



MONTHLY MEETING - MONDAY, February 20th, 2017
Social @ 6:30 PM Meeting @ 7:00 PM
LOCATION: Momo's Pizza in Killbuck, 1410 Market Street, Tallahassee, FL 32312
Click [HERE](#) for Google Maps Location

WHAT IS IN THIS MONTH'S NEWSLETTER?

ST. MARKS DUATHLON IN LESS THAN ONE MONTH!!!

THIS MONTH'S SPEAKER: **DR. BRAD SCHMIDT**
MARCH SWAP MEET UPCOMING
2017 GRAND PRIX SCHEDULE
2017 IRONMAN TRI CLUB QUALIFIERS FOR 2018 NORTH AMERICAN CHAMPIONSHIP
TRIATHLETE SPOTLIGHT - GINA TRAN & KENNY WALKER

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THANK YOU TO OUR SPONSORS

In an effort to reduce the length of the newsletter email, we are now providing short summaries with links to more in-depth information on our website, for each topic! We hope you like this change!



ST. MARKS DUATHLON - SUNDAY, MARCH 12th

The St. Marks Duathlon is fully open for registration! We want to get as many of you as possible to race with us. This race is being put on by your own Gulf Winds Triathletes Club as a way to give back more to our triathlon community. Please come out and join in the fun and use this race as a kickoff for your triathlon season! Please sign up before March 1st when there is a price increase. And remember, there are relay divisions and fat tire divisions. And the post race awards and celebration will be held at the Riverside Cafe. Help us spread the word!

To sign up, go to the following link: <http://www.active.com/st-marks-fl/duathlon/races/st-marks-duathlon-2017>

And if you are unable to race, but want to come down and volunteer, you can sign up here: <http://www.signupgenius.com/go/5080d4fabab28a6fe3-stmarks>

We hope to see you there!

This Month's Speaker:

Dr. Brad Schmidt, PhD. Clinical Psychology, Distinguished Research Professor, Director of Anxiety and Behavioral Health Clinic
Click [HERE](#) to read more about this month's great speaker.

UPCOMING SWAP MEET AT MARCH 20th MEETING

To learn more, click [HERE](#).

2017 GRAND PRIX

Be sure to visit our website at <https://gulfwindstri.com/2017-grand-prix/> to see the Grand Prix schedule.

St. Marks Duathlon is the first up, so don't hesitate to sign up!

2018 NORTH AMERICAN CLUB IRONMAN 70.3 CHAMPIONSHIP

So many of our club participate in IM 70.3 races, that we could qualify for the North American Club Championship in 2018 to be held at Ironman 70.3 Haines City. Click [HERE](#) to learn more.

TRIATHLETE SPOTLIGHT

This month we spotlight Gina Tran and Kenny Walker. Please click [HERE](#) to learn more about these two great people.

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

Follow Us

Gulf Winds Triathletes
1406 Hays Street
Tallahassee, FL 32301

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