

# THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | JANUARY 2025



## KORY SKROB & AVERI LEWIS

REPRESENT GWTC AT IRONMAN 70.3 WORLD CHAMPIONSHIPS

VOLUME 50 | ISSUE 1



# THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | DECEMBER 2024

VOLUME 49 | ISSUE 11

**Editor:** Robert & Kory Skrob, FleetFoot@GulfWinds.org

**Columnists:** Jane Johnson (Featured Feet), Jennifer Hay and Jerry McDaniel (Presidents Column), Bill Lott (Race Calendar).

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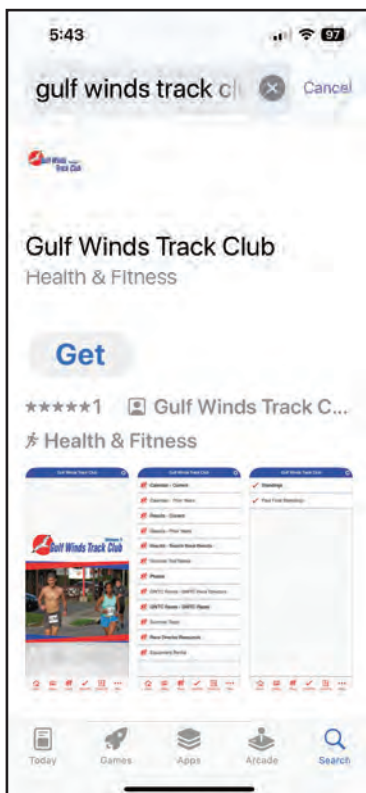
Submissions for publication are strongly encouraged, the preferred format is Microsoft Word. If you have pictures or stories about your running group, don't be shy, photos should be in jpg format. Contact us if you have questions. Robert & Kory Skrob, (850) 270-8295, FleetFoot@GulfWinds.org

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Get the latest club updates, check race results, and view the event calendar right from your phone! It's the easiest way to stay informed and connected with all things GWTC. Download the app today on the Google Play Store or Apple App Store to keep up with our club's activities. Don't miss out—download now!





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# YOUR MEMBER BRIEFING

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**Your GWTC Board of Directors met on November 12, 2024**  
**Here's a summary of the board meeting, distilled down for you.**  
**Complete minutes for all board meetings are available at [Gulfwinds.org](http://Gulfwinds.org).**

## **Access to New Track Coming Soon**

Holy Comforter School has completed permitting for its new running track, with work on the holding pond continuing through spring. GWTC members may have access to this facility by late spring—a great opportunity for training on a quality track.

## **Meet Your 2025 Officers and Directors**

Congratulations to our newly elected officers:

- **President:** Jerry McDaniel
- **Vice President:** Allen Blay
- **Secretary:** Jeanne O'Kon
- **Treasurer:** Peg Griffin

Directors-at-Large include David Yon, Herb Wills, Tom Perkins, Debbie Peters, Hawthorne Hay, and Emily Webster. Judy Alexander and Tina Bahmer will share the role of Director of Education and Socials, with Tina serving as the voting member. Jennifer Hay will take on Communications and Recruitment, while Mary Jean Yon will oversee Race Directors.

Jerry emphasized the importance of at least five Education/Social events annually to keep our community engaged and thriving.

## **Treasurer's Report**

Treasurer Peg Griffin reported net assets of \$267,399.23 as of October 31, with a net income of \$10,027.83 for the year so far.

## **Race Updates**

The Tallahassee Turkey Trot is seeing strong registration numbers, with over 2,000 participants signed up. Volunteer opportunities remain for this beloved community event, led by Ashlee Blake's Turkey Trot Training Group and Elizabeth Kamerick's Beginning Running Group. The Tallahassee Marathon is also on track for record attendance, with nearly 1,000 registrants.

### **Membership Growth**

GWTC continues to grow, with 1,323 members and 750 households—both up from last year.

### **Diversity, Equity, and Inclusion Success**

The October 22 DEI event at Ology Brewing brought together 40 attendees to discuss the importance of inclusivity. Chair Gabrielle Gabrielli highlighted how GWTC is making strides to welcome underrepresented groups, with special thanks to members like Danny Manausa and David Yon for their impactful efforts.

### **Equipment Maintenance**

A flip-digit clock battery was replaced, and replacement handles for water coolers are being researched. All other equipment is in good shape.

### **Chip Timing Revenue**

Chip timing services generated \$2,180 in revenue for non-club races this fiscal year. November's lineup includes the Tallahassee Turkey Trot, with December featuring several club races, including the GWTC 10 & 5 Mile Challenge, Tallahassee Ultra Distance Classic, and Tannenbaum 6K.

### **Grand Prix and Awards**

The Catfish Crawl wrapped up the latest Grand Prix race. Annual Award nominations remain open through mid-December, with committee meetings scheduled to review selections.

**GWTC is closing the year strong, and there's a lot to look forward to as we move into 2025. Stay tuned for updates, and thank you to all members for your continued support and involvement!**

# FEAR NO DISTANCE

A group of runners is silhouetted against a bright sunset sky. They are running on a road that stretches into the distance. The overall mood is one of determination and perseverance.

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EDUCATION & SOCIAL SERIES

## RUN STRONGER, LONGER, FASTER: STRENGTH TRAINING DESIGNED FOR RUNNERS

**JANUARY 16 • 6:00 PM**  
**Casa Grande Midtown Cocina & Margaritas**

Are you ready to break through barriers, recover smarter, and run stronger than ever before? Gulf Winds Track Club's Education and Social Committee is proud to present a transformative workshop on January 16th designed specifically for runners who want to take their performance to the next level—without compromising their mileage.

This is strength training made for runners, not gym enthusiasts. Whether you're a beginner looking to recover faster and stay injury-free as you increase your mileage, an experienced runner aiming for a new PR, or a seasoned athlete wanting to extend your running career, this session is tailored for you. Discover how targeted strength exercises can improve flexibility, form, and endurance by addressing the muscles that running alone doesn't fully activate—helping you maintain efficiency and power through every stride. Injured runners will also benefit by learning how to build a stronger foundation for a faster, more resilient return to training.

Led by expert strength coach Abigail Crowe, this workshop redefines what strength training means for runners. With her dynamic approach, Abigail will teach you exercises that complement your running, energize your workouts, and make you race-day ready. Say goodbye to boring, irrelevant gym routines and look forward to strength training that integrates seamlessly into your running lifestyle.



# RACE CALENDAR



## 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.

**11** **One-Year Countdown to World Athletics Cross Country Championships 3K**, 10 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Free registration. Visit [www.VisitTallahassee.com](http://www.VisitTallahassee.com); or (850) 606-2305.

**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](http://www.GulfWinds.org); or Zach DeVeau at [zach.deveau@gmail.com](mailto: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](http://www.GulfWinds.org); or Bill Hillison at (850) 893-4557 or [whillison@fsu.edu](mailto:whillison@fsu.edu); or Larry Giunipero at (850) 878-5569 or [lgiunipero@cob.fsu.edu](mailto:lgiunipero@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 [athlethehelp@scienceofspeed.org](mailto:athlethehelp@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.tallahassee-marathon.com](http://www.tallahassee-marathon.com); or email race director at [marathon@gulfwinds.org](mailto: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](mailto: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](http://www.GulfWinds.org); or Rob Klepper at [rob.klepper@comcast.net](mailto:rob.klepper@comcast.net).

**15-16** **Southwestern Athletic Conference (SWAC) Indoor Track & Field Championships**, TBA. Birmingham CrossPlex, Birmingham, AL. Visit [www.swac.org](http://www.swac.org).

**20-23** **USATF Indoor Masters Championships**, TBA. Alachua County Sports & Events Center at Celebration Pointe, 4870 Celebration Pointe Ave., Gainesville, FL. Visit [usatfmasters.org](http://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 Averil Lewis at duathlon.  
stmarks@gmail.com.

## MARCH 2025

**01 Shamrock Scurry 5K/1M**, 8 a.m. 1M;  
8:30 a.m. 5K. Killlearn Methodist Church,  
2800 Shamrock South (at the Killarney  
Way traffic circle). Online registration  
available at EventBrite.com. Visit [www.  
shamrockscurry.com](http://www.shamrockscurry.com); or email to jim@  
killlearn.church.

**01 Capital City Senior Games (50+) -  
Track and Field**, 9 a.m. javelin; 9:30 a.m. fun  
walk; all other events on rolling schedule

starting at 10 a.m. Godby High School,  
1717 W. Tharpe St. Online registration and  
information available at [www.talgov.com/](http://www.talgov.com/)  
seniorgames; or Lucas Williams at (850)  
891-3825.

**01-03 ACC Indoor Track & Field  
Championships**, TBA. Norton Healthcare  
Sports & Learning Center, Louisville, Ky.  
Visit [www.theacc.com](http://www.theacc.com).

**23-30 World Athletics Masters Indoor  
Championships**, TBA. Alachua County  
Sports & Events Center at Celebration  
Pointe, 4870 Celebration Pointe Ave.,  
Gainesville, FL.

**27-29 FSU Relays**, 3 p.m. Thursday; 10  
a.m. Friday; 10 a.m. Saturday. Mike Long  
Track, 1104 Spirit Way, FSU Campus. Visit  
[www.Seminoles.com](http://www.Seminoles.com).

**29 GWTC Springtime 10K/5K/1M**,  
7:30 a.m. 1M; 8 a.m. 10K/5K. Suwanee  
St. next to Cascades Park. Online  
registration available at RunSignUp.  
com. Visit [www.springtime10k.com](http://www.springtime10k.com); or  
[www.gulfwinds.org](http://www.gulfwinds.org); or Jerry McDaniel at  
springtime10k@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	Half	-
February 15	Flash 12/6K	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	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
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>



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## PRESIDENTS COLUMN

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By: Jerry McDaniel, GWTC President

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There is this program that I listen to some weeks on NPR that the hosts always begin by sharing the the best news they have heard all week. Well the best GWTC news I have heard all week was the announcement by Race Director's Jack and Laura McDermott just prior to race start at this year's edition of the GWTC Tallahassee Ultra Distance Classic. This race offers 3 distances: a 50 miler, 50 K, and a marathon. The announcement involved naming the 50K race the "Bill Hillison 50K" in recognition of Bill's super human feat of running this race some 30 times and winning out right 8 times. Unbelievable! My understanding is that this was the brain child of Allen Blay. Congratulations to Bill!

Hello members and welcome to 2025! As some of you may have noticed, we have a new, somewhat smaller voting Board

this year and newly revamped bylaws. Please take a moment to check them out if you have not done so already. I would like to thank all Board members, both elected and appointed for their service to GWTC this past year and all years both previous and into the future. Depending on your job, service to this club and keeping it functioning requires significant dedication. I am constantly amazed at how much volunteer time is willingly provided by some of our members.

In terms of events, I note we have 2 social type events happening in January, which according to our survey, is our member's favorite thing to attend(maybe aside from races). The awards banquet at Goodwood on 1/26 , and a social/educational opportunity at Casa Grande on 1/16. Details will be out in "Running Shorts" but please save these dates.



# YEAR ROUND RUNNING GROUPS

Learn a lot more about  
running groups by visiting  
[www.gulfwinds.org/training](http://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, 6:00pm 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

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# PRESIDENTS COLUMN CONTINUED...

Speaking of super socials, the holiday party was a resounding success, as always, thanks in large measure to Tina Bahmer who coordinated the event. Weather was perfect, good food, and drink, sketch artist, Santa, outside fire, live band, etc...members enjoyed a wonderful evening!

You may have noticed more columns by members in the Fleet Foot. I have begun asking members to submit stories of interest concerning things or events that were noteworthy in their past and submit to Robert Skrob for publication. Hey don't wait to be asked... go ahead and write something in the 500-800 word range and send it in. I know I enjoy hearing of the ramp up to someone's first race or marathon, or a race in some unique venue where things may not have gone as planned. It just may inspire other to do the same.

In tracking #'s generally, I have noted that in the last half of 2024, membership #'s and race participant #'s have been up in most races. Speaking of races, things are looking super for our hometown Marathon/Half in partnership with our title sponsor Bank of America. Race Directors, Geb Kiros and Tsige Tadesse with significant support from many other GWTC members will make this one of the finer marathons in the southeast.

Allen Blay has graciously agreed to share President column duties with me this year providing new perspectives into whatever he wishes to share. I do appreciate and wish to thank our going VP Jennifer Hay for her writings and insights over the last 2 years! Beyond the columns, Jennifer, Carter and new Board member Hawthorne Hay have and will continue to provide vital growth, ideas and opportunities to GWTC members.

# COUNTDOWN TO HISTORY

1 YEAR UNTIL THE WORLD CROSS COUNTRY CHAMPIONSHIPS!

FREE 3K  
FUN RUN!

**SATURDAY, JANUARY 11, 2025**  
**AT 10 A.M. AT APALACHEE REGIONAL PARK**

Join the excitement on Saturday, January 11, 2025, at 10 a.m. at Apalachee Regional Park to kick off the one-year countdown to the most prestigious event in cross country running: the World Athletics Cross Country Championships, coming in January 2026! This world-class championship will mark a historic milestone as the first-ever world championship sporting event hosted in Tallahassee-Leon County.

This free, family-friendly event is the perfect way to kick off the countdown to the World Athletics Cross Country Championships in style! Enjoy a free 3K fun run on the championship course, exciting games, free hot dogs, and gold beads for all race finishers along with special appearances by former FSU cross country runners Kasey Knevelbaard, Team USA - 2024 World Championships and Lauren Ryan, Australian Olympic Finalist Paris 2024.

Want to be part of the action in 2026? During the event at Apalachee Regional Park, you'll have the opportunity to sign up on-site to volunteer for the historic World Athletics Cross Country Championships. Be part of the team that helps 'Welcome the World to Tallahassee-Leon County!' as we prepare for this unforgettable event.



# TUDC GETS A NEW NAME IN 2025: THE **BILL HILLISON ULTRA** **DISTANCE CLASSIC** 50M/ 50K



In 2025, the GWTC Tallahassee Ultra Distance Classic 50M/50K will be named the Bill Hillison Ultra Distance Classic 50M/50K in celebration of Bill's many race finishes. Mark your calendar for December 13, 2025. For those wishing for something shorter, there's a certified marathon course. Plus, all are welcome to run a few 10K laps with donation to Friends of Wakula Springs.

In celebration of Bill Hillison's accomplishments, here's a record of his 30 runs at now named Bill Hillison Ultra Distance Classic 50M/50K.

NO.	YEAR	PLACED	TIME
1	1987	6	3:47:50
2	1988	9	4:05:13
3	1989	7	3:57:26
4	1991	2	3:46:32
5	1992	1	3:43:38
6	1993	1	3:44:12
7	1994	3	3:37:26
8	1995	3	3:42:23
9	1996	1	3:42:29
10	1997	1	3:54:00
11	1998	5	3:50:11
12	1999	1	3:49:06
13	2001	4	4:03:50
14	2002	1	3:51:46
15	2003	1	3:51:58
16	2004	1	3:50:10
17	2006	2	4:20:32
18	2007	4	4:13:48
19	2008	7	4:51:03
20	2009	12	4:53:00
21	2011	11	4:44:55
22	2012	13	5:06:15
23	2013	14	4:54:51
24	2014	22	5:49:46
25	2015	19	5:27:40
26	2016	11	5:45:07
27	2017	25	6:15:35
28	2018	35	6:55:37
29	2019	44	6:54:44
30	2021	25	7:43:02



## COACHES CORNER WITH

# GARY DROZE

GARY\_DROZE@COMCAST.NET



Longtime attendees of the Gulf Winds Track Club Tuesday Intervals workout have perhaps noticed a gradual decrease in the time of recovery between repeated bouts of intense running. Here's a multiple choice question, regarding that trend:

### Why have Bill Lott and Gary Droze been reducing your rest time between 5K race pace repeats of 400 to 1600 meters?

#### ANSWER CHOICES

This shortens the overall time of the workout, so Gary can go fishing sooner.

Optimal recovery time for improvement is the least amount needed to hold pace for the whole session.

Bill and Gary are unrepentant sadists who enjoy seeing runners suffer.

#### CORRECT ANSWER

Of course, the right answer is C. However, answer B holds some merit. Consider what we are aiming to achieve with the weekly intervals workout. The goal is to improve your 5K race time. The most efficient way to achieve that goal is to practice running slightly faster than your 5K personal best. Obviously, running at a pace faster than your personal best will send you into the special Hell of lactate buildup slowdown well before the finish line (email me if you want a boring biochemistry lecture about lactate buildup and clearance). So, the whole reason for giving you any rest at all during interval workouts is to allow you the opportunity to run at new-PR pace,

### A few practical notes for hardcore Tuesday attendees who have read this far...

Obviously, even though we divide you into 3-4 groups, not everyone will get equal rest. If you are at the front of a group, you need to get faster on each rep, to make up for excessive recovery. If you are in the middle, you should be fine. If you are at the back...we'll pray for you. In general, it is better, trainingwise, to be hanging on to a challenging group than easily leading the next group. And FYI, when Danny Manausa starts chatting during recovery, we know Group Two has exceeded their recovery allotment! 🚫

AND to cover 3 miles while doing that. Regarding those crucial recovery breaks, Bill and I have three options:

#### TOO LITTLE REST

If we do not give you enough recovery time, you won't clear enough lactate to hold pace after the first few reps, and no amount of willpower will prevent you from slowing down. Not good for you. And you will, as a group, conspire to tar and feather Bill and me. Not good for us.

#### TOO MUCH REST

You will comfortably hit PB splits for the whole workout, and kid yourself that you are ready for a new best time. If we give you too much rest, Bill and I have violated the sport performance principle of Specificity, which states that improvement comes from making the training very similar to what is faced in competition. Last time I checked, 5K races don't offer luxurious breaks between the starting gun and the finish line.

#### JUST RIGHT REST

The perfect amount of rest allows you to hold just under PB pace for the entire workout, but the effort should be increasingly harder to hold that pace, from slightly uncomfortable in the first few reps, to downright gut-wrenching on the last rep. That's how a perfect 5K should feel. Remember Specificity?

# 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](http://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](mailto:monicamjackson@gmail.com)

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## VOLUNTEER SPOTLIGHT

# DEBBIE PETERS

### **Tell us briefly about your running experience.**

I started running in my 20's mainly for 'weight control', fitness. I did my first official race at the Springtime Tallahassee 10k in 2001. I was hooked on racing from then on. The friendships I have made through racing and GWTC are unmeasurable.

### **How long have you been a member of GWTC?**

I have been a member of GWTC since 2010-2011.

### **How did you first get involved as a volunteer?**

I have only volunteered for a few water stations over the years and I do the Turkey Trot packet pickup every year. My main area of volunteering is by serving on the Board as a Director at Large for the last 2 years. And on the Grand Prix Committee. I will be volunteering in both of those areas again in 2025.

### **What do you enjoy most about volunteering?**

I love watching this well run club work through areas of concerns, problem solving and seeing hands on the benefit the club is to the community.



### **Why do you volunteer?**

I volunteer to give back to the club that gives so much to me. It truly is my biggest social outlet, from running races on Saturday mornings, to attending Board meetings, etc.

### **What is your next volunteer project?**

As I mentioned above, I will be serving again in 2025 as a Director at Large on the Board and on the Grand Prix Committee. Our next big event will be the 2024 Awards ceremony in late January.





## Nancy Proctor

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# GULF WINDS TRACK CLUB AND TALLAHASSEE IS PROUD TO HAVE KORY SKROB AND AVERI LEWIS REPRESENTING US AT THE IRONMAN 70.3 WORLD CHAMPIONSHIP IN TAUPŌ, NZ IN 2024. COMPETING AT THAT LEVEL IS A HUGE ACCOMPLISHMENT.



## AVERI LEWIS

**What's the process to qualify for the Ironman 70.3 World Championship in Taupō?** Qualifying for an Ironman 70.3 World Championship event requires you to perform well at a 70.3 event in the prior year. WC slots are allocated proportionately at each race depending on how many participants are in your age group, so the higher you finish in your age group, the more likely you are to get a slot. Most age groups have between 1 and 5 slots, and if a competitor ahead of you elects not to take their spot, it rolls down to the next finisher. I finished 3rd in my age group at 70.3 Augusta in 2024, so I earned my WC slot there.

**What did it take to train to prepare for the race?** Because the course in Taupō didn't have any super unusual features that I hadn't experienced before in other races, I didn't do anything particularly special or different training for this race than how I would for another 70.3. I decided to race 70.3 North Carolina this year about 2 months before Taupō so that I could have a "test run" and check my fitness before the race. I did well and set a PR there, so my goal was just to maintain my fitness going into the World Championships and do the best I could.

**What surprised you the most about**

**the experience?** I didn't realize just how many people were going to be out there spectating and involved with the event. Supposedly 20,000-25,000 athletes + spectators came to Taupō for the World Championship, and I'd believe it! You never had to be alone on the run portion because there were so many supporters packing the entire course. The energy and the hype around the race was unlike anything I ever experienced. I was also really impressed





with the volunteer support and just how well Ironman organized the event—with that many people, you'd expect it to be chaos, but the whole operation was a well-oiled machine.

**Was there anything interesting that you saw or happened to you while you were in Taupo?** One of the most interesting or unusual parts of being in New Zealand was that they drive on the left side of the road there, which meant we also raced our bikes on the left-hand side of the road. This is something you can't really train for or practice in America, so I just had to get a feel for it as the race went on. Until the race was underway, I hadn't even contemplated what other race tactics would be affected by this—such as the fact that I would have to pass my competitors on their right side, or at aid stations that I would have to grab bottles from volunteers with my left hand instead of my right. Since getting back from New Zealand, it has still taken me a few days to get used to driving on the right and walking on the right side of the sidewalk again!

**What was your favorite part of running the Ironman 70.3 World Championship?** The coolest part of racing was being a part

of a women's-only race for the first time. At all other Ironman and 70.3 events, men and women race together on the same course, but at World Championship events, each gender has their own race day. I had a moment on the bike course in the middle of a long, winding climb where I remember looking ahead up the hill and seeing a line of 100+ bikes ahead of me. It may sound silly, but in that moment, I suddenly remembered that every single one of those racers was a woman. I felt a sense of pride and empowerment being in a sea of women from around the world who had worked super hard to be there, and that feeling energized me throughout the rest of the race. It was also really special to have both of my parents/stepparents, my boyfriend, and some friends there cheering for me on course, so I was always excited when I passed them.

**What's next now that you've completed the Ironman 70.3 World Championship?** Fortunately, earlier this year at 70.3 North Carolina, I secured a spot for the 70.3 World Championships in 2025, which will be held in Marbella, Spain. I am looking forward to getting to race in the electric atmosphere of a WC again. I finished



621st out of 2,057 females in Taupo, so my goal will be to see how much higher in the ranks I can finish in Spain. The race is not until next November, so for now I am going to enjoy a few weeks of offseason before I start putting some other races on the calendar for 2025.

## KORY SKROB

**What's the process to qualify for the Ironman 70.3 World Championship in Taupo?** There is a qualifying period every year in which every IM 70.3 race is allotted a specific number of qualifying spots to the World Championship. I qualified at IM Puerto Rico 70.3 which had one spot available for my age group. I was fortunate enough to take third in my age group that day and get a spot. The woman who won the race that day was in my age group and had already qualified and second place had qualified as well. In my experience I have had to hit the podium to qualify.

**What did it take to train to prepare for the race?** For me, specifically, I had to overcome injury. An MRI in July revealed a labrum tear in each of my hips and a tear in my right hamstring. I surrounded myself with a great team that believed I could compete and helped me get to the start line. I had to balance healing of the tears with building strength. In the end I was able to compete and was beyond grateful to do so.

**What surprised you the most about the experience?** How much I enjoyed racing with women only and from around the world. I didn't think that mattered to me that much, but it was a great experience and really feel that is how all the World Championship races should be. Everywhere we went in New Zealand there were IM competitors from around the world and loved sharing stories with them.

**Was there anything interesting that you saw or happened to you while you were in Taupo?** The scenery was of the country in



whole was amazing. The lake we swam in was crystal clear, the bike course was full of mountains and glaciers in the distance and farmland and geothermal spots along the roads and the run was along the beautiful Lake Taupo. It is by far the most beautiful and fun bike course I have ridden on.

### **What was your favorite part of competing in the Ironman 70.3 World Championship?**

My favorite part was having my husband Robert with me as my sherpa. He made sure I had everything I needed before the race, and we had a fabulous trip following the race. I also felt like the volunteers were amazing. They made every effort to make sure our race day was the best experience we could have and were some of the best volunteers I have ever encountered.

### **What's next now that you've completed the Ironman 70.3 World Championship?**

I plan to recover and rebuild. I still have some healing and strengthening to do to come back stronger. I plan to work on that the first part of the year and decide after as to what the rest of the year will bring. 🏃‍♀️



Tallahassee, FL

# Gulf Winds Track Club

SPECIAL DEALS

## MEMBERS ONLY DISCOUNTS

### EQUIPMENT

**CADENCE/TRAIL AND SKI**  
2743 Capital Circle NE - (850) 531-9001

All GWTC Members will receive

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All GWTC Members will receive

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any in-store purchase on footwear, apparel, accessories & training programs (Electronics not included)

### RECOVERY

**TASTY PASTRY**  
1355 Market Street - (850) 893-3752

# \$5 OFF

a \$20 purchase



Would you like to provide a Members Only Discount for GWTC members, email details and any logo to [FleetFoot@GulfWinds.org](mailto:FleetFoot@GulfWinds.org). It does not need to be running related.





**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](https://TallahasseeMarathon.com) and click the [REGISTER HERE](#) button

## **TO VOLUNTEER**

Go to [TallahasseeMarathon.com](https://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.**

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# (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/](http://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](https://RunSignUp.com/Race/FL/Tallahassee/BowlegsRunforScholarship5K)

SCAN CODE TO  
REGISTER



## 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.