



**MONTHLY MEETING - MONDAY, November 21st, 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(S): PANEL OF REALLY SMART EXPERTS

TRAINING & CONTACT INFORMATION

2016 GRAND PRIX IS COMPLETE!!!

2017 GRAND PRIX SCHEDULE IS SET!!!

TRIATHLETE SPOTLIGHT - MELANIE LEITMAN & TOM PERKINS



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



## This Month's Speakers:

With the bulk of this year's racing behind us, what better time to focus on what you did right last year and start working on what you can do better next year?!

To help with your goals for next year, what burning questions do you have that you might want anonymously posed to our "panel of experts" at our next, monthly meeting? Simply private message your Gulf Winds Triathletes President, [Ronald Wayne Harrison](#), with your questions!



Then, be sure to join us and our panel of experts for the next, monthly [Gulf Winds](#)



[Triathletes](#) meeting, Monday, November 21, 2016 at [Momo's Pizza & Brewpub](#) in Killearn, on Market St. Social at 6:30 pm and Speaker at 7:00 pm.

**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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## 2016 GRAND PRIX COMPLETE

The Grand Prix has now been concluded. Please stay tuned for the announcement of winners, to be recognized at our meeting in January. Anyone who wants to gain final volunteerism points should attempt to do so by Thanksgiving. We aim to make final points adjustments after that.

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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## 2017 GRAND PRIX IS SET!

First off, a big thank you to the Grand Prix Committee which included Jeff Bowman, Shanin Frost, Eric Trombley, Jen Barton, Charles Dickerson, Matt Rowan, Kenny Walker and Nico Weinders! They put in time and effort to create a great schedule for our upcoming 2017 Grand Prix. The races are as follows:

2017 Grand Prix Races (targeted races in bold)

- 1. Red Hills Triathlon, March 25, 2017 – Sprint**
- HITS, Ocala, April 2, 2017 – Members Choice (Sprint or Olympic) (new to GP)
- Beach Blast I, Mexico Beach, April 22, 2017 – Members Choice (Sprint or Olympic)
- Gulf Coast, May 13, 2017 – Member's Choice (Sprint or 70.3)
- 5. Jax Tri #1, Fernandina Beach, June 2017 - Olympic**
- Freedom Springs Tri, July 4, 2017 – Sprint
- Chattahoochee Challenge, Columbus, GA, July 15, 2017 – Sprint
- Georgia Veterans Tri, Cordele, GA, early August 2017 - Sprint
- Callaway Gardens Olympic Tri, August 27, 2017 – Olympic (new to GP)
- Beach Blast II, Mexico Beach, September 9, 2017 - Sprint
- 11. Ironman Augusta 70.3, September 24, 2017**
- Sprint on the Flint, Bainbridge, GA, October 2017 - Sprint

Optional Races

- St. Marks Duathlon, March 2017
- Tri the Rez, October 2017

***Important Rule Changes to Note***

Expand OPEN points out to 7 places allowing more competitors to get OPEN POINTS: Open Points would be awarded to the first seven Tri Club members to cross the finish line in a Grand Prix event. 1st place earns 30 points, 2nd earns 20, 3rd earns 17, 4th earns 15, 5th earns 13 points, 6th earns 10 points, and 7th earns 7 points

Expand AG points out to 7 places allowing more competitors to get AG POINTS: AG Points would be awarded to the first seven Tri Club members in each Age Group. 1st place earns 20 points, 2nd earns 15, 3rd earns 12, 4th earns 10, 5th earns 8 points, 6th earns 5 points, and 7th earns 3 points

Clarification for bonus points (ultra-distance races) to include Open as well as AG points.

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## STICKERS & MAGNETS FOR SALE

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



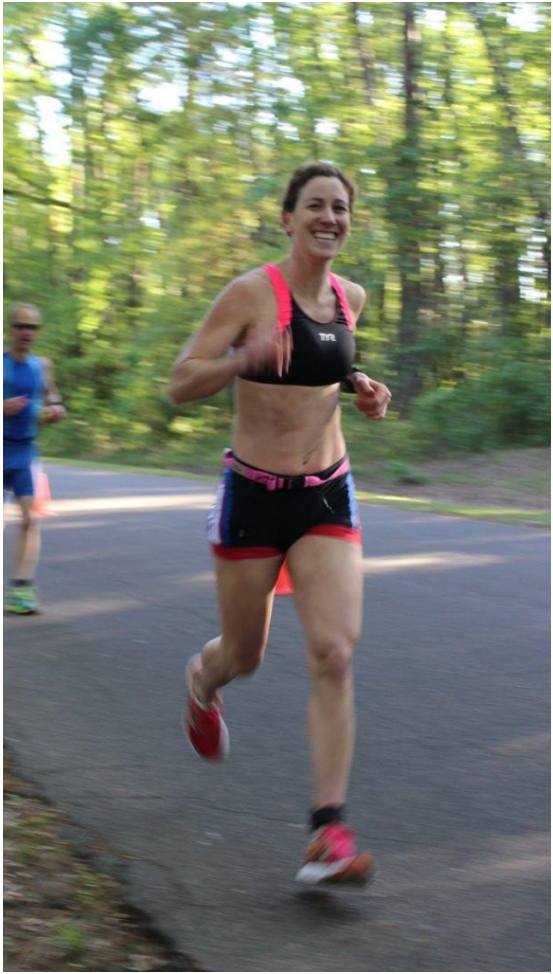
TRIATHLETE SPOTLIGHT

MELANIE LEITMAN & TOM PERKINS

Melanie was on a tear this year racing in seven Grand Prix events and finishing as the overall female Grand Prix winner! She has continued to improve in the sport and will only get faster. She is a native Tallahasseean and a life long Nole, so read on to learn about this homegrown top notch athlete. And Tom is the epitome of old school. Anyone who can say they saw Jimi Hendrix play the Star Spangled banner in south Georgia is about as cool as they come. And he has stories beyond stories to share of the world of triathlon in decades past. These are two people you need to meet and talk to the next time you see them. Read on to learn more about these two.

MELANIE LEITMAN

During my first semester of law school, a friend and classmate suggested that we sign up for Red Hills Triathlon the next spring. I thought she had lost her darn mind and immediately said no. This friend was quite persistent, though, and her peer pressure eventually wore me down. I started training -- the first few weeks of swimming, I was stopping every 25 yards to catch my breath and mutter curse words about my friend who had persuaded me to engage in such a foolhardy endeavor. But I'm nothing if not determined, so I stuck to it and kept working to reach the point where I could swim a several hundred yards without stopping. I borrowed a road bike and practiced my running and before I knew it race day was upon me. I, of course, committed some rookie mistakes but overall surprised myself, felt great the whole time, got third in my age group, and was immediately hooked on the sport. Multiple times a year, I thank this friend for being the squeaky wheel!



I'm a Tallahassee native and a lifelong Seminole fan. I love watching all college sports and the Olympics is like Christmas for me. I played soccer in high school until I tore my ACL but did not compete in any collegiate-level sports. I'm always counting down to the next race!

Name: Melanie Leitman

Age: 32

Current occupation: Associate Attorney at Messer Caparello, P.A.

Previous occupation: Law student. Before that I worked for the Division of Emergency Management

Dream occupation: Because my bosses are in the tri club...attorney at Messer Caparello, of course!! Why would I ever dream of anything different ;)?

If money were no object, what would you do: travel, train, race, and eat at the best restaurants the world has to offer! I dislike the winter, so I would probably just aim to perpetually be in warm climates!

Favorite non-triathlon hobby: I love to travel and go to fun destinations as often as I can; I also love to cook (and eat)!

Favorite indulgence: I enjoy good food, so usually when I travel I seek out the best restaurants and treat myself!

Favorite book, TV show or movie: I'm finishing up the fifth Game of Thrones book right now. Can't say it is my favorite, but I'm darn determined to get it done. I don't watch a lot of TV other than sports.

How long have you been doing triathlon: my first triathlon was Red Hills in April 2009; just wrapped up my eighth season of racing!

Why do you participate in triathlon: It's my outlet for stress and for my competitiveness. Plus there's no feeling quite like the way you feel about thirty seconds after crossing the finish line! I love the racing much more than the training, so signing up for races is what drives my training.

What events/distances do you train for: Sprints and Olympics; I love the high intensity of the shorter races! I did my first half marathon this year and I am planning on doing another one in February, but that is probably the longest I will go.

What are your current goals: I really want to make the trip to race in AG nationals sometime



in the next few years. Lately it's been too far away to make it logistically possible for me.

What is your favorite race and why: Red Hills is my perennial favorite - it was my first race and is the reason I fell in love with triathlon. I did St. Anthony's for the first time this year, though, and really loved the course and the atmosphere there, so that's a very close second. I already signed up for 2017's race!

What hydration and nutrition products do you use: I'm guilty of paying too little attention to nutrition and hydration products, I just kind of wing it...shame on me!

What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.): wetsuit, of course, because it gives you that extra speed in the water. Also, I absolutely love my Speedplay pedals. After using those for five years, I can't imagine going back to the other type.

What training resources do you recommend: Talking to your fellow triathletes! You can almost always find someone who has experience with the specific area you're learning or race you're training for, and there's no substitute for experience!

What advice do you have for anyone beginning triathlons: Don't be intimidated by it, most anyone can make it through a sprint triathlon. Talk to your fellow triathletes for encouragement and pointers. Also, know that the feeling of accomplishment you get when you finish your first triathlon is unsurpassable and makes all of the training and nerves worth it!

What is your proudest triathlon or competitive moment: Jax #1 in 2013 was the first Olympic distance race I did. I had no idea how I was going to feel or how it was going to work out but I managed to put together a good race and finished in under 2:30. Also, not really a "moment," but getting back into training and racing after having a kid and racing faster than I did pre-baby kind of made me feel like Superwoman!

What, in triathlon, do you wish you could improve the most: I know I need to spend more time on the bike! Its definitely the red-headed stepchild of triathlon for me!

What is your idea of a perfect day: Doing a triathlon and then sitting on the beach for the rest of the day!

TOM PERKINS

Tom has been a triathlete longer than most have known what a triathlon is. He competed in his first triathlon three decades ago. He is the epitome of old school and has loads of knowledge to share.

You will see him at most any local race. Sometimes it may be racing it, but it is more likely that he is working the race as a volunteer. Tom's selflessness is one of the reasons we have so many great races to choose from throughout this wonderful community.



Name: Tom Perkins

Age: 65

Current occupation: Laid Back Realtor

Previous occupation: Letter Carrier

Dream occupation: Travel and Restaurant Guide

If money were no object, what would you do: Travel and find new places to run

Favorite non-triathlon hobby: Fishing

Favorite indulgence: Frozen Yogurt

Favorite book, TV show or movie:

How long have you been doing triathlon: Since 1981

Why do you participate in triathlon?: To challenge myself

Share something others don't know about you: I love to cook

What events/distances do you train for: Now I train for life and enjoyment

What are your current goals: To compete long enough that I may one day do a Tri with my grandkids

What is your favorite race and why: Silver Lake Triathlon. I directed this event. It was in reverse order; run, bike, swim. It also had a relay in which my entire family competed.

What hydration and nutrition products do you use: Carbo-pro, gu, nuun

What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.): Unless you are a professional, whatever fits you best. The pros can beat you with stuff from Walmart.

What training resources do you recommend: Read everything and take what is best for you and your schedule. Don't be so rigid in your approach.

What advice do you have for anyone beginning triathlons: Three things to remember; 1. It's supposed to be fun, 2. Try nutrition will you are training and don't change anything a month

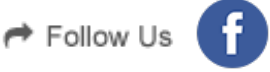
before an IM, 3. See number 1

What is your proudest triathlon or competitive moment: 1987 National Short Course Triathlon, My last Iron Man when my son, Casey, ran the last mile with me in his work shoes.

What, in triathlon, do you wish you could improve the most: At this point, it is more about maintaining what I have.

What is your idea of a perfect day: Morning beach run as the sun comes up and then fishing with the family.

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



Gulf Winds Triathletes  
1406 Hays Street  
Tallahassee, FL 32301

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