



MONTHLY MEETING - MONDAY, May 16th, 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: MARCI GRAY

DRC SPORTS FREE RACE ENTRY

MEET YOUR B.O.D. - JEN BARTON

TRIATHLETE SPOTLIGHT - ANNIE BOWMAN & LEE SCARBORO

This Month's Speaker:

Marci Gray, PT Cert. MDT, Marci Gray Physical Therapy, LLC. **Injury Prevention.**

Please join Gulf Winds Triathletes' own Marci Gray for what is becoming one of the most popular talks we regularly offer! Marci will be speaking to us about injury prevention, acute options if injured, and how to properly rehabilitate and return to sport after an injury.



Marci has been a practicing Physical Therapist since 1999. She has worked in multiple settings and in the last eight years, has specialized in outpatient physical therapy with an emphasis on musculoskeletal symptoms and pain. Marci opened her own practice in April of 2016. Marci is also a USAT Coaching Certified coach with LifeSport Coaching. Marci has been recognized as a USAT All American Athlete since 2011 and has competed in triathlons of every distance from Sprints to Ultraman.

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, May 16, 2016**). Please join us at **6:30 pm** for the Social portion of the evening with our 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 **Jacksonville Tri Series #1** sprint triathlon on **June 18, 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 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, May 16, 2016**). Please join us at **6:30 pm** for the Social portion of the evening with the speaker beginning at **7:00 pm**.

- CLICK THE IMAGE ON THE RIGHT TO LINK TO THE DRC WEBSITE -



MEET YOUR BOARD OF DIRECTORS

JEN BARTON - 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, **Jen Barton!**

Jen's Top-3, Triathlon

Accomplishments:

1. IRONMAN Florida 2014 Finisher!
2. Winning the Female, 30 - 34, Grand Prix in 2014 and 2015 and being named Most Improved Gulf Winds Triathlete of the Year in 2014.
3. Podium finish and shaving 33 minutes off of my first sprint, 3-years later, at the 2015 Georgia Veterans Triathlon.



Jen's Top-3, 2016 Goals:

1. Have fun and enjoy the season with friends.
2. Swim more consistently.
3. Finish IRONMAN Chattanooga in September.

TRIATHLETE SPOTLIGHT

ANNIE BOWMAN & LEE SCARBORO

You can rest assured that you will see one or both of this month's spotlighted triathletes at pretty much any and every local and regional triathlon. Annie and Lee are as dedicated to the sport of triathlon as anyone in this community. Lee has been a resident of Tallahassee since birth, and participates in pretty much any local triathlon while supporting our local triathlon club. Annie volunteers her time on an almost daily basis and is in her **30th** year of triathlon competition. Read on to learn more about these two special people.

ANNIE BOWMAN

Have you ever wondered how it is you came to the sport of triathlon? Looking back, my path seems inevitable. In order to learn to swim in Jacksonville, I had to ride my bike a mile to the local pool for swim lessons. Those lessons transformed into a formal invitation to join the swim team by their head coach following a Fourth of July challenge. They had brought in a truckload of pennies and dropped them on the bottom of the pool. All the other kids had given up and moved on to other activities but my three year old self collected a pile full of pennies. This brought me the attention to the swim coach, hence the invitation to join their team.

When it comes down to it, I have to say that it is for my family that I race and do triathlons. The funny thing is that while my parents have both died and my siblings live somewhere else, my sense of family is bigger than just my husband, Jeff and son, Alex. There are many other people that have a special place my heart and expanded my idea of what family is. We are blessed to know a lot of great people.

Volunteering is second nature for me. A few main activities are leading the Gulf Winds Wednesday Evening Interval Running Group and serving on the GWTC Board of Directors for my second year. Previously served on the Triathletes Board for two years.

Please take the time to give back to your track club and triathlon community by serving on the Board or volunteering your talents.



Name: Annie Bowman

Age: 47

Current occupation: Licensed Massage Therapist (MA18578), USA Triathlon and Ironman

U Triathlon Coach, Teacher and Mom.

Previous occupation: Dietitian

If money were no object, what would you do: I would enjoy travelling around the world with my family and learning different languages, history, art... and sharing this knowledge in pictures and writing.

Favorite non-triathlon hobbies: Traveling and visiting new places and national parks

Favorite indulgence: A great cup of coffee on the back porch watching the birds, raccoons, wildlife, or working in the garden.

Favorite books, TV show or movies: Harry Potter series, Pride & Prejudice, Barbara Kingsolver's books, Outlander Series, The Notebook, Animals Speak... Movies: The Princess Bride, Stardust, JJ Abram's Star Trek, Guardians of the Galaxy, many superhero movies (Thor, Man of Steel, Ironman...)

How long have you been doing triathlon: This is my 30th year, I did my first triathlon in 1986 at the FSU Reservation.

Why do you participate in triathlons: Originally I did my first triathlon because it got me out of Saturday morning swim practice in college yet continue doing triathlons today because of seeing exercise as a way of life.

Share something others don't know about you: 1) many years ago, I missed qualifying for the Olympic trials by one one hundredth of a second, 2) I have supported countless moms in our community by taking care of their children so they can go back to work without having to put their baby into childcare, picking up their kids from school or having them sleepover while they put in their long training for ironman distance races, and have given up racing many events to help support others cross the finish line, 3) worked hard to keep triathlons available for the youth in our community, 4) I have had the unparalleled pleasure of homeschooling our son

What distances do you train for: Olympic Distance+

What are your current goals: Promoting the life long love of fitness and supporting others accomplish their triathlon goals

What is your favorite race and why: probably Chattanooga Waterfront Triathlon because it's a beautiful city and we've been doing it for 15 years.

What hydration and nutrition products do you use: I'm a fan of coconut water & making my own food, for longer training accelerade, electrolytes and honey stinger waffles.

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

I like Garmin watch/bike computer, Power Tap pedals, Cannondale and Felt brand bikes, 404 Zipp wheels, fan of Speedo & TYR swimsuits, speedo stopped making my favorite goggles, Louis Garneau tri clothing, and Hoka brand shoes.

What training resources do you recommend: My husband, Jeff Bowman, who has 33+ years of experience. Books and online resources from Joe Friel, Matt Fitzgerald, Training Peaks, USAT, and Ironman U

What advice do you have for anyone doing triathlons: Remember to keep triathlon training in perspective while balancing family and career. Triathlon will be a great chapter in your book of life, hope you enjoy all these wonderful people taking the journey with you.

What is your proudest triathlon or competitive moment:

Sharing the sport with the next generation is wonderful, and the best has been witnessing our son and his friends training together & enjoying triathlons.

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

I would love to see the comeback and support of the local "Mom and Pop" races.

What is your idea of a perfect day:

An early morning ride or swim with my husband and friends, a nice cup of coffee and relaxing on our back porch hanging out with my family.

LEE SCARBORO

Lee has competed at the top of his age group for years. He has been married to Julie Scarboro for 27 years and has 2 children attending FSU. He has lived in Tallahassee all his life.

Working as a CPA, I spend a lot of time sitting at a desk. I've always believed I needed to have some type of physical activity to counteract all the sitting. Triathlon has helped my overall fitness more than anything else I've ever done.

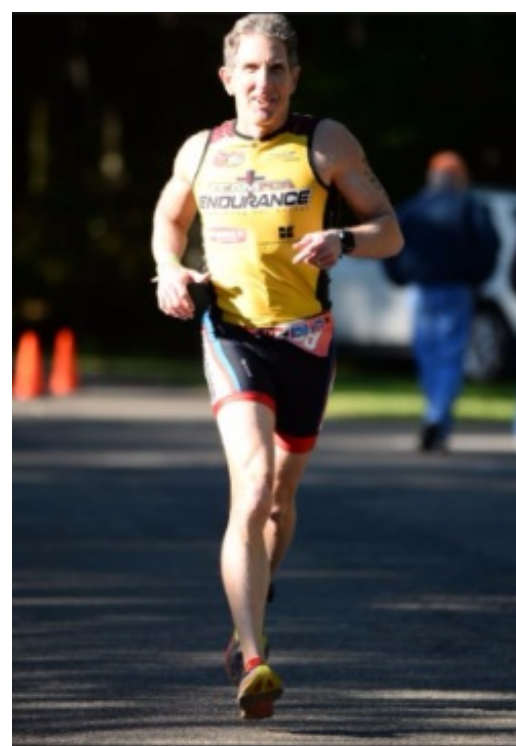


Photo Credit: Colin Abbey

Name: Lee Scarboro

Age: 57

Current occupation: CPA with Skelton, Bryant, Bryant & Scarboro

Previous occupation: Lawn service when I was in high school, DJ for portable disco business during college

Dream occupation: Seafood and cheese cake tester

If money were no object, what would you do: Travel the world on a private yacht with my best friends .

Favorite non-triathlon hobby: Kayaking

Favorite indulgence: Relaxing on a beach with my wife and a cold beverage

Favorite book, TV show or movie: The Bible

How long have you been doing triathlon: After 10 years or so of running up and down a basketball floor for exercise, I started to break things. I figured someone was trying to tell me something, so I left basketball for cycling. After a few years of cycling, I saw a few friends competing in tris and it seemed like an interesting challenge. It's been 8 years and I'm still hooked.

Why do you participate in triathlon?: It never gets boring. I'm always doing a different workout with a different purpose. There's always something new to learn. Triathletes are some of the most motivated and interesting people I've ever met.

Share something others don't know about you: I used to worry about being too skinny and spent hours in the gym lifting weights. Once I started hanging around with bikers and runners, I no longer felt compelled to bulk up.

What events/distances do you train for: Sprints and Olympics. I admire people who compete in Ironman events, but the fun seems to rapidly diminish for me after about 4 hours of racing.

What are your current goals: Get back in racing shape after a long tax season.

What is your favorite race and why: Augusta 70.3 was exciting with the large crowds cheering us on, but it's hard to beat Red Hills. Being able to ride my bike to the race site is an added bonus.

What hydration and nutrition products do you use: Hammer Gel during training and racing, chocolate milk for recovery.

What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.): I bought a 2XU sleeveless wetsuit on sale 8 years ago and it still fits well, so I keep it. I bought a 1/2 carbon, 1/2 aluminum Cannondale Slice a few years ago from Higher Ground that was a super closeout special. When the frame developed an issue under the paint, Cannondale swapped me out for the new full carbon frame. I'm a Cannondale fan for life! I picked up a set of Zipp 404s that Alan Cox had raced for a number of years, but they still seem to have some speed left in them. I like to run in Saucony Type As. A lot of people think I'm crazy for training in racing flats, but I run mostly on grass/trails and I seem to have less injuries than when I ran in heavier motion control shoes.

What training resources do you recommend: Triathlete magazine has been helpful. Slowtwitch has information on most every topic. Most of the triathletes I know are more than willing to offer advice. I'm extremely grateful for the countless people who have guided me and encouraged me over the years. There are some great coaches in the area. If you have the opportunity to use one, it can lead to more improvement than you ever thought possible.

What advice do you have for anyone beginning triathlons: Figure out what you want to get out of triathlon, then surround yourself with people who have the same goals. If your goal is to be on top of the podium every race, you're going to need to make a big commitment and hope your genetics are adequate. If your goal is to get some exercise and interact with some very talented, motivated and fun individuals, triathlon could be your thing. Since it may take years to achieve your ultimate peak, there's plenty of time to modify your goals.

What is your proudest triathlon or competitive moment: Probably my first age group win at Beach Blast in Mexico Beach... soon followed by the realization that I was the only one in my age group.

What, in triathlon, do you wish you could improve the most: The swim and run are my weakest areas, but I always like to be faster on the bike. Maybe I won't answer this question.

What is your idea of a perfect day: Any day that I wake up healthy, have the opportunity to get out and enjoy the beauty of God's creation and train or race with friends. If my wife is happy to see me when I get home, it was a perfect day!

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

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