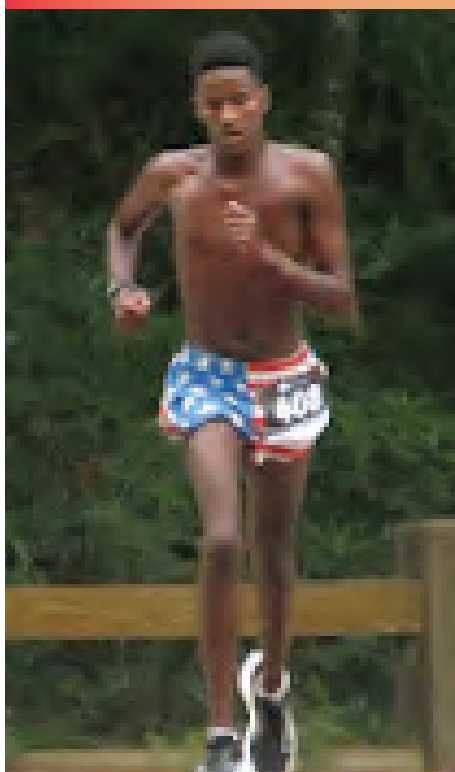


THE FLEET FOOT

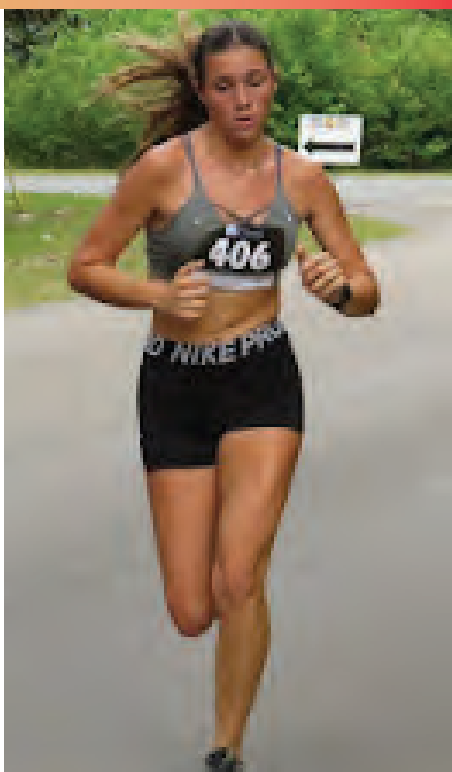
NEWSLETTER OF THE GULF WINDS TRACK CLUB | AUGUST 2024



IT'S A WAKULLA HIGH SWEEP AT THE FREEDOM 5K



HENRY
LEWIS



ISABELLA
LAUGHTON

PHOTO CREDIT: HERB WILLS

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | JUNE / JULY 2024

VOLUME 49 | ISSUE 7

Editor: Robert & Kory Skrob, (850) 270-8295, FleetFoot@GulfWinds.org

Columnists: Jane Johnson (Featured Feet), Jennifer Hay and Jerry McDaniel (Presidents Column), Gary Griffin (How they Train), Bill Lott (Race Calendar).

Advertising Copy:

The maximum print size of our page is 4.75 in. by 7.75 in. If possible, ads should be sent as MS Word files, will look best with standard fonts (Arial, Times New Roman), and formatted to fit the desired size. A simple way is to use 2 inch margins on 8.5 by 11 paper. Deadline: 10th of month previous to publication. Questions, contact the editor.

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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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The US Post Office will not forward your newsletter; you must update your new address and phone number. With RunSignUp.com you now have complete control of your preference and address. Log in anytime, change/update your preferences, and be in total control of your personal information.



Make sure you make plans for the Breakfast on the Track Mile on August 10th, details on page 16.



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Road Runners Club of America Member Club
USA Track & Field Member Club #14-1275

YOUR MEMBER BRIEFING

Your GWTC Board of Directors met on May 8, 2024

Here's a summary of the board meeting, distilled down for you.

Complete minutes for all board meetings are available at Gulfwinds.org.

Jerry McDaniel was contacted by Kelsey from Vino Bino, a coffee/wine bistro, and they are interested in vending at club events. They have a wine tasting event on Wednesday at 7:00. Jerry asked Mary Jean to let the race directors know that this is a possible vendor that could be at their race events.

Jerry was contacted by the Transportation Engineers from DOT. They want to designate September as "Pedestrian/Cyclists Safety Month." They would like to come to one or more of the club races and set up a tent. The Women's Distance Festival is one race they can attend.

Update on Miccosukee Greenway: Jerry attended a meeting yesterday about the Greenway Management Plan. They are putting a camera at the Fleishman entrance to the trail head, since there have been car break-ins. A temporary bridge is being installed to deal with the flooding issues that have resulted from the construction nearby. Another bridge is being re-built. A water fountain will be installed at the Crump entrance. Some of the roads that are possibly being added are seen as controversial, and there is a meeting on May 21 about the roads. Jerry asked David Yon to attend the meeting.

Policy on posts to RunSignUp: Board members discussed the types of messages that can be posted on the site. Race directors have the ability to send e-mail to those who are registered currently for their race or those who registered in the past. There should be an approval required for those who want to send a message to the entire GWTC membership. Jerry proposed that race directors should only send our e-mails relative to their own races. Messages to the entire membership should be approved by the president or vice-president before they are sent. Only Robert and Peg have access to the entire database. Special events can be handled in this way, too. Mary Jean will work on refining this policy. There are two groups: (1) race directors, training groups, SMIRFS, and (2) broader messages to every member about a club event (these need approval).

Update on Junior Women's Club Female Speakers: Rebekah Mayfield will inform the Board about the times and dates of the upcoming meetings.

Use of Maclay School track and FSU track: Last December, Bill Lott reported that Tom, David, Gary, and Bill met with Bob Braman and Bernie Waxman at FSU, to discuss the use of the FSU track. Bob Braman con-

tacted Tom a few months ago and asked if GWTC would be interested in paying a \$10,000 fee and donating \$5,000 to a Stanley Linton scholarship per year. Board members did not support this expenditure.

For the Summer Track series being put on at Maclay School track, the school administrators are now requesting that GWTC pay \$200 a week to use the track (\$100 an hour). In the event of rain, GWTC will not be charged. Jerry received an update on the use of the Holy Comforter track, which would be used free of charge in the future (not this summer).

Race Director Coordinator: On May 5th, a 5K race was held at Gadsden Correctional Facility. There is a film called “26.2 to Life” about incarcerated people at San Quentin Prison in California. Mary Jean would like the film producers to come to GCF to make a similar film. It is difficult to get approvals for this. ESPN did a debut of the film and it is streaming on ESPN+. Mary Jean will try again to get permission to show the film and get the producers to consider filming at GCF. The next race will be held at GCF in July. Anyone interested in participating with the race should contact Mary Jean. Another race directors meeting will be held in the near future.

Membership: Robert McNeal reported that there are currently 1298 members (1181 last year at this time), and 710 memberships (676 last year at this time).

Diversity, Equity, and Inclusion: Chika Okoro represented GWTC at the Sportsability event on April 20.

Education and Lecture: Mark Tombrink reported that the lecture by Amy Hassell was well-attended and there was great interest in the topic. For future lectures, he will follow up with Gabrielle and Chika about the topic of running with persons with disabilities. Jerry suggested contacting Nico, also. There is an opening at Chiles High School for an assistant cross country coach after school Monday through Friday starting in August.

Chenoweth Fund: Pot Lock Bash is coming up in June. David Yon indicated that he could use additional coaches to help with the SMIRFS group starting on June 3rd.

Chip Timing: Bill Lott reported that in April, GWTC chip timed one non-Club race (NeSmith Way 5K) and two Club races (Springtime 10K/5K/1M; and Palace Saloon 5K). During May, one non-Club race (Tails & Trails Half Marathon/10K/5K/1M) and one Club race (Summer Trail Series Race #1 – Cadillac Trail) will be timed. Scheduled to be timed in June are one non-Club race (Monticello Kiwanis Cub 5K Watermelon Run) and two Club races (Great Potluck Bash 4 Mile Prediction Run; and Summer Trail Series Race #2 – Redbug Trail).

YOUR MEMBER BRIEFING CONT

Grand Prix: Lisa reported that Allen Blay helped her develop a Google Doc that will be used for Volunteer reporting. Runners ages 14 and Under do not have to report their hours.

Your GWTC Board of Directors met on June 12, 2024

Here's a summary of the board meeting, distilled down for you.

Complete minutes for all board meetings are available at [Gulfwinds.org](https://www.gulfwinds.org).

Marathon contracts needing signatures: Jerry had a meeting with Felton and Bonnie Wright regarding the Marathon, and he is concerned that contracts need to be taken care of now. Jerry requested a motion be made to allow him to sign the needed contracts on behalf of GWTC in advance for the marathon. Motion was made and seconded to allow Jerry to sign these contracts. Motion passed. Bonnie forwarded a Marathon budget that will be sent to Board members for approval after this meeting. Tom Perkins has already turned in permitting paperwork with the City of Tallahassee for the Marathon.

Posts to RunSignUp: Robert Skrob will contribute to the development of a policy about emails sent out to club members using RunSignUp.

Junior Women's Club Meeting: Rebekah Mayfield has reached out to the Junior Women's Club about their meeting on Sept. 4th. Jeanne O'Kon, Judy Alexander, and Lisa Unger volunteered to speak to the group about GWTC. The members are interested in possibly volunteering with GWTC and want to know more about the club.

Annual Awards Report/Grand Prix Summary: Lisa Unger reported on the 2023 Annual Awards ceremony and provided a budget. The committee spent \$5023, not including the social side of things. An updated Grand Prix policy was presented. For the 2024 competition season, scoring for children ages 0-9 will remain based on participation only in at least three Youth Grand Prix events. Youth ages 10-14 will be scored based on regular competitive Grand Prix scoring in at least three Youth Grand Prix events. Youth Grand Prix events include One Mile and 5K races. In addition, she reported on changes in the Grand Prix eligibility for awards because of the new volunteering requirement for competitors ages 15 and up. A Google Doc is on the webpage to validate the volunteerism. It is an honor system for the first year and the kinks will be worked out. The Grand Prix Committee will determine if those eligible for Grand Prix awards are members in good standing at the end of the year. Motion was

made and seconded to approve the revised Grand Prix policy. Motion passed. David Yon registered an objection to the Youth Grand Prix schedule being limited to One Mile and 5K distances.

Treasurer's Report: Peg sent a report stating that as of May 31, 2024, net assets are \$288,704.54. Net income as of that date is \$59,755.31. Peg is working with committee chairs in drafting a budget for 2024-25, and plans to finalize and present the budget at the July meeting. Anyone who has not yet responded with their projections is asked to do so as soon as possible so the budget can be finalized. Lastly, the legislation that will exempt GWTC from being required to register with the Department of Agriculture and Consumer Services was signed into law and will go into effect on July 1, 2024. At that time, Peg will prepare the required application for exempt status for GWTC.

Membership: Robert McNeal reported that the number of members currently is 1297 (1174 last year at this time) with 729 family membership (675 last year at this time).

Education and Lecture: Mark Tombrink sent a report stating that he is working with Jennifer Hay on a possible workshop to be presented by a master's student in sports psychology on "Your inner monologue matters." August 8 may be a possible date with a possible location of Bowden's in College Town.

Merchandise: Debbie Peters reported that if a member orders an item online, the member can pick up the item at Monogram Art at 2522 Capital Circle N.E., Suite 6.

Equipment: Bill Lott reported that the large (165 quart) ice cooler in the storage unit has been repaired. Three new hinges, two new latches, and two new lid straps were installed. There are no other equipment issues to report.

Chip Timing: During May, one non-Club race (Tails & Trails Half Marathon/10K/5K/1M) and one Club race (Summer Trail Series Race #1 - Cadillac Trail) were chip timed. For June, one non-Club race (Monticello Kiwanis Club 5K Watermelon Run) and two Club races (Great Potluck Bash 4-Mile Prediction Run; and Summer Trail Series Race #2 - Redbug Trail) will be chip timed. Scheduled to be chip timed in July are one non-Club race (Kiwanis Firecracker 5K) and one Club race (Summer Trail Series Race #3 - Swamp Forest Trail).

Social: Tina reported that the Pot Luck went well because of a team effort. The food was well-liked and most of it was consumed. The budget has money left over for the rest of the year. The Holiday party will be on December 7th.



RUN & WALK for BROOKIE B

Labor Day, September 2, 2024
at
J.R. Alford Greenway

1M Fun Run/walk over the scenic
Lafayette Heritage Trail Canopy Walkway

8:00am
START TIME

5k trail run/walk in the
J.R. Alford Greenway with chip timing

8:30am
START TIME

for suicide awareness
and prevention

Full details and registration at
www.BluebirdRun.com

Brought to you by NAMI Tallahassee,
the National Alliance on Mental Illness





PRESIDENTS ARTICLE

By: Jennifer Hay, GWTC Vice President

One of my favorite things about our recent member survey is seeing how much y'all value the GWTC running community. It sounds like most of you are having fun working together to be your best self. (There are a few lone wolves out there who said they're just in it for the Grand Prix points, so watch your back.) I also appreciate your honesty in saying exactly where you'd like to see us grow. Collectively, you want more socials and group runs and the opportunity to learn more about preventing injuries, fueling, and building a training plan. You told us we need to up our communications game across platforms and that you are grateful for all the hard work our volunteers put into making GWTC an exceptional running club. (Thank you!)

Here's another interesting insight from the survey: few of you volunteer more than once a year, but the vast majority of you want to volunteer more. That means we just need to find the right opportunity for you! To help connect you to rewarding volunteer work, we now have a volunteer database in RunSignup where you can designate the areas where you'd like to be involved. You can find it at runsignup.com/Race/FL/Tallahassee/VolunteerGWTC. And

of course, you can always contact the group run coordinators or any race director or committee chair to offer help. (We're all listed in the Fleet Foot and on the website.)

We're hard at work planning programs and events to bring you together and even better ways to communicate, but be patient with us. We've set up our next get together: mark your calendars for Tuesday, August 6, 6:30pm for a social event, nachos, drinks, and a short info session about how to make your inner voice work for you rather than against you. We'll gather at Casa Grande on Thomasville Road (across from Whole Foods). Also watch your email for our new e-newsletter Running Shorts that we send through RunSignup. (If you haven't already seen one, check your email preferences in RunSignup.) We'll use Running Shorts to keep you updated on Club announcements each month.

Thank you so much to those who have already given us feedback through the survey, email messages, and first town hall meeting. The survey is still open, so please share your thoughts with us. ([Visit https://bit.ly/3LJGepN](https://bit.ly/3LJGepN) to participate.) We love hearing from you! Reach out to me anytime.



YEAR ROUND RUNNING GROUPS

Learn a lot more about
running groups by visiting
www.gulfwinds.org/training.

WINTHROP PARK EXPRESS

See <http://wpexpress.org> or our Facebook page
for current run location.

GWTC TUESDAY MORNING INTERVALS

Tuesday at 6:30 a.m. at Maclay School Track

OPTIMIST PARK THURSDAY NIGHT RUN GROUP

Thursdays at 6 p.m. at Optimist Park

TUESDAY EVENING RUN AND SOCIAL

Every 3rd Tuesday, 6pm - REI

TUESDAY EVENING INTERVALS

Tuesday, 6:30pm - FAMU Track

MIDTOWN MIDWEEK MILES

Wednesday, 5:30am - Whole Foods Market

WEDNESDAY EVENING INTERVAL WORKOUT

Wednesday, 6pm - Harriman Circle Park

FOREST MEADOWS TRAIL RUN

Sunday, 7:30am - Forest Meadows Tennis Complex

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The background of the entire advertisement is a photograph showing the silhouettes of several runners in motion on a paved road. The scene is set against a bright, hazy sky, likely at sunrise or sunset, which creates a strong backlighting effect. The runners are captured in various stages of their stride, conveying a sense of movement and energy.

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RACE CALENDAR



AUGUST 2024

01 **GWTC Summer Track Series - Week 8**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or tomperkinsfu@gmail.com; or Jeanne O'Kon at (850) 264-4903 or okonj@flagger.edu.

09 **Tallahassee Beer Festival Beer Mile**, 6:30 p.m. Donald L. Tucker Civic Center, 505 W. Pensacola St. Visit Tallahassee Beer Festival at <https://tlhbeerfest.com>; or Mickey Moore at mickey@mooretobusiness.com.

10 **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.

17 **GWTC Miller Landing Madness 8K/5K/3K XC Run**, 8 a.m. 8K/5K; 9 a.m. 3K. Elinor Klapp-Phipps Park, Gate B, 1775 Miller Landing Rd. (1.3 miles west of Meridian Rd. on Miller Landing Rd.). Online registration available at RunSignUp.com. Tom Perkins at tomperkinsfu@gmail.com 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.

24 **GWTC Summer Trail Series Race #4 - Maclay Gardens (~5.5M)**, 8 a.m. Maclay Gardens State Park, 3540 Thomasville Rd. Online registration available at RunSignUp.com. Bobby York at byorkjr@msn.com.

24 **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 registration and additional information available at <http://fl.milesplit.com/>; or Jose Fernandez at multijumps@gmail.com.

28 **Swift Creek XC Run (LCS middle schools only)**, 6 p.m. girls; 6:30 p.m. boys. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Sandy Clary or Tonya Givens.

SEPTEMBER 2024

02 **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.

03 **Fort Braden XC Run (LCS middle schools only)**, 6 p.m. girls; 6:30 p.m. boys. Fort Braden Community Park, 15100 Blountstown Hwy. (adjacent to new Fort Braden School). Duncan Mischler.

06-07 **Hoka Nights of Thunder Cross Country Fest**, TBA. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Online registration available at RunSignUp.com. Visit www.nightsofthunder.com.

11 **Mustang XC Stampede (LCS middle schools only)**, 6 p.m. girls; 6:30 p.m. boys. Montford Middle School, 5789 Pimlico Dr. Anthony McQuade.

14 **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.sicklecelfoundation.org; or Sickle Cell Foundation at sicklecelfoundation@gmail.com or 222-2355.

18 **Gretchen Everhart Owl Run XC Invitational (LCS middle schools only)**, 10:45 a.m. Everhart students; 11 a.m. girls; 11:30 a.m. boys. Gretchen Everhart School, 2750 North Mission Rd. Vicky Droze at drozev@leonschools.net or (850) 339-7766.

21 **GWTC Women's Distance Festival 5K/1M**, 8 a.m. women; 8:05 a.m. men; 9 a.m. 1M. Optimist Park, 1806 E. Indianhead Dr. Online registration available at RunSignUp.com. Visit www.gulfwinds.org; or Lisa Unger at lisa.s.unger@gmail.com.

25 **Raa Rams XC Run (LCS middle schools only)**, 6 p.m. girls; 6:30 p.m. boys. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Joshua Atkins.

27 **FSU XC Meet**, 7:45 a.m. men 8K; 8:20 a.m. women 6K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.seminoles.com.

28 **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.

29 **Pirate's Row-Run-Ride Team Race (2K relay with crew of 3)**, 7:30 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Online registration available at pinwheel.us. Visit www.capitalcityrowing.org; or Katie Pernell at administration@capitalcityrowing.org or (850) 445-1099.

OCTOBER 2024

02 **LCS Middle School XC City Championships (LCS middle schools only)**, 6 p.m. girls; 6:30 p.m. boys. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Host: Deerlake M.S..

05 **Tate's Hell 5K**, 8 a.m., Carrabelle Chistian Center, 142 River Rd., Carrabelle, FL. Online registration available at RunSignUp.com. BeLinda Wharton at bhwharton@gmail.com.

11 **FSU Cross Country Invitational (College/JV High School/Middle/Elementary Schools)**, 7:40 a.m. college men 8K; 8:15 a.m. college women 5K; 5 p.m. middle school girls 3K; 5:25 p.m. middle school boys 3K; 5:50 p.m. high school girls JV 5K; 6:20 p.m. high school boys JV 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.seminoles.com (college); or www.visittallahassee.com (high school/middle school/elementary school).

12 **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 or Jennifer Hay at GWTCpinerun@gmail.com.

12 **FSU Cross Country Invitational/Pre-State (High School)**, 7:40 a.m. high school girls elite; 8:05 a.m. high boys school 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.

19 **Corporate Cup Challenge**, 9:15 a.m. (teams of 4 with one each completing in a 5K run, 9K bike, 5-minute rowing, and 3-phased strength/conditioning). XC course at Apalachee Regional Park, 7550 Apalachee Pkwy. Online registration available at Eventbrite.com. Visit www.workingwelltoday.org; or Mary Barley at marylbarley50@comcast.net.

19 **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.

21 **Southwestern Athletic Conference (SWAC) Cross Country Championships**, 9 a.m. men 8K; 10 a.m. women 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.swac.org.

25 **NJCAA Region 8 Cross Country Championships**, 8:30 a.m. men 8K; 9:30 a.m. women 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.njcaa.org.

26 **Boston Half Marathon (13.1M)/Relay/5K Run/5K Walk**, 8 a.m. half/relay; 8:15 a.m. 5K run; 8:45 a.m. 5K walk. Start/finish at 118 E. Jefferson St. Online registration available at RunSignUp.com. Visit www.bostonga.com.

FEATURED FEET

FRAN BRIDGES



When did you start running?

I started running regularly age 18

Childhood ambition?

I knew I wanted to become a lifelong runner which morphed into triathlon

Current occupation?

Pulmonary Nurse Practitioner

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

I would still choose to be a Pulmonary NP. I get the chance to help a lot of people and that means a lot to me

Favorite reads?

I fell in love with anything by Diana Galboldon who penned the Outlander series. Endure by Alex Hutchinson. And admittedly anything I can get my hands on. I often joke that I have a reading problem 😂

Favorite running memory?

I did the Disney Marathon by mistake 😂 My son was doing the full. My daughter and I were set to do the half. Weather cancelled the half and participants were given the option to transfer to the full. I was not trained at all but my daughter was quite confident we could do it. Did I

mention that

she is the youngest so, well, I don't think we have told her « no » often 😂

So off we went. It was so cold!!!

Somehow we pulled it off.

Truthfully any run or triathlon I get to do with my kids qualifies as my favorite.

Indulgence?

Ice Cream

Non-running hobbies?

Biking, swimming,

Best place to run in Tallahassee?

I love doing training runs in Southwood

Preferred running technology?

My Garmin watch.

Biggest challenge?

Overcoming injuries and having to take time off training to heal properly.

Perfect day?

Any day with my wife, kids or getting to chance to train and race with friends. 🏃

FEATURED FEET

BRENT MOODY



When did you start running?

In 2019 once I started training for the Redhills Triathlon

Childhood ambition?

To be in the Military

Current occupation?

Owner of Beverage Law Institute where we Assist clients around the State in obtaining Liquor Licenses. We also have a Responsible Vendor Training Program to help teach and protect license holders

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

I love my job

Favorite reads?

Ryan Holiday Books on Stoicism

Favorite running memory?

Watching the Sunrise while running

Indulgence?

A nice cold beer after racing

Non-running hobbies?

I also love cycling and I'm trying to get better at swimming for triathlon but otherwise I really enjoy mountaineering/ ice climbing and baking sourdough bread

Best place to run in Tallahassee?

My neighborhood Centerville Conservation, which has smooth roads and little to no traffic

Preferred running technology?

I love technology and use my HR Monitor Garmin 965 and specific Asics shoes depending on what I'm running. Easy= Novablast Tempo/speedwork= Magicspeed Racing= Metaspeed

Biggest challenge?

Fitting in my training with four young kids, my job, and wife, who is also trying to fit in early morning running workouts

Perfect day?

Go to bed early, wake up at 3:30am and bike about 30 miles then go to Tuesday track intervals where my wife and I both run! It feels great accomplishing all this before most people wake up in the morning. 🏃

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GWTC 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.

2024 Complete Grand Prix Schedule

Date	Race	Adult	Youth
August 3	Breakfast on the Track Mile	1M	1M
September 2	Bluebird Run for Brookie B		5K
September 14	Run for Sickle Cell Anemia	5K	1M or 5K
September 21	Women's Distance Festival	5K	
September 28	Prefontaine Forest Run		1M or 5K
October 12	Pine Run	20K	
November 28	Turkey Trot	10K	1M
TBA	Catfish Crawl	5K	5K
December 21	Tannenbaum	6K	

NEW Grand Prix eligibility qualification in 2024

Members aged 15 and older must perform volunteer service for at least one GWTC race. Document your volunteer service here

<https://tinyurl.com/GWTCVolunteer>

Get the complete 2023 Grand Prix standings by visiting:
<https://runsignup.com/Series/GWTCGrandPrix>



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

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



WHEN: AUGUST 17, 2024

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 and/or pick up your packet and drop off food items early on Wednesday, August 14, 2024, at Cadence Running, 2743 Capital Circle NE #101, from 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: Free, if registered BEFORE race day online, \$5.00 onsite.
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.

