



MONTHLY MEETING - MONDAY, March 21st, 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

HAPPY ST. PATRICK'S DAY!!!

WHAT IS IN THIS MONTH'S NEWSLETTER?

THIS MONTH'S SPEAKERS: MARCI GRAY & JON NASH

2016 SWAP MEET REMINDER

GULF WINDS TRIATHLON CLUB TRANSITION CLINIC - APRIL 3rd

NCC UPDATE - TOP RUNNERS IN FEBRUARY & OVERALL TOP MILEAGE
TRIATHLETE SPOTLIGHTS

This Month's Speakers:

Marci Gray and Jon Nash. Ultraman Q&A: Lessons for EVERY Athlete!

Please join Gulf Winds Triathletes' own Marci Gray and Jon Nash for a question and answer session on lessons they learned during their training and participation in the 2016 Ultraman Florida. Lessons that they feel can help athletes training for any distance triathlon.

For those unfamiliar with the Ultraman-distance race, Ultraman is a 320-mile, 3-day triathlon. Stage 1 (Day 1) – 6.2 mile (10.0 km) Swim, followed by 90 mile (145.3 km) Bike. Stage 2 (Day 2) – 171.4 mile (275.8 km) Bike. Stage 3 (Day 3) – 52.4 mile (84.3 km) Run.

Marci swam as a kid and was a Junior Olympic swimmer. She never went any farther in the sport, due to frequent moves following her active duty military father around the globe. She did her first triathlon, a single sprint-distance triathlon, in 2009. At that time, she swore, ***"I will never do one of those IRONMAN things. Those people are crazy!"*** Marci is extremely proud of her work with the Warrior Tri Team, helping them raise money for the Special Operations Warrior Foundation (<http://specialops.org/>). Marci's message is, ***"Do not let anything stop you from trying. No matter what the world gives you, you have the power to rise above and fight. Be inspired, help others, and good things will come to you. And, when you think you don't have anything left, dig deeper, it's in there."***



Jon started his current athletic "career" with his first 5K in 2009 and his first triathlon at 2010's Tri the Rez. Unfortunately, he destroyed his left knee, snowboarding, only a few short months later. An ACL replacement surgery and lots of rehab later, he found himself signing up for IRONMAN Florida 2012 while still in a knee brace! Jon is most proud of not letting that knee injury stop him from living an active life and, in fact, pushing him on to do the things he does now! Jon's message is to educate yourself, meaning prepare yourself for this sport. ***"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."***

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, March 21, 2016**). Please join us at **6:30 pm** for the Social portion of the evening with our speakers beginning at **7:00 pm**.

2016 Swap Meet REMINDER!

Just a reminder that part of your next, monthly Gulf Winds Triathletes meeting will be our annual Swap Meet.

This means you only have **ONE (1)** more weekend to go through your garage, closets, and the back of your rolling transition area (your vehicle) to round up any of that gently used gear that you may no longer have a need for!



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.

TRANSITION CLINIC - APRIL 3rd!!!

There will be a transition clinic put on by your very own Gulf Winds Triathlon Club on Sunday, April 3rd. Mark your calendars. This will be the day after Springtime Tallahassee.

Further details to be provided in the near future.



**USA Triathlon National Challenge Competition
February Run Leaders & OVERALL TOP PERFORMERS**

The Gulf Winds Triathletes finished **STRONG** in this year's USA Triathlon National Club Challenge. Gulf Winds Triathletes Team 1 finished **11th** Overall, **6th** in Division 1, and **1st** in the Florida Region. Team 2 finished **92nd** Overall, **18th** in Division 1, and **8th** in the Florida Region.

In this year's challenge, the combined, overall miles for Teams 1 and 2 were **17,340** Swim miles, **32,024** Bike miles, and **32,222** Run miles for a grand total of a whopping, **81,586** overall miles!!!



Our **Overall Top Performers** for the entire competition were:

Men:	
<i>(Name/NCC Points)</i>	
Jeff Bowman	3,451.65
Aidan Abby	2,836.95
Mike Weyant	2,424.81



Women:	
<i>(Name/NCC Points)</i>	
Lorien Abby	2,437.55
Stephanie Liles-Weyant	2,432.70
Robin Bennett	2,032.35



Last month (February) was a run focused month for the competition. The club finished **17th** overall out of all teams in the US, and **9th** overall in our division.

The top individual club members with the most Run mileage:

Men:	
<i>(Name/NCC Points)</i>	
Tim Fraser	366.45
Jeff Bowman	277.95
Grady Smith	276.60

Women:	
<i>(Name/NCC Points)</i>	
Lorien Abby	484.95
Robin Bennett	304.95
Kelsey Bernard	305.63

LORANNE AUSLEY & ROBERT PALMER

The two athletes spotlighted in this month's newsletter are people you've likely seen at local races or training in the community. Loranne and Robert are both experienced triathletes who have raced pretty much all distances. But beyond that, they are great individuals who have helped to promote the sport of triathlon in many ways. Their continued commitment to triathlon is a big reason our club and sport is as successful as it is. And beyond triathlon, they have served our community and country as leaders we should all look up to.

LORANNE AUSLEY

Loranne Ausley has been a runner and triathlete for years. But she is much, much more than that. She is also an attorney with the Hollimon PA Law firm, and manages her own consulting firm. Ausley served as an elected Member of the Florida House of Representatives for 8 years (2000-2008). She is a 6th-generation Floridian who has held senior positions in the Clinton Administration and in state government, working closely with some of Florida's most respected leaders including Bob Graham, Lawton Chiles and Buddy MacKay. As a Democratic leader in the State House, Loranne established herself as an independent-minded leader unafraid to take on tough problems and find real solutions.



Although outnumbered as a Democrat in a Republican majority, she gained respect on both sides of the aisle by advocating fiercely for children, the disabled and the disenfranchised. Loranne also led the fight for government accountability, and stood against outsourcing and privatization efforts that did not make good business sense. Ausley is active in a number of local, state and national organizations. She was instrumental in creating Whole Child Leon, a community based initiative focused on young children and their families, and she continues to serve as Founding Chair. Loranne graduated from Randolph-Macon Woman's College with degrees in Economics and Politics, and earned her J.D. from the Washington & Lee University School of Law in Lexington, Virginia. She lives in Tallahassee, Florida with her husband Bill Hollimon and son, Will, age 13. Loranne is a runner and triathlete, and an Ironman finisher (Florida 2007).

Loranne is one of those special people who gives back to the community time and time again. Read on to learn more about her!

Name: Loranne Ausley

Age: 52

Current occupation: Attorney/Mom

Previous and hopefully future occupation: Member of the Florida Legislature

Favorite non-triathlon hobby: Hiking and Yoga

Favorite indulgence: World Famous huckleberry milkshake from Victor Emporium, Victor, ID

How long have you been doing triathlon: 16 years

Why do you participate in triathlon? I love this sport. I love the comradery, the competition and the variety of workouts. I love the fact that my training allows me to experience all that our community has to offer – from flat rides and runs to awesome hills and everything in between.

Share something others don't know about you: I love fair food – especially funnel cakes and corndogs!

What events/distances do you train for: everything from sprints to ironman distance.

What are your current goals: I am "secretly" training for IMCHOO. After my first and only Ironman in 2007, I thought my Ironman days were over, but I got caught up in the excitement. I am looking forward to training with old and new friends for a great race in late September.

What is your favorite race and why: Freedom Springs – my first triathlon

What advice do you have for anyone beginning triathlons: Go for it – you live in a very supportive community of multi-sport athletes that want to help you succeed. Do not be intimidated by anyone....ask questions and take advantage of the bountiful resources that are available around you. Spring for a good watch and heart rate monitor that can give you good feedback about your training. If you KNOW you want to do triathlon and are shopping for a bike – spring for the tri bike. You will thank me later. Don't buy a wetsuit without trying it on. If you find a pair of goggles that fit you and don't leak – buy more than one pair. Make time for stretching and/or yoga – your body and mind will thank you.

What is your proudest triathlon or competitive moment: I was so honored to be able to cross the finish line in the 2016 Tallahassee half-marathon. While it was not my fastest time, it was a proud, proud moment to see my community truly shine. I am so grateful to the race directors and volunteers who made it possible and can't wait until next year!

What, in triathlon, do you wish you could improve the most: Need more time on the bike.

What is your idea of a perfect day: Watch the sun rise over the Grand Teton from the Idaho side. Take a quick bike ride up to the top of Targhee Mountain (10 miles up/10 miles down). 1 hour of yoga, followed by some sort of unhealthy breakfast with my family that includes a lot of bacon. Family hike with Bill, Will and our dog Remy – maybe a longer hike with serious elevation gains and views. Post hike milkshake at the Victor Emporium followed by a pool swim. Finish up the day with some live music and a really cold draught beer.

ROBERT PALMER

If you want the epitome of a dedicated triathlete, look no further than Robert. He has been as dedicated a triathlete as anyone out there traveling near and far to swim, bike and run. Robert has been married to Paige Palmer for 26 years and has two children, Rebekah and Andrew, who both attend Chiles high. He has competed in over 50 triathlons including 7 ironmans (5 finishes) and competed and finished 6 escapes from Alcatraz, 2 Tough Mudders and multiple Marathons and half Marathons. His first triathlon was Red Hills where he took first place in the over 40 Cydesdale division. And if anything tells you he got off on the right foot, his first timers coach was the one and only Bob Keller.



Robert has served our country as a U.S. Marine and is one class act guy we all are lucky to have in our midst!

Name: Robert Palmer

Age: 54

Current occupation: Consulting Systems Engineer with Cisco

Previous occupation: US Marine, Electronics Tech

Dream occupation: Real estate investor/house flipper

If money were no object, what would you do: Travel the world with my family doing mission work helping people.

Favorite non-triathlon hobby: Scuba Diving

Favorite indulgence: Wine good wine...

Favorite book, TV show or movie: Book – Bible, TV Show-Shark Tank, Movie – Caddyshack or Napoleon Dynamite.

How long have you been doing triathlon: 14+ years

Why do you participate in triathlon?: The challenge and camaraderie. I love our Tri community in Tallahassee.

Share something others don’t know about you: 3 things. My name at birth was not Robert Palmer, I have swam with sharks and even grabbed the tail of one. I have had 5 orthopedic surgeries.

What events/distances do you train for: Mainly Half and Ironman

What are your current goals: Race healthy and get a couple more IM’s under my belt. PR the Escape from Alcatraz.

What is your favorite race and why: Escape from Alcatraz the venue is amazing, best crowds cheering you on and it’s totally unique from any race in the US.

What is the hardest race you’ve ever competed in? Ironman Boulder I ended up in a ditch on the side of the road at mile 90 of the bike getting an IV. I was allowed to continue but still missed the 17 hour cutoff by around 2 minutes.

What is your bucket list of races? KONA!!!!

You’ve competed in quite a few long distance races. Share with us which ones and experiences you had: IMFL 2007,2009,2014 IM Lake Placid 2013, IM Chattnooga, Boulder and CDA 2015.

What hydration and nutrition products do you use: Nuun, Base Salt and Bonk Breakers and Stinger Waffles seem to work the best for me.

What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.): I usually wear an Xterra wetsuit because they are cheap, My current bikes are a Trek Speed Concept and a Lynskey RR360 with S and S couplers so I can pack it on a plane. I alternate shoes between Hoka for long distance and Asics for anything under a half distance.

What training resources do you recommend: The awesome pool of athletes and coaches in Tallahassee while taking the time to find out what is right for you. Too many books or magazine articles I read are meant for a 20 something athlete with good genetics (not me).

What advice do you have for anyone beginning triathlons: Have fun and if you are wanting to seriously move forward in the sport get a good coach who works for your style, demeanor and understands your goals.

What is your proudest triathlon or competitive moment: Finishing my first IM FL in 2007. Soon will be my next one which will be running a half marathon with my daughter in April.


What, in triathlon, do you wish you could improve the most: My run...it sucks.

What is your idea of a perfect day:

Go for a nice bike ride in the morning with friends that is leisurely enough that I can take in the sights, spend the afternoon with my family doing anything after they have finally woken up in the afternoon. Then spending the evening with my wife and a couple of close friends sharing a meal and good bottle of wine. Asleep by 9:30 so I can get up early the next

morning for some ridiculous training.

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

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