

THE FLEET FOOT



NEWSLETTER OF THE GULF WINDS TRACK CLUB | APRIL 2025

TALLAHASSEE MARATHON WINNERS



DYLAN GEARINGER
PHILADELPHIA, PA
2:25:31



GABRIELLE SUVER
CLERMONT, FL
2:54:04

Photo credit: Jeanne O'Kon

VOLUME 50 | ISSUE 4

THE FLEET FOOT

NEWSLETTER OF THE GULF WINDS TRACK CLUB | APRIL 2025

VOLUME 50 | ISSUE 4

Editor: Robert & Kory Skrob, 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.

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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.

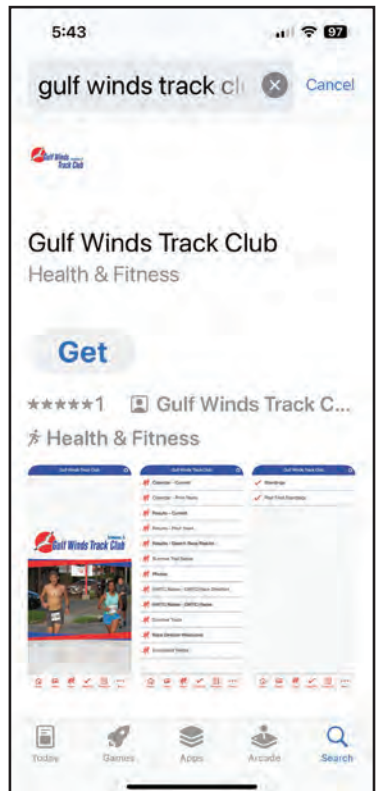
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Stay Connected with the Gulf Winds Track Club App!

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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Road Runners Club of America Member Club

USA Track & Field Member Club #14-1275

FEBRUARY 2025 BOARD MEETING RECAP

The Gulf Winds Track Club (GWTC) Board met on February 12, 2025 to discuss race closeouts, upcoming events, club finances, and new initiatives to strengthen club operations.

Race Closeouts and Financial Updates

Several races finalized their budgets this month:

- Tallahassee Ultra Distance Classic: The race turned a profit, which will be split between Friends of Wakulla Springs and GWTC.
- Five and Ten Mile Challenge: The race netted \$4.59 after finalizing outstanding invoices.
- Swamp Forest Trail Races: The event brought in \$2,245.64 in net revenue, with \$57 donated to the Friends of Our Parks Foundation.
- GWTC 30K/15K: This race netted \$1,269.58, with \$101.20 donated to the Chenoweth Endowment Fund.

Upcoming Events and Initiatives

- Women's Distance Festival 5K: This year's race will be a Youth Grand Prix event, and alternative giveaways to T-shirts are being considered.
- Springtime 10K/5K/1M: Packet pickups will be held at Amicus and REI, with QR codes for race registration.
- Socials & Education: The club plans to host spring and summer socials, with one likely serving as a Town Hall meeting.

Membership & Communications

The club's Strava and Instagram pages continue to grow, with 1,301 individual members and 757 family memberships, up from last year. A new club flyer will be available at packet pickups to promote GWTC.

Diversity, Equity & Inclusion

The IRC children's running program will continue in the fall, and the committee is considering a name change at its next meeting.

Club Merchandise & Equipment

Merchandise sales were strong at the Tallahassee Marathon, and items will be available at the Springtime packet pickup. The club will evaluate whether additional water coolers and tables are needed for races. The newly acquired third AED is now in use, ensuring race safety.

Chip Timing & Grand Prix Updates

Several upcoming races will be chip-timed, including the Tallahassee Marathon, Flash 12K/6K, and St. Marks Duathlon. Volunteer tracking for Grand Prix awards is improving, and race directors will be encouraged to remind participants of volunteer hour requirements. Yard signs with QR codes will be placed at events to help runners log their hours.

Training Groups & Community Engagement

The Half-Marathon training group wrapped up successfully with 35 participants, while the Springtime training group launched with 28 runners. The club is actively engaging with Fleet Feet and Black Girls Run, with plans for a social event in March.

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FEAR NO DISTANCE

The background of the entire page is a photograph of several runners in silhouette, running on a road. The sun is low on the horizon, creating a bright glow behind the runners and casting long shadows. The sky is a mix of blue and orange. The runners are in various stages of their stride, moving from left to right across the frame.

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RACE CALENDAR



APRIL 2025

12 GWTC 50th Palace Saloon 5K, 8 a.m. Start at Messer Fields, corner of Jackson Bluff Rd. and Dupree St.; finish at The Palace Saloon, 1303 Jackson Bluff Rd. Online registration available at RunSignUp.com. Visit www.gulfwinds.org; or Tom Perkins at tomperkinsfu@gmail.com or (850) 264-4595.

12 Sopchoppy Worm Gruntin' Festival Wiggle Worm Fun Run (1.4M), 8 a.m. Corner of Rose St. and Municipal Ave., downtown Sopchoppy, FL. Online registration available at RunSignUp.com. Visit www.wormgruntinfestival.com; or Katherine Westmark at mkwestmark@gmail.com or (850) 445-4206.

19 Rose City Run 10K/1M, 8 a.m. 10K; 9:30 a.m. 1 M. North Broad St. at corner of Broad St. and Monroe St., near U.S. Post Office, Thomasville, GA. **No Race Day Registration for 1M.** Online registration available at <https://ymca-thomasville.org/rose-city-run>. Thomasville YMCA at (229) 226-9878 or rccr@ymca-thomasville.org

19 Cornerstone Learning Community Hawk Run Jubilee 5K/1M, 1M 8:30 a.m.; 5K 9 a.m. Cascades Park, 1001 S. Gadsden St. Online registration at EventBrite.com.. Liz Gilliam at lgilliam@cornerstonelc.com or (850) 386-5550.

19 Gadsden 5K Run/1M, 7:30 a.m. 1M; 8 a.m. 5K. Shanks Middle School, 1400 W. King S., Quincy, FL. Online registration available at RunSignUp.com. LaCora Johnson at lacora@lacoraandcompany.com.

26 NeSmith Way 5K, 8 a.m. Phipps Farm/Meridian Meadows, 4300 N. Meridian Rd. (across from Maclay School). Online registration and additional information available at donate.giving.uflhealth.org/event/nsmith-way-5k/e645950; or Sue Ault at (850) 556-5922.

26 Nene Fest 2-Way 5K/1M, 8 a.m. 5K; 9 a.m. 1M. Optimist Park, 1806 E. Indianhead Dr. Online registration available at RunSignUp.com. Visit <http://facebook.com/nene5k>; or Marie Claire Leman at nenefest5kandfunrun@gmail.com.

26 Gladiator Challenge, an Adventure Race/5K (obstacle course races ages 3 and up; 5K obstacle course race ages 16 and up), 8 a.m. Phipps Farm, 4300 N. Meridian Rd. (across from Maclay School). Online registration available at RunSignUp.com. Visit www.gladiatorth.com; or Susan Huber at (850) 294-4204 or gladiatorth@gmail.com.

26 Rose City 5K Walk, 8:30 a.m. Thomasville Center for the Arts, 600 E. Washington St., Thomasville, GA. No Race Day Registration. Online registration available at <https://ymca-thomasville.org/rose-city-run-walk>. Thomasville YMCA at (229) 226-9878 or rccr@ymca-thomasville.org.

MAY 2025

03 Tails and Trails Half

Marathon/10K/5K/1M, 7:30 a.m. Half Marathon/1M; 8 a.m. 10K/5K. Tallahassee Animal Service Center, 1125 Easterwood Dr. next to Tom Brown Park. Online registration available at RunSignUp.com. Visit www.animalshelterfoundation.org; or Cara Fowler at carafowler@mac.com.

15-17 ACC Outdoor Track & Field

Championships, TBA. Wake Forest University, Winston-Salem, NC.

26-31 NCAA Outdoor Track & Field

East Preliminary, TBA. Hodges Stadium, University of North Florida, Jacksonville, FL.

31 GWTC Summer Trail Series Race #1 –

TBA. Online registration available at RunSignUp.com. Bobby York at byorkjr@msn.com.

31 Alice Sims Track Invitational (AAU),

8:30 a.m. field events (rolling schedule); 10 a.m. running events (rolling schedule). Chiles High School, 7200 Lawton Chiles Lane. Alice Sims at alicesims3435@gmail.com or (850) 322-3929.

JUNE 2025

05 GWTC Summer Track Series - Week

1, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or tomperkinsfsu@gmail.com; or Jeanne O’Kon at (850) 264-4903 or okonj@flagger.edu.

07 Monticello Kiwanis Club Watermelon

5K Run/4M Walk, 8:15 a.m. First United

Methodist Church – Family Ministry Center, corner of South Water St. and Hwy 90 West, Monticello, FL. Online registration available at Eventbrite.com; or Floyd Faglie at watermelonrun@gmail.com or (850) 841-0828.

07 GWTC Great Potluck Bash 4M (Trail

Prediction Run), 6 p.m. Forestmeadows Park and Athletic Center, 4750 N. Meridian Rd. Online registration available at RunSignUp.com. Visit www.gulfwinds.org; or David Yon at david@radeylaw.com.

10-15 NCAA Outdoor Track & Field

Championships, TBA. Hayward Field, University of Oregon, Eugene, OR. Visit www.ncaa.com.

12 GWTC Summer Track Series - Week

2, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or tomperkinsfsu@gmail.com; or Jeanne O’Kon at (850) 264-4903 or okonj@flagger.edu.

19 GWTC Summer Track Series - Week

3, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or tomperkinsfsu@gmail.com; or Jeanne O’Kon at (850) 264-4903 or okonj@flagger.edu.

26 GWTC Summer Track Series - Week

4, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at (850) 264-4595 or tomperkinsfsu@gmail.com; or Jeanne O’Kon at (850) 264-4903 or okonj@flagger.edu.

28 GWTC Summer Trail Series Race

#2 - TBA. Online registration available at RunSignUp.com. Bobby York at byorkjr@msn.com.



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
April 12	Palace Saloon 5k	5K	-
April 26	NeSmith Way 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 20	Women's Distance Festival 5K & 1M	-	5K or 1M
September 27	Steve Prefontaine 5K Forest Run	5K	-
October 11	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>



VICE PRESIDENTS COLUMN

By: Allen Blay, GWTC Vice President

There are very few things I like more than waking up on Sunday morning to go run the trails over at Maclay Gardens State Park. It's one of the reasons why I think it would be hard to beat Tallahassee if you were looking for a place where you can run trails year-round. You might laugh at that and question whether the trails are really runnable during the summer, but remember that while the local high school XC teams head north for their summer camps, the south Florida XC kids come up to Tallahassee for theirs. I guess weather really is all relative.

When I go to other places and I look up trails, invariably I'm on some sort of pavement. In Tallahassee, we have our choice of trails – real trails with clay, dirt, sand, grass, or something that isn't paved. It's no wonder we get called Trailahassee. Which brings me to the subject of this column. There are so many trails in Tallahassee that it seems like I'm finding new ones all the time. In case you are new here or just are looking for new trails, here are some of my favorites:

1. The Eleanor Klapp Phipps park trail system has something for everyone. From the beautiful east and west loops to the many, many miles of single track, this is my go to place. You can get a glimpse of Lake Jackson from the west loop, and on the Oak Hammock single track trail in a clockwise direction you can

run a Strava segment that someone colorfully named, "This segment truly sucks..." You'll have to run it yourself and use Strava to see exactly what it sucks, but I disagree with the color commentary on that one – it's beautiful and the sharp curves and roots hide the fact that you have a ridiculous amount of elevation gain.

2. Across Meridian Road is the stunning Maclay Gardens State Park. The Ravine Trail and the Lake Trail, both aptly named, are approximately a 5 mile figure eight of what can only be called the real Florida.

3. Tom Brown – Lafayette Heritage Park – Alford Greenway. You can start at any of those places since they all connect and enjoy a little bit of everything – sand, grass, roots, big hills, and both sunshine and shade. Expert tip – don't try to run at the Alford Greenway in late afternoon without some device with a map on it to help you find your way back. Just trust me on this and don't ask me how I know.

4. Miccosoukee Greenway, aka "Micc" to the high school kids. It is over 7 miles from the Fleishmann trailhead to the Crump trailhead. One time when I was recovering from an injury and was not going to go more than five miles, my "friends" kept saying just one more, it's a beautiful day. Next thing I know, we've gone the

entire trail and I'm adding on a half mile at the end of the way back to get to 15. It's that great a place that I didn't even regret it too much.

5. Munson Trails – so this place is stunning, and another place to get lost at. The bugs are way too bad to run this during the summer, but in late fall, winter, and spring, it's unbelievable. Go to the trailhead for St. Mark's just south of Capital Circle. The trailhead for Munson heads off to the west near the bathrooms there. I have no idea how many miles of trails are back there, all I know is that you better have a device with a GPS when you go there. Just trust me on this one also.

6. Apalachee Regional Park – In 2026, Tallahassee is hosting the World Cross Country Championships. The course at "the ARP" is truly world class. It's host to the high school

state championships every year, and it's been host to collegiate championships, U.S. championships, and now the world. If you've never run this masterpiece of grass and clam shells, you need to. It's remarkably beautiful for being built at a waste management facility, aka the dump. Wait until you see what they are going to do to turn this into a challenging world championship course. If you go out now, you can see the signs that tell you what's about to happen. It's both a little scary and exciting at the same time.

There are so many more, from the red clay out at Old Centerville Rd., aka "Bradley's" to my kids, to Leon Sinks, which isn't for running, but is a stunning day hike, or the Wakulla Springs trails, just to name a few. If you have favorites, reach out and let me know. I'm always looking for new places to run. Happy Trails!

Join us as we Welcome the World to Tallahassee!



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Apalachee Regional Park • January 10, 2026

Stay tuned for updates along with opportunities to be a part of history.

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FEATURED FEET

MELANIE LEITMAN



Childhood ambition: Elementary School Teacher

Current occupation: Attorney with Stearns Weaver Miller

If money were no object, what profession would you choose? Food and travel blogger.

Favorite running memory: Tallahassee Marathon 2022 -- my first marathon, which I decided to sign up for two days before. I was originally registered for the half, but I'd had a good training cycle and had gotten in some bigger mileage runs. I decided to switch my registration to the full and see what I could do. I managed to BQ on my first go at 26.2!

Non-running hobbies: traveling, cooking, hanging out with my daughter (11 years old), skiing

Favorite reads: I've always got something going on my Kindle, but I think my favorite reading memory was reading all seven of the Harry Potter books to my daughter over the course of several years.

Best place to run in Tallahassee: I live in midtown and love to just step out my front door and pick a direction!

Preferred running technology: Garmin, except when it tells me I am being "unproductive."

Perfect day: Fresh powder day on a mountain with good ski terrain, hot chocolate breaks, followed by an outdoor hot tub, good dinner, and early bedtime.

Biggest challenge: Finding time and energy to fit everything in! 🏃



Tallahassee, FL
Gulf Winds Track Club
GRAND PRIX

2025 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>

FEATURED FEET

BESHOY KHEIR



Childhood ambition: Family Mediator

If money were no object, what profession would you choose: If money were no object, I think I'd lean toward something that blends creativity and impact—maybe a writer, philosopher, or even a tech innovator working on projects that push boundaries, like AI ethics or space exploration.

Favorite running memory: Crossing the Tallahassee Marathon finish line was a notable memory in my running journey. As I dashed past the finish line there was a moment that was both surreal and triumphant; the pain and exhaustion from the long miles melted away as I saw the finish line approaching, and experiencing a rush of emotion—pride, relief, joy, and maybe even a little disbelief that I made it.

Indulgence: The Whole Foods hot bar

Non-Running hobbies: My non-running hobbies would include bicycling, golfing, teaching and tending to my farm animals.

Favorite Reads: Golf Digest, Business Insider

Best place to run in Tallahassee: Without a doubt, Cascades Park would be the best place to run in Tallahassee. Training with Gulf Winds Track Club for the Tallahassee Marathon, Cascades Park always offered a refreshing perspective and peaceful scenery.

Preferred Running Technology: Strava (Running app)— This app is perfect for logging runs, setting goals, and sharing progress with friends or the running community. This apps also allow you to join challenges and track your progress over time.

Perfect day: Playing a game of catch on the front lawn with my brother Parker DeWitt.

Biggest challenge: Not enough time in the day. 🏃



Tallahassee MARATHON & HALF MARATHON

As part of the Tallahassee Marathon & Half-Marathon, groups are invited to participate in the Water Station Challenge. This year there were 10 groups that sponsored and supported a water station for the runners. Duties included setting up the station, providing water, Gatorade, and Gu for the runners, and then helping to clear the station once all runners have passed. After the race, all participants were invited to vote on their favorite water station. Thank you for all the groups that participated. Here are the top four stations which will receive donations to a non-profit organization of their choice.



1ST PLACE: BLACK GIRLS RUN \$500



2ND PLACE: LEAGUE OF WOMEN VOTERS \$300



3RD PLACE: GULF WINDS TRIATHLETES \$200



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Tuesday, 6:30am at Maclay School Track

TUESDAY EVENING INTERVALS

Tuesday, 6:00pm at Railroad Square (by skate
park/rattler snake)

MIDTOWN MIDWEEK MILES

Wednesday, 5:30am at Whole Foods Market

WEDNESDAY EVENING INTERVAL WORKOUT GROUP

Wednesday, 5:30pm 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

REFLECTION TRAIL RUN

Every Sunday EXCEPT for the last
Sunday of the month. Tom Brown's Lafayette
Heritage Trail (501 Easterwood Dr). Meet at
the West Cadillac Trailhead signpost.

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VOLUNTEER SPOTLIGHT

AMY O'KELLEY



Tell us briefly about your running experience. I grew up “chasing” my older brother around different tracks and XC courses when he was in high school and later ran for FSU – cheering him on, every step of the way. I always remember admiring all of the runners and thinking how much I wanted to “learn to run” myself. One day in 1998/1999 (shortly after college graduation), I picked up a copy of Fleet Foot at a local Publix and saw an ad for a beginner running group (led by Dot Skofronick.) The goal was to run a 5K and I still remember the incredible feeling I had when I crossed that finish line! I quickly signed up for the Springtime 10K beginner running group (led by Julie Clark) and enjoyed that just as much. Since that time, I have run countless 5Ks & 10Ks, six half marathons, and a marathon relay. I have had a lot of gaps in my running journey over the years due to life circumstances, but I always come back to it! I especially love early morning runs with friends and I am thankful to have met so many great people in our community through running.

How long have you been a member of GWTC? I was a member of GWTC in my early running days, some years in between and most recently the last couple of years.

How did you first get involved as a volunteer? Jennifer Hay recruited me to be the Coordinator for the GWTC School Grant Program. When my children were in elementary school, I served on the PTO Board and was very active with the “Mileage Club” along with our PTO led Trailblazer 5K – Run for Literacy. I have a passion for schools and running, so it seemed like a good fit!

What do you enjoy most about volunteering? It always gives me great joy to award a grant to one of our local schools to help start or grow an existing youth running program. We never know how opportunities like this can inspire a child or even make a lasting difference in a child's life.

Why do you volunteer? I enjoy volunteering in general, as it gives me a chance to serve others, give back to our community and meet new people. I've always said, “the stronger the volunteer base, the stronger the club/organization” and “many hands make light work!”

What is your next volunteer project? Nothing set in stone yet, but I would like to volunteer at more local races at some point! 🏃

Investing in Our Community

GWTC club races contribute 50% (or more) of all race proceeds to an area charity. Here are a few of the many thank you letters your club receives.



TALLAHASSEE HALF MARATHON WINNERS



SADIO FENNER
COLORADO SPRINGS,
COLORADO
1:09:59



KATIE SHERRON
TALLAHASSEE
FLORIDA
1:18:38