



MONTHLY MEETING - MONDAY, January 18th, 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

WHAT IS IN THIS MONTH'S NEWSLETTER?

THIS MONTH'S SPEAKER
GRAND PRIX RACE DISCOUNTS
NCC UPDATE - TOP SWIMMERS IN DECEMBER
TRIATHLETE SPOTLIGHTS

THIS MONTH'S SPEAKER

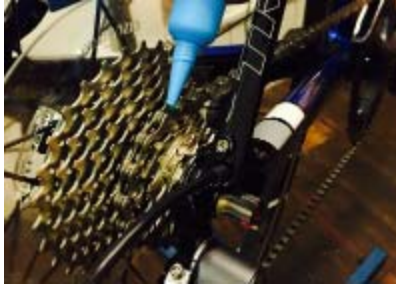
Roger Hawkes
Higher Ground Bicycle Company

To paraphrase a popular schoolyard taunt, is your bike so dirty that you can't tell where the dirt ends and the bike begins? Do you put air in your tires once a month, whether they need it or not? How often do you clean and lubricate your chain? Did you know that you can clean your bike too much or too aggressively? (Just ask your new President about having to have the headset spacers CUT off of his bike recently!)



Please join longtime Gulf Winds Triathletes supporter and sponsor, Roger Hawkes of Higher Ground Bicycle Company, for a discussion and demonstration of how to properly clean and maintain your bike! And since this month's discipline in the **USA Triathlon's National Club Challenge** is the bike, we hope you all will be able to put what you learn to good use while logging those miles!

As usual, the monthly meeting will take place at **Momo's Pizza** in Killearn (1410 Market Street) on the third Monday of the month (**Monday, January 18, 2016**). Please join us at **6:30 pm** for the Social portion of the evening with the speaker beginning at **7:00 pm**.



2016 Gulf Winds Triathletes Grand Prix Race Discounts!!!

One of the amazing benefits of your Gulf Winds Triathletes membership is the ability to participate in the annual Grand Prix!

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. Read all about this year's Grand Prix schedule at the website: <https://gulfwindstri.com/grand-prix/2016-grand-prix/>



Read all about this year's Grand Prix schedule at the website: <https://gulfwindstri.com/grand-prix/2016-grand-prix/>

And do not forget the ever-important rules, also located on our website: <https://gulfwindstri.com/grand-prix-rules/>

To add even more value to your membership and make your race season less of an economic impact on your wallet, we have reached out to our 2016 Grand Prix Race Directors and several have offered us **members only** discounts for their races! That is right, these discount codes are **only** available to registered, Gulf Winds Triathletes members. **Please do not post or otherwise share these codes with anyone else or we will run the risk of losing these discounts in the future!**

We will be sending this newsletter to every member listed as of December 2015. We will only be including the discount code for the first Grand Prix race, coming up in March. Our February newsletter will contain **ALL** of the race discounts we have. So, if you have not renewed your Gulf Winds Track Club **and** Gulf Winds Triathletes membership, please be sure to do so before that February newsletter! Anyone joining after that time and needing a discount code can email Ron Harrison, Gulf Winds Triathletes President, at rharrison@gulfwindstri.com.

- Florida Challenge Triathlon (March 19, Clermont, FL) -- Sprint 10%
 - *DISCOUNT: Use code "GULFWINDTRI2016" for 10% off of ANY Sommer Sports owned events.*
- (Targeted Race) Gulf Coast Triathlon (May 7, Panama City Beach, FL) -- 70.3 \$15 Sprint / \$25 Half

- Crystal River Tri Series #1 (May 28, Crystal River, FL) -- Sprint 10%
- Jax Tri Series #1 (June 18, Fernandina Beach, FL) -- Sprint OR Olympic 10%
- (Targeted Race) Chattahoochee Challenge (July 16, Columbus, GA) -- Sprint \$5
- Georgia Veterans Triathlon (August 13, Cordele, GA) -- Sprint \$10
- Hammerhead Triathlon (August 28, Camp Blanding/Jacksonville, FL) -- Olympic 10%
- Tri the Rez (October 15, Tallahassee, FL) -- Sprint \$10

USA Triathlon National Challenge Competition December Update

The Gulf Winds Triathletes are once again participating in the USA Triathlon National Club Challenge. Overall the club is currently ranked **7th** in the country and **#1** for the state of Florida for the most swim, bike, and run mileage.



Last month was a swim focused month for the competition. The club finished **7th** overall out of all teams in the US, and **4th** overall in our division.

The top individual club members with the most swim mileage:



Men:

(Name/NCC Points)

| | |
|-------------------------|---------------|
| Aidan Abby | 1019.3 |
| Richard Stephens | 343.5 |
| Jon Nash | 328.4 |

Women:

(Name/NCC Points)

| | |
|-------------------------------|--------------|
| Stephanie Liles-Weyant | 259.4 |
| Robin Bennett | 251.9 |
| Bonnie Wright | 242.2 |

TRIATHLETE SPOTLIGHT CORRECTION

In November's triathlete spotlight, we accidentally cut off one of Rick Ashton's responses. Here it is in its entirety. Sorry about that Rick!

What is your idea of a perfect day: SLEEPING IN, having my sweetie make me the perfect cup of coffee. Going for a really "long" bike ride, coming home to a great burger or steak, with a great bottle of red wine. Then loving on my dog, cat, and sweetie.

TRIATHLETE SPOTLIGHT

MARCI GRAY & JON NASH

There are athletes who push the limits and challenge themselves. Then there are athletes who push beyond limits most of us don't even consider, because they seem beyond attainable. This could be a good way of describing what it is that Marci Gray and Jon Nash will be doing when they race in Ultraman Florida. Starting on February 19, they will embark on a race that, when finished, will cover 321.6 miles. WOW. That includes a 6.2 mile swim, 261.4 mile bike and 52.4 mile run. (Website: <http://ultramanflorida.com/>)

The feat of completing the event is amazing in itself. But one must also consider the dedication to training these two have given to reach the starting line ready to take on this epic event. Over the past months, if they haven't been eating, sleeping or working, they've probably been training.

Both of these individuals have been very involved in the triathlon community and have are not only great athletes, but also quick to share any knowledge they can with their fellow triathletes.

So read on to learn more about each one of these special athletes!



Marci Gray



Name: Marci Gray

Age: 41

Current Occupation: Physical Therapist/Triathlon Coach with Lifesport

Dream Occupation:

If money were no object, what would you do? Honestly, nothing different, I love what I do. I get to help people every day. I would just worry less about bills.

Favorite non-Triathlon hobby? Whatever the kids want to do. Right now, if I am not training or working or eating, my favorite thing to do is sleep.

Favorite Indulgence? With all of the training I am doing- bread and chocolate.

Favorite book, TV show, or movie? I am a big nerd, I love superhero movies: Avengers, Star Wars, Transformers, etc. Which I watch on the 6-7 hour trainer rides I do. I also like Big Bang Theory on TV and if I get a chance to read I like crime novels.

How long have you been doing triathlon? My first was in 2009. Swore I would never do one of those "Ironman things" because those people were crazy.

What events/distances do you train for? I have completed/trained for all distances from sprint to ultra.

What are your current goals? At this very moment, it is to get thru UM and cross the line with a smile on my face and raise money for SOWF.

Share some of your UM training. What is the longest workout you have done for each sport? Distance? Time?

Swim: 10,100 yards in a 25 yard pool, 8000 meters in a 50 m pool and a 5.75 mile ows in Lake Gertrude in the Orlando area

Bike: I have done several 6 hour trainer rides, a 7 hour trainer ride and a 140 mile outdoor ride, upcoming (by the time this prints) I will have 2 more 130-140 mile rides done

Run: so far, 23 miles at one time, but upcoming (by the time this prints) will be 28-30 mile run/5 hour elliptical

What are some interesting notes you have on UM training that others may not realize?

How much recovery I need. And food. I am noticing I feel much better on solids (real foods) during the training, and cannot get what I need out of the gels. As long as I get the recovery I need, the 3-day build up is not too bad, but recovering is huge.

Also, I could not have done this without support. My coach, Chuck Kemeny and all the people that are offering support to me in the form of positive moral, training partners, my crew that will travel and donate their time and energy for me, all the other athletes training for this that banter back and forth, those that have fed me, and listened to me when I needed them and my kids- they have been incredibly wonderful and are looking forward to my finish of this event. I want to thank all of them.

What is your favorite race and why? I have lots of favorites for different reasons. I love local races that support the community, I loved AG Nats because of the intensity, I loved my first IM and had an amazing race, I loved my B2B because of the experience with friends at that race, I loved the Patriot Half in Williamsburg, VA because I was part of the Warrior Tri Team which is an amazing group of people raising money for SOWF (Special Operations Warrior Foundation)- those people are my heroes, I love Ultraman because of the "family" feeling from the athletes- everyone of us is suffering in some way and all are supportive.

What hydration products/nutrition products do you use? I have tried several and seem to do best on Gatorade Endurance drink/chews and Clif Shot Blox and solid food-

sandwiches/chips/coke/pretzels.

What is some of your favorite gear? I love Fusion clothing, my garmin watch, my QR (she's been a trooper) and BAG BALM!!!

What training resources do you recommend? GET A COACH! Even if you are one, it is so much better to put your training into someone's hands you can trust. I really believe athletes have no problems pushing themselves, it the back off/recovery they have problems with.

What advice do you have for anyone beginning triathlon? I really think that they should go into the sport with the intent to have fun. You can always change your goals later.

What is your proudest triathlon or competitive moment? I have lots of those. My most coveted will be crossing this finish line though. This UM has been the most challenging physical event I have ever tried to achieve.

What, in triathlon, do you wish you could improve the most? My bike. It's my weakest event, I work hard on it, and I know I am stronger than I used to be.

What is your perfect day? Hmmmm. I'd just like to hang out on the beach and toss a football with my kids, boogie board with them or even go skiing with them, drink hot chocolate and not worry about workouts, training or have any aches or pains.

Jon Nash



Name: Jon Nash

Age: 36

Current occupation: Too many to list...

Office Manager/Bookkeeper at Andrews Downtown Restaurants & Behavior Management Consultants, Inc., Owner of Nash Consulting & Partner at The Southern Public House & Fat Noodle Restaurants

Dream occupation: Professional Triathlete, but I fear it is too late for me...

If money were no object, what would you do: EVERYTHING!!! With nothing to hold you

back why wouldn't try to do anything and everything you could and experience everything this world has to offer.

Favorite non-triathlon hobby: Road Tripping around the world!

Favorite indulgence: If you eat all your favorite things all the time, is it really an indulgence...? Thank goodness for Ultraman training!!!

Favorite book, TV show or movie: To pick just one is nearly impossible... My favorite book is A Walk in the Woods by Bill Bryson (might be the only book I've read other than a triathlon training book). My favorite TV show is How I Met Your Mother. My favorite movie would have to be Top Gun because I feel the need, THE NEED FOR SPEED!!!

How long have you been doing triathlon: My first triathlon was Tri the Rez in 2010, but a few short months after in January 2011 I destroyed my left knee snowboarding. Torn MCL, ACL and Medial Meniscus cartilage. The "terrible triad" as the doctor put it. A couple months later I had ACL replacement surgery and I was determined to not let that stop my active lifestyle. Later that year I went to watch IRONMAN Florida 2011 and while still walking around in a knee brace I signed up for my first IRONMAN. That is when I really believe my career in triathlon began.

What events/distances do you train for: Any and all... I started with a 5K in 2009 and have quickly worked my way up to ULTRAMAN coming on Feb 19-21!!! GO TEAM FIREBALL!

What are your current goals: Get healthy... My goals for this year started out to try and podium or even win ULTRAMAN Florida. But right now my body has started to reject the rigors of ULTRAMAN training. About 3 weeks ago I injured my right Achilles tendon and it has not been getting better very quickly. It has been a true test of one's mental capacity in the sport. With the race only 6 weeks away I have been sitting on my butt... not easy to do. To take a step back and trust in your fitness and your coach while your body tries to heal is one of toughest things to do. But I still believe I will be ready to race come the big day!

Share some of your Ultraman training. What is the longest workout you have done for each sport? Distance? Time?: The biggest weekend for me so far was our training camp down around Clermont on parts of the race course a few weeks ago (where I first injured my Achilles). On Friday I swam 5.6 miles, then I hopped on my bike for a 78 mile ride. On Saturday I rode 117 miles on parts of the actual bike course, including the infamous Sugarloaf Mountain... TWICE! And finally on Sunday I ran 20 miles on a hilly clay road around some orange groves. (I actually cut my run short by 4 miles because I started feeling my Achilles pain getting worse) That probably seems like a lot to most, but my fitness is better than it ever has been right now as you can imagine. With the proper nutrition during those days and good recovery practices it really didn't seem too bad. The scarier part might be that we still had .6 miles to go on the swim, another 68 miles on the bike and another 32.4 miles to run come race day!!! YIKES!

What are some interesting notes you have on Ultraman training that others may not realize: I really don't think the training is that intimidating. Aside from the extra distance on the weekend I feel like my training for IRONMAN Florida 2014 was harder. The biggest difference being that when training for IRONMAN I am still doing plenty of fast pace interval work. For ULTRAMAN it is almost all aerobic base training. My long runs are typically done as jog 1 mile and walk for 30 seconds. For IRONMAN it would be about 3 weeks going hard followed by an easier recovery week. And now for ULTRAMAN its basically 1 hard week with a huge weekend of mileage followed by a week of active recovery. Which is still pretty hard! Basically I'm alternating from a 20-24 hour training week to a 10-12 hour training week. I

never thought running a marathon or more every other weekend would be a thing and not really feel that bad... Its truly amazing what we can train our bodies to do.

One of the most interest things about ULTRAMAN is that it is completely self-supported. I have to provide my own crew to drive around and follow me all day long giving me the nutrition I need and taking care of any problems that may arise. We will even be carrying a spare bike and extra wheels. On the swim I will have a kayaker by my side telling me when to drink and throwing a bottle in front of me to grab. They will also be leading me around the 6.2 mile swim. I think I have managed to assemble my own little dream team for the big day. TEAM FIREBALL will be crewed by Kevin Berry (Crew Captain & Kayaker), Ely Rosario, TJ DeVlieger and my brother Jeff Nash. This event is one that is very personal to each and every athlete and I wanted myself surrounded by people I knew very well and trusted with my race. The right crew is just as important as the athlete being prepared for the race. When I cross that finish line they will be at my side crossing with me! It will be OUR accomplishment and not just mine.

What is your favorite race and why: So many to choose from... IRONMAN 70.3 Augusta is probably my favorite triathlon. I have raced it every year since I started in the sport, 2012-2015 and I will be there again in 2016! I love testing myself at the same event each year and seeing how I am progressing as an athlete. We have such a large group travel to the race and that always makes a more enjoyable event. I love helping the newer triathletes and for many it is there first 70.3. And who doesn't love a down river swim!

What hydration and nutrition products do you use: I keep things pretty simple in my nutrition and stick to just a few products while training and racing. Gatorade Endurance, Carbo-Pro, Bonk Breakers, First Endurance EFS Gel, Salt Stick and plenty of bananas.

What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.): I have always worn an Xterra wetsuit. I started with a sleeved suit and quickly switched to the sleeveless for a better feel of the water and much easier range of motion. TYR Spec Ops goggles are all I wear. They provide great field of vision and I have never had an issue with them. I have a Cannondale Slice Tri bike and a Cannondale Synapse road bike. For running I have worn the Saucony Guide for what seems like forever. I started in the Guide 3 I believe and they are on version 9 now. As you can see I am very brand loyal once I find something I like. (I fear change...)

What training resources do you recommend: A good coach is the best thing you will ever spend money on in this sport. Trust in them and they will take you places you didn't think you could go!

What advice do you have for anyone beginning triathlons: Educate yourself! Meaning to prepare yourself for this sport. Don't just do what others are doing and don't just show up without a clue. There are a lot of great resources in this town and online. Read books on the sport, talk to fellow athletes and join the best club around, GULF WINDS TRIATHLETES! We have a wealth of knowledge and everyone is always happy to share it.

What is your proudest triathlon or competitive moment: I really can't remember one moment that stands out... I don't think I have had that perfect race where EVERYTHING went right just yet. I think I am still preparing for that day. The best is yet to come in my young triathlon career.

What, in triathlon, do you wish you could improve the most: My bike speed!!! Since I started in the sport my bike leg is always my worst leg of any race. It has greatly improved, but that is where I fall way behind when it comes to racing my age group.

What is your idea of a perfect day: I don't really have an image of a perfect day... but I have experienced some pretty amazing ones. One day I remember more recently was on my trip to Iceland in September. I was traveling with 4 of my best friends seeing the beauty that Iceland has to offer. We ate amazing food while traveling the country side seeing the many beautiful waterfalls along the way. We bathed in natural hot springs while drinking a cold beer and watching the sun set. Later that night we watched the norther lights dance across the sky. It was a pretty amazing day. One I wouldn't mind repeating sometime.



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



vertical
response
A DELUXE COMPANY
Free Email Marketing >>