



MONTHLY MEETING - MONDAY, August 21st, 2017

Social @ 6:30 PM Meeting @ 7:00 PM

LOCATION: Momo's Pizza in Killlearn, 1410 Market Street, Tallahassee, FL 32312

Click [HERE](#) for Google Maps Location

WHAT IS IN THIS MONTH'S NEWSLETTER?

INSTEAD OF A SPEAKER THIS MONTH.....CLUB SOCIAL!!! TOGA! TOGA! TOGA!

TRAINING & CONTACT INFORMATION

GRAND PRIX UPDATE

MEET YOUR B.O.D. - JIM HARRISON

CLUB GIVEAWAYS

TRIATHLETE SPOTLIGHT - JILLIAN HEDDAEUS & EDWARD NABONG



**THANK YOU
TO OUR
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TRI CLUB SOCIAL AT MOMO'S

FREE FOOD AND DRINK!

We invite all Triathlon Club Members to come out this month's social which is being held in place of the normal monthly meeting and presentation. If you are not a member of the triathlon club, please come and join (check or cash) the evening of to take advantage of the pizza and drinks that will be covered by the club. And if you don't choose to join, you are still more than welcome to come, although we'd ask you to cover your tab. The more the merrier!

We plan to have food and drink for the members to enjoy. This is simply a chance for your Board of Directors to mix with the club members and enjoy catching up. Please come with an appetite and stories to share. It will be a good time had by all.

As usual, the social (in place of the monthly meeting) will take place at **Momo's Pizza** in Killlearn (1410 Market Street) on the third Monday of the month (**Monday, August 21, 2017**). The social will get rolling at **6:30 pm**.

Instead of Board
Members being holed
up in the back room...



...while Club Members are
Socializing and having
fun...

...our August
Meeting is a
GW Triathletes
Club Party!



**Monday, August 21st – Momo's
Pizza in Killlearn – 6:30 p.m.**

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 Killlearn, 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>.

GRAND PRIX UPDATE

The Grand Prix standings are currently updated through the Georgia Veteran's Triathlon thanks to our own John Sivyer! He literally had these ready by midday of the same day of the race (watch out Peg Griffin!). You can access those results by clicking [HERE](#).

The next Grand Prix event is the Callaway Gardens Olympic Triathlon just north of Columbus, GA on August 27.

Meet Your Board of Directors!

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 Director has been very involved with the Club this year in many aspects. He is also the father of member Kate Harrison, who has completed Kona. Here are some interesting facts about one of our newest Board of Directors members, **Jim Harrison!**

Jim's Top-3, Triathlon Accomplishments:

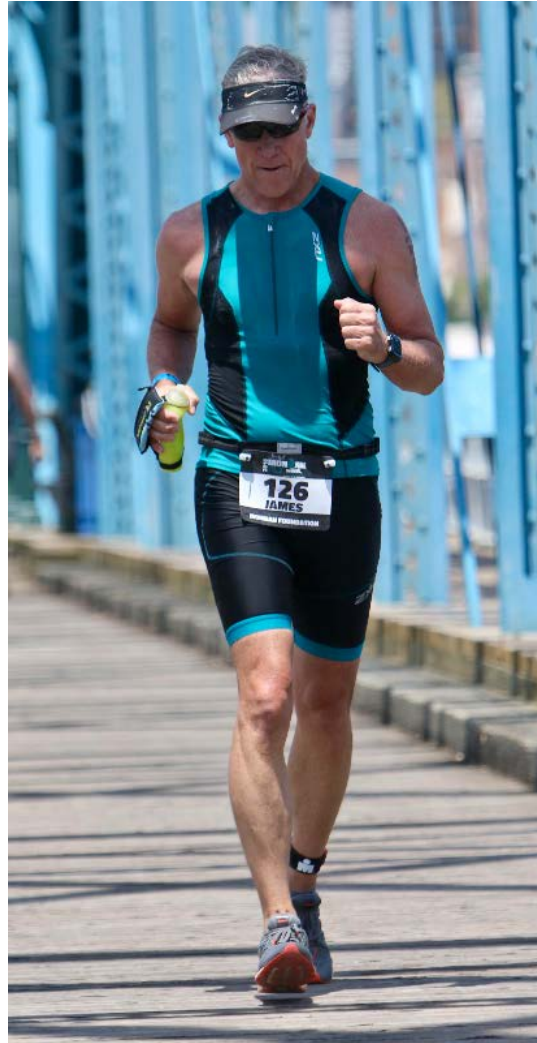
1. Red Hills (2014). You never forget your first race especially when you take up the sport in your late 50's.

2. Augusta 70.3 (2015). After 4 sprints it was time to jump on the band wagon. Great to have lots of club members participating also. Learned a lot about the importance of nutrition. The run was a crampfest.

3. Chattanooga 70.3 and 144.6 (2016). As most of you know this commitment (halves and fulls) seems like one big training session. Throw in record oppressive heat for the 144.6 and you're glad you trained in Tallahassee. Made it to the starting line. The one thing I didn't do was toughen up my feet. Blister prevention training wasn't in my plan.

Jim's 2017 Goals:

No triathlons! Ride more dirt roads and my mountain bike more. Run an iconic road race the world's largest 10k the "Peachtree Road Race". Spend more time here on my horse farm, in the north Georgia Mountains and on Lake Burton without having to worry about missing a workout.



CLUB GIVEAWAYS

We will have more giveaways at this month's social gathering. Remember, you must be in attendance to be eligible for the drawing!

TRIATHLETE SPOTLIGHT

JILLIAN HEDDAEUS & EDWARD NABONG

JILLIAN HEDDAEUS



Left Photo: Jillian in the final push to win overall female at the 2017 St. Marks Duathlon.
Right Photo: Jillian and her dad, Mark, in Panama in 1992 (he rides the same bike to this day!). Now you know where she gets her grit, competitiveness and athleticism from.

Many of you probably already know Jillian. She is heavily involved in both the Track and Tri club. She co-directed the madly popular GWTC 15K / 30K this year which was yet again a smashing success. And she has previously served on the Board of Directors for the Tri club.

In addition to this, she is one of the top athletes in the area. She is currently sitting in the top three of the Gulf Winds Track Club Grand Prix competition. And in the Gulf Winds Tri Club Grand Prix competition, she is absolutely dominating every race she takes on. She has won every Grand Prix triathlon she has raced this year except one, in which she took second.

And above all of that, she is a great person. If you run into her, be sure to introduce yourself. She is always willing to share any tips or advice that may help the next person improve. Read on to learn more about another of our great club members.

Name: Jillian Heddaeus

Age: 34

Current occupation: Chief Staff Executive at Partners In Association Management (I'm the Executive Director of two State Associations) and girls competitive team coach at Trousdell Gymnastics Center.

Previous occupation: I've been at Partners for 10 years and Trousdell Gymnastics for 18; the only other job I have held was a lifeguard at Trousdell Aquatics one summer after high school.

If money were no object, what would you do: Spend more time with family and at the beach.

Favorite non-triathlon hobby: I really enjoy working in my yard.

Favorite indulgence: Pizza

Favorite book, TV show or movie: I like to read for entertainment, James Patterson and David Baldacci are good for that. I watch a lot of SportsCenter.

How long have you been doing triathlon: Since 2009.

Why do you participate in triathlon: It's hard, fun and I like to compete. There is always someone out there faster than you.

Share something others don't know about you: I swam in both the Atlantic and Pacific Oceans in the same day.

What events/distances do you train for: Anywhere from Sprint to Half Ironman, I try and keep the base at half ironman distance year-round.

What are your current goals: I would like to race under 5 hours at Augusta.

What is your favorite race and why: Red Hills, because the bike course has hills.

What hydration and nutrition products do you use: A mix of Accelerade, Gatorade, Base Salt and Water on the bike. Clif Shots and an extra tube of Base Salt or Salt tabs. Water and Clif Shots on the run.

What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.): All my great cycling gear from Pearl Izumi.

What training resources do you recommend: Gulf Winds Tri Club, there are so many great and helpful people in this club.

What advice do you have for anyone beginning triathlons: There is no need to buy the latest and greatest, just have fun.

What is your proudest triathlon or competitive moment: My first triathlon overall win at Red Hills this year.

What, in triathlon, do you wish you could improve the most: My bike speed.

What is your idea of a perfect day: I don't think I'd change much about what I do every day.

EDWARD NABONG

I moved to Tallahassee in 2010 to finish a bachelor's degree in Psychology from FSU. I've enjoyed the city enough to stay, and August makes 7 years here. I was a member and eventually the secretary of the FSU tri club. For the last few years, I've volunteered on and off at St. Francis Wildlife Refuge, in Quincy. There we take care of sick, injured and orphaned animals. Other than endurance sport, caring for wildlife and helping them work towards successful release is my favorite activity. Outside of triathlon my personal endeavors include hiking, camping, and scuba diving. I hope to move more towards longer endurance events in the near future, focusing more on marathons, trail running, and 70.3 racing.

In photo: Edward volunteering at a wildlife rehab center while tending to a possum.



Name: Edward Nabong

Age: 27

Current occupation: Procurement for Florida Department of Corrections

Previous occupation: Retail

Dream occupation: Appalachian Trail guide

If money were no object, what would you do: Bruce Springsteen would follow me around singing the soundtrack to my day.

Favorite non-triathlon hobby: I'm spending most of my non-sport time backpacking and camping.

Favorite indulgence: Going to eat dinner with one friend before going to second dinner with another.

Favorite book, TV show or movie: Any sort of science fiction or fantasy. Trying to get through the Game of Thrones book currently.

How long have you been doing triathlon: 5 years of sprint/olympic, with my first ironman this past November at IMFL.

Why do you participate in triathlon?: I like racing. Bikes, running, competitive eating, I'll race

anything. Triathlon is easier than 72 hot dogs in an hour, though.

Share something others don't know about you: I spend my Sundays volunteering at a wildlife rehabilitation center near Quincy. I enjoy working with animals. I clean after and help take care of possums, turtles and all sorts of birds.

What events/distances do you train for: I currently prefer racing 70.3. I appreciate events that require more focus on pacing and nutrition. I'm yet to figure either of these out.

What are your current goals: Boston qualify this year.

What is your favorite race and why: No specific race, but i found the Netflix movie about the Barkley Marathon extremely entertaining. That event requires an amazing mental and physical resilience.

What hydration and nutrition products do you use: No firm commitments to anything in particular.

What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.): Good tires and a clean drivetrain. Everything else just needs to fit.

What training resources do you recommend: The more experienced people I meet at events tend to be good resources for information.

What advice do you have for anyone beginning triathlons: I'm a strong believer in volunteerism. Between helping at the 17 hour of an ironman or at a YTS event, I never participated in the races I enjoyed the most.

What is your proudest triathlon or competitive moment: Same as above, seeing people starting out in the sport or achieving long term goals is always inspiring.

What, in triathlon, do you wish you could improve the most: There's not enough recreational options for triathlon. Cycling has sportives and charity rides, and running has fun runs and obstacle events. Is there a way to host a free, "get to know the sport" type event? Or a theme event like a costume race on halloween? Anything that makes the sport more fun or promotes

What is your idea of a perfect day: Teach my cats to walk on leashes and take them hiking.

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

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Gulf Winds Triathletes
1406 Hays Street
Tallahassee, FL 32301

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