



MONTHLY MEETING - MONDAY, January 16th, 2017

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?

THIS MONTH'S SPEAKER: **END OF YEAR AWARDS!!!!**

TRAINING & CONTACT INFORMATION

2017 GRAND PRIX SCHEDULE

TRIATHLETE SPOTLIGHT - ROBIN BENNETT & JOHN SIVYER



THANKS FOR ATTENDING THE YEAR END HOLIDAY PARTY!!!!

YEAR END AWARDS CEREMONY

We hope everyone can make it to the end of the year awards ceremony to celebrate the great achievements of so many of our club members. Everyone is welcome whether you won the Grand Prix or didn't race once!



AWARDS TO BE PRESENTED

Masters Male and Female Triathlete of the Year

Male and Female Rookie of the Year

Most Improved Male and Female Athlete of the Year

Service Award

Youth Award

Be sure to join us to celebrate our club's achievements at the monthly [Gulf Winds Triathletes](#) meeting, Monday, January 16, 2017 at [Momo's Pizza & Brewpub](#) in Killearn, on Market St. Social at 6:30 pm and Meeting Kickoff 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>.

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 and registration will be open soon. We will let you know as soon as it opens. Thank you for your patience! In the meantime, here is the website (under development) for perusal: <http://stmarksduathlon.com/>

TRIATHLETE SPOTLIGHT

ROBIN BENNETT & JOHN SIVYER

Robin Bennett & John Sivyer are relatively new to the sport of triathlon. But they both are diving in head first. They have both come into the sport full speed ahead and have improved by light years in their early triathlon careers. Not only are they hard workers, they are wonderful people to know that always have something good to say. They share some great tips and some lofty goals they are striving for in the following articles. Keep an eye on both of these, because their best is yet to come!

ROBIN BENNETT

If you've met Robin, then you know exactly who we are talking about. She is one of the kindest people you will ever meet. At the same time, she is one of the most driven people you will ever meet. When she sets her mind on something, there is nothing that is going to get in the way of her achieving it. That isn't something you can teach, that is something you just have.

She and her husband, Tim, lead an active life ranging from triathlons to horse riding to all kinds of fun travel. If you cross paths with either one of them, they will brighten your day with their friendliness. So read on to learn more about Robin and pick up some great tips from her.



Name: Robin Bennett

Age: 31

Current Occupation: Publix Employee

Dream Occupation: Running Coach, personal trainer or anything with Animals

If money were no object, what would you do: Travel the world helping animals and people

Favorite non-triathlon hobby: Running, hiking

Favorite Indulgence: Chick-fil-A

Favorite Book, TV show or movie: Way too many to list. But no "reality" shows.

How long have you been doing triathlon: I did my first triathlon May 2013.

Why do you participate in triathlon: Originally because it scared me, then it grew into surprising myself which then became challenging my limits.

Share something others don't know about you: But then everyone would know...

What events/distances do you train for: Anything that lights a fire in my heart or makes my stomach cramp from fear.

What are your current goals: I'm focusing on running this year and my goals include a couple 50 milers and my first 100 miler in September.

What is your favorite race and why: I really love Gate River Run 15k, the perfect distance to race, not flat, not hilly, tons of people and parties! But my all time favorite is Big Sur in California holds such a special place in my heart, tough race but the scenery and atmosphere is worth it.

What hydration and nutrition products do you use: This list of things I WONT use is shorter, I will not use Gatorade or Gu unless I'm absolutely desperate. A couple of my favorite things are BASE hydration, Honey Stinger and Picky Bars for nutrition.

What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.): Trek bikes are fabulous, I've been loyal to Brooks for several years now and my Balega socks are the only sock I will wear when working out.

What training resources do you recommend: I love reading the USAT, Triathlon, Running, Biking magazines, blogs and Active.com has a ton of resources available.

What advice do you have for anyone beginning triathlons: Stop underestimating yourself, it's ok to be scared, it's ok to be slow, you don't have to beat anyone or win to be accomplished.

What is your proudest triathlon or competitive moment: Everytime I complete a triathlon I am proud of myself but my absolute #1 moment of triathlon is completing Chattanooga 144.6 in September, there are so many reasons but mainly because I had the resolve to finish no matter what I was dealing with.

What, in triathlon, do you wish you could improve the most: Obviously there is room to improve in everything, but I guess I would have to say transitioning and learning how to be competitive.

What is your idea of a perfect day: Sleep in, run until satisfied on that given day, give my pet elephant a bath, ride horses, eat chick-fil-a all while being with Tim and friends.

JOHN SIVYER

I was born and raised in Miami, FL the sixth of seven children. I was hired by IBM in 1976 and transferred to Tallahassee in July of 1979. A co-worker got me into running and I completed several 5k's. In February 1980, with very little training, I completed the CC half Marathon in Killearn with a time of 1:54:09. Every time I tried to run after that my knees or back gave me fits. I did not run another 5k till 36 years later in 2016.



My triathlete journey started in November 2014 when for some reason I began riding the hybrid bike I had bought 10 years earlier which probably had less than 100 miles on it. Nine months later with the encouragement of some friends, I completed my first Triathlon in Marianna. Even though I walked the entire run due to a knee injury as a result of training too hard too quickly, I knew this was something I wanted to try again. I met Brian Dupree while walking the run and he told me about swim coach Annie Bowman. So my wife Ofie and I took our first lesson from her a few weeks later and I saw my swimming improve right away. In September of that year I completed my second TRI, the Beach Blast, with an improved time in all areas and was able to run /walk/run. I completed my 1st Red Hills TRI in 2016. My swim and bike performance was disappointing but I was able to run the entire 5k without walking. I completed 4 TRI's in 2016 and started riding with coach Jeff Bowman toward the end of the year and have seen a marked improvement in my bike speed. I also had the pleasure of riding with many of the "GWT Family" and I learned something from each one.

Name: John Sivyver

Age: 59 (60 in TRI years)

Current occupation: Doctor, not an MD but a CD(Computer Doctor)

Previous occupation: Repo Man when I was 18

Dream occupation: Jeff Bowman's job! I mean, really, getting paid for doing what you love while helping others along the way

If money were no object, what would you do: I'd like to think I would be generous with the money but fear I would spend it on myself to the detriment of my soul

Favorite non-triathlon hobby: Anything having to do with water and outdoors

Favorite indulgence: Ice Cream

Favorite book, TV show or movie: The Bible, it's sharper then a two edged sword

How long have you been doing triathlon: Since July 4th 2015

Why do you participate in triathlon?: It's fun, challenging and the rewards to my health are well worth the effort. I think the cross training has been good for my knees and back.

Share something others don't know about you: I have 6 "Great" Grandchildren – I have 6 Grandchildren and they're all great

What events/distances do you train for: I've only done sprints so far but signed up for the BB Olympic in April

What are your current goals: 6 Tri's in 2017, 1st place at Red Hills in my AG

What is your favorite race and why: The Boulder Sunset sprint. It's so pretty out there and the dry air makes it much more pleasant to race in. My active cyclist sister and her husband live out there and they have both done Tri's. He swam in college so we got to ride together almost every day I was there and swim with him a few days before the race. I finished with a PR in all disciplines despite the altitude.

What hydration and nutrition products do you use: Just water so far, I have much to learn

What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.):
My Tri bike , an Argon 18 that was handed down to me by my friend and former flight instructor Robby Turner who had it handed down to him by his friend and pilot Joel, who had it handed down to him by another pilot named Brecht. The bike has a history of 3 Ironman finishes with three separate people who are all pilots. Robby said I needed to carry on the tradition. The first TRI I rode it in was the "Sprint on the Flint" and averaged over 19mph which I thought I would never be able to do a year ago.

What training resources do you recommend: I like fast after 50 by Joe Friel

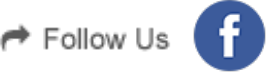
What advice do you have for anyone beginning triathlons: Join a Tri club, don't try to do it alone. Learn from others. Riding with people faster than you will make you faster(if you draft you get faster right away) and it really makes the time fly by. Get a good coach, our club has several.

What is your proudest triathlon or competitive moment: Finishing my first Tri "Freedom Springs" in 2015, I felt like I had climbed mount Everest!

What, in triathlon, do you wish you could improve the most: running and swimming. I think running is mostly a physical limitation while swimming is mostly form, I really have a long way to go in both

What is your idea of a perfect day: A beautiful sunny spring day doing some water sport or bike riding with my family and friends and someone asks me to give a reason for the hope that I have in Jesus Christ. I do so with gentleness and respect for the glory of God

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



Gulf Winds Triathletes
1406 Hays Street
Tallahassee, FL 32301

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