



MONTHLY MEETING - MONDAY, May 15th, 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: PATRICK MERLE
TRAINING & CONTACT INFORMATION
GRAND PRIX UPDATED THROUGH BEACH BLAST TRIATHLONS
FREE ENTRY GIVEAWAY TO JAX TRI SERIES RACE
CLUB GIVEAWAYS
TRIATHLETE SPOTLIGHT - ALLISON BORN & TOM BIANCHE



THANK YOU TO OUR SPONSORS

This Month's Speaker:

Patrick Merle, PhD. Communication,
Assistant Professor, School of
Communication, FSU



Presentation:
What is our relationship with limits?

As athletes, we hold a special relationship with limits. But is it really a healthy one? In this presentation we will tackle our behavior towards limits and try to understand how this may affect performances at many levels.

Growing up in the south east of France, Patrick joined the local running club at the age of 10. Rumor has it that he still even hold the 1500m record with 3 min 55 (4.12ish mile). He started triathlon after moving to the US, completing his first sprint, Olympic at the Alpe d'huez, half, and full IM in Wisconsin all in 2006. He has since finished two other ironman events and participated in the 2010 WCH in duathlon in Scotland. He served as athlete's representative for a couple of professional athletes, namely Herve Faure, 2005 winner of Ironman France.

As usual, the monthly meeting will take place at **Momo's Pizza** in Killearn (1410 Market Street) on the third Monday of the month (**Monday, May 15, 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 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>..

GRAND PRIX UPDATE

The Grand Prix standings have now been updated through the Beach Blast I Sprint & Olympic Triathlons. 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 Ironman 70.3 Gulf Coast on May 23th.

DRC JAX TRI SERIES RACE ENTRY GIVEAWAY

The amazing folks at DRC Sports have been longtime supporters of your Gulf Winds Triathletes and triathlon in Florida. Continuing that tradition, they have offered us a **FREE** entry into the **Jacksonville Tri Series #2** Sprint OR Olympic triathlon on **July 15, 2017!** This is **not** a 2017 Grand Prix Event.

This giveaway is open to Gulf Winds Triathletes Members Only. To have a shot at winning that race entry, you will definitely want to be at our next, monthly meeting that will take place at **Momo's Pizza** in Killearn (1410 Market Street) on the third Monday of the month (**Monday, May 15, 2017**). Please join us at **6:30 pm** for the Social portion of the evening with the speaker beginning at **7:00 pm**.



CLUB GIVEAWAYS

There are more giveaways to be given at this month's meeting as in recent months. Remember, you must be in attendance to be eligible for the drawing!

TRIATHLETE SPOTLIGHT

ALLISON BORN & TOM BIANCE

This month's spotlighted triathletes are relatively new to the sport of triathlon, but they are fully immersed in the sport today with many great years to come. Read on to learn about these wonderful people. These are some of the best reads we've had yet! And make an effort to meet Allison and Tom if you cross paths. They are simply great people.

ALLISON BORN

I moved quite a few times growing up, but the one thing that stayed constant was being active. I quickly fell in love with competitive swimming at the age of 9 while living in Connecticut. I swam through high school in California and got into water polo there as well. I was fortunate to walk on to the University of Michigan Women's Water Polo Team where I played for two years before deciding 20 hours a week commitment was too much to handle with a math degree. I switched to the club team and had a blast finishing out my undergraduate career.



I got into running, because my college roommate wanted to. She would drag me out the door and we'd do 1 mile each day. We slowly increased our mileage that summer. And before I moved out, running was part of me. When I served in the Peace Corps in Ethiopia, I truly fell in love with running. I would run out into the countryside to clear my head, say hello to farmers, and buses would honk as they drove by.

I think it was inevitable that I would get into triathlons. Back in high school, my water polo coach had this line, "Get on your bikes!" whenever he wanted us to get moving quicker. It makes me laugh now knowing that that is exactly what we do after swimming in a tri!

After attending grad school in Pennsylvania, I moved to Tallahassee to job hunt and be close to my mom, who had just completed Ironman Chattanooga. Once I found a job here and got a bit

more settled, she encouraged me to do the Red Hills Sprint triathlon. I had a great time! I didn't immediately get into the sport - it's hard when you borrow someone else's bike that doesn't quite fit right. But I saved all last year so I could finally get my own tri bike. I'm excited to see what lies ahead for me in the sport.

In addition (Charlie said I had to share this tidbit or else he would), I'm a dedicated yogi and yoga instructor. I started my daily yoga practice when I moved to Tallahassee. I was inspired by yogis on Instagram and completed challenges to stay motivated during my job hunt. I believe that my yoga practice now has helped me so much with strength building, injury prevention, and post-race recovery for triathlons. If you're interested in my practice or just yoga in general, don't hesitate to reach out! You can find me on Instagram @allykborn.

Name: Allison Born

Age: 28

Current occupation: Researcher at FSU

Previous occupation: Peace Corps Volunteer in Ethiopia

Dream occupation: International Yoga Instructor

If money were no object, what would you do: I would travel the world, volunteer, teach yoga, take cooking classes... (hey, maybe I can still do this!)

Favorite non-triathlon hobby: Yoga

Favorite indulgence: Taking a 3-hour nap after a long run

Favorite book, TV show or movie: I love the TV show Friday Night Lights.

How long have you been doing triathlon: Since 2015

Why do you participate in triathlon: I love the community, the challenge, and how great I feel!

Share something others don't know about you: In 2014, I spent 3 months in the West Nile Region of Uganda researching the causes and effects of repetition and dropout in the primary schools.

What events/distances do you train for: It varies! I'm doing my first half ironman this coming Saturday! Gulf Coast!

What are your current goals: Finish Gulf Coast Half Ironman with a smile!

What is your favorite race and why: I love the marathon. Specifically, I love the first marathon I ever did. It was in July in Fuessen, Germany, this cute little town. We ran around castles and lakes. It was so beautiful and I had trained for it completely by myself in the countryside in Ethiopia. There's something about the mental battle of a marathon that challenges you to your core.

What hydration and nutrition products do you use: Honey Stinger waffles, GUs (chocolate peanut butter and salted watermelon), and Jelly Belly sport beans.

What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.): My foam roller and yoga wheel (this wheel you can lay on and it just opens your heart and it feels so good)

What training resources do you recommend: I love Hal Higdon's marathon training guides. I've ran 5 marathons using his guides and have PR'd every time.

What advice do you have for anyone beginning triathlons: Take advantage of group workouts! They are so much fun and really keep you going.

What is your proudest triathlon or competitive moment: (This question is so hard!) I'm pretty proud of my time playing water polo for the University of Michigan. We placed 2nd in the nation my senior year at the CWPA Club Championships in 2010. I earned 1st Team All-America.

What, in triathlon, do you wish you could improve the most: The bike portion!

What is your idea of a perfect day: I sleep in, but it's magically only 6am. I do a long run or bike in a pleasant 70 degrees. I eat a brunch of waffles, bacon, grits, and strawberries. I spend the rest of the day doing yoga and relaxing in a hammock with my boyfriend. We eat Fat Noodle for dinner.

TOM BIANCE

I started running in late 2011 as I was started trying to lose weight. I was mostly going to the gym and signing up for 5ks on the weekend, but not running any other time. I ran my first 5k nonstop at Palace in 2012 with the help and encouragement of a friend. I consider the Beginning Running Class from 2012 as the start of my running journey, by learning the importance of group runs and getting a lot of good tips. As a result I have volunteered as a coach every fall since then. I went head first with a focus towards running by running the Tallahassee Half Marathon in 2013 and running the Soldier Marathon later in 2013.



After I started running I always thought a triathlon may be in my future since I used to be a real slow swimmer in high school. Getting a bike was the biggest holdback from wanting to try it because I didn't know if I would like biking and if I would want to invest in a bike. Thankfully a few years my dad was going to sell his basic hybrid bike, but I wound up taking it from him and started participating in the Friday Night Social Rides on the St. Marks Trail.

A few months later I was talking to a friend that mentioned a summer triathlon series that was in Clermont and after some consideration I decided to sign up for 2 of the races and doing them on my fat tire hybrid bike. Since then I have bought a road bike and participating in several more sprint triathlons. Last year I completed my longest tri when I completed 1 loop of the Great Floridian Triathlon for a 1/3 distance Ironman. I learned that I liked the longer distances and would 1 day like to do 1/2 Ironman, but I need to get faster on the bike before attempting that challenge.

If you have told me 6 years ago that any of this would have happened I would have laughed at you. I never had any aspirations and didn't think any of this was possible. The journey that I have been on so far getting active and increasing my social circle has been great so far. I can't wait to see where it will go next.

Name: Tom Bianco

Age: 36 although USAT will never let me race my real age with a December birthday.

Current occupation: IT Procurement for the FL Dept of Financial Services.

Previous occupation: Teacher in Palm Beach County.

Dream occupation: Never really thought too much about what I would want to do for a living.

If money were no object, what would you do: Travel and try to run a marathon in all 50 states.

Favorite non-triathlon hobby: Bowling.

Favorite indulgence: Getting a chance to sleep in on the weekend.

How long have you been doing triathlon: This is my 3rd year.

Why do you participate in triathlon?: It was a chance to combine something that I loved as a kid in swimming with something that I learned to love as an adult in running. The bike was the necessary evil to combine the 2.

Share something others don't know about you: I finished last in every swimming race that I competed in high school.

What events/distances do you train for: Sprint triathlons and marathons.

What are your current goals: I want to run 3 marathons a year and get to 50 overall.

What is your favorite race and why: I like doing the Sommer Sports triathlons in Clermont. They are well run, priced reasonably, and allow me a chance to spend some time with my family. For a local race it's tough to beat Red Hills and the accomplishment of finishing that bike course. For running races I like the support of the Gate River Run and Disney marathon.

What hydration and nutrition products do you use: Fairly basic with Gatorade and Gu.

What training resources do you recommend: Read what you can find online and don't be

afraid to ask some of the more experienced members what they do.

What advice do you have for anyone beginning triathlons: Find a group of likeminded people that you can train and socialize with. I have learned that I am more inclined to be active if I have a group of friends that I can be with. Remember that this is supposed to be fun and that you paid to be there.

What is your proudest triathlon or competitive moment: There are so many. It can be a regular weekend 5k with friends or the first time finishing a race distance. For triathlons it would be finishing my first sprint triathlon with the hybrid bike that I took from my father and also finishing the 1/3 distance at the Great Floridian Triathlon. For running it would be running my first 5k nonstop at Palace, running my first half marathon in Tallahassee, my first marathon in Columbus, completing the Dopey Challenge (5k, 10k, Half Marathon, and marathon) at Disney in successive days, and helping a good friend across the finish line of her first marathon at Rock and Roll Savannah.

What, in triathlon, do you wish you could improve the most: The bike. It is my slowest discipline, and unfortunately half of the race is spent on the bike.

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



Gulf Winds Triathletes
1406 Hays Street
Tallahassee, FL 32301

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