



MONTHLY MEETING - MONDAY, July 17th, 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?

THIS MONTH'S SPEAKER: CLUB MEMBER JOHN DROPKO!
TRAINING & CONTACT INFORMATION
GRAND PRIX UPDATE
CLUB GIVEAWAYS
TRIATHLETE SPOTLIGHT - BRIAN POGGIE



**THANK YOU
TO OUR
SPONSORS**



This Month's Speaker:

Jon Dropco

Overcoming Obstacles

Please join us at the July meeting of the Gulf Winds Triathletes for a presentation not to be missed.



A lot of our perceived physical limits are imposed by our own mind and other people. In this month's talk, Jon will cover how he tries to push past those limits to achieve goals and hopefully motivate you to do the same.

Jon Dropco is a somewhat new member to our club, joining in 2016 to learn about multi-sport. Last year he completed his first sprint triathlon, followed by 7 more, an Xterra, and capping it with his first 70.3 in Macon. Jon approaches the sport a little differently than most, participating in age group and physically challenged categories with a paralyzed left arm.

He's a 14 year Tallahassee resident originally from south Mississippi, working as a Financial Advisor and Compliance Officer at North Florida Financial. He's an Ole Miss grad and a FSU fair-weather fan. His two kids, Isaac -10 and Amelia - 12, can be seen at most race events cheering Dad on.

As usual, the monthly meeting will take place at **Momo's Pizza** in Killlearn (1410 Market Street) on the third Monday of the month (**Monday, July 17, 2017**). Please join us at **6:30 pm** for the Social portion of the evening with our speaker beginning 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 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 Jax Tri #1 triathlon but should be updated through Freedom Springs any day now. To see the latest results, you can go to <https://gulfwindstri.com/grand-prix-results/>

We aim to update this list every two or three Grand Prix races as the season progresses.

The next Grand Prix event is the Chattahoochee Challenge in Columbus, GA on July 15. And yes, you get to go down an inflatable slide into the river. Yippee!

CLUB GIVEAWAYS

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

TRIATHLETE SPOTLIGHT

BRIAN POGGIE



This month's spotlighted triathlete is about as nice a guy as you can meet. Brian has come on strong over this past year and continues to get faster every day. He is a lifelong resident of Tallahassee with a very cool past of Motocross and Boxing. Those are two sports that take as much mental toughness as any sport not to mention the massive physical toughness one must have. He has an Entrepreneurship and Small Business Management degree from Florida State University. He loves Asian food and is big into water activities. This guy knows how to put a smile on anyone's face he comes into contact with. And ladies.....he's single!

Name: Brian Poggie

Age:
42

Current occupation:
Entrepreneur

Previous occupation:
When I was growing up and in College I worked for my Dad at his motorcycle dealership. Mainly in sales. I was so fortunate to have a teacher like him. He gave me the skill set to do what I do now. I learned two main things. 1. You can't just work hard you have to work smart. 2. There are no free lunches

Dream occupation:
Exactly what I do now. I get so much enjoyment out of tweaking a business and watching it prosper. When I sell, I love watching the new owners succeed. It's just a good feeling all the way around.

If money were no object, what would you do:

Easy...exactly what I do now

Favorite non-triathlon hobby:

Wakeboarding.

Favorite indulgence:

Probably Jack Daniels. I've lost more than a few fights with him along the way. But he's just so friendly at first!

Favorite book, TV show or movie:

Squawk Box is a constant at the house. I also like history shows. For reading I enjoy books from John Grisham and Michael Connelly.

How long have you been doing triathlon:

On and off since 2000.

Why do you participate in triathlon?:

If you ask me while I'm in the A/C on the computer I'd say. "Completing something really challenging." If you ask me during the run part of a distance Triathlon it's more along the lines. "I like beating myself half to death." The truth is probably somewhere in the middle.

Share something others don't know about you:

I am a barbecue fanatic. I have one of those big pull behind smokers. I've cooked for groups of up to 50 family and friends year after year. I did a friends wedding once for around 150 people but I admit that was pretty stressful. But I do really enjoy the process of getting things on at various times so that it's all ready to eat together.

What events/distances do you train for:

All distances but the training is geared towards the longer events.

What are your current goals:

To finish Ironman Florida.

What is your favorite race and why:

Beach Blast. That was my first race where everything clicked all the way to the finish. I also won my Age Group which made me like it even more.

What hydration and nutrition products do you use:

I was fortunate enough to be awarded a Honey Stinger Ambassador sponsorship. I had used Honey Stinger products for awhile anyway because I like the taste and energy. Their stuff sits well with my stomach and I've never had a digestion issue. For fluids I use Gatorade Endurance because it is on course at all major events. If something happens and I lose a bottle or need more than I thought race day is not the time to try something new.

What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.):

I did get a new bike this year. It is a Felt IA10. It's faster than I am. I've really enjoyed it. My last bike "Old Faithful" was either a 2000 or 2001 so it was time.

What training resources do you recommend:

Easy... Jeff Bowman. He has had the single largest impact for me of anything or anyone since I came back to triathlon. After less than a year with him I am clocking faster times

than I did training myself 10-15 years ago. I also go to my Chiropractor Ryan Fenn regularly.

What advice do you have for anyone beginning triathlons:

We don't do this for a living. This is supposed to be fun. If you want to go out and buy the latest and greatest because you're excited and have the money, then have at it. But you don't need it. There are plenty of triathletes that are not ripped and/or on older equipment that can mop the floor with me. If you train with a purpose and a plan the speed will come. But mainly just have fun.

What is your proudest triathlon or competitive moment:

It's actually not the competitions but what surround them. When I was young I was racing Motorcross at a national level all over the country. But what I'm most fond of isn't that. It's the countless hours I spent travelling to the races down the interstate with my Dad. Before ipads and cell phones. Not much else to do but talk. That's what I'm most fond of.

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

Swimming. I see that pool line in my sleep!

What is your idea of a perfect day:

Any day on vacation with the wife and children I hope to one day have.

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



Gulf Winds Triathletes
1406 Hays Street
Tallahassee, FL 32301

Click here to [Unsubscribe](#)

**vertical
response**
A DELUXE COMPANY
Free Email Marketing >>