



MONTHLY MEETING - MONDAY, February 15th, 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?

KIT REORDERS
THIS MONTH'S SPEAKER
GRAND PRIX RACE DISCOUNTS
NCC UPDATE - TOP CYCLISTS IN JANUARY
TRIATHLETE SPOTLIGHTS
UPCOMING MARCH MEETING UPDATE

KIT REORDERS

If you want a Gulf Winds Triathletes' Tri or Cycling kit for this season, now is the time to place your order. We will be doing a reorder of our uniform this week and our goal is to have them arrive just before the Red Hills Triathlon. Go to our online store at <https://gulfwindstri.com/> to place your order. We have Men's and Women's tri & cycling tops and bottoms. These are Louis Garneau brand kits and are super comfortable.

The order deadline is Tuesday, 2/16/16 at 11:59pm.



THIS MONTH'S SPEAKER

Roger Schmidt

**2015 Gulf Winds Track Club Male Runner of the Year
G.A.I.T. (Gait Analysis and Injury Technician) Manager
Capital City Runners**



Please join Gulf Winds Triathletes supporter and sponsor, Roger Schmidt of Capital City Runners for a discussion, **"Gears... Not Just for the Bike. Exploring your Running Pace Capacity and Aerobic Capability."** Roger will be sharing how you can identify your spectrum of race paces (i.e. 5K, 10K, Half-Marathon, etc.) and how to apply that knowledge towards developing an effective pacing plan early in your race so that you can remain controlled enough to set up a strong finish! And since this month's discipline in the **USA Triathlon's National Club Challenge** is the run, we hope you all will be able to put what you learn to good use while pounding out 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, February 15, 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/>

IMPORTANT: These discounts are only being distributed via this newsletter to current Gulf Winds Triathletes members. Anyone joining after this date or needing to know the discount codes later can simply email the President via the **Business: Board of Directors** link on our webpage at <https://gulfwindstri.com>. Remember, these discounts are for Gulf Winds Triathletes Members ONLY. *Please do not post or share these codes!*

Florida Challenge Triathlon (March 19, Clermont, FL) -- Sprint
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
DISCOUNT: Use code "**2Club2016**" for **\$15** off of the Sprint and code, "**Club2016**" for **\$25** off of the Half.

Crystal River Tri Series #1 (May 28, Crystal River, FL) -- Sprint
DISCOUNT: Use code "**2016GWTC10**" for **10%** off of ANY DRC Sports owned events.

Jax Tri Series #1 (June 18, Fernandina Beach, FL) -- Sprint OR Olympic
DISCOUNT: Use code "**2016GWTC10**" for **10%** off of ANY DRC Sports owned events.

(Targeted Race) Chattahoochee Challenge (July 16, Columbus, GA) -- Sprint
DISCOUNT: Use code "**GULFWINDS5**" for **\$5** off of this race.

Georgia Veterans Triathlon (August 13, Cordele, GA) -- Sprint
DISCOUNT: Use code "**GWT16**" for **\$10** off this race.

Hammerhead Triathlon (August 28, Camp Blanding/Jacksonville, FL) -- Olympic
DISCOUNT: Use code "**2016GWTC10**" for **10%** off of ANY DRC Sports owned events.

Tri the Rez (October 15, Tallahassee, FL) -- Sprint
DISCOUNT: **\$10** off discount code will be published once registration goes live.



USA Triathlon National Challenge Competition
January Update

The Gulf Winds Triathletes are holding at **#1** for the state of Florida for the most swim, bike, and run mileage and currently ranked **9th** in the country.

January was a bike focused month for the competition. The club finished **14th** overall out of all teams in the US, and **8th** overall in our division.

Now let's get those run miles up and finish February strong!!!!



A big CONGRATULATIONS to the top three individual club members with the most bike mileage:

Men:	
<i>(Name/NCC Points)</i>	
Jeff Bowman	828.20
Rick Ashton	638.75
Mike Weyant	373.00
Women:	
<i>(Name/NCC Points)</i>	
Stephanie Liles-Weyant	495.00
Lori Abbey	395.03
Sherri Peavy	385.00



TRIATHLETE SPOTLIGHT

BONNIE & BERNADETTE BURNS

This issue of Triathlete Spotlight shines on Bonnie and Bernadette Burns aka "the little bees." Both girls currently attend Raa Middle School, ran the 2010 one mile Turkey Trot Gobbler when they were rookies as undrafted 8 & 6 year olds, and raced their first YTS - Tallahassee triathlon around that same time.

Bonnie followed in her father's footsteps after realizing volunteering was much less painful on the body. Bernadette continues to race in the YTS series and made the Raa cross country team earlier in the school year. Not native to Tallahassee (family moved here in 2008), Gulf Winds has become family to the little bees who can usually be found running amok and unsupervised (their dad has a terribly short attention span) at many of our

club's great events.



Name: Bonnie Burns

Age: 14 on Valentine's Day

Current occupation: Student

Dream occupation: Ballet dancer

If money were no object, what would you do: Go to college.

Favorite non-triathlon hobby: Sewing

Favorite indulgence: Watching TV

Favorite book, TV show or movie: The book Paper Towns

How long have you been doing triathlon: I did one about six years ago, and have been volunteering ever since.

What events/distances do you train for: Mostly 5K's

What are your current goals: To volunteer at as many races as I can.

What is your favorite race and why: The Waverly Two Fun Miler. It's not just a race, it's a social event.

What hydration and nutrition products do you use: The classic bottle of water.

What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.): My favorite is my bike.

What training resources do you recommend: Any of the Gulf Winds training clinics.

What advice do you have for anyone beginning triathlons: Don't rush, go and do what's best for you, and try not to focus on the person next to you.

What is your proudest triathlon or competitive moment: Finishing my first triathlon.

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

What is your idea of a perfect day: One where I dance all day long.

Name: Bernadette Burns

Age: 11

Current occupation: Student

Dream occupation: Actress

If money were no object, what would you do: Make people happy.

Favorite non-triathlon hobby: Reading

Favorite indulgence: Candy

Favorite book, TV show or movie: Harry Potter (books AND movies)

How long have you been doing triathlons: 6 years

What events/distances do you train for: middle school cross country

What are your current goals: to be the best person I can be

What is your favorite race and why: Turkey Trot 5k because it pushes me to go faster

What hydration and nutrition products do you use: energy chews, milk, etc.

What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.): bike

What training resources do you recommend: Coach Unger

What advice do you have for anyone beginning triathlons: go at the most comfortable pace

What is your proudest triathlon or competitive moment: my last cross country meet.

Ran the championship meet at the Apalachee Regional Park 2 miles in 17:04.

What, in triathlon, do you wish you could improve the most: swimming

What is your idea of a perfect day: swimming, biking, and running on a super warm day

--- **UPCOMING MARCH MEETING UPDATES** ---

**Ultraman Athlete Q&A: Lessons for EVERY Athlete
&
2016 Swap Meet!**



TLC's **Hoarding: Buried Alive... Triathlete Edition!!!** Now there is a show you would not want to be on. We are here to help you! By either getting rid of stuff you no longer need... or by easily acquiring even more stuff!!!

Have you recently upgraded some of your gear? Have you come to the realization that you have too much gear? Or, maybe you do not have enough gear?

Start cleaning out your bike room, garage, closets, etc. Get everything cleaned up and ready so you can sell all the gently used gear you want to get rid of, trade up, etc. Or, simply come to find some awesome buys from your fellow triathletes!

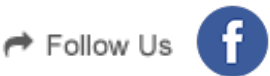
Examples of items to buy/sell/trade:
bikes, bike parts, gps, tri/cycling clothing,
wetsuits, running gear, etc.

There will be tables set up for you in the back room of Momo's to display your items between 6:30 and 8:30 pm during the **Monday, March 21, 2016** Gulf Winds Triathletes meeting.

Individual buyers and sellers are fully responsible for all transactions and liability of said transactions. Gulf Winds Triathletes Club assumes no responsibility for any swap meet transactions.



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



Gulf Winds Triathletes
1406 Hays Street
Tallahassee, FL 32301

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