

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | DECEMBER 2024



ACCOMPLISH MORE BY RUNNING TOGETHER

THE HALF MARATHON RUNNING GROUP GETS MEMBERS
READY TO COMPLETE THE TALLAHASSEE HALF MARATHON

VOLUME 49 | ISSUE 11



President:	Jerry McDaniel.....	mcdaniel6068@gmail.com
Vice President:	Jennifer Hay.....	jennghayfl@gmail.com
Secretary:	Jeanne O’Kon.....850-264-4903.....	okonj@tcc.fl.edu
Treasurer:	Peg Griffin.....	treasurer@gulfwinds.org
Directors-at-Large:	Judy Alexander.....850-321-6886.....	jalexander98@comcast.net
	Allen Blay	allen.blay@gmail.com
	Elizabeth Kamerick.....	elizkam@aol.com
	Tom Perkins	tomperkins51@yahoo.com
	Debbie Peters	dh7683@yahoo.com
	Herb Wills	hwills@gmail.com
	David Yon.....850-425-6671.....	david@radeylaw.com
USATF Liaison:	Jay Silvanima	jsilvanima@aol.com
Past President:	Mark Priddy	markpriddy@msn.com
Newsletter Editor:	Robert & Kory Skrob.....850-270-8295.....	FleetFoot@GulfWinds.org
Membership Chair:	Robert McNeal	membership@gulfwinds.org
Race Director Coordinator:	Mary Jean Yon	maryjeanyon@comcast.net
Social Coordinator:	Tina Bahmer.....307-286-3725.....	tbahmer@gulfwindstri.com
Triathlon Club President:	Eric Trombley.....	Trombleycrue1@gmail.com
Education and Lecture Coordinator:	Mark Tombrink	mat06@my.fsu.edu
Equipment Manager:	Vicky Droze.....850-339-7766.....	vickydroze@comcast.net
Clothing and Merchandise Managers:	Laura McDermott.....850-766-3889	
	Sherri Wise	Clark.sherri@gmail.com
Racing Team Coordinator:	Tim Unger	850-544-4563
		runner1612@gmail.com
School Grant Coordinator:	Amy O’Kelley	amyokelley@gmail.com
Beginning Running Group Coordinator:	Brandy Fortune and Elizabeth Kamerick.....	gwtc_coaches@yahoo.com

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

YOUR MEMBER BRIEFING

Your GWTC Board of Directors met on October 9, 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).

The Gulf Winds Track Club (GWTC) Board of Directors gathered for their monthly meeting on October 9, 2024, led by President Jerry McDaniel. The session, hosted by Allen Blay, covered a wide range of topics, from race updates to future plans, showcasing the club's dedication to the running community.

The meeting began with the approval of the September meeting minutes, followed by key officer announcements. Vice President Jennifer Hay shared news about the upcoming edition of Running Shorts, which will spotlight the club's Diversity, Equity, and Inclusion (DEI) event scheduled for October 22.

Race updates took center stage as the board reviewed several recent and upcoming events. The Sickle Cell 5K/1 Mile raised \$8,638.40 in revenue, with a net of \$3,374.51. Half of the net proceeds were donated to the Sickle Cell Foundation, which also received additional direct contributions totaling \$3,396.90. The Women's Distance Festival 5K/1 Mile brought in \$3,993.06, generating \$774.45 in net revenue. The Board approved rounding up the donation to the Brehon Family Services to \$650.

Unfortunately, the Prefontaine 5K/1 Mile was canceled due to Hurricane Helene and concerns about fallen trees on the course. Race Director Allen Blay proposed donating unused funds to the Suwannee River Area Council, a motion that the Board readily approved. For registrants seeking refunds, Allen assured the Board that requests would be honored.

Looking ahead, the Five and Ten-Mile Challenge is set to take place, with co-directors Mark Tombrink and Lisa Unger presenting a budget that projects a modest net revenue of \$351. Additionally, the Extreme Challenge opportunity was renewed, with \$300 allocated for awards if club members participate.

In other news, the Board has completed a significant revision of the club's bylaws. The updates, which consolidate and redefine certain roles, are currently under a 30-day review period. Elections for the 2025 Board are scheduled to begin in early November, with results expected by the November meeting. Newly elected members will be invited to attend the December session.

Community engagement remains a priority for GWTC. Jerry encouraged members to attend a public meeting on November 7 to provide input on the management plan for the Miccosukee Greenway, a treasured local resource. Meanwhile, preparations are ramping up for the DEI Committee's October 22 event at Ology Brewing Company, where Gabrielle Gabrielli will lead a discussion on running with persons with disabilities. This event underscores the club's commitment to fostering inclusivity and accessibility in the sport.

Financially, the club remains on solid ground, with Treasurer Peg Griffin reporting net assets of \$241,695.35 as of September 30. Recent filings with the IRS and the Department of Agriculture and Consumer Services were also successfully completed.

Membership continues to grow, with 1,352 individual memberships and 767 family memberships reported for October. These numbers represent significant increases over the previous year, reflecting the club's strong appeal and active engagement with the community.




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1701 Hermitage Blvd., Ste. 100
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140-D West First Street
St. George Island, FL 32328
Phone: 850.799.1882
Fax: 850.799.1884

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RACE CALENDAR



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.tal.gov; 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. Eddie McBride at emcbride@phoebehealth.com or (229) 312-1459.

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.

JANUARY 2025

01 **31st Annual Wilde Mountain Scramble** (approximately 5M, unless you cheat), 8:30 a.m. SHARP!!! Forestmeadows Park and Athletic Center, 4750 N. Meridian Rd. Don't forget state park pass or entry fee. Race entry fee: \$2 or \$2 of scratch-off lottery tickets and a gift you don't mind pawning off on a fellow runner. As always, whining, fussing or even the slightest grumble gets you disqualified. Pre-race contact forbidden.

04 **GWTC Swamp Forest Trail Run (Quarter Marathon/Half Marathon/20.5M)**, 8 a.m. 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. Bobby York at byorkjr@msn.com.

18 **GWTC 30K/15K**, 8 a.m. The Retreat at Bradley's Pond, 9002 Bradley Rd. (across from Bradley's Country Store on Old Centerville Rd.). Online registration available at RunSignUp.com. Visit www.GulfWinds.org; or Zach DeVeau at zach.deveau@gmail.com.

25 **GWTC Bowlegs 5K Run for Scholarship/1M Fun Walk**, 9 a.m. FSU/FAMU Engineering Building, Innovation Park, 2525 Pottsdamer St. (across from Seminole Golf Course). Online registration available at RunSignUp.com. Visit www.GulfWinds.org; or Bill Hillison at (850) 893-4557 or whillison@fsu.edu; or Larry Giunipero at (850) 878-5569 or lgunipero@cob.fsu.edu.

25 **The Trent 10K/5K/1M, TBA**. Roberts Elementary School, 5777 Pimlico Dr. Online registration available at RunSignUp.com. Visit <http://RunTheTrent.com>; or Brady Irwin at athlethelp@scienceofspeed.org.

FEBRUARY 2025

02 GWTC Tallahassee Marathon/
Half Marathon, 7:30 a.m. Start at Leon
County Courthouse, 301 South Monroe
St., downtown Tallahassee; finish in
College Town at Madison Social, 705
S. Woodward Ave. Online registration
available at RunSignUp.com. Visit www.tallahasseemarathon.com; or email race
director at marathon@gulfwinds.org.

08 Dr. James H. Crowdis Run 5K/1M,
9:30 a.m. First United Methodist Church,
397 College St., Blakely, GA. Online
registration available at RaceEntry.com.
Visit <http://crowdisrun.weebly.com>; or Tony
Gilbert at tonygilbert@windstream.net or
(229) 723-5070.

15 GWTC Flash 12K/6K, 8:30 a.m. San
Marcos de Apalache Historic State Park,
148 Old Fort Rd., St. Marks, FL. Online
registration available at RunSignUp.com.
Visit www.GulfWinds.org; or Rob Klepper
at rob.klepper@comcast.net.

20-23 USATF Indoor Masters
Championships, TBA. Alachua County
Sports & Events Center at Celebration
Pointe, 4870 Celebration Pointe Ave.,
Gainesville, FL. Visit usatfmasters.org.

22 M.A.D. (Making A Difference)
10K/5K/1M, 8 a.m. 1M; 8:30 a.m. 10K/5K.
Thomasville Road Baptist Church, 3131
Thomasville Rd. Online registration
available at RunSignUp.com. Dan Evans at
evans@harvestoflife.org.

23 GWTC St. Marks Duathlon (5K
run/20K bike/2.5K run), 8 a.m. 25
Riverside Dr., St. Marks, FL. Online
registration available at RunSignUp.com.
Visit [https://gulfwindstri.com/st-marks-
duathlon/](https://gulfwindstri.com/st-marks-duathlon/); or Averi Lewis at [duathlon.
stmarks@gmail.com](mailto:duathlon.stmarks@gmail.com).



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>



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.

2025 Complete Grand Prix Schedule

Date	Race	Adult	Youth
January 25	Bowlegs 5k & 1M	5K	5K or 1M
February 2	Bank of America Tallahassee Marathon and Half Marathon	Full/Half	-
February 15	Flash 12/6K	12K/6K	-
March 29	Springtime 10k, 5k, & 1M	10K	5K or 1M
April 12	Palace Saloon 5k	5K	-
April TBD	NeSmith 5k	-	5K
June 7	Great Potluck Bash 4 Miler	4M	-
August 8	Breakfast on the Track	1M	1M
August 16	Miller Landing Madness 8K/5K/3K	8K/5K	3K
September 1	Bluebird Run 5k (1mile not timed)	5K	-
September 13	5K for Sickle Cell Anemia & Tim Simpkins 1 Mile	-	5K or 1M
September TBD	Women's Distance Festival 5K & 1M	-	5K or 1M
September TBD	Steve Prefontaine 5K Forest Run	5K	-
October TBD	Pine Run at Tall Timbers 20K	20K	-
November 27	Turkey Trot 15k, 10k, 5k, & 1M	15K	5K or 1M
December 13	Tallahassee Ultra Distance Classic 50M/50K	50K or Marathon	-

GRAND PRIX STANDINGS

Get the complete 2024 standings by visiting:
<https://runsignup.com/Series/GWTCGrandPrix>



PRESIDENTS ARTICLE

By: Jennifer Hay, GWTC Vice President

This is my last article as your vice president. I don't know how I let Jerry talk me into sharing the President's letter responsibilities with him, but I'm glad he did. I liked having a way to make his presidency a smidge easier because I'm confident I made it harder in other ways. It also made me carve out additional time to consider how I could contribute to the Club.

I used to think of Gulf Winds Track Club as Carter's (husband) and Hawthorne's (son) people. They're the fast runners in the family. They're the ones who love to race and then hang out for the awards and chat with people. I even sent them to the January awards events and holiday parties without me. But you people sucked me in and made me care. You also showed me that GWTC isn't just for the fast people and the ones training for Saturday morning PRs. Above all else, GWTC offers the village to support everyone in their pursuit to be their best selves.

I have so enjoyed serving as your vice president the past two years. I'm proud of the work we did to expand the group run schedule, including starting a new training group for the half marathon. I'm excited to have the Running Shorts e-mail announcements going out each month to keep you in the loop. And I'm also glad to see the increased enthusiasm for getting involved and making new connections. As I pivot to my new position as Director of Communications, I hope to increase Club membership and outreach with new Instagram and Strava accounts and updates to the website—and to find new ways to help us grow and thrive as a community. As I figure out what all that will involve, I'd love to hear your ideas for how to make our Club even better. Text me: 850-294-9395.

Y'all are awesome! ❤️

FEAR NO DISTANCE

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, with the sun low on the horizon. The runners are captured in various stages of their stride, creating a sense of movement and energy.

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YEAR ROUND RUNNING GROUPS

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

TUESDAY MORNING INTERVALS

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

TUESDAY EVENING INTERVALS

Tuesday, 6:30pm at Cascades Park (meet near rattler snake head at the skateboard park at Railroad Square)

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

HOW TO BE A VOLUNTEER

Contact race directors to serve on their committee

This can be as involved as learning the t-shirt process so you can take it on next year to as simple as taking the snack table shopping list and doing the shopping. Race directors always need help getting sponsors, coordinating giveaways, ordering awards, marking courses, picking up and returning race equipment, setting up water stations... You'll meet a lot of cool people and learn a lot about hosting races.

Volunteer for race day

Contact a race director to sign up for the set up or clean up crew, water station staff, directing runners on the course, handing out medals at the finish line.



FEATURED FEET

HILLARY POWELL



Childhood ambition: Collect a quarter with each of the 50

Childhood ambition: I couldn't tell you why now, but I wanted to be an architect.

Current occupation: Law professor.

If money were no object, what profession would you choose? I might actually choose my current profession! Or, lounge singer.

Favorite running memory: Many years ago, Martin and I made a training calendar and crossed off our runs as we trained for the Turkey Trot 5K. I remember feeling so accomplished after finishing that race! More recently, I've loved getting more into racing. I'm grateful to have found a running group full of amazing and encouraging women, and we are very good at talking ourselves into signing up for all sorts of races.

Indulgence: Salty snacks, preferably cheese flavored.

Non-running hobbies: Crossword puzzles, reading, hiking with my husband and sons, cooking, yardwork, and occasionally, painting.

Favorite reads: I love almost everything. One of my favorite books ever is Olive Kitteridge. I also read a lot of historical fiction, and I'm eagerly awaiting the release of Onyx Storm.

Best place to run in Tallahassee: Trails at Lake Overstreet and Tom Brown Park—I love running by the water.

Preferred running technology: My Garmin constantly underestimates me, but I love it.

Perfect day: Watching the sun rise on a low-humidity run with my running group, followed by coffee, and then a hike with my family at one of the greenways, or, since this is the perfect day, in the mountains. And then a delicious dinner eaten outside.

Biggest challenge: Balancing training, life, and work. 🏃



HIGHLIGHTS FROM GWTC'S POWERFUL DEI CONVERSATION

By Gabrielle K. Gabrielli

GWTC's Diversity, Equity, and Inclusion committee hosted an excellent conversation October 22 at Ology Power Mill. Thank you to the 40 people who participated in the interactive discussion. Highlights:

Gabrielle K. Gabrielli (DEI chair and executive director of Life Worth Leading, a nonprofit that benefits people with disabilities) defined DEI and spoke on why it is important to GWTC.

Chika Okoro (DEI committee member and Black Girls RUN! Tallahassee leader) spoke on the inclusiveness of GWTC, the activeness and success with collaborating with BGR, and accessibility for people with disabilities.

Fran Gilbert of SportsAbility Alliance spoke on runners with disabilities and other activities available. She and Gabrielle will collaborate to get the word out to people with disabilities who may not know there is a place for them at GWTC events. Gabrielle assured they would be welcomed and that she will work more closely to share opportunities. SportsAbility currently has 5 racing wheelchairs and some EcoRovers for anyone needing them.

Connie Tessmer discussed the stress of stigma, harassment, and depression on individuals in the LGBTQIA+ community. She would like more outreach and shared the resource of Tallahassee Front Runners for LGBTQIA+ people, friends, and allies. <https://www.tallahassee Frontrunners.com/>

Jennifer Chessher Borton, who is blind, spoke about opportunities and accessibility.

Many other voices were heard and ideas appreciated.



The DEI committee values your suggestions and will work to implement them! Let's give a shout out to those who started these efforts with the club including David Yon, Paul Guyas, and Dan Manausa...and a big thanks to Mark Tombrink who organized the event including securing the venue and providing the pizza and drinks. The turnout was awesome, and we are so thankful to all who showed up and spoke up! Based on the success of the event, we will plan more discussions soon. 🍕

FEATURED FEET

MARTIN POWELL



Childhood ambition: I think, like a lot of kids, I wanted to be a professional athlete of some kind. Being rich and famous seems like fun, as long as you look past the work it takes to get and stay there.

Current occupation: Attorney

If money were no object, what profession would you choose? I don't know, is lottery winner a profession? I think I am fortunate to do something that has meaning, and also provides flexibility for hobbies and family time.

Favorite running memory: Before we had kids and when they easily fit in a stroller, Hillary and I would just run a few miles together a couple of times a week. Those were always nice and it was low pressure running.

Indulgence: Sugar, definitely sugar.

Non-running hobbies: Soccer, and recently learning how to fish.

Favorite reads: I have recently enjoyed reading Brandon Sanderson's fantasy.

Best place to run in Tallahassee: I prefer running trails, so probably the Lake Overstreet Loop

Preferred running technology: I am tech free. I don't know how fast I'm going, but I enjoy it more when I don't over complicate things with too many pacing goals.

Perfect day: I prefer to sleep in and wake up for coffee near a body of water before a day with some solid downtime and hanging out with Hillary and the kids!

Biggest challenge: Definitely parenting 🏃

HOLIDAY PARTY
DECEMBER 7
6-10PM

We're celebrating! Join fellow runners and their families at Shiloh Farm, 1500 Benjamin Chaires Rd., for dinner, drinks, activities, and live music from the Groove Merchants. All ages are welcome.

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.

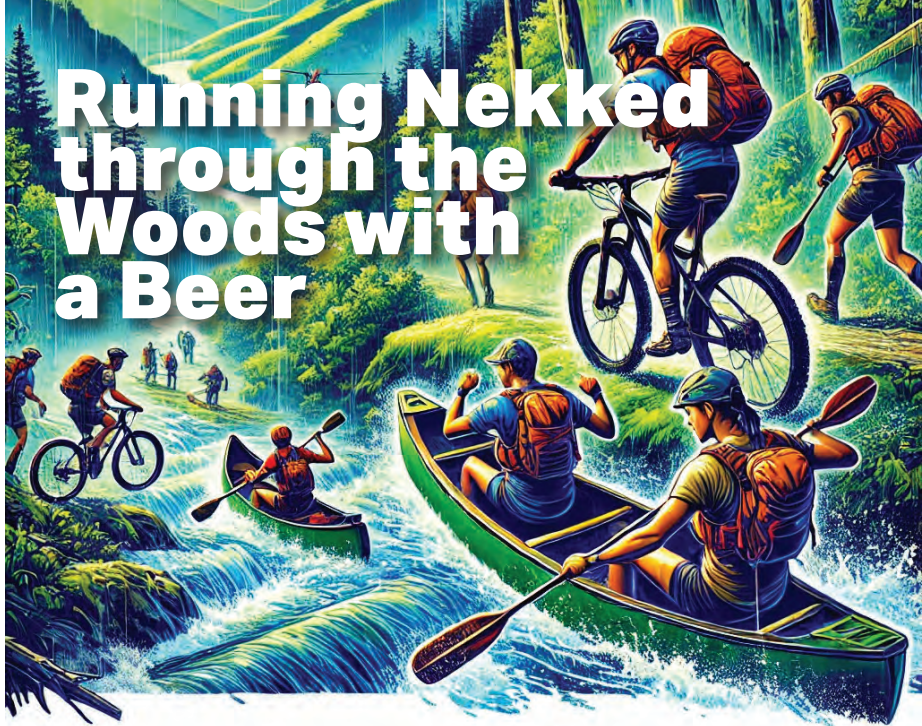
Visit www.gulfwinds.org to complete the "GWTC Training Groups Waiver" under the Training section. Consider joining the club or renewing membership while visiting the site!

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 





Running Nekked through the Woods with a Beer

By Tom Perkins

I have covered a lot of distances in many ways, including running, biking, and swimming. You might train with a group but you compete as an individual in a big crowd. I found the exception to this mode of competition with adventure racing. It requires a team working together to get to the finish line. You start together, stay together and finish together.

The *Blue Ridge Mountain Adventure Race* in Blue Ridge, Georgia is one such event. Your team is given fifteen compass points and a topographical map on Friday night. You plot your course to the finish line. The race starts at the crack of dawn on Saturday. The team consist of four members. The driver will meet you at various transition points with your bikes or canoe depending on the leg that the other three must complete. The race lasts between six to twelve hours, and you will trail run, mountain bike and navigate canoe rapids. You carry all your own fluids and food.

When we competed, we were informed that we needed a team name. They explained the rules and behavior expected while in the Chattahoochee National Forest. We were not allowed to go buff while changing

clothes or drink alcohol in the transition areas. To me, the name was obvious. Our intrepid team of Ken Misner, Mary Jane Tappen, Connie Clark and I became "Running Nekked though the Woods with a Beer." The tone was set for a good day.

From the gun start, you stay together and work as a team to get to the finish line. Rain, mud, bushwhacking trails, crossing mountain creeks, climbing rope ladders and zip lining are taken on as a team. You encourage each other through difficult times during the day. Let me be clear--there is a lot of cajoling and laughing as well! A bond is formed within these teams that lasts well beyond the event. In the years that I participated, Tallahassee was well represented. There were always three to five Tallahassee teams competing. Sitting together afterwards and telling stories and sharing experiences brought everyone together. I would highly recommend this event to anyone who wants to test their limits and make friends for life.

In memory of my fellow adventure racers Tim Warfel and Tom McHaffie. 🍷



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FROM TRAINING TO TRIUMPH

SIGNE ULSAMER CONQUERS THE PINHOTI 100

What was the event?

The Pinhoti 100, held in 2024 for its 17th year, is hosted by Pinhoti Trail Runs. Jamie and Todd Henderson, the race directors, put on a well-organized and well-marked race. Todd and Jamie also host five other trail races in Alabama, with the Pinhoti 100 serving as the season finale of the Pinhoti Trail Series.

The aid stations, spaced approximately six miles apart, are themed and stocked with a large variety of foods. The **festive and humorous stations lifted my spirits**, especially late at night. Highlights included a Bucky's Quick Stop at "Exit 23" and "Area 51" at mile 53, complete with an alien theme. It was surreal to come upon a party in the middle of the woods.

The race is point-to-point, covering 81 miles of single track, 17 miles of gravel roads, and 4 miles of pavement. The gravel roads and pavement sections provided a chance to make up time after the slow, technical single-track sections. It felt great to run quicker miles after tough stretches of steep climbs and rugged trails. The last 15 miles, consisting of gravel roads and non-technical single track, were a huge mental and pace boost.



From Training to Triumph Continued

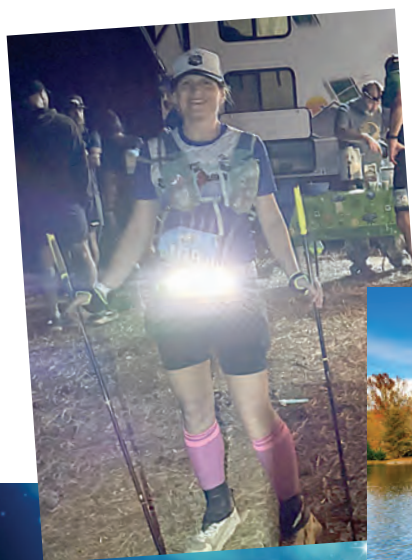
I had amazing support during the race and doubt I would have made the cut-off times without it. A huge thanks to Laura and Jack McDermott and Jennifer Bryant! Jennifer and Jack each ran approximately 30 miles, so I never had to face the nighttime hours alone. Their company was a major mental benefit and kept me in a positive mindset.

Fellow racers were also great. I received valuable advice from seasoned ultra-runners, which helped with both my pace and my mental state.



How does it feel to finish?

Finishing a 100-mile race was an amazing relief and emotional... and then the soreness kicked in quickly! Although I didn't cry during the race (a few veterans of 100-milers told me they inevitably cry at some point during every 100-mile race), I did cry at the end. A lot of the joy I feel after a race comes from the immediate relief from the discomfort of the effort. After 30 hours of constant motion, the sense of relief and accomplishment is overwhelming.



What training did you do to prepare?

Thanks to my amazing coaches, Annie and Jeff Bowman, I felt very prepared for this race. My highest mileage weeks were 60-65 miles, which may have been pushing my threshold for injury. I did a lot of cross-training, including biking, strength work, and swimming. Two months before the race, I completed the Rebecca Mountain 50-mile race. Rebecca Mountain is part of the Pinhoti Trail Series, and approximately 20 miles of that race coincide with the Pinhoti 100. This was helpful both for the distance and for familiarizing myself with some of the trails and the area. Five weeks before the race, I camped at Cheaha State Park (which the race crosses through) and ran 36 miles on the race course on Saturday and another 10 miles on Sunday. That gave me a good fitness boost and further increased my familiarity with the trail.



Due to the lack of available elevation in our area, Jeff and Annie prescribed treadmill power hiking workouts with a 15% incline. Those workouts were really hard but incredibly helpful for races with long stretches of hiking up mountains. Speeding up hiking miles is often more doable than speeding up running miles and probably had a bigger impact on improving my overall time. Being able to shift gears (run/walk) was also an important skill I practiced during training runs.

What surprised you the most?

Running through the night was more fun than I expected. I love my sleep, but all the race adrenaline made it easier to keep going.

The post-race pains that afternoon and night were worse than anything I felt during the race. That night was mostly sleepless and painful. However, 48 hours after the race, I felt considerably better.

Anything else you'd like to share?

I bought a Kogalla light that I wore around my waist. Although it's a fairly expensive light, it was an essential piece of gear for me. Being able to see well during the night is crucial for your pace, safety, and focus.

When we ran through Cheaha State Park (the highest point in Alabama), there were families and groups of kids out on the trails. They were so enthusiastic and cheered us on through that section, which was incredibly encouraging and fun. **One little girl was especially funny, saying, "Great job! Only 20 hours to go!"** 🏃

Wright, Robinson & Associates M. Felton Wright

Managing Director
Senior Consultant

850.599.8978, mfelton_wright@ml.com

Merrill Lynch Wealth Management

1276 Metropolitan Boulevard
Tallahassee, FL 32312

<https://fa.ml.com/florida/tallahassee/WrightRobinson/>



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VOLUNTEER SPOTLIGHT

DAVID & LYNN LANDIS



DAVID LANDIS

Tell us briefly about your running experience. I didn't start distance running until I was well into my 40's. I was more of a sprinter in high school, wanted to play football but I was much too small. My first distance race was a half marathon in Orlando back in 2004. I had no idea what I was doing, i finished it in 2:10 minutes. The next year I tried it again with some actual training and I cut my time to 1:50. After that I was hooked.

How long have you been a member of GWTC? I joined GWTC in 2007 shortly after moving to Tallahassee. Before that I was a member of the North West Florida Track Club.

How did you first get involved as a volunteer? My first experience volunteering was at the Springtime race. I worked at the finish line stripping and stringing.

What do you enjoy most about volunteering? Volunteering is a way to give back to the sport that has given me so much. I love the sport of distance running and I love the competition.

Why do you volunteer? I volunteer because i like to be involved in the sport of distance running. I've had some knee issues lately that keeps me from running.

What is your next volunteer project?

My next volunteering project is one of favorites. I'll be at the finish line for the Turkey Trot.

LYNN LANDIS

Tell us briefly about your running experience. I've been a member of Gulfwinds since 1995.

How long have you been a member of GWTC? I think I started volunteering shortly after that, helping with packet stuffing and registration.

What do you enjoy most about volunteering? I like that I'm able to help make races and events a better experience for everyone.

Why do you volunteer? I volunteer because I know it takes a lot to put on races and that any help is greatly appreciated by race directors.

What is your next volunteer project?

My next volunteer project will be at the Ultra. 🏃



**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.

CUSTOM PRINTED APPAREL FOR YOUR RACE

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Tallahassee, FL
Gulf Winds Track Club

(EXTREME CHALLENGE)

THE EXTREME CHALLENGE IS A BOOT CAMP ONLY FOR THOSE WHO HAVE THE PHYSICAL AND MENTAL TRAINING TO COMPETE AND FINISH.

Few meet the challenge. It will require you to carefully plan, train, and utilize your decision-making skills. To qualify, you must run all GWTC club races within the same calendar year. If a club race offers multiple distance events, you must complete the longest distance event presented at that race. And, you must complete the event within the race director's established time limit.

If you meet the challenge, you will be handsomely rewarded. Awards will be unique, because few are tough enough to conquer the challenge. All that you have to do is be a member of the Gulf Winds Track Club prior to the first race of the year, register for the races and complete the longest distance at each and every Gulf Winds Track Club race. Your participation will be noted.

As you consider your 2025 New Year's Resolutions commit to great health and extreme fun with the GWTC Extreme Challenge.

Get all the details on the list of races for 2025 by visiting:
www.gulfwinds.org/races/gwtc-extreme-challenge/



BOWLEGS 5K RUN FOR SCHOLARSHIP

Sponsored by the Faculty & Friends Club of FSU and Gulf Winds Track Club

One Mile Fun Walk for Walkers

Our Sponsors



Lucy Ho's



DATE: Saturday, January 25, 2025 at 9:00 a.m.

PLACE: Start/Finish at the FSU/FAMU Engineering Building
Innovation Park - Pottsdamer Street - Across from Seminole Golf Course
The course runs through the Innovation Park area- Certified: FL21047JK
For more information text Bill Hillison (850 228-2392)

AWARDS: *BOWLEGS* shirt to all fully-paid preregistered entrants.
Race day until supply is gone.
Medallions for 1st Place in Five-Year Age Groups in 5K

5K Runners

Male & Female Overall
Male & Female Masters
Male & Female Grandmasters
Male & Female Student
Male & Female Educator
Male & Female Faculty Club

One Mile

Male & Female Overall Walker
Male & Female Ages 1 - 9
Male & Female Ages 10-14

All registered entrants have a chance to **win prizes** from local merchants (Winners must be present at drawing held after the race)

REGISTER: RunSignUp.com/Race/FL/Tallahassee/BowlegsRunforScholarship5K

SCAN CODE TO
REGISTRER



Background And History Of The Bowlegs 5k Run For Scholarship

The race was initiated in 1984 by Leitch Wright, a professor and GWTC member, as a vehicle to raise FSU scholarship funds for The University Club (now Faculty and Friends Club of FSU). Originally the race began and ended at Tully Gym. Subsequently, to avoid traffic problems, it was moved to Innovation Park beginning and ending at the Engineering Building. The race became a club race in 2002. Scholarships (\$600 - \$1,000) are typically awarded to needy, 28 and older, returning full-time undergraduate students who maintain a 3.2 or better GPA. To date, more than 225 scholarships have been awarded from the net proceeds from the race. One of the key highlights of the race is the door-prize drawing for those runners and volunteers attending the announcement of the race results.

CALL FOR NOMINATIONS!



2025 ANNUAL AWARDS!

It's that time of year again!

The Gulf Winds Track Club is excited to announce that nominations are now open for the 2025 Annual Awards. These awards honor the dedication, passion, and achievements of our members who make outstanding contributions to our club and community.

If you know someone who goes above and beyond, whether it's in competition, volunteering, or fostering community spirit, we want to hear from you! Visit <https://www.gulfwinds.org/annual-awards-nominations-being-accepted/> to download an application and submit your nominations today.

**Celebrate the best of Gulf Winds Track Club—
let's recognize the incredible people who make our club special!**



DEADLINE: DECEMBER 15, 2024

2024 BOSTON HALF MARATHON

VICTORIES FOR GARY ROWAN AND STEPHANIE LILES-WEYANT



GARY ROWAN
1:17:03

STEPHANIE
LILES-WEYANT
1:33:49



Photo credit: Herb Wills

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