



**MONTHLY MEETING - MONDAY, OCTOBER 19th, 2015**

**Social @ 6:30 PM Meeting @ 7:00 PM**

**LOCATION: Momo's Pizza in Killearn, 1410 Market Street, Tallahassee, FL 32312**

**Click [HERE](#) for Google Maps Location**

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### **IMPORTANT REMINDER**

At this month's meeting, in place of the usual presentation, all of the candidates for elected board positions will be presented to you in person. Please attend this meeting.

The elected positions to be filled are as follows:

Vice President (President elect for 2017)

Secretary

Treasurer

Directors at Large (5)

This is your chance to have a say in the direction of our club!

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### **LIST OF NOMINATED CANDIDATES**

#### **VICE PRESIDENT (PRESIDENT ELECT FOR 2017)**

1. Charlie Johnson

#### **SECRETARY**

1. Jon Nash

#### **TREASURER**

1. Jerry Chestnutt

#### **DIRECTORS AT LARGE (5 POSITIONS OPEN)**

1. Jen Barton
2. Charles Dickerson
3. Kathy McDaris
4. Robby Turner
5. Mike Weyant

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**\*\*\*Gulf Winds Triathletes Bike Ride and Social, Sunday, October 18, 2015\*\*\***



Meet your Gulf Winds Triathletes friends for a ride from Southwood Town Center, down the beautiful Tallahassee-St. Marks Historic Railroad State Trail, and on to the San Marcos de Apalache Historic State Park.

Ride a little or ride a lot. Choose a ride that takes you to the Wakulla Station Trailhead (~25 miles roundtrip), to the Fort (San Marcos de Apalache Historic State Park)(~41 miles roundtrip), or anywhere in between, and back! The **~41-mile Fort ride** leaves at **10:30 am** and the **~25-mile Wakulla Station ride** leaves at **11:00 am**. Feel free to start earlier/later and do your own thing!

After your ride, though, meet at **El Jalisco Southwood at ~1:00 pm!** The Gulf Winds Triathletes Club is going to buy some tacos and all of the ice water you can drink! You'll be responsible for any other food or beverages you may desire!

We hope to see you all there!

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## FINAL GRAND PRIX EVENT

Don't miss out on the final  
Grand Prix Event of 2015.

Challenge Florida  
Sunday, November 8, 2015  
Sharky's On the Pier  
1600 Harbor Drive South  
Venice, FL 34285

Half Distance  
1.2 Mile Swim • 56 Mile Bike • 13.1 Mile Run



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## 2016 Gulf Winds Triathletes Grand Prix

*(Special Note: Before you rush out to sign up for the races listed here, keep your eyes open on the Gulf Winds Triathletes Facebook page over the next couple of weeks! There and in the next newsletter, we will be announcing some discount codes for a few of next year's Grand Prix races!)*

The 2016 Gulf Winds Triathletes Grand Prix will offer club members the opportunity to race in **8** - Sprint, **3** - Olympic, and **2** - 70.3 distance races (**13** races, across **12** events) for Grand Prix points. These points will qualify you for potential special recognition/awards at the annual awards ceremony.



There were no changes to the Grand Prix Rules for 2016. You can find the current rules on the Gulf Winds Triathletes website at <http://gulfwindstri.com>. Simply click on the **Grand Prix** tab's **Grand Prix Rules** link.

Once again, this year, we will be "targeting" **3** races. This will be done to promote maximum participation and these races will receive a multiplier of 0.25 to both open and age group points! Additionally, we will be attempting to have training and social events scheduled around these races. As an added benefit to club members, we will also be reaching out to try and secure race registration, lodging, and other race-related discounts for these races!

Your 2016 Gulf Winds Triathletes Grand Prix schedule is:  
(NOTE: Events that are **bolded** are currently published dates for 2016. Events in *italics* have not had dates for 2016 published, therefore, the date listed is from 2015.

1. **Florida Challenge Triathlon (March 19, Clermont, FL) -- Sprint**
2. **Red Hills Triathlon (April 9, Tallahassee, FL) -- Sprint**
3. **(Targeted Race) Gulf Coast Triathlon (May 7, Panama City Beach, FL) -- 70.3**
4. *Crystal River Tri Series #1 (May 23, Crystal River, FL) -- Sprint*
5. *Jax Tri Series #1 (June 20, Fernandina Beach, FL) -- Sprint OR Olympic*
6. **Freedom Springs Triathlon (July 4, Marianna, FL) -- Sprint**
7. **(Targeted Race) Chattahoochee Challenge (July 16, Columbus, GA) -- Sprint**
8. **Georgia Veterans Triathlon (August 13, Cordele, GA) -- Sprint**
9. *Hammerhead Triathlon (August 30, Camp Blanding/Jacksonville, FL) -- Olympic*
10. **(Targeted Race) Beach Blast #2 (September 10, Mexico Beach, FL) -- Olympic**
11. **IRONMAN Augusta 70.3 (September 25, Augusta, GA) -- 70.3**
12. *Tri the Rez (October 3, Tallahassee, FL) -- Sprint*

The Gulf Winds Triathletes Board of Directors would like to give very special thanks to the 2016 Gulf Winds Triathletes Grand Prix Committee Members (**Jen Barton, Nicole Benson, Charles Dickerson, Karen Munoz, and Jon Shiver**) and Scorers (**Bill Dillon and John Hunt**) for their efforts in developing this year's exciting Grand Prix!

Sincerely,

Ron Harrison  
Gulf Winds Triathletes  
Vice President/President Elect and 2016 Grand Prix Committee Chairman

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## **FAMILY TRIATHLETE SPOTLIGHT**

### **Clement and Jamila Allen**

If you look around at any of the local or regional races, you are likely to see the Allens out there racing. Clement Allen and his daughter Jamila have been a huge part of the triathlon community over the past years.

Jamila is consistently placing at the top of her age group and doing it with a smile every time. She is able to have a positive attitude throughout. We look forward to having her in our community for years to come.

Clement is out there making it look easy, too. In addition, he puts much of personal time into volunteering with the South City Multisport Club. This is one of the greatest ways of spreading the word of not only triathlon, but the idea of healthy living to our youth (More can be found on the club on Facebook by searching their name. New volunteers are always welcome!). The



differences he is making through his volunteerism will carry forward to the next generation.

So the next time you see Jamila or Clement, be sure to take time to say hello or introduce yourself for the first time. We guarantee you it will make your day that much better!



Photo of Clement Allen by Paul Pagano.

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**Name:** Clement Allen

**Age:** 51

**Current occupation:** Associate Professor of Computer Science at Florida A&M

**Dream occupation:** Astronaut. I love everything space-related.

**If money were no object, what would you do:** Travel around the world teaching computing at different universities.

**Favorite book:** Anything by Malcolm Gladwell

**Favorite movie:** Goodfellas

**How long have you been doing triathlon:** 6 years

**What events/distances do you train for:** I train for all distances, from sprints to full Ironman. My daughter Jamila makes up our race calendar so I generally stick to the races she plans. For the past two years we have had a full Ironman on the race calendar. Next year we plan to do Ironman Chattanooga.

**What are your current goals:** Like most people in this sport, I want to continue to get better. I would like to qualify for and compete in age-group Nationals one day.

**What is your favorite race and why:** Ironman Augusta 70.3. Augusta is my hometown and part of the course goes through my childhood neighborhood. Also, a few of my childhood friends are volunteers on the course.

**What hydration and nutrition products do you use:** I can drink and eat just about anything. I use GU, Stinger Waffles, Shot Bloks, Gatorade. This is the stuff that was recommended to me when I started the sport so I have just stuck with it.

**What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.):** I have tried many different types of running shoes, but I keep coming back to Brooks.

**What advice do you have for anyone beginning triathlons:** Join a triathlon club. Find a triathlon community of some kind, even if it is online. The triathlon community is an invaluable resource for knowing the do's and don'ts of this sport and can be an inspiration for helping you achieve your goals.

**What is your proudest triathlon or competitive moment:** My proudest moment was when my daughter Jamila and I completed the North Florida Olympic Triathlon in 2012, our first Olympic distance race. At that time both of us were intimidated by that distance, so it was a great feeling once we completed it. Furthermore, it was the first (and only) time she and I both made the podium in the same triathlon.

**What, in triathlon, do you wish you could improve the most:** Swim. Transition times. Swim. Nutrition. Swim.

**What is your idea of a perfect day:**

I love days that begin with exercise of some kind, preferably a moderate pace run or a scenic bike ride. I love days that end with laughter.

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**Name:** Jamila Allen

**Age:** 26

**Current occupation:** Dental Hygienist

**Dream occupation:** Astronaut

**If money were no object, what would you do:** Travel around the world

**Favorite non-triathlon hobby:** puzzles; after triathlon season ends I start a 3,000+ piece puzzle that takes me right through the holidays.

**Favorite indulgence:** bacon and cookie dough ice cream ; separately

**Favorite book, TV show or movie:** I'm a tv junkie and love reality shows; Survivor, Big Brother, The real housewives, Orange is the New Black are my top shows

**How long have you been doing triathlon:** Since 2010; New Years resolution made with my dad

**What events/distances do you train for:** I'm chasing after my first 140.6. I've signed up for 3 ironmans and have yet to complete one, each were things out of my control. My first ironman in 2014 the swim was cancelled, my second is being rescheduled because of weather, so fingers crossed in a week I will be an ironman! 2016 Ironman Chattanooga is my big event next year. I do a mix of sprints, Olympics and 70.3 every year.

**What are your current goals:** Qualifying for Boston at the Tallahassee Marathon

**What is your favorite race and why:** Augusta 70.3 is my favorite race and is also my proudest moment; 2013 I won 3rd place in my age group and it was my first half ironman. I love the course, rolling hills on the bike course and a flat run and tons of crowd support.

**What hydration and nutrition products do you use:** the basics; water, Gatorade, stinger waffles & chews, and my go to pb&j sandwiches and occasionally snickers bar for a pick me up.

**What, in triathlon, do you wish you could improve the most:** My swim; after 5 years I still have anxiety at the start. I want to convert my pool confidence to the open water

**What is your idea of a perfect day:** any day that includes a nap is a perfect day to me

**WE HOPE TO SEE YOU AT THE MEETING!!!!!!**

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