



MONTHLY MEETING - MONDAY, June 20th, 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: CHRIS BACH

TRAINING & CONTACT INFORMATION

GRAND PRIX UPDATES & **RACE SCHEDULE CHANGES**

DRC SPORTS FREE RACE ENTRY

MEET YOUR B.O.D. - ROBBY TURNER

TRIATHLETE SPOTLIGHT - CASSIE & DECLAN RHODES



**THANK YOU
TO OUR
SPONSORS**



This Month's Speaker:

Chris Bach, MS, CSCS, Graduate
Research/Teaching Assistant, Institute of
Sports Sciences and Medicine, Florida
State University.



PRESENTATION TITLE:

Carbon Fiber or Acclimatization... Which Makes You Faster?



Please join **Chris Bach** from FSU's
Institute of Sports Sciences and
Medicine, for a talk covering
environmental stress and how to plan
your training and nutritional strategy to
deal with 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, June 20, 2016**). Please join us at **6:30 pm** for the Social portion of the evening with our speaker beginning at **7:00 pm**.

Gulf Winds Triathletes Training and Contact Information:

Triathlon Events: Gulf Winds Triathletes Board of Directors, info@gulfwindstri.com.

More information on the **Gulf Winds Triathletes** is available at <http://gulfwindstri.com>
and on Facebook at <https://www.facebook.com/gulfwindstri/>. Monthly meetings are held
the **third Monday** of every month at **6:30 pm** at **Momo's Pizza** in Killearn, on Market St.

Swimming Times:

More information on pool hours and lap lane availability is available at:

• City of Tallahassee Aquatics: <https://www.talgov.com/parks/parks-aquatics-aqua.aspx>

• Morcom Aquatics Center (FSU): <http://www.seminoles.com/ViewArticle.dbml?ATCLID=209595998>

Running Times:

- Mondays - 6 PM @ Winthrop Park winding through Betton Hills
- Tuesdays - 6:30 PM @ Mike Long Track (FSU) - Interval Training
- Tuesdays - 5:15 P @ Harriman Circle - Family run/walk.
- Wednesdays - 6 PM @ Leon High School - Interval Training
- Thursdays - 6 PM @ Optimist Park winding through Indian Head Acres
- Thursdays - 6 PM @ Forest Meadows for 5-7 miles
- Sundays - 7:30 AM @ Forest Meadows for 10 miles or more

Additional local running information can be found at <http://www.gulfwinds.org>.

Riding Times:

- Wednesdays - 5:30 PM @ Chaires Community Center riding 30 miles at a B-C pace

Additional local ride information can be found at <http://www.cccyclists.org>.

GRAND PRIX UPDATE & RACE SCHEDULE CHANGE

The Grand Prix standings have now been updated through the Crystal River Tri Series #1.
To see the latest results, you can go to <https://gulfwindstri.com/grand-prix-results/>

We aim to update this list every two or three Grand Prix races as the season progresses.

TRI THE REZ CANCELLED

Unfortunately, Tri the Rez had to be cancelled. This was on the Grand Prix list. But luckily, a new race is in the works for this year and will likely fill the gap in the Grand Prix schedule. Please come to this month's meeting by which time we should have more details on the replacement race along with race discounts to be made available.

You can go to <https://gulfwindstri.com/grand-prix/2016-grand-prix/> to see the list of races on the Grand Prix list.

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 #2** sprint triathlon on **July 16, 2016!** This is **not** a 2016 Gulf Winds Triathletes Grand Prix event.



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, June 20, 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 LEFT TO
LINK TO THE DRC WEBSITE -

MEET YOUR BOARD OF DIRECTORS

ROBBY TURNER - 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? At first glance, you might think this month's highlighted Director is mostly full of "number two", but those who know him well know that he's really full of "number 3"! Here are some interesting facts about one of our newest Board of Directors members, **Robby Turner!**

Robby's Top-3, Triathlon Accomplishments:

1. Ironman Canada. July 2015.
Made the run cut off by seconds. Literally the last one out. I had to dig deep to finish this one.
2. Ironman Coeur d' Alene. June 2014
You never forget your first. About 12 of us trained together for this creating memories we will always cherish.
3. Ironman Florida. November 2015.
FLAT! Ahhh. I finished strong and carved over 2 hours off of my prior Ironman finishes proving that the key to a PR is to set the bar low the first time out!

Robby's Top-3, 2016 Goals:

1. Lots of stretching. Triathlon has a way of exposing every weakness in one's body. Every injury I've ever had since childhood has manifested during the last three years.
2. Promote the sport. The balance and harmony of mind, body and Spirit in triathlon is transformative. Now that I have stepped through the door I'm bound to encourage others.
3. To have fun and be grateful.



TRIATHLETE SPOTLIGHT

CASSIE & DECLAN RHODES

Read on to learn more about a brother and sister who are upcoming triathletes in our community. Their responses will make you smile.

CASSIE RHODES



Name: Cassandra (Cassie) Rhodes

Age: 7

Current Occupation: Student/kid

What do you want to be when you grow up: I want to be an artist

If money were no object, what would you do: I have no money

Favorite non-triathlon hobbies: color, paint, play

Favorite indulgence: help mum and dad sand and build things

Favorite book, TV show and/or movie: movie is Harry Potter (#1 it is the only one I have watched so far)

How long have you been doing triathlon: since I was 4 turning 5

What events/distances do you train for: kids events, the next one is 4th of july

What are your current goals: I don't have any

What is your favorite race and why: Marianna Freedom Springs. It's longer.

What hydration and nutrition products do you use: I use water, cuz it's good for your body

What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.): I don't know what this means

What training resources do you recommend: Mum, dad, Miss Sandy (mum's coach) and Mr Charlie, because they did an IM and they are coaches

What advice do you have for anyone beginning triathlons: Don't worry it's fun. It won't be scary once you get in the water.

What is your proudest triathlon or competitive moment: Finishing every Tri.

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

What plans do you have for this summer: My plans are to go to the beach and have fun with my family. My nanny is coming to stay with us for the summer so fun with her too.

What is your idea of a perfect day: Relax at the beach with my family & nanny.

DECLAN RHODES



Name: Declan Rhodes

Age: 9

Current Occupation: gamer (student)

What do you want to be when you grow up: be a pilot.

If money were no object, what would you do: Make Jurassic Park real

Favorite non-triathlon hobbies: playing on my iPad

Favorite indulgence: waste my money on things I want

Favorite book, TV show and/or movie: Movie, Jurassic World, Book, Jedi academy, origami Yoda

How long have you been doing triathlon: 5 years

What events/distances do you train for: Kids race distance (eventually Ironman distance)

What are your current goals: Not getting into trouble in school, to do the Tour de France

What is your favorite race and why: Freedom Springs, I always get a prize and there is a huge slide and diving board I can do flips off of.

What hydration and nutrition products do you use: Water

What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.): He uses what he is given, he is a kid after all.

What training resources do you recommend: My dad

What advice do you have for anyone beginning triathlons: Tri it and have fun (see what he did there!) Relax....

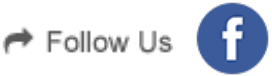
What is your proudest triathlon or competitive moment: When I finished my first triathlon, when I was 5 years old. I just really wanted to finish.

What, in triathlon, do you wish you could improve the most: Become a better long distance runner, biking longer and faster.

What plans do you have for this summer: Doing Freedom Springs, relaxing

What is your idea of a perfect day: “Go on 2 airplane flights and one cruise all in one day. Hey I like airplains”

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



Gulf Winds Triathletes
1406 Hays Street
Tallahassee, FL 32301

Click here to [Unsubscribe](#)

