



MONTHLY MEETING - MONDAY, September 19th, 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?

[CLUB EVENT!!! Pre-IRONMAN Chattanooga and IRONMAN Augusta 70.3 Bike Cleaning, Lubrication, and Social](#)

THIS MONTH'S SPEAKER(s): 2017 GULF WINDS TRIATHLETES BOD NOMINEES
TRAINING & CONTACT INFORMATION

GRAND PRIX UPDATED THROUGH HAMMERHEAD OLYMPIC TRIATHLON

RESTAURANT DISCOUNT GIVEAWAYS & CLUB SHIRT RAFFLES

MEET YOUR B.O.D. - KATHY McDARIS

TRIATHLETE SPOTLIGHT - JOANNE MALTESE & BILL GARVIN



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[CLUB EVENT!!!](#)

[Pre-IRONMAN Chattanooga and IRONMAN Augusta 70.3](#)

[Bike Cleaning, Lubrication, and Social](#)

[WHEN: Sunday, September 18, 2016, 3:00 - 5:00 pm](#)

[WHERE: The Southern Public House, 224 East College Avenue](#)

The hardest part is behind you. The hay is in the barn. Your mind and your body are ready for what could be one of the biggest days of your life... your BIG race! Anything truly IS possible! Until then, it is time to complete your final preparations. It is time to make sure that your equipment is ready for everything you will ask of it that day!



Please join your Gulf Winds Triathletes at The Southern Public House at 224 East College Avenue on Sunday, September 18, 2016 from 3:00 - 5:00 pm for a **“Pre-IRONMAN Chattanooga and IRONMAN Augusta 70.3 Bike Cleaning, Lubrication, and Social!”**

In the rear parking lot, we will have bike stands set up under the Gulf Winds Triathletes tent, complete with bike cleaning supplies, tools, and lubricants. Club members will be on-hand to assist those who might be unfamiliar with proper bike-cleaning and lubrication. The goal will be to help you get your ride cleaned up, lubricated, and checked for any loose bolts or issues that might derail you on your big day! Being one week out from both IRONMAN Chattanooga and IRONMAN Augusta 70.3, this will be the perfect time to take care of this necessary task while affording you time, later in the week, to take your bike out for one final check-out ride.



Meanwhile, up on the deck and around the bar, your other fellow triathletes will be enjoying some club-provided refreshments while answering any questions you might have and celebrating all that has been accomplished thus far!

We hope to see you and your dirty, dirty bike there!

To see more on The Southern, click on the image to the left.

This Month's Speaker(s):

This month's "speaker" will actually be your **2017 Gulf Winds Triathletes Board of Directors** nominees! The following club members have been nominated to the listed positions on next year's Board of Directors.

**2017 GULF WINDS TRIATHLETES
BOARD OF DIRECTORS NOMINEES:**

Vice President: Mike Weyant
Treasurer: Jon Nash
Secretary: Karen Jeter
Director At Large: Michelle Butler, Robby Turner, James Harrison, JoAnne Maltese, Kathy McDaris, and Bill Garvin.



Please come out and take advantage of this opportunity to meet and hear from your prospective leaders for 2017! And please be sure to thank them all for their willingness to serve this great club!

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, September 19, 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 Hammerhead Olympic 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.

The next Grand Prix event is Ironman 70.3 Augusta on September 25th. Following that will be our final Grand Prix event for 2016 which is the new Sprint on the Flint on October 8.

**CLUB SHIRT GIVEAWAYS
&
RESTAURANT DISCOUNTS**

Come to this month's meeting for a chance at a Tri Club shirt and discounts by your own Jon Nash to the local restaurants of Fat Noodle and The Southern! More to follow....

MEET YOUR BOARD OF DIRECTORS

KATHY McDARIS - 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? Many know her as the face of the popular **Red Hills Triathlon** or as a former President of our club, but there are many more incredible triathlon-related experiences in Kathy McDaris' life. Definitely more than there is room for in this newsletter. So let's just take a look at a few of her top accomplishments and her goals for this year?!

Kathy's Top-3 Triathlon

Accomplishments:

1. The one accomplishment of which I am proudest, are those moments when someone I have introduced to triathlon or coached for a race, attains their goal, crossing that finish line. This is especially true of my Law Enforcement co-workers. They face challenges other triathletes will never know. They hold a special place in my heart and know who they are.

2. 1998 was a rough year. An out-of-town bike crash right before the '98 Gulf Coast resulted in a broken collarbone. Then, I tore my ACL snow skiing. I worked hard to come back quickly and finish the '99 Gulf Coast Triathlon with my friends, Tony Guillen and Kim Ortloff, hand in hand! Later that year, I targeted and won Masters at Santa Rosa Island. The culmination of 1999 was being awarded the first Triathlete of the Year.

3. Coming back to triathlon after a sport ending injury in 2003 that resulted in a hip replacement in 2006. I spent 2003-2006 not knowing if I would ever walk without a cane, much less run or ride a bike. An awesome specialist in Orlando glued and hammered me back together. I am grateful for every single pedal stroke and step I can take.



Kathy's 2016 Goals:

My goals for 2016 were obviously changed when I wiped out on the deck stairs (without my bike). I had a list of 3-4 races I planned on doing, as well as two century bike rides. I was hoping to be repaired enough to participate in Santa Rosa Island and another Rev 3 Half Aqua/Bike. It now looks like my 2016 goal is going to be learning how to swim again – Ha.

TRIATHLETE SPOTLIGHT

JOANNE MALTESE & BILL GARVIN

This month's spotlighted triathletes are relatively new to the sport of triathlon, but they both have taken a dive head first into the sport. Both have been currently competing in triathlons for barely a year, yet both are about to compete in Ironman Chattanooga 144.6, a mere 11 days away from now! Talk about go-getters! Read on to learn more about two people who know how to live life to its fullest!

JOANNE MALTESE

I'm originally from Rochester NY, but moved to Tallahassee 27 years ago. Married, mother of 3 daughters, full time demanding job with On-Call status, and I love the outdoors.



Name: Jo Anne Maltese

Age: 52

Current occupation: Forensic Specialist (CSI) at the Tallahassee Police Department

Previous occupation: USAF Air Traffic Controller

Dream occupation: Retirement

If money were no object, what would you do: Travel with family and friends...then buy all the latest tri equipment. I secretly love purchasing new tri equipment/clothing and that's why I can't retire yet.

Favorite non-triathlon hobby: Watching my children's (sporting, music, school) events and going to the movies

Favorite indulgence: Food and Beer 1st, sleeping in 2nd

Favorite book, TV show or movie: Game of Thrones, Disaster movies, and SciFi/fantasy books

How long have you been doing triathlon: I am most certainly a newbie to this fantastic sport and I have been training for a year and a half with my first triathlon being Red Hills in 2015. Though I did come from a cycling and running background, each were performed during different times in my life and definitely not during the same event. Swimming was the kicker and I started swimming just before Red Hills.

Why do you participate in triathlon: I absolutely love the sport, my coach Annie Bowman, the people, and yes...even the training (and I'm still saying that 2 weeks out from IMCHOO). I'm in better shape than I have been in years. I've made more wonderful friends than I can count, and I actually look forward to training with everyone every day. It's a very positive influence in my life and it makes me smile.

What events/distances do you train for: I am currently training for IM Chattanooga 144.6, though I think my favorite distance is the 70.3. I also enjoy sprints.

What are your current goals: No injuries and keep signing up for races...Maybe IMWI 70.3 and NC 70.3 next year. Who's in?

What is your favorite race and why: So far, my favorite race was Chattanooga 70.3. For me, it was the first race I was truly relaxed, so I was able to enjoy the moment. My coach as well as many experienced triathletes have told me to "enjoy the race" and the moment, but I really didn't fully comprehend what that meant until Chattanooga 70.3. During that event, I let go of all expectations I had placed on myself, treated the race as just another training day, and took the time to really see the beautiful countryside and wave to and thank spectators and volunteers. I had so much fun.

What hydration and nutrition products do you use: I use Skratch and Tailwind in my water bottles and I snack on bananas and bite size peanut butter pretzels during my long rides. I use Skratch and assorted gels/gummies on my run.

What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.):
Oh, my favorite part...buying stuff
Wetsuit: Xterra Vector Pro X3
Goggles: Speedo Vanquisher 2
Bike: Quintana Roo Lucero Lite
Helmet: Kask Mojito
Shoes: Specialized
Hydration system: Profile Design Aero system
Tri Kits: Couer
Running Shoes...Why do they all change their design every year...so frustrating

What training resources do you recommend: Anything and everything I can read. Facebook event pages, closed event groups, blogs...etc. Take everything you read with a grain of salt and do what's best for you. Its trial and error and I enjoy the challenge of finding what works for me.

What advice do you have for anyone beginning triathlons: Hire a coach that fits your training style and goals. I've heard this many times from many people, but it's really true..." If I can do this, anyone can". You really can, just have fun.

What is your proudest triathlon or competitive moment: Crossing the finish line at my first 70.3, in Augusta. I couldn't stop crying until Adrienne Bell and Henni Hamby handed me a beer. Priceless


What, in triathlon, do you wish you could improve the most: I wish I would "like" swimming more, but I'm always trying to improve all three sports.

What is your idea of a perfect day: During the winter when I get to sleep in a little, meet a group for a good training ride/brick, eat, nap, watch a movie or something fun with my family, then relax and drink a beer. (oh yeah, when I get home from the training ride, the house/laundry cleaned itself...perfect).

BILL GARVIN

BILL GARVIN

It has been a wonderful experience over the past few months getting to know the members of Gulf Winds Triathletes. I have made many new friends which helps make training and racing a lot of fun. As you can see below, I come from a background of pretty intense physical activity which helped me advance relatively quickly in the world of triathlon. I think long days of backpacking in the mountains certainly transfer to triathlon and no doubt contributed to me placing in 7 out of my first 10 triathlons. (Along with luck and the fact that the really good folks in my age group frequently did not show up).



Name: Bill Garvin

Age: 61

Current occupation: lawyer

Previous occupation: travel vagabond / backpacker / climber

Dream occupation: write reviews of trips for adventure travel companies.

If money were no object, what would you do: more adventure travel, mountain bike Mongolia, whitewater rafting in Siberia, etc.

Favorite non-triathlon hobby: backpacking, adventure travel

Favorite indulgence: going on extreme trips to remote areas (Amazon, Antarctica, Tibet etc.)

Favorite book, TV show or movie: Endurance by Alfred Lansing

How long have you been doing triathlon: a little over a year this time, after a 25 year break.

Why do you participate in triathlon: for the challenge, camaraderie, and because it is fun.

Share something others don't know about you: I collect rare mountaineering and polar exploration books.

What events/distances do you train for: Sprint, Olympic, half IM and full IM

What are your current goals: improve in all four disciplines (swim, bike, run and transition)

What is your favorite race and why: pretty much any sprint because that appears to be my best distance.

What hydration and nutrition products do you use: gatorade endurance / carbo pro blend.

What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.): Xterra wetsuits, aqua sphere goggle, Cevelo bike (P2 currently coveting a P5), speed-fil, Hokas.

What training resources do you recommend: get an experienced coach

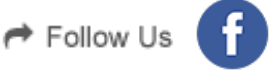
What advice do you have for anyone beginning triathlons: go slow, do not get frustrated and get a good coach.

What is your proudest triathlon or competitive moment: so far, finishing Gulf Coast with a fairly good bike split.

What, in triathlon, do you wish you could improve the most: Both swim and run.

What is your idea of a perfect day: wake up in a tent in a remote part of the world and then hike, climb, kayak or bike.

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



Gulf Winds Triathletes
1406 Hays Street
Tallahassee, FL 32301

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