spend time talking with the people who've completed one.

As this month's podcast reminded listeners, none of those runners started there. They built their confidence one race, one trail, and one challenge at a time.

For anyone curious about trail running or ultramarathons, Gulf Winds Track Club already has a community of experienced runners eager to answer questions, share advice, and help the next person discover just how far they can go.

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.

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FEATURED FEET

CARSON WEISS

Where do you attend school and what grade will you enter this fall? I am going into my junior year at Leon High School.

Which sport do you like better: track or cross country? Why? I definitely prefer cross country. I like it better because not only does the weather get cooler as the season goes on, but I also enjoy running with my team and competing more as a team than in track.

If you could choose any profession after college (and you already had all the money you need), what would it be? I think going into sports nutrition would be super cool. I think it would be awesome to work with athletes and learn more about the body for my personal and professional growth.

Favorite running memory: During my sophomore year track season, my team wasn't even sure we were going to make it out of districts, but we ended up making it to the state meet in the 4x800, where we competed really well.

Favorite junk food: Any cookies my girlfriend makes!

Preferred running technology: Saucony Ride 17s (although I'm wearing the 19s now), Feetures socks, BOA running shorts, and Goodr sunglasses.

Non-running hobbies: I enjoy fishing and swimming with my friends in my free time.

Favorite types of books: Running books. My favorites are *Born to Run* and *Once a Runner*.

Best place to run in Tallahassee: Forest Meadows, by far! (Phipps Park)

Biggest challenge: Not going too hard and running too much. This past summer, I've been in and out of town a lot, so I haven't been able to hit all the mileage I want. When I'm back in town, I want to match the mileage the other guys are running, even though it's not smart to jump back into 40-plus-mile weeks after taking weeks off.

Perfect day: Wake up, go to Forest Meadows practice at 8 a.m., and run a threshold workout (4 x 8 minutes at 6:15 pace) with the guys. Then go to breakfast with the team and head to weight training. Go home, take a nap, eat lunch, and play with my puppy. In the evening, go to the ARP for my second threshold session, but it's a cool, rainy summer day, so it's not too hot. Run 6 x 5 minutes at 6:15 pace, fish for a while at the ARP, then go to the gym, sauna, cold plunge, and Normatec session with my junior running buddies, Asher and Barnes. Finally, drive home, eat dinner with my family, stretch, and go to sleep at a hopefully reasonable time.

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YEAR ROUND RUNNING GROUPS

Learn a lot more about
running groups by visiting
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

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.

A Celebration of Local Running

THE GREAT POTLUCK BASH

4 MILE PREDICTION RUN



By: David Yon

Photo credit: Hong-Guo Yu

Potluck Bash...what can you say? It is a race that often takes place on what feels like the hottest Saturday of the year. The challenge of this race is for your everyday runner to shed their watch and race for who can come closest to their predicted time. The race takes place at 6:00 pm from the Forest Meadows complex and

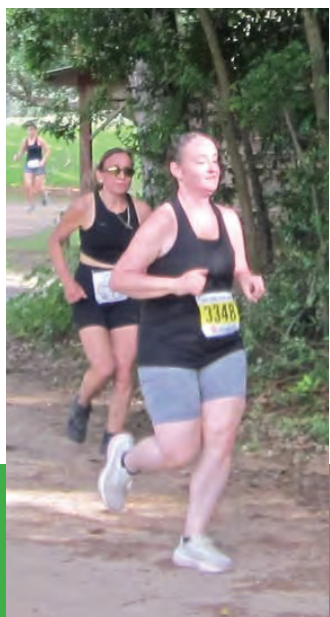
is measured (in secret) to be as close to four miles as possible. It is not uncommon for participants to utter a discouraging word to the race organizers.

This year's champion was David Knauf who ran less than one second from his predicted time of 37:12. Lisa Britt came in second with three seconds off her predicted time of 54:40.

Equally as impressive was the performance of Matt Mizereck who ran 23:41 for the four- mile distance. Matt pushed away the heat and hills to run an outstanding time. Angela Dempsey was the top woman with a time of 33:28.

However, the main event of the evening was to recognize and honor, with scholarships, the outstanding high school track & field and cross-country athletes in the Big Bend area for the 2025-2026 season.

Proceeds for the event benefit the Gulf Winds Track Club Youth Running and the Chenoweth Fund.





FEATURED FEET

ANSLEY BLAY

Where do you attend school and what grade will you enter this fall?
Chiles High School, 12th grade (senior).

Which sport do you like better: track or cross country? Why?
Track! I enjoy getting to push myself in the weight room with my teammates for shot put and disc!

If you could choose any profession after college (and you already had all the money you need) - what would you do?
Theatre or Film Making

Favorite running memory: I was doing badly in the JP II race in 6th grade. While I was finishing, my team came and ran the rest of the way with me. It put a huge smile on my face and I still think about that a lot!

Favorite junk food: Pita Chips with Hummus

Preferred running technology:
My COROS Pace 2 watch and my Saucony Speed shoes

Non-running hobbies: Reading, Theatre, and Swimming.

Favorite types of books: Thriller/Murder Mystery

Best place to run in Tallahassee:
Forest Meadows or either of the Greenways

Biggest challenge: Running for sure! I love doing it, but it's definitely hard and takes hard effort.

Perfect day: Going on a hike with my family and then doing some sort of water activity, whether that be tubing or kayaking, and ending it with a movie and some popcorn.

THE SUMMER TRACK SERIES RETURNS





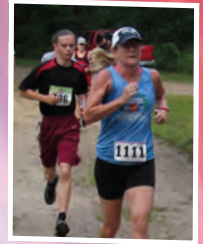
GULF WINDS TRACK CLUB PRESENTS **MILLER LANDING MADNESS**

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.

Ages 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.**

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

