

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | SEPTEMBER 2024



BREAKFAST ON TRACK MILE WINNERS



KATIE SHERRON
5:07.50



JONAH BLAY
4:47.24

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VOLUME 49 | ISSUE 8

Tallahassee, FL

Gulf Winds Track Club

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | SEPTEMBER 2024

VOLUME 49 | ISSUE 8

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).

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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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Bonnie Wright (middle), co-race director of the 2024 Tallahassee Marathon/Half Marathon/Relay presents a contribution to support to Monique Ellsworth & James McGowan of the Second Harvest of the Big Bend to help in supporting their mission to fight hunger in the Big Bend. This \$5,000 donation will be able to provide up to 20,000 meals for food insecure individuals within their 16-county service area.



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YOUR MEMBER BRIEFING

Your GWTC Board of Directors met on July 10, 2024

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

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

Trail EMS Consideration: Jennifer Hay reported that Paula O'Neill informed her that she came across an injured cyclist (no helmet) on the Miccosukee Greenway. The EMTs took a long time to get there, and did not have a way to get him back to the ambulance. They called the Fire Department for help. Paula asked that the Board discuss the possibility of discussing this with EMS to have better service for runners and cyclists. Jerry agreed to bring this up in the meetings about the Greenway Management Plan. Mary Jean mentioned that for any trail race, the EMTs do bring a four-wheeler vehicle.

Announcements from Officers: The club was asked to have a table at Cascades Park for the Summer Concert Series on July 20. Judy Alexander and Jerry McDaniel agreed to volunteer with a few others.

Jerry announced that one of the beneficiaries from the Springtime race was NAMI (National Alliance on Mental Illness). They have signed up on the volunteer list and they also have sororities and fraternities that want to volunteer. Jerry thanked Jennifer for the Running Shorts email that is sent to club members. She asked that Board members send her anything to be included in Running Shorts.

Jennifer wants the group run leaders to be able to use the GWTC Strava account. Jerry discussed this with Jeff Bryan, who started the account with Board permission. Members discussed possible solutions for managing this account. David Yon will talk to Jeff about the Strava account.

Jerry was contacted by RRCA contact Sarah Cosell. She indicated that GWTC and Tallahassee could apply to be a "Runner Friendly Community." The initial application for this by GWTC about five years ago was not accepted.

Jerry announced that Geb Kiros and Tsige Tadesse are the new race directors for the Tallahassee Marathon.

Jennifer said that the Group Run Coordinators are doing a Plank Challenge on Facebook, and prizes are awarded. The next lecture/social event will be held on August 6th.

Update on Miccosukee Greenway: Jerry McDaniel reported that he and Eric Draper attend the meetings and have argued for an elevated road over the Greenway to avoid destroying the beauty of the Greenway. Many members of Capital City Cyclists attended also. One other advocacy was to lower the classification of the road to include safety measures and speed bumps with a lower speed limit. The speed limit will be 25 mph on the road and it will be 10 feet wide instead of 12 feet. The flooding was not discussed much at this meeting.

Issues raised at the Town Hall meeting in June: 1) Items of general concern: Excessive number of club races: There are sufficient numbers of race directors at this moment and a Volunteer Coordinator, which is working well. The club races are identified on the race calendar as "GWTC" races, and there are many other community races on the calendar. Jack McDermott expressed concern that the number of races has increased over the years. Very few people actually agreed that this is a significant issue. Timely release of Board meeting minutes: The minutes need to be approved by the Board before posting. Some of the issues can be conveyed to members through the Running Shorts e-mail. Jeanne will send the preliminary minutes to Jennifer to give her topics to be included in Running Shorts.

More Club socials and shorter lectures: Club members like to interact socially and possibly have pizza and drinks. The lecture/social format will be better received. Instagram Presence: Jennifer is currently working on this. Race Director Workshops: The past Race Director Workshops were offered for non-Club members who were offering community races. Jennifer indicated that survey results showed that many people expressed an interest in serving on a race committee, and she has a list of these members. Many people are getting involved in working with club races, and the Race Director Workshops can be offered for club members and community members.

YOUR MEMBER BRIEFING CONT

Items which require a change to the Constitution and Bylaws: A committee will be formed to review the issues relative to the Constitution and Bylaws: Number of Board members, Term limits for Board members, and All Board members elected.

Treasurer: The fiscal year was closed on June 30, with net assets and net income. Peg presented the budget for the upcoming year. Two changes were made since then for the expenses of the Holiday Party and for Youth Running stipends. Also, the costs for the lecture/social events will come out of one budget category. An inquiry was made about a grant that shows up as expenses with \$15,000 remaining. A question arose about the marketing cost of \$5,000 in the budget. This money is used for t-shirts, printing, a tent, and other expenses. Motion was made and seconded to approve the 2024-2025 budget.

Race Director Coordinator: Mary Jean reported that a race directors meeting was held last Sunday. The newest race directors were introduced: Geb Kiros and Tsige Tadesse, Lauren and Chris Stanley, and Danny Manausa.

Membership: Robert McNeal reported that there are currently 1295 individual memberships (1183 last year at this time), and there are 835 club memberships (679 last year at this time).

Education and Lecture: The next event will be held on August 6 as a lecture/social on "Your Inner Dialogue" presented by a graduate student in Sports Psychology. The location will probably be Casa Grande restaurant. Another possible topic is Nutrition for Runners, and some names were suggested for possible speakers.

Chip Timing Report: In June, one non-Club race (Monticello Kiwanis Club 5K Watermelon Run) and two Club races (Great Potluck Bash 4-Mie Prediction Run; and Summer Trail Series Race #2 – Redbug Trail) were chip timed. For July, one non-Club race (Kiwanis Firecracker 5K) and one Club race (Summer Trail Series Race #3 – Swamp Forest Trail) will be chip timed. All three races that are scheduled to be chip timed in August are Club races (Breakfast on the Track One Mile; Miller Landing Madness 8K/5K/3K; and Summer Trail Series Race #4 – Maclay Gardens).

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RACE CALENDAR

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.

07 Hoka Nights of Thunder Cross Country Fest, 6 p.m. middle school 3K; 7 p.m. open 5K; 8 p.m. JV 5K; 9 p.m. varsity 5K. 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.sicklecellfoundation.org; or Sickle Cell Foundation at sicklecellfoundation@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. Jane Floyd; or 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.

21 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.

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 Pre-Regional XC Meet, 7:40 a.m. men 8K; 8:20 a.m. women 5K. 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.

05 Run Baby Run! 5K, 8 a.m. (CT). Citizen's Lodge Park, 4574 Lodge Dr., Marianna, FL. Online registration available at Active.com. Visit www.pcmarianna.com; or Vicki Duelz at (850) 526-4673 or (850) 272-0225 or pcmarianna08@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 marybarley50@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.

19 **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.

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/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. Jerry Magginnis at (229) 516-5193.

NOVEMBER 2024

09 **BFD Catfish Crawl 5K/1M**, 8 a.m. (CT) 5K; 9 a.m. (CT) 1M. M & B Depot Park, 16977 NE Pear St., Blountstown, FL. Online registration available at ItsYourRace.com. Visit www.blountstownfire.org/catfishcrawl; or Ben Hall at blountstownfire@gmail.com or (850) 674-4988.

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 AsztalosB@FDVA.STATE.FL.US.

15 **NCAA Division I South Region Cross-Country Championships**, 8:30 a.m. women; 9:30 a.m. men. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.ncaa.com.

16 **FHSAA Cross-Country State Championships**, 7:20 a.m. 4A girls; 7:45 a.m. 1A girls; 8:10 a.m. 4A boys; 8:35 a.m. 1A boys; 9 a.m. 2A girls; 9:25 a.m. 3A girls; 9:50 a.m. 2A boys; 10:15 a.m. 3A boys. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.fhsaa.org.

23 **Fur Fest 5K**, 8:15 a.m. J. Lewis Hall Park, 1492 J. Lewis Hall Sr. Ln., Woodville, FL. Nancy Stedman at nancystedman@gmail.com.

24 **Marching Chiefs 5K**, 9 a.m. Bill Harkins Field (Chiefs Field), located next to the Flying High Circus, FSU Campus. Additional

28 **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 (no additional fee). Visit <http://tallyturkeytrot.com>; or David Yon at 668-2236 or david@radeylaw.com.



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The Tallahassee Marathon/Half Marathon, which began with just two runners in 1975, has grown into a premier event that showcases our beautiful capital city to runners from across the state and the nation. On February 2, 2025, we are expecting 2,000 runners, building on the success of 2024 when participants came from over 43 counties in Florida and 37 states across the USA.

This marathon/half marathon isn't just about running; it's about bringing people together, celebrating our city, and promoting the sport we love. Whether you're racing for a qualifying time or enjoying the camaraderie of running with friends, this event truly embodies the spirit of personal achievement.

But even if you're not planning to run the marathon, there are plenty of ways to be part of this incredible event! With a long course that winds through some of Tallahassee's most scenic spots, we need volunteers to help make the day a success.

We invite you to register or volunteer for the Tallahassee Marathon on February 2, 2025. Whether you're running, cheering, or volunteering, your involvement helps make this event a success and strengthens our running community.

TO REGISTER

Go to TallahasseeMarathon.com and click the [REGISTER HERE](#) button

TO VOLUNTEER

Go to TallahasseeMarathon.com and click the [VOLUNTEER HERE](#) button

Become stronger by running the marathon/half marathon or volunteer so we can show our out-of-town guests the hospitality and enthusiasm that make Tallahassee and the Gulf Winds Track Club so special.



JOIN THE **NEW** GROUP RUN FACEBOOK PAGE

Our new group run coordinators have started scheduling runs, and you can find out all about them on the new members only Facebook page. Our goal is to have road and trail runs all over town several days a week and at different times of day to make them as accessible as possible. That's going to require a lot of run leaders, so grab a friend and find a time that works well for you to host. Then message our run coordinators to nail down the details. Looking forward to seeing pictures and hearing about all your runs!

TO FIND THE GROUP, SEARCH FB FOR "GULF WINDS TRACK CLUB GROUP RUNS," AND BE SURE TO ANSWER ALL THE QUESTIONS WHEN REQUESTING TO JOIN.

GWTC Group Run Coordinators, L to R: Kendall Meikenhous, Ashlee Blake, Emily Webster, Joi Savery



PRESIDENTS COLUMN

By: Jerry McDaniel, GWTC President

Fall is Coming!!

September always signals the start of lots of racing and used to signify an almost guaranteed break in the weather with a cool front or two blowing through. This would ensure that at least one or two of the three signature September GWTC races could be run with some level of relief from the incessant summer heat. The three races of which I refer have been around for over 30 years: Prefontaine, Women's Distance and Sickle Cell. Some interesting history on these races and all GWTC races can be found on the GWTC webpage under GWTC races.

In my memory, only the Women's Distance festival has maintained the same venue and course (in Indian Head acres). This is a rather unique race in that the women start 5 minutes ahead of the men and is a celebration of women's running. I recently had a call from one of the women's club's in Tallahassee that saw this race advertised on FB and plans to volunteer. I am

unsure if any man has ever caught the lead women in this race, but if so, it is certainly a rare occurrence! I usually run this race, but last year, Race Director Lisa Unger asked me to be lead bike. This afforded a unique opportunity to watch the lead women run the entire way as I struggled to stay ahead on the long hill at 2 miles. Hey, what's the deal with so many 5K's inserting a bad hill on or about 2 miles(Bowlegs; Shamrock; Women's Distance; Springtime)? Anyway, I always ran this race conservatively in the first mile, knowing this hill was going to hurt - but mercy, what a delightful downhill finish(polar opposite of Watermelon)!

While the Sickle Cell Anemia Walk/run 5K has generally been in the same area for quite some time, I believe there was a concerted effort at some point(possibly when it became a GWTC race) to take out some of the hills, necessitating some course changes. The race now takes advantage of a portion of the St Marks trail but still traverses the neighborhoods

around Jake Gather Park. This is a great race, lots of energy and excitement from on-lookers and supports a good cause- that of assisting families afflicted with the Sickle Cell disease.

Finally, the Salute to Steve

Prefontaine spent a good part of his life at Silver Lake and was always a most difficult challenge, given the soft dirt and obstacles that some race directors would pull onto the trails to make a hard course, harder. Originally, the course was one giant loop, or so you thought, because mostly you had no idea where you were in the Apalachicola National Forest, until you emerged onto the main dirt road that took you to the finish. A unique feature of this race when Dave Rogers was race director was the manner in which the race started. Dave fancied shot guns, I think, and I recall a few races with that device as the starting gun. Now he would not just shoot the gun to get us underway...one time he sat in a rocking chair, in the back of a pick up truck, looking at a mirror, the gun pointing behind him and tried to shoot a skeet or something being thrown into the air by his wife! I cannot tell you if he hit what he was aiming at, but we all took off and no one was ever shot to my knowledge. Allen Blay now has race directing

duties for this race and has moved the venue to the Wallwood Boy Scout Reservation west of here in Gadsden County. I am sure Alan will develop an even more unique way to get this race started moving forward!

As we exit the summer, I wanted to again thank Lauren and Chris Stanley for what I understand was a wildly successful Breakfast on the Track Mile! They are first time race directors and took this race over from Felton and Bonnie Wright who have earned a well deserved rest after race directing for years. I was unable to attend, but used to absolutely love this unique race.

BTW, Miller Landing Madness was a wonderful success as well, with record attendance!

Think cool thoughts and get out in September and hit the race scene with these GWTC races or any number of other races listed in the calendar.

REMINDER - get your volunteer hours in if are are competing in the Grand Prix and most importantly, let Mark Priddy know if you wish to run for the GWTC Board as the election is coming soon.



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 - Cascades Park (near restrooms)

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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VOLUNTEER SPOTLIGHT

LAUREN & CHRIS STANLEY



LAUREN:

Tell us briefly about your running experience I started running recreationally in high school. I've always enjoyed the challenges of running and the balance it brings to my day.

How long have you been a member of GWTC? I believe we've been members for about 8 years - since we've been back in Tallahassee.

How did you first get involved as a volunteer? We've jumped in to help at certain events, here and there, because our kids participate in so many GWTC activities and races. This is our first official volunteer 'gig' with the club.

What do you enjoy most about volunteering? I enjoy bringing the fun to everyone's running experience - whether you're first place or back of the pack!

Why do you volunteer? We credit GWTC with our children's running successes. We also recognize that communities thrive because of volunteer support. Youth running in Tallahassee would be nothing if not for amazing GWTC volunteers who run SMIRFs, the Summer Track Series, Youth Grand Prix etc. We'll always have a soft spot for GWTC and we knew we'd like to be a part of its volunteer support. Breakfast on the Track seemed like a good fit for our family.

What is your next volunteer project? We plan to volunteer for the Turkey Trot and the Tallahassee Marathon.

CHRIS:

Tell us briefly about your running experience I have been running for an appreciable amount of my lifetime. Throughout childhood as a necessary part of sport and play, then organized track and field in high school and college (largely a mid-distance runner). I took up distance running after college (because there are no community 800m road races) including all distances up to and including marathons ... and one 50k.

How long have you been a member of GWTC? For about 10 years, since moving back to Tallahassee.

How did you first get involved as a volunteer? Started small, with helping at some local road races. I was also education and lecture coordinator for a time with GWTC.

What do you enjoy most about volunteering? I enjoy being part of the running community, and volunteering is another way to experience that.

Why do you volunteer? At local events and road races, the race directors, volunteers, and participants converge to make something which is much more than the sum of its parts. It is enjoyable and rewarding to be part of such events, and it is good for your health.

What is your next volunteer project? We will make ourselves available for all needs and opportunities but have in mind supporting the race directors for the Turkey Trot and Tallahassee Marathon and Half-Marathon. 🏃

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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
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
November 9	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 2024 Grand Prix standings by visiting:
<https://runsignup.com/Series/GWTCGrandPrix>



Tallahassee, FL
Gulf Winds Track Club

COMMUNITY IMPACT UPDATE

Through member donations during the race registration process as well as charitable contributions made from through race proceeds your Gulf Winds Track Club has generated \$217,280 in community contributions since November 2020.

Here's a list charitable contributions made as a results of GWTC races, this list includes direct contributions received by registrants as well as contributions of race proceeds:

Alzheimer's Project, Inc.	\$ 3,000	RonStrong Foundation	\$ 2,716
Boys and Girls Club of the Big Bend	\$ 61,123	Sabal Palm Elem. School	\$ 300
Brehon Family Services	\$ 1,929	Second Harvest of Big Bend	\$ 5,752
Chiles High School	\$ 500	Sickle Cell Foundation	\$ 11,964
Community Christian School	\$ 300	St. Francis Wildlife Assoc.	\$ 408
Cornerstone Learning		Suwannee Rivera Area Council Scouts BSA	\$ 667
Community	\$ 300	Sweat Therapy Fitness	\$ 1,509
Cure PSP	\$ 3,759	Tall Timbers	\$ 2,713
Donor created in error (deleted)	\$ 3,347	Tallahassee Friends of Our Parks Foundation, Inc.	\$ 1,714
Faculty & Friends Club of FSU	\$ 5,040	The Faculty & Friends Club of FSU	\$ 4,267
Friends of Wakulla Springs State Park	\$ 2,828	The Kearney Center	\$ 45,383
Javacya Arts Conservatory	\$ 1,295	The Refuge House	\$ 50,805
Maclay Track Boosters	\$ 250	UF Foundation	\$ 3,000
Parkinson's Foundation	\$ 413		

Total: \$217,280

CONGRATULATIONS ON WHAT WE'VE BEEN ABLE TO ACCOMPLISH TOGETHER AS A CLUB!