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## TRIATHLETE SPOTLIGHT

TANYA & TJ DEVLIEGER

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Most of you will know the two triathletes spotlighted this month. Tanya and TJ are regulars at most regular races either racing or volunteering their time. They also are part of the most dominant team know this side of the Mississippi - Can't Stop, Won't Stop (aka CSWS). They are about the nicest, most sincere, caring people you will ever meet and when they say they are going to do something - they do it! Both are true gems to our community. Read on to learn more about these two wonderful people.

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## TANYA DEVLIEGER

I am living proof that you can train your body to do anything. As they say, if your mind can conceive it, your body can achieve it! I hated running, I was a gym rat but was a stranger to the cardio equipment. But when a tall, dark, good-looking guy is a runner, if you want him, well.....you have to 'run' after him.

At the time, the love of my life, TJ and I were just dating and he encouraged me to start running; he may have regretted it after running the first mile with me. I cussed him the whole way! I hated running so much that I was bound and determined to not let it get the best of me. So I kept running because I didn't want it to beat me, and of course to impress my TJ :).

Ten years later, I'm still running and he still runs back after every race to run me in. Thank you my love!



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**Name:** Tanya Devlieger

**Age:** 44

**Current occupation:** Investment Broker

**Previous occupation:** Bank regulator

**Dream occupation:** What I'm currently doing, living the dream!

**If money were no object, what would you do:** Retire and move to the beach

**Favorite non-triathlon hobby:** Fishing

**Favorite indulgence:** 5 Guys Burger & Fries

**Favorite book, TV show or movie:** Favorite movie – Gladiator; Favorite TV show – Street Outlaws

**How long have you been doing triathlon:** Started in 2011

**Why do you participate in triathlon:** It keeps my inner fat-kid in-check

**Share something others don't know about you:** I used to be a Paramedic

**What events/distances do you train for:** I know this may sound funny, but I prefer the longer distances (70.3), rather than the shorter ones; I've never done an Olympic distance.

**What are your current goals:** To compete in an NPC Figure show in 2017 (it's a bikini competition for fitness girls)

**What is your favorite race and why:** Augusta; it was my first tri longer than a sprint and I cried like a baby after I crossed the finish line. It was then I realized I can train my body to do anything!

**What hydration and nutrition products do you use:** Mt Dew Kickstart before long rides/runs, alternate between Gatorade Endurance + Nuun and BCAAs (in my water) intra workout, half a Coke or Red Bull if needing a sugar/energy surge intra workout; nutrition could include Bonk Breakers, Fig Newtons, Ezekiel Bread/almond butter/banana sandwich, Stinger Chews, Shot Blocks

**What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.):** love my CW-X tri shorts, LG bike shoes and Saucony Kinvara running shoes

**What training resources do you recommend:** Our tri club, it's a great group of people with many years of different experiences and levels of expertise; You Tube for training motivation and course overviews; I also read a lot from Endurance Nation for workouts and training tips. Love my Garmin watch/Garmin Connect to track my progress. When I had a coach, Training Peaks was a great tool for planning, tracking and communicating workouts. Both Garmin and Training Peaks provided a strong level of comfort right before my Ironman, when I was questioning whether or not I was ready for that race; I went back and looked at all the work I'd put in over the previous six months and it was a huge confidence booster!

**What advice do you have for anyone beginning triathlons:** What seems hard now, will one day be a warm up; you don't have to go fast.....you just have to go; ask yourself if what you are doing today is getting you closer to where you want to be tomorrow, never let success get to your head, and never let failure get to your heart.

Do it for you and don't do it alone! The triathlon community is a great group of people who are all willing to help, give advice and encourage you every step of the way. They are also the best post-race celebratory crowd!

**What is your proudest triathlon or competitive moment:** Finishing Augusta and pushing through really hard workouts without quitting early!

**What, in triathlon, do you wish you could improve the most:** my finishing time! I've had panic attacks during the swim and my mind reminds me of that every time I enter the water during a race.

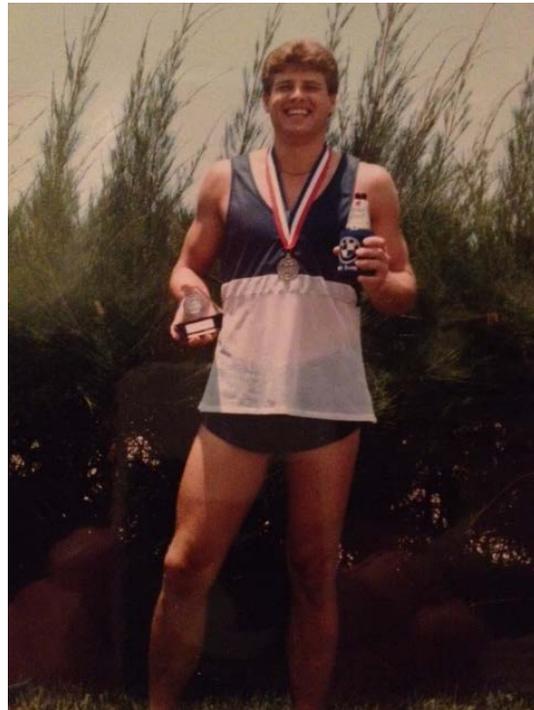
**What is your idea of a perfect day:** Early morning workout, followed by a day on the boat with the love of my life, ending with a fresh grilled grouper sandwich.....and dessert of course!

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## TJ DEVLIEGER

Very happily married to Tanya, 2 daughters Anna 24 and Holly 21 and a 2-1/2 year old grandson. Started running triathlons in 1985 after losing a bet and stopped in 1988. Started back in 2010 with first 70.3 in 2011, 140.6 in 2012 (Falling short to Tanya's 144.6 at IM Choo), Boston Marathon in 2013 and qualified for Olympic Distance World Championship in 2016.

Oh, by the way, check out old school TJ. This is a throwback photo to 1986 or 1987.. As he said, "The miles were much easier back then, the tri kit was a bit different, but the recovery drink is still the same." Nice.



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**Name:** TJ Devlieger

**Age:** 54

**Current occupation:** Sales

**Previous occupation:** Business owner

**Dream occupation:** Triathlon Equipment or Apparel Sales

**If money were no object, what would you do:** Retire

**Favorite non-triathlon hobby:** Golf & Fishing

**Favorite indulgence:** Chocolate

**Favorite book, TV show or movie:** Bible & Street Outlaws

**How long have you been doing triathlon:** 10 years

**Why do you participate in triathlon?:** Competition and friendships

**What events/distances do you train for:** All

**What are your current goals:** 70.3 world championship

**What is your favorite race and why:** A flat 70.3

**What hydration and nutrition products do you use:** Gatorade Endurance

**What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.):** Cervelo Bike and Zoot Shoes

**What training resources do you recommend:** A good coach

**What advice do you have for anyone beginning triathlons:** Relax and have fun

**What is your proudest triathlon or competitive moment:** Qualifying for Team USA AG World Championship

**What, in triathlon, do you wish you could improve the most:** Swim

**What is your idea of a perfect day:** Any day with family



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