



MONTHLY MEETING - MONDAY, March 20th, 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?

THIS MONTH'S SPEAKER: **CHRIS CLARK**

MARCH SWAP MEET

2017 GRAND PRIX SCHEDULE

ST. MARKS DUATHLON RECAP

TRIATHLETE SPOTLIGHT - KRISTIN & JIMMY JAM HALLEY

**CAPITAL CITY
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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!

This Month's Speaker: **Chris Clark**

The first Type 1 Diabetic to complete the Ultraman Florida Race, Chris Clark is an enthusiastic athlete, coach, and health advocate. The former FSU collegiate swimmer picked up biking and running after being diagnosed with Type 1 diabetes and hearing two Type 1 diabetic triathletes speak about training with T1D.



Chris journeyed from triathlons to endurance events to ultra-endurance events, finishing 6th in the 2015 Ultraman Florida competition, and now has his sights set on a few more ultra-endurance events around the world. He is a sponsored athlete for Team Novo-Nordisk. A major part of Chris's life that ties together his work, training, and volunteering, is his advocacy of Type 1 Diabetes education and research. Chris hopes to inspire, educate, and empower fellow T1D athletes and their supporters. He's been a keynote speaker at numerous ADA events in south Florida, involved with numerous ADA and JDRF events in South Carolina, where he previously lived, as well as in Tallahassee and south Florida.

SWAP MEET!!!!

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.

Red Hills Triathlon is the next up! You can access the website and register by clicking [HERE](#). Remember, this is a targeted Grand Prix race, so extra points available!

ST. MARKS DUATHLON RECAP

Well, the St. Marks Duathlon has come and gone. It was a great success due to the time given by all of the selfless volunteers and the top notch racing put on by all of the participants. It saw its youngest competitor at 15 years old and the oldest competitor at 84 years old. There were over 110 competitors in the race. The weather held off and turned into a beautiful day. Many made it to Riverside Cafe to receive the local honey awards and enjoy post race socializing.

We look forward to next year being even bigger and better and want to get as many of you out there as possible. To see the race results, click [HERE](#).

TRIATHLETE SPOTLIGHT

This month we spotlight Kristin and Jim Halley. They are somewhat new on the Tallahassee scene, but they jumped into the track/tri club scene head first. They are already directing races and racing all the time. These are two super fun and super cool people you need to meet. They brighten the room everywhere they go and they are some seriously good athletes. Please click [HERE](#) to learn more about two people who are already making a huge, positive impact on our multi-sport community.

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



Gulf Winds Triathletes
1406 Hays Street
Tallahassee, FL 32301

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