

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | OCTOBER 2026



WOMEN'S DISTANCE FESTIVAL 5K HONORS ITS HISTORY WITH FOUNDING RACE DIRECTOR DOT SKOFRONICK

Photo credit: Lisa Unger



VOLUME 51 | ISSUE 9

Tallahassee, FL
Gulf Winds Track Club

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | OCTOBER 2026

VOLUME 51 | ISSUE 9

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).

Advertising Copy:

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If possible, ads should be sent as PDF files. Deadline: 10th of
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Payment in advance/checks payable to:

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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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JUNE BOARD MEETING RECAP

Here is a Gulf Winds Track Club Board of Directors meeting briefing about the meeting held August 12, 2026, hosted by Mickey Moore. 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.

Supporting Access to Leon County Tracks

Gary Droze discussed the closure of Leon County School tracks to runners and the possibility of advocating for limited public access. He suggested volunteers could help with cleanup to address concerns about trash and damage. The Board approved a motion supporting a proposal to open two tracks on weekend mornings with monitoring and cleanup. Members may also be asked to attend a School Board meeting or sign a petition in support of the effort.

Board Election Update

Planning has begun for the upcoming GWTC Board election. Some current Board members have indicated they will seek another term, and a couple of members have expressed interest in the Treasurer position. Tina Bahmer has agreed to serve as Director of Socials but would like the Education responsibilities handled separately. Mickey Moore will prepare information about the open positions and election for distribution to club members.

Prefontaine 5K Moves to Alford Greenway

The Salute to Steve Prefontaine 5K Forest Run moved to Alford Greenway this year. EMS service, including an ATV, cost \$687. The Board approved the race budget.

Tallahassee Ultradistance Classic Returns to the Trails

The Ultra will take place on the Munson and J. Lewis Hall trails. The goal is at least 35 registrants in each distance. EMS costs will be higher because of the event's eight-hour span. The Board approved the budget.

Tannenbaum 6K Budget Approved

The 2026 GWTC Tannenbaum 6K budget was approved by the Board.

New Club Budget Approved

The Board approved the 2026–2027 budget. Plans include purchasing equipment for dynamic bib assignment, including iPads, Starlink internet connectivity and label printers, particularly for the Marathon and Turkey Trot. The Board also discussed providing quarterly reports on non-race items. School Grants have been increased to \$500, and the club has received more applications.

Recognizing GWTC Volunteers

A new Volunteer Recognition proposal was introduced after reviewing programs used by other running clubs and nonprofits. The program would provide automatic recognition for Board members when they roll off the Board, qualifying race directors when they step down and major program leaders when they retire from their positions. Other volunteers could also be recognized, including through a list published in Fleet Foot. The proposal calls for \$750 annually and is separate from recognition race directors provide to their own volunteers. The Board approved the proposal.



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MORE



fleetfeet.com

Race Director Updates

A recent RunSignup workshop helped race directors learn more about using the platform effectively. A race director is still needed for the Sickle Cell 5K.

Membership and Communications Continue to Grow

GWTC currently has 743 memberships, including 459 individual and 284 family memberships, representing 1,430 total members. The club is also looking at ways to encourage nonmembers who participate in races to join, with race registration discounts serving as one incentive. Social media saw strong growth over the summer, with a combined 70,000 Facebook and Instagram views. Race directors are encouraged to submit more photos and videos for social media. PhotoCircle was suggested as an easy way for race directors to share event photos. The club has also sent 48,000 emails this year, and the podcast continues to attract a consistent audience.

Christmas Party Set for December 12

GWTC has signed a contract with Goodwood for this year's Christmas party, scheduled for December 12.

Equipment Inventory and AED Replacements

New Equipment Manager Mike Schmitt is photographing and inventorying the club's equipment, and GWTC may need to expand into a third warehouse because of the amount of equipment it owns. The club has also purchased 14 new "Straight Ahead" directional signs for \$293, with additional turn signs potentially coming after the inventory is completed. Several batteries and pads for the club's three AEDs have expired or will expire soon. Replacement supplies are expected to cost approximately \$2,500. The Board approved the equipment purchases.

Chip Timing

In July, one non-Club race (Capital City Kiwanis Firecracker 5K) and one Club race (GWTC Summer Trail Series Race #3 – Cadillac Trail) were chip timed. During August, two non-Club races (Tallahassee Beer Festival Beer Mile; and the Wedding Bell 5K) and three Club races (Breakfast On the Track 1 Mile; Miller Landing Madness 8K/5K/3K; and GWTC Summer Trail Series Race #4 – Maclay Gardens) will be chip timed. White In September, there's one non-Club race (Bluebird Run for Brookie B 5K) and three Club races (5K for Sickle Cell Anemia/Tim Simpkins 1 M; Women's Distance Festival 5K; and Salute to Steve Prefontaine 5K/1M Forest Run). Revenue received from chip timing non-Club races for the just ended fiscal year (July 1, 2025 to June 30, 2026) totaled \$10,262.00. No revenue has been received for the current fiscal year-to-date (July 1 to July 31, 2026). Two laptop computers, two wireless mice, and two laptop sleeves totaling \$2,630.48 have been purchased for chip timing. These laptop purchases had been previously authorized by the Board.

Grand Prix Results

The Grand Prix results are up to date on the GWTC website.

School Grants Approved

Amy O'Kelley reached out to 10 schools and approved four grant requests at the \$300 level. The Board approved the requests.

Building Community Through Training Groups

Positive feedback was received from those who attended the Town Hall meeting. Plans are in place to reach out to group run leaders, and funds have been set aside for activities designed to create more of a community feel among participants.



Thursday, November 26, 2026

SouthWood, 4055 Esplanade Way, Tallahassee, Florida

Start Thanksgiving Day with one of Tallahassee's favorite running traditions!

DISTANCES

15K
10K
5K
1 Mile Fun Run

START TIME

8:30 a.m.
8:30 a.m.
8:30 a.m.
8:00 a.m.



Sign up or learn more at
www.TallyTurkeyTrot.com

Whether you're racing for a PR, running with family and friends, or simply making room for Thanksgiving dinner, there's a distance for you.

1 Mile Turkey Gobbler A flat, fast course with no hills. A great choice for families, walkers and runners of all ages.

5K The most popular distance, featuring a fast loop around Central Park Lake with one hill along the way.

10K Share the opening miles with the 5K and 15K runners before heading out on a longer tour through SouthWood.

15K Ready for more? Take on 9.3 miles through SouthWood for the morning's longest challenge. 15K participants should be able to finish by 10:30 a.m.

The race is chip timed, with all four distances starting and finishing on Esplanade Way.

Register Early And Save!

Individual registration starts at **\$20 without a shirt or \$25 with a shirt** through November 15. Families registering three or more receive discounted pricing. GWTC members also receive a \$2 discount when eligible.

RUN. GIVE THANKS. EAT PIE.

RACE CALENDAR

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.

10 Live Like Jared Memorial 5K and Fun Run, 8 a.m. 161 Centerline Rd., Crawfordville, FL. Online registration available at RunReg.com. April Blackburn at blackburn91@msn.com or (850) 228-1453.

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.

17 Graceville Harvest Festival 5K Harvest Hustle, 8 a.m. (CT). Graceville Civic Center, 5224 Brown St., Graceville, FL. Online registration available at ItsYourRace.com. Visit www.gracevilleharvestfestival.com; or call (850) 263-3250.

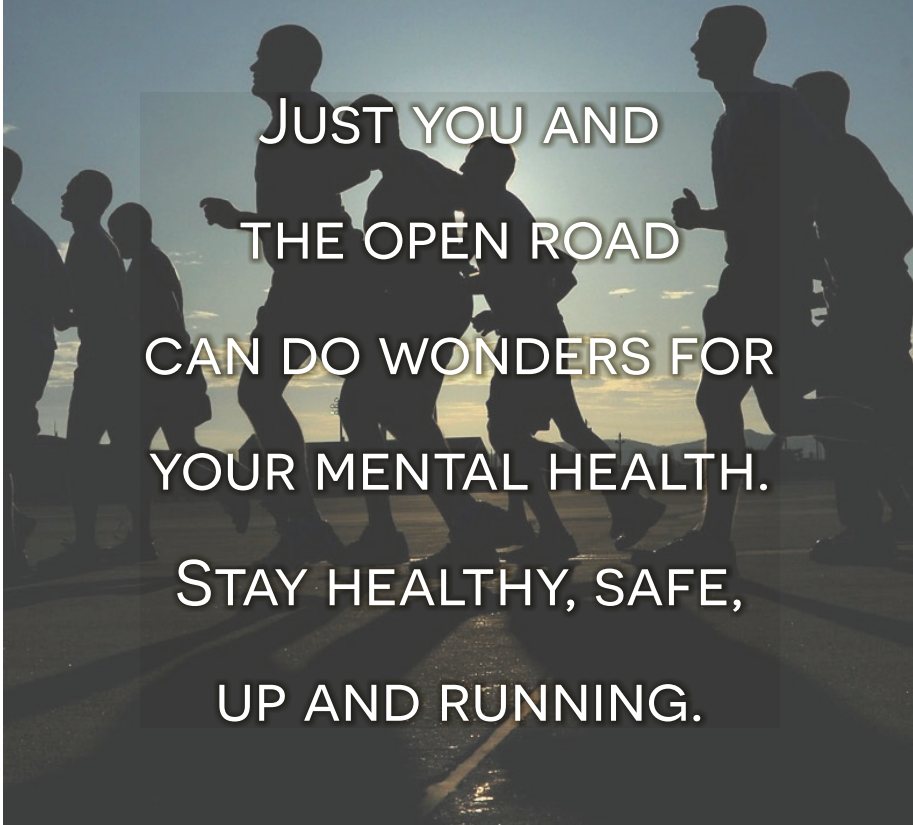
17 Tate's Hell Trail Run, 8 a.m., Womack Creek Campground, Jeff Sanders Rd., Sopchoppy, FL. Online registration available at Webscorer.com. Anna Bull at forgottencoastrunclub@gmail.com.

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.

24 Run Watersound 10K/5K, 8 a.m. (CT) 10K; 8:10 a.m. (CT) 5K. Watersound Town Center Pavilion, 85 Origins Main St., Inlet Beach, FL. Online registration available at ItsYourRace.com. Mary Beth Lovingood at marybeth.lovingood@joe.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.

FEAR NO DISTANCE

A group of runners in silhouette are shown in motion against a bright, hazy sky at sunrise or sunset. The runners are in various stages of their stride, creating a sense of forward movement and energy.

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YOUR MENTAL HEALTH.
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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.

31 Boston Half Marathon/Relay/5K Run/5K Walk, 8 a.m. half/relay; 8:15 a.m. 5K run; 8:30 a.m. 5K walk. Start at 118 E. Jefferson St., Boston, GA. Online registration available at RunSignUp.com. Visit www.bostonga.com. Jerry Magginnis at (229) 516-5193.

31 Pavement for a Purpose 5K Halloween Edition 8 a.m. Davis Park, corner of 3rd Ave NE and 1st St. NE, Cairo, GA. Online registration available at RunSignUp.com. Chip Wells at cwells@fnbdc.com or (229) 378-7648.

NOVEMBER 2026

07 Working Well Corporate Cup Challenge, 8:30 a.m. (teams of 4 with one each completing in Family Fun Run, 5K(ish) Run, Office Olympics, Wellness Warrior Challenge, AND have fastest Wellness Challenge time). XC course at Apalachee Regional Park, 7550 Apalachee Pkwy. Online registration available at Eventbrite.com. Visit www.workingwelltoday.org; or Mary Barley at marybarley50@comcast.net.

11 Memorial to Memorial Veterans Day 5K, 8 a.m. Cascades Park, 1001 S.

Gadsden St. (start at Florida Vietnam Veterans' Memorial - enter from Calhoun St.; finish on Suwannee St. near Korean War Memorial in Cascades Park). Online registration available at RunSignUp.com. Bob Asztalos at Bob.Asztalos@FDVA.FL.GOV.

13 NCAA Division I South Region Cross-Country Championships, 9:30 a.m. women's 6K; 10:30 a.m. men's 10K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.ncaa.com.

20 FHSAA Cross-Country State Championships, TBA. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.fhsaa.org.

21 Art Fest Half Marathon/10K/5K/1M, 8:30 a.m. half marathon; 9 a.m. 10K; 9:30 a.m. 5K; 10 a.m. 1M. The Arts Center of Moultrie, 401 7th Ave. SW, Moultrie, GA. Online registration available at RunSignUp.com. Krysta Porteus at programs@moultriearts.org.

22 Marching Chiefs 5K, 9 a.m. Bill Harkins Field (Chiefs Field), located next to the Flying High Circus, FSU Campus. Additional information and online registration available at www.marchingchiefs5k.com. Aiden McIlvenna at racedirector.mc5k@gmail.com; or Audra Cantrell at coracedirector.mc5k@gmail.com.

26 GWTC Tallahassee Turkey Trot 15K/10K/5K/1M, 8 a.m. 1M; 8:30 a.m. 15K/10K/5K. Southwood State Office Complex, 4055 Esplanade Way. Online registration available at RunSignUp.com. Visit <http://tallyturkeytrot.com>; or David Yon at david@radeylaw.com.



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
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>

DECEMBER 2026

04 HurriGains 5K Glow Run, 6 p.m. Florida State University Schools, 3000 School House Rd. Online registration available at RunSignUp.com. Visit <https://www.floridadiaster.org/5k/>; or Casey Bruno at casey.bruno@em.myflorida.com.

05 GWTC 10M/5M Challenge, 8 a.m. Hawks Rise Elementary School, 205 Meadow Ridge Rd. - use Meridian Rd. parking lot entrance. Online registration available at RunSignUp.com. Visit www.GulfWinds.org; or Mark Tombrink at marktombink@gmail.com.

05 Jingle Bell Run, 6:15 p.m. Corner of S. Monroe St. and Park Ave. Online registration available at RunSignUp.com. Visit www.talgov.com; or Tallahassee Parks & Recreation at 891-3866 or 891-3860.

05 AAU Cross Country National Championships, TBA. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.aausports.org; or www.visittallahassee.com; or Chad Culver at c2culver@gmail.com or (423) 827-4977.

12 GWTC Tallahassee Ultra Distance Classic 50K/25K/10K, 7 a.m. 50M/25K; 7:30 a.m. 10K. J. Lewis Hall Park, 1492 J. Lewis Hall Park Lane, Woodville, FL. Online registration available at UltraSignup.com. John Baughman at jtbaughman@yahoo.com; or Travis Crow at robertcrow2018@outlook.com.

19 GWTC Tannenbaum 6K Cross-Country Run, 9 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Online registration available at RunSignUp.com. Visit www.GulfWinds.org; or Herb Wills at hwills@gmail.com; or Judy Alexander at jalexander98@comcast.net.

GET READY FOR THE 2026 TURKEY TROT

Turkey Trot Training Group Begins October 5

Join the Turkey Trot Training Group, an 8-week beginner program designed to help runners build distance, fitness, and confidence for the 5K.

BEGINNERS WELCOME!

MONDAYS AT 6 P.M.

October 5 through November 23

Four Oaks Park in SouthWood
Meet by the volleyball courts

We'll start with a 1-mile run and gradually build to the full 5K distance. Each week, we'll preview portions of the Turkey Trot course so you'll know what to expect when Thanksgiving morning arrives.

All participants must complete the Training Groups Waiver before participating. Visit the Training section at www.gulfwinds.org to complete the waiver.

Please remember to bring visibility gear for evening runs.
Contact Ashton Smith with questions: Ashtoncowansmith@gmail.com



PINE RUN 20K AT TALL TIMBERS

SATURDAY, OCTOBER 10, 2026 | 7:30 A.M.

TALL TIMBERS RESEARCH STATION, 13093 HENRY BEADEL DRIVE, TALLAHASSEE

The Pine Run 20K takes runners through the beautiful Tall Timbers research forest on undulating grassy trails and double track jeep roads. It's challenging, scenic and the only time all year Tall Timbers is open to runners!

WANT TO RUCK IT?

Take on the 14K Pine Ruck, with a 3-hour cutoff and weight standards of 10 lbs. for women and 20 lbs. for men.

REGISTER EARLY!

Prices increase after October 9.

PACKET PICKUP

Thursday before the race | 5–7 p.m.

REI Co-op, 1415 Timberlane Rd. #201

Pick up your bib Thursday and you'll be entered to **win a \$30 REI gift card!**

RACE DAY

7:30–10:30 a.m. | 3-hour cutoff

Water and Gatorade stations are available throughout the course.
Stay after you finish for music and refreshments. BYOB.

REGISTER NOW AT RUNSIGNUP

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





PRESIDENTS COLUMN

By: Allen Blay, GWTC Vice President

Today (September 26) was the GWTC Salute to Steve Prefontaine Forest Run. We held it at the JR Alford Greenway this year, and I want to give a lot of thanks to CJ, Chris, Travis, Titus, and the entire crew with Leon County Parks & Rec. They were tremendously helpful and made the park and trail amazing for the race. As always, we had a whole bunch of volunteers making the race happen. This was the 50th anniversary of the race, which was started by Dave Rogers in 1976, a year after Pre's death. Here we are 50 years later, and Pre is still relevant – and so is Dave.

Dave served as the starter for the race and fired Champagne at the runners with a cork popping to honor his wife Carmen to start the race. That was nothing compared to the rifles, cannons, and even a watermelon drop from a plane that he did back in the 70s (seriously). The race was special, with 13-year Prefontaine race director Jeff Nielsen acting as the lead bike and another former Pre race director, Jeff Doherty, running in the race. Jeff D. has the rare distinction of running both the 1st and the 50th anniversary race. GWTC legend Bill McGuire, who helped found the club, also ran in both the first race and the 50th race.

Bill brought printouts of the results of the first two races, and the times shocked me. On that tough course at Silver Lake, Tim Simpkins won both races in the 15s, with an amazing 15:35 in the second race. Even more amazing is that there were 244 finishers paying the outrageously high \$1 entry fee that second year, with the names gathered off a sign-in guest book that Dave Rogers brought to the 50th race and had the runners from this year sign also. The part that shocked me was not just the number of runners, but the depth of speed. Today, we had one runner under 22 minutes. In 1977, there were 121. That number shocked me enough that I asked several people if the course was short (as opposed to long like today). The response from those there was a decisive no. Prefontaine just inspired an entire generation of runners.

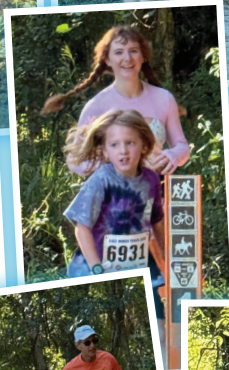
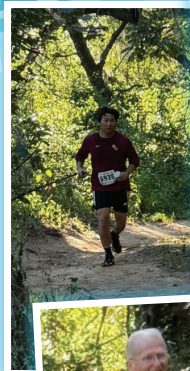
Of course, that doesn't mean American distance running was better in 1977. In many ways, we are living through one of the best periods American distance running has ever seen. Cole Hocker and Yared Nuguse won Olympic gold and bronze in the 1500 in Paris, while runners like Elle St. Pierre, Nikki Hiltz, Parker Valby, and Emily Sisson have shown that American women can compete with the world's best as well. We certainly don't need to go back 50 years to find great American runners.

So why are we still talking about Prefontaine?

I think it is because Pre's legacy was never really about how fast he ran. His American records are long gone. There have been many American runners since



CELEBRATING 50 YEARS OF THE PREFONTAINE FOREST RUN



PRESIDENTS COLUMN CONTINUED

then who have run faster and accomplished things internationally that Pre never did. What remains is the way he made people want to run.

Pre made running seem like something worth caring about. He raced aggressively, sometimes to his own detriment, and believed that a race should be more than simply finding the safest way to win. There was something appealing about that attitude, particularly in a sport that asks us to spend an awful lot of time doing something that is hard for no obvious reason. Charles Wesley Godwin even sings about Pre in his recent song 'Strong', which is about being, well, strong.

And maybe that is what those 1977 results were telling me. The remarkable thing wasn't that Tim Simpkins ran 15:35. It was that 243 other people followed him across the finish line. Something had convinced a whole lot of ordinary people to lace up their shoes, train hard, and see how fast they could run.

Fifty years later, that part still feels familiar. Most of us aren't chasing American records, Cole Hocker, or Elle St. Pierre. We are chasing the person in front of us, a PR, an age-group award, or maybe just the version of ourselves that ran a little (or a lot) faster a few years ago.

Dave Rogers created the Salute to Steve Prefontaine Forest Run because Pre inspired people to run. Fifty years later, Dave popped a cork, Bill McGuire crossed the finish line again, and a new group of runners added their names to that old guest book.

I can't think of a better argument that Pre is still relevant.

A poster for a holiday party. The background is dark with several stylized starburst or snowflake-like patterns made of small dots in white and gold. The text is centered and uses a mix of white, gold, and black fonts.

HOLIDAY PARTY
DECEMBER 12
6–10PM

We're celebrating!
Join fellow runners and their families at
Goodwood Museum, for food, activities, and live music.
All ages are welcome.

**Need to volunteer to get your Grand Prix award?
contact Tina Bahmer, 307-286-3725.**



BEYOND LIMITS

ADVENTURE 5K+ FUN RUN



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

- ✓ **Unique challenges** along the 5k adventure course
- ✓ **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

PREFER SOMETHING A LITTLE MORE LAID BACK?

*Join us for the Fun Run/
Walk/Roll*—a shorter
course (less than a mile)
around the Independence
Landing complex, suitable
for all ages and abilities.

Advanced Registration is strongly encouraged. Limited spots available.



The Adventure Starts Here!

TO REGISTER, GO TO:
runsignup.com/IL

TO VOLUNTEER, TABLE OR SPONSOR:
please contact Barby@independencelanding.org

Independence Landing provides affordable, supportive housing for adults with intellectual and developmental disabilities. Our community includes thoughtful amenities providing social, vocational and employment opportunities that foster maximum independence. Thank you for your support!

Buying or selling your home?
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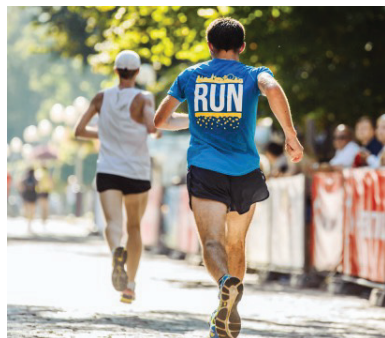
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Gulf Winds Track Club We Run This Town

Family Ties to Family Tri's

Host: Mickey Moore

*Featuring: Father-daughter triathlon duo
Clement Allen and Jamila Allen*

What started as a New Year's goal turned into more than 15 years of training, racing, traveling, and taking on increasingly bigger challenges together. Father-daughter duo Clement and Jamila Allen started with a sprint triathlon in 2010 and eventually set their sights on completing 12 full Ironmans and earning their way to Kona. Along the way, they found a community, learned a few hard lessons, and built an incredible bond.



Hooked After the First Race

Their first triathlon came about seven months later at Freedom Springs, and there was definitely a learning curve. They showed up without wetsuits, not realizing just how cold the spring water would be. Jamila took about 30 minutes to complete the swim, while Clement made a few beginner mistakes of his own, including heading out on the bike with his goggles still on.

But they both finished, and Jamila placed third in her age group. "My confidence was boosted after that moment," she said. "I was like, 'I can do this.'" Clement remembers it a little more simply. "She was hooked." Before long, they were traveling around the Southeast together and completing seven or eight races a year. What had started as one goal for Jamila had quickly become something they both loved doing.

Going Longer

For the first couple of years, Clement and Jamila stuck with sprint and Olympic distance triathlons. Then Jamila decided they should try a half Ironman. Clement thought the idea was crazy at first, but eventually agreed on one condition. They needed a coach. They began working with local coaches Jeff and Annie Bowman and completed their first half Ironman in Augusta, where Jamila once again placed third in her age group.

Training with coaches also introduced them to more people in the triathlon community. Until then, they had mostly trained together. "It opened up our social group," Clement said. Training with other athletes challenged them and helped make them stronger, while also introducing them to new friends. The following year, Jamila was ready for another step up. This time, she wanted to do a full Ironman.

Podcast



Becoming Ironman Finishers

Their first full Ironman was Florida in 2014, but the swim was canceled. Although they completed the race and officially became Ironman finishers, neither felt completely satisfied. "We need to do at least another one to make sure we're legitimate," Clement recalled. So, they tried again.

Ironman Maryland was next, but Hurricane Joaquin forced the race to be rescheduled, and when race day finally arrived, the swim was shortened. Their next attempt was Chattanooga, where they finally got the full experience. That race came with an extra long bike course and extremely hot conditions, but they completed the swim, bike, and run. After several attempts, they had finally done the entire distance together.

The Road to Kona

By then, one Ironman had turned into several, and Clement and Jamila began thinking about Kona. "That was really the only goal that was left," Clement said. They decided to pursue a path that involved completing 12 full Ironman races. Since they were already doing about one a year, the goal seemed challenging but possible.

Jamila was usually the one choosing which races they would do and handling the logistics, including hotels and flights. Clement summed up their arrangement with a laugh. "I was the bank." Over the years, those plans took them to courses across the country, each with its own challenges and memories.

Florida remains a favorite for both of them. Clement remembers Lake Placid as one of the toughest, with a hilly bike course and roughly 8,000 feet of elevation. Jamila points to Maryland as one of her most challenging, thanks in large part to the jellyfish they encounter during the swim. "You feel them with your hands when you're pulling," Clement said. "They're on your feet." Through all of it, they kept working their way toward number 12.

In 2025, they reached that milestone at Ironman Florida. It was fitting that the race where their Ironman journey began was also the one where they completed number 12. "I wanted to start with Florida," Jamila said, "and then we started doing this journey. I said, let's end at Florida."

Dad, Just Swim

Some of the moments that have stayed with them the most have little to do with finishing times. Early in their triathlon days, Clement struggled with the swim and remembers being especially nervous before one race. He kept talking about everything that worried him until Jamila finally gave him a simple piece of advice.

"Dad, just swim," she told him. "You're not going to drown. You swim well enough to do this."

Those words stuck with Clement. "That's kind of been a mantra of mine," he said. When he faces a difficult situation, he still thinks, "Well, just swim." For him, it became a reminder that sometimes you have prepared as much as you can and simply have to do what is in front of you.

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Jamila has learned something from her dad, too. She describes herself as Type A and someone who likes to keep things moving. Clement is the one who reminds her to slow down. “Just relax,” she said of the lesson she has learned from him. “You can get through this. You’ve done more challenging things.”

Don’t Count Him Out

One of Jamila’s proudest memories of her dad came during a particularly difficult Ironman Florida. The swim was so rough that she wanted to quit herself. Once she made it out of the water, she started wondering whether Clement had made it through. They didn’t see each other again for hours, and the longer it went, the more she worried.

Then she spotted him on the run course. “I was so proud,” Jamila said. “I was like, he made it through the swim.” Clement had a response for that, too. “I always have to tell her, ‘Don’t count me out.’”

That persistence is one of the things Jamila admires most about her dad as an athlete. “He’s not the fastest, but he just keeps going,” she said. “He doesn’t quit.” Clement feels the same pride when he sees Jamila somewhere along a race course. “I feel proud every single time I see her out there,” he said. “I know the journey. I know the work she put in.”

Finding Their People

Looking back, Clement says one thing he would have done differently was join the local triathlon community sooner. In the beginning, he assumed the club was for elite athletes and even thought you might have to try out to join. Once he and Jamila got involved, they realized how much they had been missing.

The community gave them people to train with, experienced athletes to learn from, and friendships that have lasted for years. “To this day, my closest friends are people that I met through the running community and triathlon,” Clement said. His advice to anyone thinking about getting into the sport is to “find your tribe.” Jamila’s advice is even simpler. “Have fun with it.”

Kona Is Still Calling

Completing 12 Ironmans was a huge milestone, but Clement and Jamila aren’t finished yet. After completing number 12, they applied for Kona but were told it was full. Under the requirements they discussed, they still need to complete an Ironman the year before Kona, which is why Ironman Maryland is on the schedule this year. They plan to apply again for 2027, and another Ironman may be required during the year they ultimately race Kona.

More than 15 years after Jamila first decided she wanted to try a triathlon, father and daughter are still training, racing, and looking toward the next finish line. There have been canceled swims, jellyfish, difficult courses, long training days, and 12 full Ironmans along the way. But perhaps Clement put it best when reflecting on everything they have done together. “This is something that we come back to,” he said. “I think we have a great relationship because of that.”

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.



FEATURED FEET

THE NOONANS

that have defined the GWTC over the decades, and we look forward to watching their continued growth.

Megan and Greg have also inspired Megan's mom, Carmen Williams. Carmen started running in 2019 when she moved to Tallahassee after her husband passed. Carmen enjoys running on trails and in the Betton neighborhood. Her favorite thing about running is how she feels afterward: energized and proud. On summer mornings, Carmen can frequently be found running the trails at Forest Meadows while Ethan and Everett run with the SMIRFs.

THREE GENERATIONS OF GWTC RUNNING

Megan and Greg Noonan are avid runners and busy professionals whose active participation in the GWTC community has inspired their two young sons, Everett and Ethan, to carry on the family tradition.

The boys spent the past two summers running with the SMIRFs on Monday-Friday mornings, which prepared them to run very impressive mile times at the Breakfast on the Track.

Megan and Greg have truly passed the running baton to Ethan and Everett, who embody the dedication, self-discipline, and spirit of generosity

EVERETT NOONAN

What grade are you in and what school do you attend? I am in 5th grade at Kate Sullivan Elementary.

What do you like about running? I like being with my family, the scenery, and getting better.

What is the most memorable race you have ever run, and what made it special? The Red Bug from the summer trail series because of the scenery and obstacles.

What are your favorite hobbies besides running? Drawing and soccer.

Do you have any sports heroes? My dad.

What is the most interesting place you have ever been? Universal.

What made it interesting? How much technology and engineering are involved in creating the rides.

If you were given a free trip anywhere in the world, where would you go—and why? Tokyo, Japan, because it seems unique with a lot of cool structures.

If you had a magic wand and could change something about the world, what would you change? Not sure.

Favorite foods? Sushi, Thai, and shrimp.

What do you want to be when you grow up? A lawyer or artist.

Describe a perfect day. A weekend, wake up well-rested, start with a cinnamon roll and a cup of coffee, play with friends, go for a run in perfect weather, end with fireworks and s'mores.

ETHAN NOONAN

What grade are you in and what school do you attend? I am in 7th grade at Cobb Middle School.

What do you like about running? The satisfaction of finishing, beating others, and improving my time.

What is the most memorable race you have ever run, and what made it special? The first time I ran the Tallahassee Marathon relay because it was a relay, we all did it together as a family, and I enjoyed the challenge of my leg.

What are your favorite hobbies besides running? Art and soccer.



Do you have any sports heroes? Don't have any.

What is the most interesting place you have ever been? Guatemala.

What made it interesting? It was so different from here.

If you were given a free trip anywhere in the world, where would you go—and why? Japan because I hear they have very sophisticated toilets.

If you had a magic wand and could change something about the world, what would you change? Change it to where it never got too hot or too cold.

Favorite foods? Hibachi.

What do you want to be when you grow up? A lawyer or robot creator.

Describe a perfect day. Sleep in 'til 8:30 a.m., fly out of Tallahassee first class to Orlando to hit all 3 Universal theme parks, end the day with swimming and a hibachi dinner and virgin piña colada.

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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 at the track at Holy Comforter
Episcopal School, 2001 Fleischman 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.

WOMEN'S DISTANCE FESTIVAL

Celebrates Community and Competition

More than 160 runners registered for this year's Women's Distance Festival 5K, with great racing, strong community support, and plenty to celebrate. Race Director Lisa Unger was especially pleased with the turnout, the volunteers, and the beautiful handmade awards. "It was great this year," she said. "We had super volunteers and a great turnout."

One of the day's standout performances came from the women's winner, who was also the mom in the Mother-Daughter team. Unger was also impressed by the generosity runners showed toward charity partner Girls on the Run and grateful for financial sponsorship from First Commerce Credit Union.



Photo Credit: Lorraine Ausley

Race morning included a special visit from founding Race Director Dot Skofronick, who posed for a photo beside a display commemorating Tallahassee's first RRCA-sanctioned Women's Distance Festival, which was originally held as an evening event.



Photo Credit: Bryan Hendricks

Plenty of community support helped make this year's race a success. The POWERHOUSE Collegiate 100 FAMU chapter cheered runners to the finish line, the Midtown Jr. Women's Club covered a location along the course, and Girls on the Run supported the water stop. First Commerce Credit Union provided financial assistance, while GWTC members filled many of the essential volunteer roles needed to make race morning happen.



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Thank you for your incredibly generous donation of \$9,600.00, paid via check on 06/15/2026. Your support will help us fulfill our mission of ensuring that all women and girls have the opportunity to thrive. Your unique donation could provide funding for eleven women to each receive 12 free sessions of individual counseling, including women like **Tiana**.

The Palace Saloon race is so much fun!

After overcoming substance use and recently regaining custody of her young daughter, Tiana joined our Mother Support Group while living in transitional housing. Although she had made significant progress in her recovery, she knew she wanted continued support and accountability as she worked to build a stable future for her family.

Tiana attended consistently, actively participated in every session, and found encouragement from both staff and other mothers. She shared that the group helped keep her on "the right path" by strengthening her confidence, reinforcing healthy coping skills, and helping her stay focused on her goals.

During her time in the program, Tiana secured employment, purchased a vehicle, and was only weeks away from receiving permanent custody of her daughter. She credits the support and accountability she found at The Oasis Center as an important part of her continued recovery and the hopeful future she is creating for herself and her family.

Because of generous supporters like you, stories like Tiana's are possible. Your investment allows us to serve Tiana and hundreds of other women and girls every year as they build brighter, healthier futures for themselves and their families.

Thank you again for investing in the future of women and girls. We look forward to continuing our partnership with you, and making more positive changes together.

Warmly,

Stephanie Shumate

Stephanie Shumate
Acting Executive Director

Note: Executive Director Kelly Otte will return on July 27th, 2026

Such a fun event and we are so appreciative of being selected again this year as one of charities to support!

The Oasis Center for Women & Girls is a 501(c)(3) charitable organization, FEIN#26-0278278, is registered with the State of Florida as required by the Solicitation of Contributions Act. 100% of this contribution will be used to support the work of the center and no part of this contribution is retained by any professional solicitor. Gifts are deductible to the extent permitted under federal income tax regulations. There were no goods or services exchanged for this donation.