



MONTHLY MEETING - MONDAY, July 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?

PLEASE SUBMIT NOMINATIONS FOR 2017 BOARD OF DIRECTORS!!!

THIS MONTH'S SPEAKER: BRIAN BURNETT

TRAINING & CONTACT INFORMATION

GRAND PRIX UPDATED THROUGH FREEDOM SPRINGS

NEW GRAND PRIX EVENT: SPRINT ON THE FLINT

DRC SPORTS FREE RACE ENTRY

MEET YOUR B.O.D. - MIKE WEYANT

TRIATHLETE SPOTLIGHT - KELLI & BILL DILLON



**THANK YOU
TO OUR
SPONSORS**



Nominations for the 2017 Gulf Winds Triathletes Board of Directors Being Accepted (July 1 - August 31)!!!

Whether you love everything the club is and simply want to see that continue or feel there is much more that could or should be done...your service is requested and your opinion valued. Please, please, please take **this** opportunity to give back to **your** Gulf Winds Triathletes and either volunteer to serve or nominate someone for the Board of Directors for 2017. Simply click the following link to submit your nomination for one of the following 2017 Board of Directors positions:

<http://goo.gl/forms/Ph6B6WxhTboMDJmI2>

Nominations will be accepted through August 31. More information on the Gulf Winds Triathletes, this election, and Board of Directors can be found in our bylaws, which are easily accessible on our website at <http://www.gulfwindstri.com>.

Vice President / President Elect

Secretary

Treasurer

5 - At Large Directors

This Month's Speaker:



Brian C. Burnett, DC, MS

PRESENTATION TITLE:

Improving Performance in Each of the Triathlon Events



Brian C. Burnett is one of Tallahassee's top chiropractic doctors and the owner and founder of Brian Burnett Chiropractic, PL.

He is trained in multiple chiropractic manipulative techniques to correct vertebral misalignments and extremity joint dysfunction, and by using these safe, effective, and non-invasive treatment methods, Dr. Burnett brings his patients not just relief from musculoskeletal pain but also, for athletes, top-quality sports performance care.

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, July 18, 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

The Grand Prix standings have now been updated through the Freedom Springs Triathlon. 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.

NEW GRAND PRIX EVENT: SPRINT ON THE FLINT

Since Tri the Rez, a Grand Prix event, was cancelled, we have found a replacement race. Sprint on the Flint, will fill the gap in the Grand Prix schedule. It is scheduled for Saturday, October 8, 2016 and is located just up the road in Bainbridge, GA. The following link will tell you more about it and how to sign up:

<http://gamultisports.com/sprintontheflint/>



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 #3** sprint triathlon on **August 6, 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, July 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 THE IMAGE ON THE LEFT TO LINK TO THE DRC WEBSITE -

MEET YOUR BOARD OF DIRECTORS

MIKE WEYANT - 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? You cannot think about the amazing youth triathlon initiatives supported by your Gulf Winds Triathletes without thinking about the man who does most of the heavy lifting for the Tallahassee Youth Triathlon Series (YTS), Race Director, **Mike Weyant!** We are certainly grateful to have him in our triathlon community and here are a few amazing things you might not know about him!

Mike's Top-3, Triathlon Accomplishments:

1. Competing in the **Ironman 70.3 World Championships** in Clearwater, FL in 2007. Qualified at the Cancun 70.3 earlier that year. So cool to compete with such an international field of athletes.

2. Racing with the Big 4 (Dave Scott, Mark Allen, Scott Tinley, and Scott Molina) at the **USTS Bud Light National Championships** back in 1988. The Big 4 back in the day were the founding fathers of triathlons in the US. That race also had a teenage phenom named Lance Armstrong racing pro.
3. Taking over the Red Hills Kids Triathlon six years ago and creating the three race Tallahassee Youth Triathlon Series. What a better way to get kids excited about triathlons and a healthy lifestyle.

Mike'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

KELLI & BILL DILLON

There are those of us who enjoy triathlon. Then there are those of us who love triathlon. And, lastly, there are those of us who live triathlon. Kelli and Bill can be described as people who truly live it. Many people train and race in the sport of triathlon. But the Dillons are those special people who go beyond simply participating and work to build a sense of community and camaraderie by always encouraging others and volunteering hours and hours of their time to the sport and community. Bill has previously served as the President of the Tri Club and spent a number of years on the Board of Directors. Kelli volunteers at any race she isn't actually racing in and can be found on the road, at the track or in the pools at most other times. They both have done more than can be quantified in the way of strengthening and improving our triathlon community. And to top it off, they are just plain fun. If you get the chance, strike up a conversation with either of them, and you'll be smiling before you know it. Now read on to learn more about these great folks.

KELLI DILLON



Name: Kelli Dillon

Age: 46

Current occupation: Second grade teacher

Previous occupation: Office Manager

Dream occupation: That one's tough because I really enjoy teaching.

If money were no object, what would you do: Rescue dogs

Favorite non-triathlon hobby: Doing the stuff we can only talk about doing when we are training for a race.

Favorite indulgence: My grandchildren.

Favorite book, TV show or movie: I am a sucker for any book, TV show or movie that involves a good mystery.

How long have you been doing triathlon: Since 2009

Why do you participate in triathlon: There are so many reasons I participate. Mostly, I love the triathlon community and our training group, Can't Stop Won't Stop.

Share something others don't know about you: I love thunderstorms, but I feel guilty about it because our dog Maggie is scared to death of them.

What events/distances do you train for: Sprint, Olympic, Half, Full.

What are your current goals: To finish an Ironman in under 16 hours.

What is your favorite race and why: Freedom Springs. It was Bill and my first triathlon.

What hydration and nutrition products do you use: Water, Gatorade, 2x the caffeine Chomps, Espresso Love GU, sweet potatoes.

What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.):
Bill got me hooked on Zoggs goggles, and Jeff Bowman introduced me to Hoka One One running shoes, now I won't run in anything else.

What training resources do you recommend: Troy Jacobson's Spinervals

What advice do you have for anyone beginning triathlons: Find a group of people to train with and have fun!

What is your proudest triathlon or competitive moment: Bill Dillon, Tom Findley, John Hunt and I decided to do Ironman Florida in 2013. Bill completed Ironman Lake Placid the year before, but it was Tom, John and my first. The four of us trained together (we also trained with the other athletes who were doing IMFL and Augusta) and they were all at the finish line when I got there. It was incredible how many Gulf Winds Tri Club members came out to participate, cheer, and volunteer. It was an amazing day and a truly life changing event.

What, in triathlon, do you wish you could improve the most: It's a toss up between my swim stroke, riding up hills, and running faster.

What is your idea of a perfect day: We wake up to perfect weather and join lots of other folks for a nice group ride or race. Afterward, Bill and I take our dogs to the park where they can run around. Later, after a nice nap, we grab dinner with our friends and then go home to watch a little Netflix before going to bed at 8:30.

BILL DILLON



Name: Bill Dillon

Age: 49, but 50 in USAT years

Current occupation: Shareholder in the Messer Caparello law firm

Previous occupation: Police Officer

Dream occupation: Growing up I wanted to be a history teacher and track/weightlifting coach...still sounds good to me.

If money were no object, what would you do: Definitely coaching (track/weightlifting/triathlon).

Favorite non-triathlon hobby: Hanging out with my wife Kelli, our friends and our dogs.

Favorite indulgence: IPAs (Sadly for my tri times and my waistline it is not only a favorite indulgence but a common one as well).

Favorite book, TV show or movie: I read so much for work that I don't read for pleasure that much anymore. I like the Jason Bourne and Taken type movies and my favorite TV series was "The Wire".

How long have you been doing triathlon: Since 2009

Why do you participate in triathlon: I enjoy the training, camaraderie and racing.

Share something others don't know about you: I use to be an avid Chess player winning two State Boys Club Championships and regularly placed high in high school tournaments.

What events/distances do you train for: The full range (sprint, Olympic, 70.3, 140.6) although though this year has been sort of a step back year with an Olympic being my longest race.

What are your current goals: Regroup for a strong 2017 season with IMNC (formerly Beach to Battleship) being the tentative big race for the year.

What is your favorite race and why: Hands down Freedom Springs. It was my first triathlon and it is always a great time. From racking your bike in a sod pallet (or against a tree), to the cold spring water, to trying to avoid getting stuck in the hydrilla, to the unauthorized ITU style bike, to potentially being chased by dogs on the run...this race is always my favorite.

What hydration and nutrition products do you use: For most sprints and Olympics, I try and stick to water for hydration and something simple like a chomp or a chew (generally no nutrition for a race under 1:30 for me). For longer races, I try to find out what is on the course and train with that to make sure I can handle it. I also use Salt Stick and/or Base Salt (something I started using last year and seems to be the easiest on my stomach).

What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.): I now wear a Desoto Bib John wetsuit without the top so it sort of looks like a wetsuit overall. For goggles I love Zoggs Flex Predator. Hydration system is just a plain old aero bottle. Finally for shoes I love my Hokas. I really tried to resist trying them because they are so ugly and they look like platform shoes...that said far fewer aches and pains and no plantar issues since I switched.

What training resources do you recommend: First, we are fortunate to have a lot of great coaches in our area so I love bouncing ideas off of them. However, as this is a fun hobby for me, I prefer to train myself and I make use of the many training resources that are available. For my first two IM races I really liked using Don Fink's "Be Iron Fit" which had training plans that are aimed at the amount of time you have available to train. For me, the workouts were realistic based on my circumstances. I also really like Joel Friel's stuff and in particular like his "Fast after 50" book.

What advice do you have for anyone beginning triathlons: First and foremost have fun. I hate it when I see people miserable because they treat their training like a job that they don't like. Don't get me wrong, it is fun to complain about how hard your bike/run brick was but if it gets to the point that you really dread it then something is wrong. The other advice would be regarding equipment. Triathlon can be a very expensive sport but don't feel that you need to have the most expensive bike or the best gadgets to have fun. For me, I learned that when I purchased my first tri bike believing that I would automatically gain to 2 to 3 MPH on my average....sadly I had the same engine and the time improvement was not near what I expected.

What is your proudest triathlon or competitive moment: I have three....my first was completing IMLP for my first IM. The race was particularly hot (should not have been) and that coupled with the bike course elevation nearly did me in. I only made the bike cutoff by 15 minutes and I really thought about quitting, but something made me get up and push through to finish. The other was training and racing IMFL in 2013 with Kelli and our friends John and Tom (along with help from our CSWS training group). The whole training process was great with the race being the cherry on top. The final one was IMMD in 2015 which was cancelled as our group (Kelli, Ron, John and Tom) was in the process of traveling to the race. IM rescheduled the race two weeks later so we had to come off a taper, re-peak, and deal with an illness that our friend Ron was going through. We made it back for the race (along with other club members (Clement, Jamila, Shelly and Renee) to face a small craft advisory, 61 degree water, 40 degree air temps and 20 to 30 MPH winds the whole day. We all made it. Each of the three races had its own brand of extra challenge and adversity which was overcome.

What, in triathlon, do you wish you could improve the most: The whole thing.

What is your idea of a perfect day: Having a great race or long ride with our friends, followed by rest and IPA related hydration, finishing up on the couch with Kelli and our dogs for NetFlix binge session.

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

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