



MONTHLY MEETING - MONDAY, August 15th, 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!!!

CLUB EVENT!!! Pre-IRONMAN Chattanooga and IRONMAN Augusta 70.3

Bike Cleaning, Lubrication, and Social

THIS MONTH'S SPEAKER: BARRY HARTIN

TRAINING & CONTACT INFORMATION

GRAND PRIX UPDATED THROUGH CHATTAHOOCHEE CHALLENGE

NEW GRAND PRIX EVENT: SPRINT ON THE FLINT

DRC SPORTS FREE RACE ENTRY

MEET YOUR B.O.D. - RON HARRISON

TRIATHLETE SPOTLIGHT - MICHELLE BUTLER & FRANK ALLMAN



**THANK YOU
TO OUR
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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

CLUB EVENT!!!

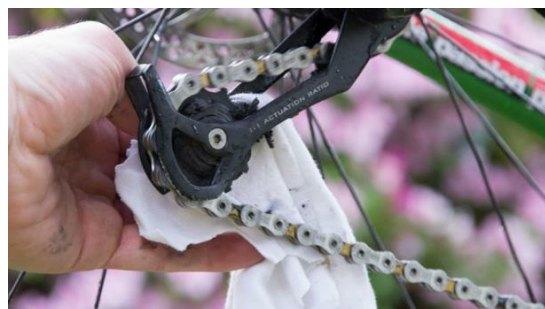
Pre-IRONMAN Chattanooga and IRONMAN Augusta 70.3

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 right.

This Month's Speaker:

BARRY HARTIN, CEO of Southeastern School of Health Sciences



PRESENTATION TITLE: Surviving Cardiac Arrest



SSHS opened in 1999; it offers continuing education for healthcare professionals plus entry level medical programs for those seeking to enter the healthcare field. SSHS is also an authorized American Heart Association Training Center. For more information, please visit the school's website: www.southeasternschool.org.

Please join us for his talk on “**Surviving Cardiac Arrest**”. We will learn what happens during cardiac arrest, how CPR helps, and how an AED can help.

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, August 15, 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 Chattahoochee Challenge 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

This is a reminder that Sprint on the Flint, is the new race on 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/>

Contact us at info@gulfwindstri.com for entry discount info.



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 **Crystal River Tri Series #3** sprint triathlon on **September 3, 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, August 15, 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

RON HARRISON - PRESIDENT

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? While he is a relative newcomer to the sport of triathlon, **Ron Harrison** immediately ensconced himself in the Gulf Winds Triathletes community and works tirelessly, as your President. Ron is very passionate about growing the sport and encouraging increased camaraderie in the greater Tallahassee area!

Ron's Top-3, Triathlon Accomplishments:

1. IRONMAN Florida 2014, 11:00:41. Even with the cancelled swim, the rest of the challenges of the day (Wind, Cold, Smoke, Crashes, etc.) make this one of my proudest achievements.
2. Podium Finishes at Army Strong Triathlon (Sprint) 2012, 2013, 2014, 2015. Being a disabled, Army veteran means my finishes there have extra meaning.
3. Beating Hines Ward at St. Anthony's Triathlon (Olympic) 2013 to qualify for the Age Group Nationals, 2:25:57. I just thought it was cool to outperform the University of Georgia and Pittsburgh Steelers' famous wide receiver in a triathlon.

Ron's Top-3, 2016 Goals:

1. SURVIVE. 2015 and 2016 have been full of challenges in my personal life that have negatively impacted my training, greatly affecting my speed and endurance. Just staying goal-oriented and finally seeing light at the end of the tunnel gives me great hope for a much happier and healthier 2017.
2. DIET. I struggle with my penchant for overeating and imbibing a bit more than is good for my waistline. I hope to get my diet sorted in 2017.
3. SERVE. I want to continue to work to see the Gulf Winds Triathletes family grow and come together to support each other like never before!



TRIATHLETE SPOTLIGHT

MICHELLE BUTLER & FRANK ALLMAN

Two people you will see at many of the local races and always sharing their knowledge and help are Michelle Butler and Frank Allman. Both started with the short distance triathlons and are now preparing for full Ironman races this fall. Through all of their progress, they have some great advice to share with others. Read on to learn more about each of these great people.

MICHELLE BUTLER



Name: Michelle Butler

Age: 33

Current occupation: Licensed Massage Therapist

Previous occupation: Property Manager

Dream occupation: Livin' it!

If money were no object, what would you do: Build an indoor swimming pool somewhere REALLY close to me!

Favorite non-triathlon hobby: Flying!!!! XD ...and then scuba diving, and then cycling with friends.

Favorite indulgence: Natural Cheetos Puffs and...BEETS!!!

Favorite book, TV show or movie: Shawshank Redemption

How long have you been doing triathlon: 2 years, almost to the date. Freedom Springs 2014 was my first.

Why do you participate in triathlon: I really enjoy the community aspect, spending time with my friends, and seeing the joy the sport brings to people's faces and souls. It's such an intoxicating, and motivating experience. But I also enjoy being able to be introverted and have time to just reflect on my own thoughts and goals.

Share something others don't know about you: I REALLY love my dog Penny...just kidding. I think everyone knows that.

What events/distances do you train for: Triathlon: Sprint, Olympic, Half and Full. This year will be my very first marathon at the end of the Ironman I am training for in Chattanooga 2016.

What are your current goals: Find a bike seat that works.

What is your favorite race and why: Clermont Sprint Triathlon #1. I've only done this one once, and it was this past year. It was small, short, water was smooth and comfortable and the people were so nice. We got race tattoo's and it was just an awesome race! I hope to do it again next year!

What hydration and nutrition products do you use: Most regularly on long trainings: Skratch & CarboPro, Base Salt, Honey Stinger waffles and chews, banana's, blue Gatorade, Bana.

What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.): Coeur triathlon shorts, My neon Soas tri top because it's bright as heck!, My Garmin 920xt watch is the jam and makes training so much easier to track and regulate workouts.

What training resources do you recommend: The Club, friends (group rides/runs/swims- keep you accountable) and coaching.

What advice do you have for anyone beginning triathlons: Say "yes!" Don't question yourself, and say "yes" to things you thought you would never do. Even if they seem scary and make your heart race thinking about them!

What, in triathlon, do you wish you could improve the most: Consistency. To train consistently enough for forward progress and development in my ability, but not so much that I get burned out and lose the love for it. I love the cross training of swimming, biking and running!

What is your idea of a perfect day: Any day I wake up. Or as it pertains to training- any day I didn't forget something I wanted to bring.

What is your proudest triathlon or competitive moment: At the end of Gulf Coast Half Triathlon this year. There was a fellow athlete that was struggling. She was heaving and then she started crying. I told her, we had already been out on the course for five and half hours and if we could do that, she could do this measly ol' 5k we had left. We exchanged introductions and she asked if she could run with me. I explained I was doing the Galloway method, but she was more than welcome to tag along on my slow pace. We chatted a bit but eventually I told her, she was obviously a faster runner than I, and since she was done "getting it all up" to go ahead and finish strong. She took off about a mile from the end. When I crossed the finish line, she was waiting for me. She put the race medal around my neck, hugged me tight and introduced me to her husband. We became friends on Facebook and continue to follow each other's progress and adventures. Before she took off she told me "You don't even know me, we were complete strangers and you helped me without even knowing who I was." I told her "Well, that's how it happens. We were all strangers before we were friends."

FRANK ALLMAN

I grew up in Daytona Beach and worked as a Daytona Beach Police Officer for 10 years right after high school, four of those years as a detective. I went to UCF in Orlando and majored in British literature. I moved to Tallahassee for law school in 1994. I got married while in school and never left. My wife and I have two children. We live in a 100 year old house in Quincy. My first triathlon was Freedom Springs in 2006. After that I was hooked.



Name: Frank Allman

Age: 56

Current occupation: Circuit Judge

Previous occupation: Assistant State Attorney

Dream occupation: I'm living the dream—seriously!

If money were no object, what would you do: Explore every one of the fifty states. We live in a beautiful country, and I've seen only a fraction of it.

Favorite non-triathlon hobby: Motorcycle riding.

Favorite indulgence: Sweets. Never met one I didn't like.

Favorite book, TV show, movie: The Collected Writings of Thomas Paine, The Walking Dead, To Live and Die in L.A.

How long doing triathlon: 10 years

Share something others don't know about me: I'm actually very shy. After I quit the police department to go back to school I worked cleaning carpets. I still have the machine and use it from time to time in my house.

What events do I train for: Currently Ironman Florida in November 2016. I have raced all distances and enjoy them all. I just did the Chattahoochee Challenge in Columbus, and it was a blast. How could I not like the waterslide entry?

What are my current goals: Most immediately to finish IMFL. I had a DNF in 2014, and that has not sat well with me. So I'm seeking redemption! Long term my goal is to continue with the sport without becoming injured. I figure if I keep it up until I'm in my 90's I may—just may—have a shot at the podium.

What is your favorite race and why: Tough question, but probably Gulf Coast in Panama City. The recent Chattahoochee Challenge and Augusta 70.3 in 2015 were a lot of fun. I like ocean swims, so Beach Blast and Gulf Coast are favorites as well.

What hydration and nutrition products do you use: I use Infinit and supplement with Bonk Breakers. Infinit has plenty of calories and salt, but have to chew some solid food every 45-60 minutes, so a quarter of a Bonk Breaker at that interval works perfectly.

What is some of your favorite gear: I wear HOKAs. I love the Adamo Typhoon saddle and Nike tri shorts. Just the right amount of padding.

What training resources do you recommend: RevTri Coaching. I also read Triathlete magazine religiously and watch YouTube videos of races all around the world.

What advice do you have for anyone beginning triathlon: Come for the fitness, stay for the people. You will not find friendlier, funnier, and more supportive people anywhere.

What is your proudest triathlon or competitive moment: Finishing Gulf Coast 70.3 in 2013. I had never tried that distance. When I ran into the water the outcome was anything but certain. Crossing that finish line was pure joy.

What, in triathlon, do you wish you could improve the most: My bike riding, especially hills. I'm just slow. But I'm starting to see some slight improvement, so maybe there's hope.

What is your idea of the perfect day: Any day I can spend with my wife and kids. They have supported me in triathlon and everything else I do. I am one lucky and blessed man.

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

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