



**MONTHLY MEETING - MONDAY, SEPTEMBER 21st, 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**

---

#### **IMPORTANT REMINDER**

Please send in nominations to any of the current Board of Directors no later than  
**September 30th**

At the October meeting, all of the candidates for elected board positions will be presented to you in person. Please attend that meeting. The elected positions to be filled are as follows:

Vice President (President elect for 2017)

Secretary

Treasurer

Directors at Large (6)

This is your chance to have a say in the direction of our club. If you know someone willing to serve or want to serve yourself, now is the time to step up!

---

This Month's Presentation:  
**Common Fueling Mistakes  
Triathletes Make**

Presented by:  
**Michael J. Ormsbee, PhD, FACSM, FISSN,  
CSCS (on left of photo)**

and

**Chris Bach (on right of photo)**



Dr. Ormsbee is an Assistant Professor in the Department of Nutrition, Food and Exercise Sciences and the Interim Director of the Institute of Sports Sciences and Medicine at Florida State University. He also serves as a Faculty Affiliate for the Center for Advancing Exercise and Nutrition Research on Aging and the Institute for Successful Longevity at FSU and he is an Honorary Research Fellow at the University of KwaZulu-Natal in Durban, South Africa. He is a Fellow of the American College of Sports Medicine and the International Society of Sports Nutrition. He has been working with athletes, performance and nutrition for over 15 years.

Chris Bach is a PhD candidate and teaching assistant in the Department of Nutrition, Food and Exercise Sciences at Florida State University. He also serves as a research assistant at the Institute of Sport Sciences and Medicine where he concentrates on merging the science of sports physiology and sports nutrition. His current dissertation work is specifically focused on properly fueling endurance athletes in various environmental conditions. He has worked with professional athletes in the NFL, MLB, Track and Field as well as ultra-endurance athletes and various college athletes. His research and coaching efforts have taken him all over the world--- most recently, South Africa and Great Britain.

---

### **“What’s In It For Me?!” Have you been to a monthly meeting???**

While there are a number of benefits to being a member of Gulf Winds Triathletes, one you may have overlooked is our monthly club meeting and guest speaker! We are very proud of the variety and quality of speakers we have had so far this year!



Your Gulf Winds Triathletes club meets the **third (3rd) Monday of every month** at Momo's Pizza in Killbuck (1410 Market St.). We start with a social gathering at **6:30 pm** and the meeting begins at **7:00 pm**. After a few club business announcements, we typically have a guest speaker talk about a topic we feel applies to the wide range of triathletes we serve. Just this year, we have been honored to have the following speakers and topics:

**--Alexis Gaston-Woodcock, Sweat Therapy Fitness.**

Sport-Specific Strength Training for Triathletes.

**--Mike Ormsbee, Director of the Institute of Sports Sciences and Medicine, Florida State University (again speaking this month - back by popular demand!)**

"Weight Management for Triathletes: Lean, Fast, & Powerful".

**--Brian Burnett, Burnett Chiropractic.**

Injury Prevention and Chiropractic Care.

**--Stephanie Liles-Weyant and Seeley Gutierrez, PowerBar Team Elite Athletes.**

Benefits of Training in the Heat and How It Can Lead to Better Performance.

**--Patrick F. Merle, Ph.D., Assistant Professor at the School of Communication, Florida State University. Also part of the Training Bible Coaching group created by Joe Friel.**

Presentation: Lessons from a Professional Triathlete.

**--Roger Hawkes, Higher Ground Bicycle Company.**

The Importance of Bike, Design, Wheels, and Position (Fit). Which Aerodynamic Products Make the Biggest Difference.

**--Charles Hargraves, Manager of Blueprint2000.**

Overview of some of the projects (past, present and future) administered by the Blueprint2000 agency which provide amenities (trails and roads we run and ride on) we all have come to enjoy in Tallahassee and Leon County.

**--Jim Messer, Partner at Fonvielle, Lewis, Foote, and Messer.**

Spoke about liability and insurance issues pertaining to cyclists.

Please check the top of each newsletter for information on our next meeting! We hope to see you there to take advantage of one of the benefits of club membership or to simply find out more about your Gulf Winds Triathletes club!



## NEXT GRAND PRIX EVENT

Don't miss out on the next Grand Prix Event.

Tri the Rez  
Saturday, October 3rd, 2015  
FSU Reservation  
3226 Flastacowo Road  
Tallahassee, FL 32310

Sprint Distance



### Tri the Rez 2015 Date Change and Discount Code!

The Tri the Rez race directors have notified us that the date of this year's race has been moved to **Saturday, October 3, 2015**. That is one week earlier and moves this popular, local race from a Sunday to a Saturday!

This is the next to the last race on this season's Grand Prix schedule! So, you do not want to miss it! And... to encourage **lots** of participation from the Gulf Winds Triathletes, we have been given a unique discount code to save **\$5** on our race registrations! Use the discount code, **GWTC2015**, when you sign up at <http://www.active.com/tallahassee-fl/running/distance-running-races/tri-the-rez-2015>



## TRIATHLETE SPOTLIGHT

### Seeley Guterrez

If you want the epitome and embodiment of what a triathlete truly is, you need look no further than Seeley Gutierrez. She eats, sleeps, and breathes the sport. Not only has she been at the apex of the sport for years now (first triathlon in 2001), but she has done as much as anyone in this community to spread the word of triathlon. Of the multitude of successes she has had as a competitor, she can claim the following:



- Top American and 5th in Age Group at 2009 ITU Short Course Worlds (2:11:03)
- 7th in Age Group at 2010 Ironman 70.3 Worlds (4:40:32)
- 3rd in Age Group at 2012 USAT Nationals (2:12:42)

Folks, these are stats that should make anyone wonder why she didn't just punch her pro card long ago!

On top of her being a top flight athlete, she has written weekly articles for the Tallahassee Democrat since 2007. That is nine years counting! It can't be understated how many people in the community thumbed through the newspaper to learn of the sport of triathlon by way of reading one of Seeley's articles. And it has been a normal sighting to see Seeley at all of the local races volunteering her time to support the race (when she could be winning the whole thing). She is as selfless a person as you can find, and has been a huge part of this community from her years of childhood all the way up to an adult.

After all the years we've been lucky enough to have her in the community, we are sad to say that Seeley, her husband Manny and their dog Lyla have made the big move up to North Carolina for an opportunity they could not turn down. We can only hope that they become homesick and return to Tallahassee soon! So from all of us in the Tallahassee triathlon community, we say thank you for everything you have done Seeley and come back as much as you can! We wish you nothing but the greatest of success.

---

**Name:** Seeley Gutierrez

**Age:** 38

**Current occupation:** School Social Worker

**Dream occupation:** Someone who gets to travel around the world doing interesting things and writing about it

**If money were no object, what would you do:** See above

**Favorite non-triathlon hobby:** Exploring trails with my husband and our dog

**Favorite indulgence:** Brunch after a long run, followed by an afternoon nap

**Favorite book, TV show or movie:** All-time favorite movie is Princess Bride.

**How long have you been doing triathlon:** My first race was the first Red Hills in 2001, but I didn't do any more for a couple of years while I was in grad school

**What events/distances do you train for:** Olympic distance

**What are your current goals:** Recover from a knee injury and stay healthy once I'm back to regular running

**What is your favorite race and why:** Red Hills is always a favorite because it's so well organized and challenging. Other than that, the Chattanooga Waterfront Triathlon is a favorite. The swim is quick, the bike is really hilly, but safe, and the run is deceptively tough.

**What hydration and nutrition products do you use:** I love my Osmo for pre-hydration before those really tough workouts, hydration during workouts, and their recovery for protein immediately after a workout. I use PowerBar products for extra calories during a workout or something light pre-workout. And their protein bars come in handy after workouts when I can't get to my Osmo protein.

**What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.):** Louis Garneau makes a really comfy race kit and cycling gear. I ride an Orbea Ordu that is pretty speedy, no thanks to me! I'm currently running in Saucony Fastwitches and I like their racing flats. Rudy Project has been keeping my head and eyes safe for years. My PowerTap Joule is like having a coach riding with me at all times.

**What training resources do you recommend:** My husband! I don't know anyone who knows as much about endurance training, strength and conditioning, and nutrition than him. And he's always learning more. Jay Dicharry's book "Anatomy for Runners" has been a tremendous resource the past few months. I like to hear what Kelly Starrett, of Mobility WOD, has to say on YouTube. He has some nontraditional ways of looking at conditioning and recovery. Slowtwitch, FloTrack, and Let's Run are fun to waste time on, as are the occasional blogs.

**What advice do you have for anyone beginning triathlons:** Don't underestimate triathlon, but don't let it intimidate you. Swimming in open water is no joke, and if you haven't swum or ridden your bike since you were a teenager, you're going to have a rough day out there. That being said, you don't have to be a star athlete to complete a race. Put in some time getting ready, take advantage of any prerace clinics, and you'll be ready to go on race day. Find a group to train with, ask questions, and listen to their experiences.

**What is your proudest triathlon or competitive moment:** I always say completing my first triathlon was my best result, as it opened my eyes to a whole new world. The results I'm most proud of are runner up in my age group at Nationals last year and 5th in my age group at Worlds in 2009.

**What, in triathlon, do you wish you could improve the most:** The swim, but I think you have to also look at your return on investment. To get where I want to be swimming, I'd have to spend a lot more time in the pool, all to maybe improve a tiny bit. Maybe that time would be better spent increasing my bike strength, as that would improve my bike times and make my legs fresher for the run. Or, as I'm getting older, maybe it's more important to use that time for recovery, like foam rolling, stretching, and core work. It's hard to know what's best!

**What is your idea of a perfect day:** Sleep in until our dog wakes me up. Go for a long trail run with good conversation and pretty scenery, followed by a yummy brunch and long nap. Post nap walk with our dog in the woods somewhere and maybe a dip in a lake. Finish the day off with a meal (not cooked by me!), wine, and S'mores for dessert.

### **Additional Questions Specifically for Seeley**

**How long have you written articles for the Tallahassee Democrat?** The running page started in the fall of 2007. The then Sports Editor Jim Lamar wanted a focus on local athletes. I thought it would last a couple of months.

**How have you seen triathlon change over the years? What is the good and what is the bad?** I feel like I haven't been in the sport that long, but I have seen it change. It's definitely more mainstream now, which is good. I love seeing people get excited about the sport. There seems to have been a shift to focusing on completing longer events rather than racing or trying to improve in shorter ones. I fear this may be one reason some people do an Ironman or two, and then they stop. It's ok to race sprint and Olympic distance races! There's definitely more flash now and, like most things in life, it's gotten more expensive. There's a push to getting youth involved in the sport, especially in Tallahassee, which is inspiring and fun to watch.

**What do you see as being the future of triathlon?** Hopefully some of the kids that are starting out in the sport now will continue to compete in it through their adult years. With some schools offering collegiate scholarships to women, it will only increase the competitiveness and recognition of triathlon.

---

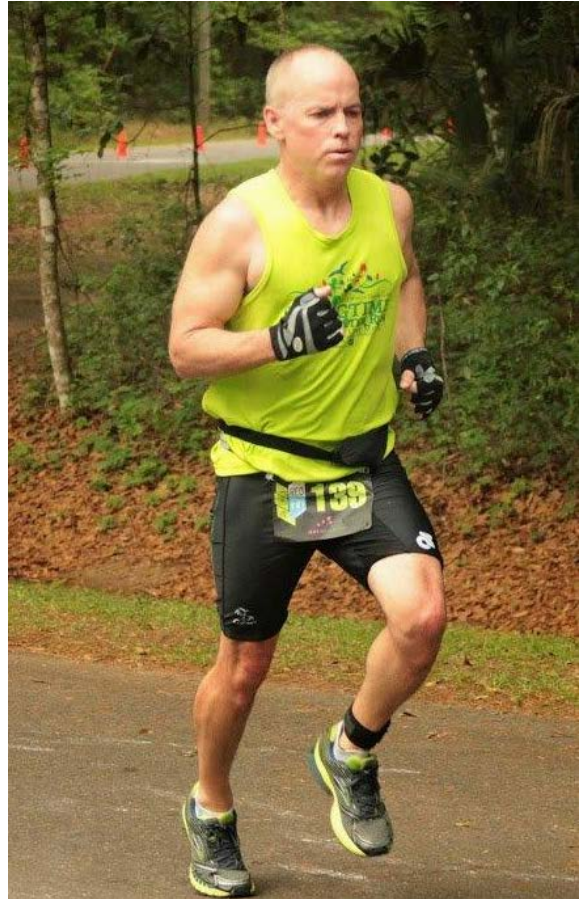
## **FAMILY TRIATHLETE SPOTLIGHT**

### **Karen and Mark Jeter**

As newlyweds (married 6 years this past April) Mark and Karen Jeter were looking for fun things to participate in together. After attending several seasons of Auburn Football, (Mark is AU grad), then a summer of kickboxing the couple started running 5k's. After joining GWTC and soon it wasn't "are we doing a race this weekend" but it became "which one are we doing?" After seeing a friend about her age that had posted of picture of her first half marathon Karen was inspired and sign up for the Tallahassee Half Marathon in 2014.

Once bitten by the running bug, they met several new friends through the running community and found out about triathlons that so many were participating in locally and set their sights on Tri the Rez - Oct 2014 as our first Tri.

After attending Ironman FL Nov 2014 as spectators and being so inspired by the athletes of all ages and levels of a ability they both knew this sport was for them as a lifetime adventure. They truly love the Tri community in Tallahassee - with so many wonderful people that encourage each other regardless of their fitness level.



---

**Name:** Karen Jeter

**Age:** 47

**Current occupation:** Senior Accountant

**Dream occupation:** Fix up old houses keeping their history intact.

**If money were no object, what would you do:** Travel constantly, visiting family and friends across the country exploring natural and historical places meeting people of all cultures and playing secret Santa to those in need that I meet along the way.

**Favorite non-triathlon hobby:** Exploring off-the-beaten path places with my family. We took 3 of our 5 kids on a 2 week road trip a few summers ago covering a dozen states and many beautiful and historical places between Florida and Colorado – the kids still talk about it being the best trip ever.

**Favorite indulgence:** Kobe Beef Burger and Fries from Bonefish or a Char-grilled Grouper Sandwich from High Tide in my hometown Fort Walton Beach. Yum!

**Favorite book, TV show or movie:** Currently hooked on “House of Cards” on Netflix – but my eclectic go-to movies range from Star Wars to Joseph and Technicolor Dream Coat.



**How long have you been doing triathlon:** Less than a Year! Did our first one Oct 2014 – Tri the Rez. I was so inspired at the many levels of triathlete's – from those aiming for the podium to others, like me, who are in it for the lifestyle change. I was a very competitive 2nd degree black belt in my younger years – traveling across the country for tournaments. Coming into the Triathlon world proved to be a very humbling experience for me. I had to learn that my biggest competitor was me and my will power.

**What events/distances do you train for:** Currently still in the Sprint Tri arena for the next few months then plan on closing out the 2015 season with an Olympic Tri at the Rocketman Florida Triathlon at Kennedy Space Center in November.

**What are your current goals:** Continue to improve endurance levels and to build a good base to build upon for a lifetime of Triathlons.

**What is your favorite race and why:** Red Hills Triathlon – this race pushed me way beyond my comfort level as a beginner. The solo hilly portions of the bike ride had me asking myself “what the heck are you doing out here?!” By the time that finish line was in site I realized how blessed I was to be able to complete such a challenging event. I look forward to it again next year and hopefully show improvement!

**What hydration and nutrition products do you use:** I haven't ventured much outside of water for hydration – nutrition I just try to eat right (most days) and take daily vitamins. Still a lot to learn I suppose.

**What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.):** Being a newbie in the sport I am still in the learning stage. Entry level Trek road bike (10+ years old), basic Nike goggles, Xterra Volt sleeveless wetsuit, and Brooks Adrenaline shoes. Our nerd/newbie level was reduced a little bit recently when Ron Nieto pointed out it was ok to take off the reflectors from our wheels! Just learning as we go J LOVE LOVE my new Gulf Winds one piece Tri Kit!

**What training resources do you recommend:** To date I just read as much as I can from USA Triathlon's web site and Beginnertriathlete.com. I see the benefit of having a coach, that's on our wish list in time as we raise the race bar in the years to come. For now, we just glean as much information from seasoned athletes in our Tri community.

**What advice do you have for anyone beginning triathlons:** Gulf Winds Triathletes has been the most valuable source of information, the members and coaches are always offering guidance and advice. Take advantage of every clinic that is offered – bike clinics and open water swims are so beneficial to the newbie to reduce race anxiety levels. As a beach native I was overly confident on the swim portion until I attended an OWS practice at the Rez – had I not attended the open water practice, I'm pretty sure I would not have completed that first race. I underestimated the open water environment, thankfully that has improved with each race and clinic.

**What is your proudest triathlon or competitive moment:** Completing the Red Hills Triathlon. I had read that it was the toughest Sprint Tri in Florida – it proved to be true for me. Being able to train, learn and complete these events with my husband brings me so much happiness.

**What, in triathlon, do you wish you could improve the most:** My running time – although

I have improved over the last few years running is the hardest area for me to improve upon.

**What is your idea of a perfect day:** This was actually the hardest one to answer as there are many variations of a perfect day. One that includes time and laughter with good friends and family, good food, and a breathtaking sunset with my fella will pretty much fit the bill.

---

---

**Name:** Mark Jeter

**Age:** 49

**Current occupation:** Educational Consultant Department of Education

**Dream occupation:** Spreading the Word through action without having to speak a lot! (I'm a quiet introvert)

**If money were no object, what would you do:** Travel with family to see the world and participate in Tri's. Buy lifetime season tickets for my beloved Auburn Tigers football games. Live on the Florida gulf coast with a canal in my backyard.

**Favorite non-triathlon hobby:** Fishing and traveling to see new things.

**Favorite indulgence:** A little crown and vanilla coke and hanging with my beautiful bride and partner in tri's!

**Favorite book, TV show or movie:** The Harbinger is my favorite book. Unthinkable by Scott Rigsby is another. I don't watch a lot of TV but have really gotten into House of Cards lately on Netflix. Oh...and college football of course!

**How long have you been doing triathlon:** Not quite 1 year yet but loving it!

**What events/distances do you train for:** As a 49 year old rookie just sprints so far.

**What are your current goals:** By the end of this year would like to work into the Olympic tri distance for the Rocketman race and do several of them next year. Hopefully sometime in 2017 a Half Ironman.

**What is your favorite race and why:** With a grand total of 2 races under my belt they both have been fulfilling just to finish in a respectable position! Probably my favorite moment out of both of them was coming out of the water at Tritherez! I made it through the swimming part and back to dry land! (I'm a sinker in the water but working on it).

**What hydration and nutrition products do you use:** Mainly water, gu's and gels. Beer for rehydration after. ;)

**What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.):** Each piece of gear I use helps in the different aspects of tri's but my overall fav would be my Xterra Volt wetsuit! (May not get to my second favorite Scott S40 roadbike without it!) The new Gulfwinds tri kits are AWESOME and my new Tri4Him bike top may just help fulfill my dream job answer!

**What training resources do you recommend:** Being so new I'm not familiar with too many but TriDot and USA Triathlon Communications have offered some good tips. The very best resource I've had has been the training sessions our Gulfwind Tri Team leaders and members have put on! Thank you Jeff, Annie, Kathy, Chuck and others who spent time with us newbys!

**What advice do you have for anyone beginning triathlons:** Join our Gulfwinds Tri Club, listen and learn from the wonderful experienced triathletes who are generous enough to share and get to the training sessions! Oh...have no fear and trust in yourself!

**What is your proudest triathlon or competitive moment:** Running across the finish line in my very first tri (TritheRez) and seeing my sweets there to welcome me (she had just finished her first tri as well)!

**What, in triathlon, do you wish you could improve the most:** Swimming! A not too distant second would be transition. Then biking hills. Awe heck...all of it!

**What is your idea of a perfect day:** Waking up to a beautiful sunrise. Eating a good breakfast with my wife and kids. Spending the day with family and friends on the beach. Experiencing a beautiful sunset that only God could paint. Going home and watching Auburn beat Alabama on a returned missed field goal with 00:01 left in the game. ;) Then drifting off to sleep with my sweets in my arms.

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



Gulf Winds Triathletes  
1406 Hays Street  
Tallahassee, FL 32301

Click here to [Unsubscribe](#)

**vertical  
response**  
A DELUXE COMPANY  
Free Email Marketing >>