



**MONTHLY MEETING - MONDAY, April 18th, 2016**

**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: BRADY IRWIN

DRC SPORTS FREE RACE ENTRIES

MEET YOUR B.O.D. - CHARLES DICKERSON

RED HILLS TRIATHLON RECAP BY ROB McNEELY

TRIATHLETE SPOTLIGHT - SARRAH CARROLL & ERIK ANDERSEN



Please join **Brady Irwin** from **Science of Speed**, for a discussion, "**Recovery: Often Forgotten, Never Replaced!**", where you will learn some of the most important factors regarding recovery and how to improve your current methods and practices with several quick tricks and scientifically based options.

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, April 18, 2016**). Please join us at **6:30 pm** for the Social portion of the evening with the speaker beginning at **7:00 pm**.

## DRC SPORTS FREE RACE ENTRIES

The amazing folks at DRC Sports have been longtime supporters of your Gulf Winds Triathletes and triathlon in Florida. Continuing that tradition, they have offered us a **FREE** entry into the **Crystal River Tri Series #1** sprint triathlon on **May 28, 2016!** Yes, that **"is"** one of the **2016 Gulf Winds Triathletes Grand Prix** events!



This giveaway is open to Gulf Winds Triathletes Members Only. To be entered into this giveaway, go to the closed Gulf Winds Triathletes Facebook page at <https://www.facebook.com/groups/141798745256/>, find the post about the giveaway, simply enter the word, "IN" as a reply, and your name will be added to the drawing. The contest will close at midnight on **Friday, April 15, 2016 (Normal Tax Day)** and our winner will be announced on Monday, April 18, 2016 (Extended Tax Day)!

If you have any questions, please private message Ronald Wayne Harrison on Facebook or via email at [rharrison@gulfwindstri.com](mailto:rharrison@gulfwindstri.com).

**Good luck!**

And while **\*NOT\*** on our **2016 Gulf Winds Triathletes Grand Prix**, DRC Sports has also offered us a **FREE** entry into the **Crystal River Tri Series #2** sprint triathlon on **June 11, 2016!** To have a shot at winning that race entry, you will definitely want to be at our next, monthly meeting that will take place at **Momo's Pizza** in Killearn (1410 Market Street) on the third Monday of the month (**Monday, April 18, 2016**). Please join us at **6:30 pm** for the Social portion of the evening with the speaker beginning at **7:00 pm**.

**- CLICK EACH OF THE BELOW IMAGES TO LINK TO THE DRC WEBSITE -**



## MEET YOUR BOARD OF DIRECTORS

**CHARLES DICKERSON - DIRECTOR AT LARGE**

You probably know that your Gulf Winds Triathletes Club exists to encourage participation in the sport of triathlon, whether for competition, physical fitness, or pleasure; to stimulate the exchange of information about the sport of triathlon and to disseminate such information; to provide social opportunities for individuals participating in the sport of triathlon; to encourage individuals to pursue opportunities to compete in races and to provide and/or promote organized events in which interested individuals may participate.

But what do you know about the people working behind the scenes to make all of that happen... your Board of Directors? Here are some interesting facts about one of our newest Board of Directors members, **Charles Dickerson!**

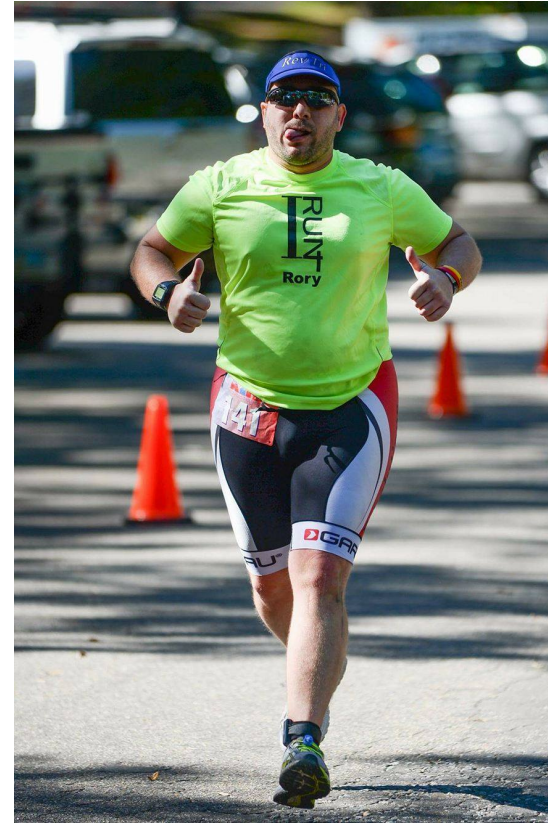
### Charles' Top-3, Triathlon

#### Accomplishments:

1. I have only been doing triathlon for a little over two (2) years, but I have finished every race that I have started.
2. I was hit by a car at 2015's **Gulf Coast 70.3** at mile 53 of the bike and STILL completed the race. It wasn't pretty, though.
3. One of my proudest moments in the sport was seeing my father cross the finish line of the **Tallahassee Youth Triathlon Series (YTS) Super Sprint** in 2015. It was only a super sprint, but to see him DO IT was super awesome.

#### Charles' Top-3, 2016 Goals:

1. Ride a shark during the **ESCAPE FROM ALCATRAZ** Triathlon in San Francisco.
2. Get to a point where I enjoy the longer races and actually pull the trigger on a 140.6 race for 2017.
3. Complete **Ironman Ohio 70.3** and meet a special little 5-year-old for the first time!



*(Editor's Note: Charles is a very active and vocal supporter of the I Run 4 organization who pairs athletes with special needs "buddies". Those athletes then dedicate their training/miles to their buddy by regularly posting pictures, messages, etc. to the site for their buddy. For more information on this wonderful organization, visit <http://www.whoirun4.com/>. Charles Runs 4 Rory!)*

## RED HILLS RACE REPORT

Yet another Red Hills Triathlon has come and gone. As always, Kathy McDaris put on a top notch event proving again that this truly is one of the top annual triathlon events in our region. It fell on a beautiful day that started out in the high 40s and warmed up as the day went on. The below race statistics were provided by our master statistician, the one and only Rob McNeely.



### 2016 Red Hills Triathlon By the Numbers

by Rob McNeely

Race Date: April 9, 2016  
Weather at start: Cool to slightly chilly

Total Participants: 168  
Total Finishers: 166  
Male: 110  
Female: 58

Fastest Male 2016: Andrew Heideman, 37, Jacksonville 1:19:13\*  
Fastest Male 2015: Thomas Barton, 28, Miami 1:06:37

Fastest Female 2016: Stephanie Liles-Weyant, 44, Tallahassee 1:31:36\*  
Fastest Female 2015: Stephanie Liles-Weyant, 43, Tallahassee 1:15:14

\* 2016 was first year with bike course increased from previous 16 miles to 19.3 miles.

Longest Finish Male: 3:31:59  
Longest Finish Female: 3:25:58

Ave. Finish Male: 1:52:04  
Ave. Finish Female: 2:03:00

Youngest Male: Bryce Bass, 14, Monticello  
Youngest Female: Arianna Hudson, 20, Tallahassee & Emily McDonald, 20, Tampa

Oldest Male: George Desloge, 71, Tallahassee  
Oldest Female: Bonnie Wright, 61, Tallahassee

Farthest Traveled: Bill Whitman, 53, Idyllwild, CA  
No. from Tallahassee: 119 (71%)

Ave. Age Male: 44.4  
Ave. Age Female: 39.0

Largest Age Group Male: M50-54 (21)

Largest Age Group Female: F30-34 (9)

Fastest Swim Male: Andrew Heideman, 37, Jacksonville 8:09  
Fastest Swim Female: Victoria Richmond, 26, Tallahassee 8:40

Fastest T1 Male: Wade Eastman, 15, Tallahassee 0:41  
Fastest T1 Female: Victoria Richmond, 26, Tallahassee 1:00

Fastest Bike Male: Don Autore, 41, Tallahassee 49:23 (23.4 mph)  
Fastest Bike Female: Stephanie Liles-Weyant, 44, Tallahassee 56:22 (20.5 mph)

Fastest T2 Male: Spence Cocanour, 44, Ft. Walton Beach 0:37  
Fastest T2 Female: Alexandra Scanameo, 24, Tallahassee 0:44

Fastest Run Male: Charlie Johnson, 37, Tallahassee 18:02 (5:48/mile)  
Fastest Run Female: Stephanie Liles-Weyant, 44, Tallahassee 21:57 (7:04/mile)

Longest Division Winning Streak Male:  
David Bigoney, Male Physically Challenged - 2011, 2012, 2013, 2014, 2015, 2016

Longest Division Winning Streak Female:  
Jamie Harris, 40, Tallahassee - 2011, 2012, 2013, 2014, 2015, 2016 (Female Masters Champion)

Penalties: 6 x 2:00  
Drafting (USAT Rule 5.10a): 5  
Traffic Laws (Rule 5.4): 1  
Disqualification (Rule 3.4a): 1

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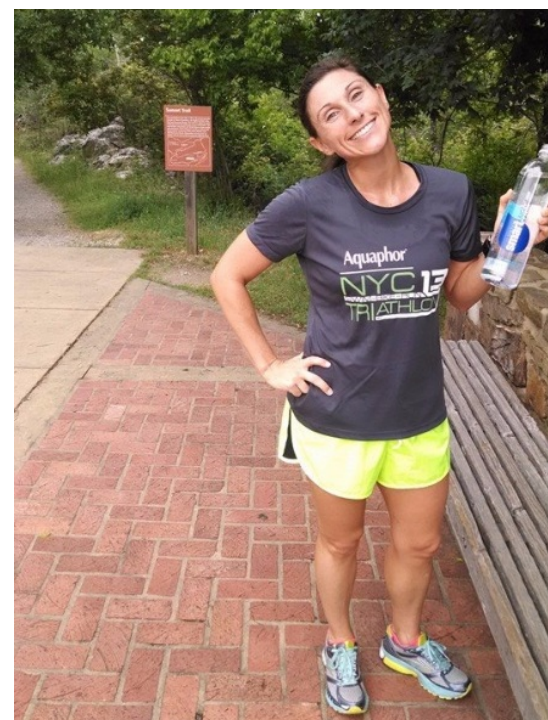
## TRIATHLETE SPOTLIGHT

### SARRAH (CARROLL) GLASSNER & ERIK ANDERSEN

Compared to last month's spotlighted triathletes, Lorraine and Robert, you could say Sarrah and Erik are somewhat new to the sport of triathlon. However, they all share the same characteristic in that they do so much to give back to our community and love the sport of triathlon. Please read on to learn more about these special people.

#### SARRAH (CARROLL) GLASSNER

Sarrah gives her time volunteering at local races, encouraging newbies to the sport and even volunteers with the Florida Department of Environmental Protection Greenways and Trails. She is involved in making decisions that can result in miles and miles of new trails in our region.



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**Name:** Sarrah (Carroll) Glassner

**Age:** 33

**Current occupation:** Lobbyist

**Previous occupation:** Director of Operations for the Florida Sheriffs Association

**Dream occupation:** United States Supreme Court Justice

**If money were no object, what would you do:** I'd give tour guides on horseback through Yosemite during the day and be a fine wine taster at night

**Favorite non-triathlon hobby:** Traveling and working on the endless projects in our new home.

**Favorite indulgence:** champagne, blue bell ice cream, and cookie dough - you asked for three, right?

**Favorite book, TV show or movie:** Cutting for Stone by Abraham Verghese - best book ever. I don't read a lot of fiction but this was amazing.

**How long have you been doing triathlon:** three years, my first was Red Hills

**Why do you participate in triathlon?:** it started when I bought a bike to change up workouts from running. Then my friend Chris Turner told me we should swim, and well then I realized all the cool kids were doing it, so ultimately it came down to peer pressure.

**Share something others don't know about you:** I can say this with recent experience, I sit on the Greenways and Trails Council. A few weeks ago the council voted on funding regional projects that will get additional funding from the state and I saw a lot of my fellow triathletes at that meeting - Testifying in support of the Capital City to the Sea trail! Our state has so much beautiful landscape - I truly love learning more about what Florida has to offer. If you don't already, I'd encourage you to explore the parks and trails we have in this state.

**What events/distances do you train for:** I'm still working on this. Training for me is really fluid, like everyone I struggle with the time commitment. Two years ago I started doing half iron mans, then I went back and did an Olympic and thought that was great. After this years Red Hills I'm convinced my race is the sprint distance.

**What are your current goals:** next "race" is a 100 mile bike ride. That will be my first century. Goal: finish - don't die.

**What is your favorite race and why:** Freedom Springs. It's about America, friends, fun and really highlights what North Florida has to offer. Great fellowship after the race.

**What hydration and nutrition products do you use:** right now I'm paying a lot of attention to avoiding synthetic products and have been flirting a lot with the Whole 30. While not a workout plan, the dietary focus is on whole foods. They recommend coconut water and larabars for endurance athletes. This works well for me in the sprint and maybe Olympic distances.

**What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.):** first thing that comes to mind are the Brooks ghost, those are pretty consistent in my life. In my opinion, Wetsuits are straight jackets in disguise. I don't wear them if I can help it.

**What training resources do you recommend:** sweat equity - it's the one that pays off

**What advice do you have for anyone beginning triathlons:** buy a nice trainer and learn how to do intervals. Intervals break up the monotony of getting on the trainer. I suggest investing in the trainer because of the jet engine noise you'll have if you don't.

**What is your proudest triathlon or competitive moment:** the proudest triathlon moment was finishing my first race. I wasn't fast, but the feeling of finishing was amazing. I love encouraging people to get in the sport or cheering first timers on.

**What, in triathlon, do you wish you could improve the most:** right now it's running. I haven't put the time into it to get what I have come to expect.

**What is your idea of a perfect day:** Waking up with a cup of Gevalia watching the waves rolling in, getting a workout in - whether it's a bike ride with my hubby and friends or yoga, then playing with my siblings and nieces, taking a hike to some awe inspiring vista, and finishing it off with a delicious healthy meal, a great Pinot noir and friends.

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### ERIK ANDERSEN

I'm originally from Ohio but came to Tallahassee in 2001 for school and have stuck around since then. I played soccer and baseball growing up, but started running regularly around the beginning of 2012. Along with many 5Ks, 10Ks, and other distances, I've completed 4 marathons and to 50Ks.

Somewhere along the way I got talked into triathlons. I've done Red Hills once and have also done a couple duathlons. I've been focused on running mainly for the last couple years but am planning to bike and swim more and get back to triathlons.

Erik volunteers his time as an integral part of the group known as the South City Multisport Club, which is a club created for the children of the south side of Tallahassee who don't readily have access to the world of triathlon.



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**Name:** Erik Andersen

**Age:** 33

**Current occupation:** School Psychologist

**If money were no object, what would you do:** I'd really love to travel around the country and Europe and ride all of the iconic cycling routes and climbs.

**Favorite non-triathlon hobby:** running and reading

**Favorite book, TV show or movie:** Books: Geek Love by Katherine Dunn and Clown Girl by Monica Drake

**How long have you been doing triathlon:** I think my first duathlon was in 2012 and I did Red Hills in 2013.

**Why do you participate in triathlon?:** Many reasons but mainly the challenge and the comradery.

**What events/distances do you train for:** I've only done sprints so far in triathlon/duathlon, but in running I do everything up to 50k.

**What are your current goals:** For the last couple years, I've been concentrating on running, so my main goals at the moment is lowering my marathon time. I'm hoping to get back in the pool soon to get back to triathlons.

**What is your favorite race and why:** I'd say Red Hills and the Tallahassee Marathon because of all the support and seeing so many people that I train with regularly.

**What is the hardest race you've ever competed in?** Red Hills Triathlon and the StumpJump 50k.

**What is your bucket list of races?** I always thought it would be incredible to do one of the distances at the Alpe d'Huez Triathlon in France.

**You are an integral part of the South City Multisport Club. Tell us about the Club:** The SCMC is encourages participation by children located on the southside of Tallahassee, FL in the sport of triathlon. This will be our third summer working with the children. I try to help out as much as I can with the biking and running with the children during races. It has been inspirational to see how hard the team members work to improve. Most of them could not swim when we started and now they compete in the YTS races. Their running has also improved with several of the team members winning age-group awards at various races. We have a great group of volunteers and coaches that spend several evenings and mornings each week biking, swimming and running with the team. We'd love to have

anyone who is interested in helping.

**What hydration and nutrition products do you use:** I've generally been ok using whatever is provided at races, but if I'm buying it myself for training, it is usually Skratch Labs drink mix and GU gels.

**What training resources do you recommend:** I check out various sites on the internet, but I think the best resource would be all of the amazing athletes in the club who are so willing to share their knowledge.

**What advice do you have for anyone beginning triathlons:** Join the club or a training group and observe the other athletes training and habits and ask as many questions as you have.

**What is your proudest triathlon or competitive moment:** Finishing my first triathlon at Red Hills. I'm not a great swimmer, so getting through the training and the race while still having fun was a good accomplishment.

**What, in triathlon, do you wish you could improve the most:** Definitely my swimming.

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

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Gulf Winds Triathletes  
1406 Hays Street  
Tallahassee, FL 32301

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