



**MONTHLY MEETING - MONDAY, October 17th, 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?

**SAVE THE DATE: YEAR END HOLIDAY PARTY - DECEMBER 19**

THIS MONTH'S SPEAKER: CORPORAL GEORGE "CHIP" BEDINGFIELD, JR.

TRAINING & CONTACT INFORMATION

GRAND PRIX IS COMPLETE!!!

IRONMAN TRICLUB PROGRAM

FREE RACE ENTRIES

MEET YOUR B.O.D. - CHARLIE JOHNSON

TRIATHLETE SPOTLIGHT - BECKY CAHILL & MATT ROWAN



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**SAVE THE DATE - YEAR END HOLIDAY PARTY!!!!**



**This Month's Speaker:**

Corporal George "Chip" Bedingfield,  
Jr.







**Corporal George “Chip” Bedingfield, Jr.** has been affiliated with the Florida Highway Patrol for over 27 years. During that time he has been a Trooper, Traffic Homicide Investigator, Sergeant, and a member of the auxiliary. During his work history he has also been an investigator for a personal injury law firm and an accident reconstructionist.

In his free time Cpl. Bedingfield is also an avid cyclist. He is a mountain biker, a road cyclist, a former sprint triathlon participant, and a current ride marshal with the Police Unity Tour. His personal goal is to log 75-100 miles on his bikes every week.

He brings a unique perspective and valuable information to cyclists on the roads. He is intimately familiar with the laws of Florida roadways as well as the issues that cyclists face as they interact with other vehicles on the roads.

Please join us for his talk on **“Bicyclist and Motorist Responsibilities in Traffic”**. We will hear how, for the safety of cyclists and drivers, we need to understand the responsibilities of both parties as we learn to share the road.

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, October 17, 2016**). Please join us at **6:30 pm** for the Social portion of the evening with our speaker beginning at **7:00 pm**.



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#### **Gulf Winds Triathletes Training and Contact Information:**

**Triathlon Events:** Gulf Winds Triathletes Board of Directors, [info@gulfwindstri.com](mailto: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>.

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### **GRAND PRIX UPDATE**

The Grand Prix has now been concluded. Please stay tuned for the announcement of winners, to be recognized at our meeting in January and for the announcement of the 2017 schedule!

To see the final results, you can go to <https://gulfwindstri.com/grand-prix-results/>

Please take time to review them as soon as possible and if you have any questions, contact us at [info@gulfwindstri.com](mailto:info@gulfwindstri.com).

Thank you to everyone who participated! We look forward to another big year in 2017.

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**WINNING!!!**

## - IRONMAN TRICLUB PROGRAM -

A big congratulations to everyone participating in September 25's, IRONMAN Augusta 70.3 and IRONMAN Chattanooga! By signing up with **Gulf Winds Triathletes** as your club, you helped us secure **2nd PLACE** at Augusta and **3rd PLACE** at Chattanooga! What makes it more impressive is our club had to divide and conquer as both races were on the same day!



### ***What is the IRONMAN TriClub Program?***

Since its inception in 2012 exclusively in North America, the IRONMAN TriClub Program has grown into a global program and community of over 2,000 clubs and teams. By joining this FREE program, clubs receive a range of great benefits and prizes and will have the chance to race against each in a bid to be ranked as the world's number one Triathlon Club.

A core component of the program is the TriClub Ranking system. Under this system, registered clubs and teams generate points throughout the year based on participation and performance. At the end of the year, clubs are ranked by country and region, and then globally. New to this season, Life Time Tri International and Sprint distance events will also count towards the TriClub rankings!

You can learn more about the program by clicking [HERE](#).

### **IRONMAN TriClub Team Divisions**

Clubs are divided into 5 divisions based on the size of their active member roster:

Division I: Over 300 athletes  
Division II: 176 - 299 athletes  
Division III: 76 - 175 athletes  
Division IV: 26 - 75 athletes  
Division V: Under 25 athletes

### **TriClub ATHLETE LISTS**

A TriClub Athlete list will be posted online alongside the event specific athlete list on the event website. Clubs and athletes can check that their names are correctly listed here to ensure that their points are correctly allocated to their club.

### **TriClub INFO BOOTH**

When on-site, please stop by the TriClub info booth to check that your details are correct. Any changes required can be done with staff member at the TriClub Info desk by creating/updating their Athlete Profile at [ironman.com](http://ironman.com). There will be a laptop/iPad onsite.

***So, be sure to select Gulf Winds Triathletes as your club at your next, IRONMAN-branded race!***

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## **PALACE SALOON 5K FREE ENTRIES**

Come to this month's meeting for a chance at a couple of free entries to the Palace Saloon 5K. The race, to be held on April 15th, will be directed by our very own Jon Nash!

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## **STICKERS FOR SALE**

We now have stickers with our Gulf Winds Triathletes logo available for purchase! They come in two sizes - 2" x 5" and 4" x 10". We will have them for sale at the monthly meetings and soon they can be purchased on our website. Below is an example of the logo. The pink outline represents what the edge of the sticker will be.



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## **MEET YOUR BOARD OF DIRECTORS**

### **CHARLIE JOHNSON - VICE 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? This month's highlighted Board of Directors member, Charlie Johnson, not only pours his heart and soul into training and racing, he also does so for this club! As he prepares to take his role as President for 2017, I can only hope that he has half the success with that as he does in the sport of triathlon. Considering he is also one of the nicer guys you will ever meet, I'm not sure he can fail!



**Charlie's Top-3, Triathlon Accomplishments:**

- 1. Qualifying for the Ironman World Championship with an age group win at this year's Ironman Chattanooga. It was my eighth Ironman attempt and the stars aligned. Support from friends and family made it happen.
- 2. Placing as top age grouper at Ironman 70.3 Augusta in 2012 and only behind 10 professionals. It was the perfect race for me, and everything went right. I have never had a race of that distance go so smoothly.



3. Becoming involved as part of the Gulf Winds Triathletes Board of Directors. At times, it can be a lot of work. But it is more than worth it when seeing happy club members enjoying each other's company while participating in a healthy lifestyle in this age of cell phone/social media/computer overload. I believe the active lifestyle of triathletes leads not only to positive physical results, but more importantly, it strengthens the mind and soul. The BOD is truly something that one gets out of it what they put into it.

**Charlie's 2016 Goals:**

- 1. Grow and strengthen the Gulf Winds Triathletes club building upon the fantastic dedication and leadership provided by our current president, Ron Harrison. I have big shoes to fill!
- 2. Have a strong race in the Ironman World Championship in 2017. I got to watch my wife race it in 2015 which gave me a huge appreciation for the toughness of the course.
- 3. Bring to reality the possibility of a duathlon race to be put on by your own Gulf Winds Triathletes. More to come in future months!!!!

**TRIATHLETE SPOTLIGHT**

**BECKY CAHILL & MATT ROWAN**

The two triathletes in the spotlight this month have built up a lot of experience in recent years. Both Becky and Matt are wrapping up their sixth season in the sport. Becky just knocked out a full Ironman (+4 miles!) in Chattanooga and Matt will be competing in Ironman Florida in just a few weeks. But they compete in all distances of triathlons. With that built up experience, they have a lot of great information to share which could help you in your next race. Please read on to learn more about these prolific triathletes.

**BECKY CAHILL**

In 2010, 3 days from my second half marathon ever I blew my ACL and medial meniscus in my right knee. My doctor told me odds are I won't be running for very long in my life and that I needed to pick up either cycling or swimming to cross train. Of Then course I was devastated because running is my first love but I bought a bike and eventually jumped into the pool. One year later I participated in my first sprint triathlon and was hooked. I stuck to the short distance until 2014 when I completed my first Olympic distance and then Half Iron. Very shortly after my Half Iron I got the crazy idea to do an Ironman, so I signed up. I have now completed 2 Ironman races, IMLOU and IMCHOO and can't wait to do another! Outside of triathlon I love watching sports, baseball, football, NASCAR, and college basketball. I live with 2 cuddly cats and my bike, King Louis. This past year I was an Ambassador for Base products, which I use during my training and races, and will be a member of the Race Team in 2017! Bring on the races!



**Name:** Becky Cahill

**Age:** 33

**Current occupation:** Insurance Underwriter

**Previous occupation:** Account Manager

**Dream occupation:** Sports marketing/promotions

**If money were no object, what would you do:** Travel and do as many races as possible.

**Favorite non-triathlon hobby:** Hiking, especially if waterfalls are involved

**Favorite indulgence:** Cookies...chocolate chip and Oreos

**Favorite book, TV show or movie:** Favorite TV show is Survivor. Too many options for book and movie. For music I'm country all the way!

**How long have you been doing triathlon:** I did my first spring in April of 2011

**Why do you participate in triathlon:** I started because of knee surgery in 2010. The doctor told me I had to start cycling and/or swimming if I wanted to keep running. Obviously, I fell in love with it. It's one of the few things in my life I feel I can control. If I work hard, I can see results and I like that. I also really love cookies so as long as I keep training I can eat cookies.

**Share something others don't know about you:** Some people know this but I'm a big NASCAR fan. Unfortunately, thanks to Ironman training, I haven't been able to follow as closely as I used to, but I still love it. Jimmie Johnson is my favorite and did you know he's a triathlete too? J I have even got to run 2 half marathons in which he raced and have his autograph on my bib number. It's framed and hanging in my apartment.

**What events/distances do you train for:** I guess I technically train for all. I try to get in some of everything each year now. Full and half iron, half marathon, 5K, 10K, 15K, sprint and Olympic tri. I love it all.

**What are your current goals:** I broke a lot of my goals this year but I've started dreaming of qualifying for 70.3 World's one day. I'm still far off but it's a dream.

**What is your favorite race and why:** Gate River Run. The crowd support is hands down the best around and the course has it all, flat, hills, and the Monster bridge at the end. Plus the medal is always great and there is chocolate milk and beer at the finish. It's just a fun race and weekend all around. It also helps that we usually have around 40 people from Tallahassee participate.

**What hydration and nutrition products do you use:** Base salt, Base Hydro for my water, and Honey Stinger Chews and Gels. I've recently started eating Larry & Lenny's cookies prior to long workouts and races.

**What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.):** I don't really have any that I HAVE to have. I do love my aero bottle on my bike. If you don't have one and want to do a half or full iron I highly suggest it. I'm mostly picky about what I eat and drink.

**What training resources do you recommend:** Get a coach you connect with and a training partner you can rely on. Having Robin to train with for IMCHOO made all the difference for me this year.

**What advice do you have for anyone beginning triathlons:** Don't set any time goals when you start. Go out and have fun, learn to love the sport, and always thank the cops and volunteers there to keep you safe. Nutrition is also key for beginners who want to do longer distances. That took the longest for me to figure out. Once I got that down I started seeing improvements.

**What is your proudest triathlon or competitive moment:** Finishing Lake Logan half iron this year under 6 hours has to be my proudest so far. While I'm proud of myself at IMCHOO, breaking 6 hours on the half distance was something I dreamed of and to do it on a difficult course really boosted my confidence going into IMCHOO.

**What, in triathlon, do you wish you could improve the most:** Being able to run the same pace after the bike portion that I can run on training runs.

**What is your idea of a perfect day:** Cool weather, maybe 60's, and going for a long run with friends followed by rest and then a huge dinner with dessert. Then dancing with my girls on the town!

MATT ROWAN

I grew up the youngest of five in Greensboro, Florida. My family was very athletic; especially my older brothers and I got involved in team sports at a young age. In high school I was very involved in both football and basketball. Immediately after school I joined the United States Marine Corps and later began a career in law enforcement. Over the past 28 years I've worked for one police department and two sheriff's offices and currently work as an investigator with the State Attorney's Office in Quincy, Florida. My wife, (Kim) and I live south of Quincy and enjoy raising a few calves every year off our two cows and bull, (we used to have more farm animals, but triathlon has limited my time). My older brother was a USAT all-American triathlete and he got me interested and involved in triathlon. I began triathlon in 2011 and really enjoy training, racing and being a member of the triathlon community.



**Name:** Matt Rowan

**Age:** 48

**Current occupation:** Criminal Investigator, State Attorney's Office

**Dream occupation:** Farming... I would love to be able to make a living working a small farm. I am a country boy!

**If money were no object, what would you do:** Load up my wife, dog and bicycles in an RV and travel around the United States to see the country. My son has moved to Colorado and I would love to have time to see him as often as I could.

**Favorite non-triathlon hobby:** Is there time for another hobby? My wife and I enjoy getting out on the water with our dog on our boat. We've got a lab that will swim and retrieve all day long. I should take swimming lessons from him.

**Favorite indulgence:** Chocolate Chip Cookies... my wife loves to bake them and I can't say no!



**Favorite book, TV show or movie:** I love westerns and any movie with John Wayne.

**How long have you been doing triathlon:** I began racing in 2011, so this is my 6th race season.

**Why do you participate in triathlon?:** I'm sure I'm like everybody else in the club... I love it! My older brother got me interested and I won my age group in my first race. I was hooked. My life now revolves around triathlon.

**What events/distances do you train for:** My "A" race this year will be Ironman Florida, but I've trained for and competed in all four triathlon distances this race season.

**What are your current goals:** My most immediate goal is to have a hard, but comfortable race at Ironman Florida. I have some time goals, but race conditions always impact those goals. More than anything my overall goal is to continue to train hard enough and stay healthy enough to improve. It's a fine line for me to train hard, but not so hard as to cause an injury.

**What is your favorite race and why:** Georgia Veterans Triathlon... I love the venue and if you stay in the park the transition area is right outside of your room.

**What hydration and nutrition products do you use:** I am currently using nothing but Hammer Nutrition products for both hydration and nutrition.

**What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.):** I wear an Xterra wetsuit, use Speedo goggles, ride a QR Seduza bike, use a Speedfil hydration system and wear Mizuno Wave Rider 18 running shoes. These products work for me. One thing I don't understand is why shoe companies change shoe design every year. The Wave Rider 18 is last year's design, but I didn't like the feel of this year's design, (Wave Rider 19). I have learned that when I find a running shoe I like, buy as many pair as you can at one time, because the design will soon change.

**What training resources do you recommend:** The Triathletes Training Bible by Joe Friel and attend our tri-club meetings for the training lectures and to communicate with other triathletes.

**What advice do you have for anyone beginning triathlons:** Join a triathlon group/club. You can burn out always training alone, so don't be afraid to get with a group. Don't be afraid to ask other triathletes for help. More than anything have fun!

**What is your proudest triathlon or competitive moment:** That's a tough question. I had some great moments playing high school football, but anyone who puts in the training time and effort to finish an Ironman should be very proud. We all strive to hear those words, "You are an IRONMAN!"

**What, in triathlon, do you wish you could improve the most:** The swim: I don't have a swimming background and I need to spend a lot more time training in the pool.

**What is your idea of a perfect day:** Starting the day off with a race. I love that feel of anticipation while you're setting up your gear in transition, (God I hope I never lose that feeling). Race day is always a fun day. After the race spending the rest of the day with family and friends to just take it easy... maybe loading up the boat and finding a nice sandbar on the river to grill some food and relax.

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

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