

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | OCTOBER 2024



DETAILS SEE PAGE 21



A BIG THANK YOU TO GEB AND TSIGE KIROS

AND EXCITING NEWS FOR THE TALLAHASSEE MARATHON!

**We are thrilled to announce some incredible news for the
2025 Bank of America Tallahassee Marathon and Half Marathon
—our race has officially gained a title sponsor in Bank of America!**

PHOTO CREDIT: HERB WILLS

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | OCTOBER 2024

VOLUME 49 | ISSUE 9

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

Columnists: Jane Johnson (Featured Feet), Jennifer Hay and Jerry McDaniel (Presidents Column), 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.

Advertising Payments.:

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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

Change of Address:

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.



Jerry McDaniel, Bill Lott, Deb Burr and Robert McNeal promoting running at the weekend's table at Cascades Free Concert series on August 24th.



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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 August 14, 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).

Amanda Heidecker, head of Leon County Parks & Recreation, and Taylor Walker, Director of Sports Marketing for Visit Tallahassee, presented exciting news to the Gulf Winds Track Club (GWTC) board: Tallahassee will host the World Cross Country Championships at Apalachee Regional Park (ARP) on January 10, 2026. Amanda and Taylor, co-chairs of the event, announced that an Executive Director will be hired to oversee the championship, and GWTC will have a place on the Organizing Committee, offering opportunities for the entire club to get involved. A QR code for volunteer sign-ups will be shared soon, and there will also be some paid positions available.

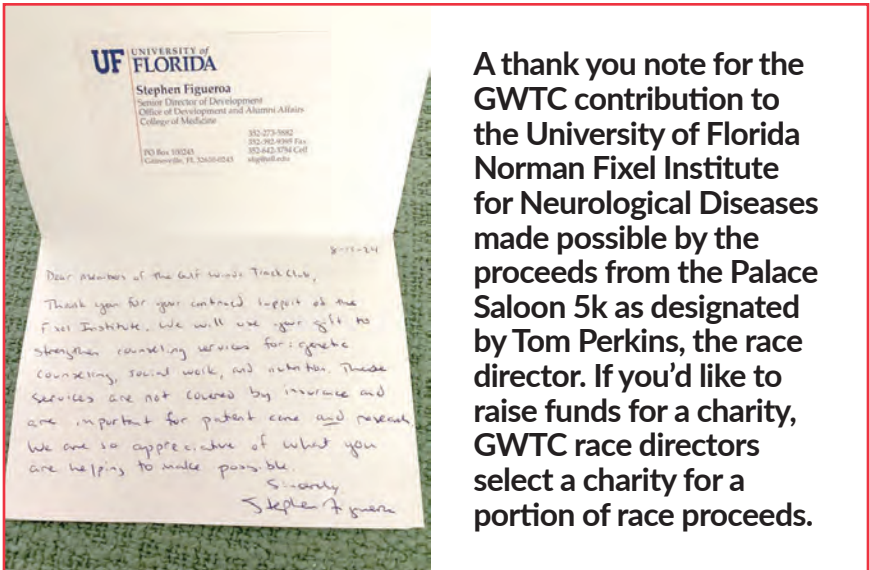
The presentation covered how the event has been managed internationally, with plans to make this a large-scale celebration in Tallahassee. Amanda also shared updates on local parks and trails, encouraging members to reach out if they encounter any issues, such as fallen trees. Work is set to begin on the Miccosukee Greenway trail next week and is expected to be completed within two weeks. Taylor added that the pre-state high school races will be held at ARP on October 11-12, along with other upcoming championships at the venue.

Race Director Coordinator: Mary Jean indicated that it would be helpful for race directors to remind volunteers to follow the procedure listed on the club website to get their Grand Prix points. Members can volunteer at club events other than races.

Membership: Robert McNeal reported that there are 1,314 individual memberships as of August 2024 (1,201 last year at this time). There are 838 family memberships (683 last year at this time). The club is growing!

Chip Timing: Bill Lott reported that in July, one non-club race (Kiwanis Firecracker 5K) and one club race (Summer Trail Series Race #3 – Swamp Forest Trail) were chip-timed. During August, three club races (Breakfast on the Track 1-Mile; Miller Landing Madness 8K, 5K, and 3K; and Summer Trail Series Race #4 – Maclay Gardens) will be chip-timed. Scheduled to be timed in September are two non-club races (Bluebird Run for Brookie B. 5K and FSU Pre-Regional XC Meet) and three club races (Sickle Cell 5K/1 Mile, Women’s Distance Festival 5K/1 Mile, and Prefontaine Forest Run).

Grand Prix: Jennifer stated that the Bluebird Run is the only one that has applied to be on the Grand Prix for 2025. Club races are automatically considered for the Grand Prix schedule. The Grand Prix Committee will meet soon to develop the proposed 2025 Grand Prix race schedule.



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RACE CALENDAR



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 Duzelz at (850) 526-4673 or (850) 272-0225 or pcmarianna08@gmail.com.

11 Hurrigains 5K Glow Run, 8 p.m. Florida Division of Emergency Management, 2555 Shumard Oak Blvd. Online registration available at RunSignUp.com. Visit Florida Division of Emergency Management at ww.FloridaDisaster.org/5K.

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 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.

12 Pavement for Polio 5K, 8 a.m. Davis Park, 3rd Avenue NE, downtown Cairo, GA. Online registration available at RunSignUp.com. Chip Wells at (229) 378-7648 or cwells@fnbdc.com.

12 Live Like Jared Memorial 5K and Fun Run, 9 a.m. 161 Centerline Rd., Crawfordville, FL. Online registration available at Eventbrite.com. April Blackburn at blackburn91@msn.com.

12 2024 Walk for the Wild 5K during National Wildlife Refuge Week. Visit www.americaswildliferefuges.org. Katasha Cornwell at gruver@gmail.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.

26 The Great Race 5K, 8 a.m. 105 E. Ellis St., Perry, FL. Online registration available at RunSignUp.com. Monica Folsom at monica@plantationbookkeeping.com.

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.

16 FSU Relay for Life Run A-Lung Relay 5K, 9 a.m. Integration Statue on Woodward Plaza, behind Oglesby Student Union, 75 N. Woodward Ave., FSU Campus. Visit www.relayforlife.org/fsufl; or Sophia Martinez at (407) 655-9847.

23 Fur Fest 5K, 8:15 a.m. J. Lewis Hall Park, 1492 J. Lewis Hall Sr. Ln., Woodville, FL. Online registration available at RunSignUp.com. 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 information and online registration available at www.marchingchiefs5k.com. Micah Alexandre at racedirector.mc5k@gmail.com; or Ethan Bell at coracedirector.mc5k@gmail.com.

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. Visit <http://tallyturkeytrot.com>; or David Yon at david@radeylaw.com.

DECEMBER 2024

07 GWTC 10M/5M Challenge, 8 a.m. Hawks Rise Elementary School (use Meridian Rd. parking lot entrance). Online registration available at RunSignUp.com. Visit www.GulfWinds.org; or Mark Tombrink at mat06@my.fsu.edu or 10MileChallenge@gmail.com.

07 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.

07 Jingle Bell Jog 10K/5K/1M, 8 a.m. 10K; 9 a.m. 1M; 9:30 a.m. 5K. Tift Park, 1300 N. Monroe St., Albany, GA. Online registration available at RaceRooster.com. Deidra Langstaff at deidra@gomadlab.com.

14 GWTC Tallahassee Ultra Distance Classic 50K/50M/Marathon, 7 a.m. Wakulla Springs State Park, 15 miles south of Tallahassee on SR 267. Online registration available at UltraSignUp.com. Visit www.TallahasseeUltra.com; or www.GulfWinds.org; or Jack or Laura McDermott at marathonjack@comcast.net.

21 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.



**REACH YOUR GOALS.
ENJOY THE JOURNEY.
JOIN THE FUN.**



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.



PRESIDENTS ARTICLE

By: Jennifer Hay, GWTC Vice President

My entry into the race directing world happened in a rather random way more than a decade ago—2012ish. My favorite partner in crime on the DeSoto Trail PTO board, Amy O'Kelley, and I declared that carnival hosting wasn't our thing and decided to start a 5K as the school's new annual community event.

You can imagine how a lot of parents felt about that, but we were the worker bees, which meant we got to make the call on what work was getting done. Amy recruited a mom who had race directing experience to head up our committee of eight parents the first year, and we all just dove into the new job. (As you know, elementary school parents have navigated monumental developmental years; they're used to doing what they've never done before. It didn't even seem weird to be confident we could pull it off.)

We met over beer and pizza at Momo's every couple of weeks to check in with the whole team,

review our to-do list, and set priorities for the coming weeks. And despite all that lack of experience, our team recruited sponsors, purchased insurance, arranged for a police presence, had Bill McGuire certify a course, rented GWTC race equipment, and worked with Peg Griffin to learn how to do registration.

We designed shirts, recruited race day volunteers, solicited food donations, and promoted the race. We felt so inspired, we added a silent auction component, found a snow cone guy to come to race day, and had firefighters bring out their truck for the kids to explore.

I don't even remember many details from that year's race day, but it went well enough that we kept doing it for several years—including two years after our kids weren't even at DeSoto anymore! People came and went from the committee over the years, but we always had a great time working together to make our school's race a success.

Of course, there were a few sleepless nights here and there, but the camaraderie of the team and the excitement of marking the course the night before and arriving before the sun came up on race day was addictive. And seeing fellow parents, kids, and the run community have a great race was immensely rewarding.

It was so fun and rewarding that many years later, I agreed to take on directing the Pine Run 20K with Carter (new territory with a long trail race) and serve as VP on the Board—which, as I've already said, meant I got to hang with the rock stars (and they're a little intimidating).

You know the entire point of this story, right? Take advantage of

the chance to serve your Club. Not just to give back to a Club that does sooooo much for the run community—but to have fun. To meet cool people. To apply your talents in a different way.

In November, we'll have board elections, and we'll need new chairs, new ideas, inspired leaders, and worker bees in many different roles throughout the Club. Be one of them. Tell me what you're good at, and I'll find a team for you to work with to have fun doing it. Don't be modest. Don't let nervousness around the veterans or the fear of something new hold you back. Don't tell me you're too busy because we always find a way to fit it all in. This is the good stuff, y'all, and I want to see you shine!

How do you like this new graphic tee shirt?

For door prizes at club events, volunteer thank you's and to give to new members who sign-up at tabling events.





YEAR ROUND RUNNING GROUPS

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

TUESDAY MORNING INTERVALS

Tuesday, 6:30pm - Cascades Park Trail (near by the Rattler snake head at the skate park.)

TUESDAY EVENING INTERVALS

Tuesday, 6:30pm at Cascades Park
(meet near restrooms)

MIDTOWN MIDWEEK MILES

Wednesday, 5:30am at Whole Foods Market

WEDNESDAY EVENING INTERVAL GROUP

Wednesday, 6pm 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

SUNDAY REFLECTION TRAIL RUN

Every 2nd and last Sunday, 6:00pm
at Tom Brown Park

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NEW GROUP RUN

SUNDAY REFLECTION TRAIL RUN

Organizer: Rick Miller (ricktmiller@gmail.com)

When & Where: every 2nd and last Sunday, 6:30pm at Tom Brown Park by the West Cadillac Trailhead signpost

Main Goal: 3.1 mile trail run at an easy, conversational pace to close out the week. All paces welcome!

Additional information: Afterwards grab a celebratory juice or drink and mingle with fellow runners at Whole Foods Market in Midtown.



TURKEY TROT TRAINING GROUP

EVERY MONDAY AT 6PM

September 30, 2024 until November 25, 2024

Where: Four Oaks Park near Southwood – 5151 Four Oaks Boulevard, Tallahassee. We will meet near the volleyball courts near the School House Road entrance.

Main Goal To help runners prepare for the Tallahassee Turkey Trot that will take place on Thanksgiving Day.

Additional information: Cadence Running and Winthrop Park Express Running Group will help provide pacers. We plan to have at least three groups with the following paces: lead group 9-10 min/miles, second group 11-12 min/miles, and a run/walk group. All paces and abilities welcome! Distance will start around 2.5 miles and increase weekly. Routes will be posted on the GWTC Group Runs Facebook page and in the RunGo app.

Restrooms and water fountains are available in the park.

CONTACT: ASHLEE BLAKE ASHLEE_FNP@YAHOO.COM



Tallahassee, FL

Gulf Winds Track Club

2024 Beginning Running Group

September 18th - November 13th 2024

Group meets on Wednesdays at 6:00PM

at the **Korean War Memorial at Cascades Park (1001 South Gadsden)**

**Want to start a steady running routine?
New to running (or getting back into it) and need some motivation to
stick with it? Want to complete a 5k?**

**Join us to get tools, training, and support to build your endurance
and complete a 5k (3.1 miles)!**

Cost? Free.

Visit www.gulfwinds.org to register for the Beginning Running Group by completing the "GWTC Training Groups Waiver" in the [Training](#) section. Consider joining the club or renewing membership while visiting the site.

Parking? Parking is available at many locations throughout the area

What do I wear? Wear running shoes and comfortable, breathable running/fitness attire.

What do I bring? Bring a water bottle and beach towel/mat for stretching after the run. Please leave valuables in your vehicle.

• Run-Walk-Run

Training Week 1 started with a 1 minute run:1 minute walk – or 1:1 ratio – for 1 mile. Each week, the number of minutes running increases as the goal distance steps up (i.e. 1:1 for 1 mile, 2:1 for 1.25 mile, etc). These runners progress toward continuously running 3 miles by the 8th week.

• Run-Walk Only

These runners complete the goal distance each week using a set 1 minute run:1 minute walk ratio. This won't change from week to week (i.e. Week 1 is 1:1 for 1 mile, Week 2 is 1:1 for 1.25 mile, etc).

• Running

These runners progress toward running 3 miles continuously with little to no walking by the 8th week. They will increase running distance by ¼-mile each week, without taking a walk break if possible, adding roughly 2 to 3 minutes to their running endurance per week.

Participants under age 14 must be accompanied on all runs by an adult.

Visit the **Training** page at www.gulfwinds.org or contact Brandy Fortune and Elizabeth Kamerick at gwtc_coaches@yahoo.com for more information or to volunteer



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 Meikenous, Ashlee Blake, Emily Webster, Joi Savery



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New Half Marathon Training Group

November 9, 2024 - January 25, 2025

Looking to run your first half marathon and don't know where to get started? This new training group will have you ready for the Tallahassee Half Marathon on February 2, 2025.

The group will meet every Saturday at 7:05am in Cascades Park for a 7:15am start.

The goal is to have three pace groups.
9-10 min/miles, 11-12 min/miles, and a run/walk group.
All paces and abilities are welcome!

Distance will start around 3 miles and increase weekly.
Routes will be posted on the GWTC Group Runs Facebook page and in the RunGo app.
Restrooms and water fountains available in park.

Visit www.gulfwinds.org to complete the "GWTC Training Groups Waiver" under the Training section. Consider joining the club or renewing membership while visiting the site!

Go <https://www.tallahasseemarathon.com/> to register for the race.

For additional information or to volunteer contact Monica Judd at monicamjackson@gmail.com

BANK OF AMERICA 



**Tallahassee
MARATHON
& HALF MARATHON**

FEATURED FEET

TINA MEAGHER



When did you start running?

I ran high school track at St. Thomas Aquinas HS in Ft Lauderdale for the fun of it, but didn't run again until 2011 at age 39. My mom was dying and I used the couch to 5k program to help cope with stress. My first goal was to run the hilliest "toughest" half marathon in Illinois on the anniversary of her death. Many miles, races and running friends later here I am.

Childhood ambition?To most closely resemble Robert Smith, the lead singer of The Cure, of which I successfully achieved for a number of years.

Career-wise, I tended toward pursuing a helping profession, to advocate, contribute and make a difference that felt meaningful to me.

Current occupation?When I became a mom I stepped aside from medical social work and non profit employment. I had worked in foster care and the courts with families separated by abuse and neglect, hospitals with OB patients experiencing loss and with pediatric patients facing adjustments. My last paid stint was Executive Director of a non-profit home for pregnant teenagers in Ann Arbor, MI. Since then, I've volunteered for issues of interest, VP of an organization providing spaying/neutering of stray animals, VP of a Medical Alliance and dabbled in some environmental endeavors. Currently, there's nowhere I'd rather be than available for my two sons and a husband's somewhat unpredictable medical schedule.

If money

were no object, what profession would you choose? Since I funded my graduate education in social work to make the big bucks, there's nothing else I can imagine doing. Ha! Really, if the sky were the limit I'd likely delve deeper into interior design. I've had custom furniture created with fabrics, trimmings, faux croc and metallic finishes. Just for one, I designed my own glamorous transitional vanity. I'd have complete freedom to experiment and change the mood of my, and others' environments without parameters.

As empty nester status approaches, I predict I'll engage in a program to learn more about tides, wind, water conditions and safety to achieve stand up paddleboarding instructor certification...for my own satisfaction, at minimum!

Favorite reads? Lately, shorter informative material such as NPR articles and Outside magazine. For a book, I'd usually choose a biography or documentary type. I also listen to podcasts, my first choice being 'Hidden Brain'- a cross between psychology and scientific research.

Favorite running memory? So, so many. I was in a running group in Illinois for 10 years with a coach and close friends. I have memories of bonding in every condition imaginable: sleet, snow, hail, wind, rain and sub-zero temperatures. Races all over the country were fun to do. A favorite is of one of my San Francisco half marathons. It was an obviously hilly course and I told my coach I wanted no pressure or goal for this one. From start to finish I ran without consulting my watch. It was truly a time in life when I experienced a total flow state. I let my strength

of downhill help carry me while taking mental snapshots of the quirky, vibrant scene. It ended up the fastest, freshest stress-free race. Then I enjoyed the lovely VIP buffet in the Embarcadero with the winners.

Indulgence(s)? Easy! Dark chocolate bars. I often eat a full size bar per day. Ghirardelli is special because we lived right next to it in San Francisco and the workers welcomed me by name. My other go-to is dark chocolate mint made by Divine (a small fair trade farmer owned company) sold at Whole Foods. I dig their philosophy and it's delicious!

Non-running hobbies? What?! Paddleboarding. Napping. Beaching. Not sure if it's a word, but it's my thing. When I'm not on crutches like I am now, I enjoy cycling classes.

Best place to run in Tallahassee? Having lived here 1 1/2 years so far, I imagine the best place to run may be yet to discover. I'm excited to explore many more trails. The Sunday morning Gulf Winds group in Maclay trails has great people, good signage, an occasional alligator growl and it's close to home. I relish the varying terrain of Tom Brown Park trails with a big friend group. Betton Hills has been ideal for a short challenge with a fun-run group. My favorite spot to date though is a peaceful pine tree filled section in Elinor Phipps Park.

Preferred running technology? I used to crunch numbers, data, heart rate etc. for a coach while training toward speed and long distance goals, but I keep both my approach and technology simple in this phase. Coros watch, though used by some elites, I basically use for total mile-

age now and not much else. I loved the aerial view video it used to make of runs. My friends enjoy, or don't enjoy, that it's often generous by a half mile.

Biggest challenge? Certainly I've dealt with several more significant challenges, but relevant to running: my hamstring injury. Some anticipate a more epic story about how the hamstrings tore, but it began by bending over to touch my toes in a yoga move, then SNAP! Not even running related. I more than followed Dr.'s orders, completed 15 months of physical therapy and simultaneously elected a less competitive approach to running. Still, those hamstrings eventually threw in the towel by completely tearing. Last month I had hamstring reattachment surgery - 4 holes were drilled in my pelvic bone and my hamstrings were sewn back in place. After 6 1/2 wks on crutches I now look forward to the strengthening phase and working toward putting this behind me!

Perfect day? Waking up with no alarm. Drinking a few espressos while relaxing. The no alarm thing probably wouldn't happen on a running group morning, but...then regardless, a lovely long run through nature with buddies. Returning home to find I haven't missed a thing. Shower and lounging. A solid mid day nap. In Sarasota, a beloved place I also call home, it would involve viewing the sky's morning watercolor display. Espresso. A run along the waterfront and through quiet downtown streets. The extensive farmers market. Soaking in a nature filled beach spot. Dinner at one of my favorite vegetarian restaurants. And ending with my preferred indulgence, dark chocolate of course! 🍫

MICAH ANDREWS



When did you start running?

I started running my sophomore year of college at FSU on a couch to 5k plan. My siblings were mostly all distance runners in high school, but I played tennis and did not see myself as a runner. I remember clearly my first run was 11 minutes. I also remember being very proud the first time I ran a full “big loop” at Forest Meadows later that year.

Childhood ambition? Go to a game in every college football stadium.

Current occupation? Attorney at Bass Sox Mercer in Tallahassee.

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

I would have a TV travel show, but just of me attending sporting events around the world.

Favorite reads? I overheard an older attorney say this at a track workout many years ago and have always resonated with it... “I read too much at work to enjoy reading at home, unfortunately.”

Favorite running memory? I ran the New York City Marathon in 2011. After I finished, I went to my hotel, showered, and just before going to eat, I walked by myself down to a part of the course at about Mile 25. There were still tons of people out cheering loudly for the folks making the final push to the finish line. It overwhelmed me a bit realizing I had been able to participate in such a cool and unique event/accomplishment.

Indulgence(s)?

I live to tell my family that pizza is my gateway drug. All my good diets have fallen starting with a slice of pizza.

Non-running hobbies? Spending time with my daughters who are ages six (6), four (4), and one (1). Also enjoy other outside activities when I can get away (golf, camping, fishing)

Best place to run in Tallahassee? Old Centerville Road from Bradley’s Country Store (when horseflies are absent)

Preferred running technology? Garmin watch and Brooks running shoes.

Biggest challenge? Waking up early and getting out of a warm bed to go for run is always a challenge.

Perfect day? A day starting with a long run on a cold, clear morning somewhere in Tallahassee. Coffee and lunch out with my wife and three daughters. Then dinner at a restaurant with my wife, Stefani. 🍕



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VOLUNTEER SPOTLIGHT

TSIGE TADESSE-KIROS

Tell us briefly about

your running experience

Running has always been my go to sport for fitness, but it has also enabled me to find my tribe. 98 percent of my friends are runners.

How long have you been a member of GWTC? I think since 2012.

How did you first get involved as a volunteer? I don't know how and when I started volunteering, I know if I am not running a race I love to volunteer.

What do you enjoy most about volunteering?

Cheering for our runners and supporting the race directors.

Why do you volunteer? I love giving back to our club.



What is your next volunteer

project? We are co-directing The Tallahassee Marathon, along with many talented people who are doing the hard work behind the scene. 🏃

BANK OF AMERICA 



Tallahassee
**MARATHON
& HALF MARATHON**

A BIG THANK YOU TO GEB & TSIGE KIROS, & EXCITING NEWS FOR THE TALLAHASSEE MARATHON

We are thrilled to announce some incredible news for the 2025 Bank of America Tallahassee Marathon and Half Marathon—our race has officially gained a title sponsor in Bank of America! This exciting partnership brings us to the next level, joining the ranks of other prestigious events such as the Bank of America Chicago Marathon and Bank of America Boston Marathon. With this new support, we aim to make the 2025 race our biggest and best yet!

As we look forward to February 2, 2025, we also want to extend a heartfelt thank you to Geb and Tsigie Kiros, who have stepped up to take on the critical role of Race Directors for the marathon. Organizing an event of this scale is no easy task, and their hard work and dedication ensure that runners from around the country will have an unforgettable

race day experience. Their passion for running and commitment to our local running community are inspiring, and we are so lucky to have them leading the charge!

With their leadership and Bank of America's generous support, we are excited for the future of the Tallahassee Marathon. We look forward to seeing our community come together on race day—whether you're running, cheering, or volunteering, you're a key part of this exciting journey. Thank you again, Geb and Tsigie, for your dedication to this race, and welcome Bank of America to the team!

Stay tuned for more updates as we approach race day, and be sure to register at www.TallahasseeMarathon.com if you haven't already!

See you at the starting line!

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Tallahassee, FL

Gulf Winds Track Club

GRAND PRIX

All GWTC members receive points for finishing in the top 12 positions by age group for Grand Prix events. It's a fun way to compete with fellow members throughout the year.

NOVEMBER

9

CATFISH CRAWL

Adult 5k Youth 5k

NOVEMBER

28

TURKEY TROT

Adult 10k Youth 1M

DECEMBER

28

TANNENBAUM

Adult 6k

NEW 2024 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 2024 standings by visiting:
<https://runsignup.com/Series/GWTCGrandPrix>

IMPORTANT UPDATES ON PROPOSED BYLAWS CHANGES

On June 15th, Gulf Winds Track Club (GWTC) hosted a Town Hall meeting at Momo's on Market Street, where members gathered to discuss key issues concerning the club's operations and future direction. Topics ranged from the number of races hosted by the club to the size of the board and the club's financial holdings. Members shared concerns and ideas, and this feedback has been instrumental in guiding changes to the club's bylaws.

Following the meeting, a committee was formed to review the input and propose several amendments to the club's bylaws. These changes are aimed at streamlining club operations, reducing redundancies, and ensuring GWTC remains focused on its core mission of supporting the running community.

Here is a summary of the key proposed amendments:

1. Streamlined Purpose of the Club:

- The club's purpose has been simplified to focus on promoting an engaged and active running community, removing additional details about fitness and specific activities. This reflects a broader mission, making the purpose statement more concise and impactful.

2. Reduced Board Size:

- The number of board members has been reduced by removing certain non-essential positions from voting roles. This includes combining or eliminating some roles to increase efficiency and focus. For example, the number of Directors at Large was reduced from seven to six.

3. Clarified Membership Guidelines:

- Membership guidelines were adjusted for clarity. The amendment clarifies that family members must live within the same household.

4. Board Members' Duties Consolidated:

- The roles and responsibilities of board members have been further refined, removing excess language and clarifying the core duties of each officer. The focus is on promoting the strategic oversight and fiduciary responsibilities of the board, ensuring all members are actively engaged in the club's mission.

5. Removal of Redundant Committees:

- Some committees and roles, such as certain non-voting club officials, have been eliminated to reduce unnecessary complexity in the club's operations. This includes the combination of some administrative duties to streamline processes.

For a complete review of all proposed bylaw amendments, please visit www.GulfWinds.org, where you can find the full list of changes (underlined text indicates new additions, and strikethroughs mark deleted sections). We encourage all members to provide any input to GWTC President Jerry McDaniel before the next board meeting.

These revised bylaws will be discussed and considered for approval at the November 13 board meeting at the home of Robert & Kory Skrob. We encourage all members to attend and share their thoughts on these important changes.

Your involvement is critical to the future of GWTC. Please take the time to review these updates and let us know your thoughts. Together, we can ensure that our club continues to thrive and serve the local running community effectively.



September 5, 2024

Gulf Winds Track Club Inc.
PO Box 3447
Tallahassee FL 32315-3447

Dear Friends,

Thank you for your generous contribution to support Second Harvest of the Big Bend. In our 16-county service area, we have seen a significantly increased need for our services. Your generous gift of \$5,000.00 is helping to meet that need and improve the lives of people right here in our community.

More than ever, our neighbors are struggling to meet basic needs and are facing hunger on a daily basis. Without the continued support of caring people like you, we would not be able to distribute good, wholesome food to these children, families, seniors and individuals so desperately in need.

On behalf of the Board of Directors, staff and volunteers of Second Harvest of the Big Bend, we thank you for your support. We are grateful for your partnership in helping so many in need receive access to food. Your gift helps provide food, but it also provides hope to those in need in our community.

Sincerely,

Monique Ellsworth
Chief Executive Officer

THANK YOU

**note from Second Harvest of the
Big Bend from a portion of the 2024 Tallahassee
Marathon/Half Marathon proceeds.**