



MONTHLY MEETING - MONDAY, October 16th, 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?

SPEAKERS

- 1. 2018 BOARD OF DIRECTORS NOMINEES**
- 2. ROB McNEELY**

UPCOMING EVENTS:

VOLUNTEERS NEEDED FOR MOON OVER MACLAY
GARMIN REP PRESENTATION AT HIGHER GROUND!

TRAINING & CONTACT INFORMATION

2017 GRAND PRIX COMPLETE & 2018 GP COMMITTEE UNDERWAY!

TRIATHLETE SPOTLIGHT - KORY & ROBERT SKROB



**THANK YOU
TO OUR
SPONSORS**



Please come out and take advantage of this opportunity to meet and hear from your prospective leaders for 2017! And please be sure to thank them all for their willingness to serve this great club!

As usual, the social (in place of the monthly meeting) will take place at **Momo's Pizza** in Killearn ([1410 Market Street](#)) on the third Monday of the month (**Monday, October 16, 2017**). Please join us at **6:30 pm** for the Social portion of the evening with our speaker beginning at **7:00 pm**.

This Month's Speaker(s):

This month's "speaker" will actually be your **2018 Gulf Winds Triathletes Board of Directors** nominees! The following club members have been nominated to the listed positions on next year's Board of Directors.

2018 GULF WINDS TRIATHLETES BOARD OF DIRECTORS NOMINEES:

Vice President: Wayne Thumm
Treasurer: David Strange
Secretary: Karen Jeter
Director At Large: Tina Bahmer, Tanya Devlieger, Marc Malonzo, Kathy McDaris, Brian Poggie, Robby Turner



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DEATH AND TRIATHLON

Speaker: Rob McNeely

Immediately following the BOD Nominees' speeches, Rob (one of our tri club's former presidents) will share with the audience a summary of a research paper published in September 2017 by the American College of Physicians studying 30 years of triathlon participation and incidents of death and cardiac arrest. This is one not to miss.



VOLUNTEERS NEEDED!!!!

Please consider making time to assist at this great event. You can contact Ann Johnson at nollvr@gmail.com or you can reach Gary Griffin at heb121@comcast.net



The following is from Ann Johnson.

"We are predominately looking for walkway monitors to usher attendees from the Visitors Center to the event. In addition, monitors are required to dissuade entry into blocked-off paths into the Gardens and help people onto the walk to lakeside shelter. Monitors also help light candles in

luminaries and keep them lit for the evening. When the concert is over, they use flashlights to help light the way as people exit.

Please let me know if you would be able to help us find volunteers for our event. It is a wonderful evening even if you enjoy it from the walk instead of the lawn. Spirits are always high and the participants have a great time."

**GARMIN PRESENTATION
AT HIGHER GROUND!!!**

On November 6, there will be a "show and tell" by Garmin representatives of the latest and greatest technology they offer for cyclists, runners and, yes, even triathletes! Rumor has it there may be a keg of Oology beer floating around along with some possible discounts by Garmin. All are invited!



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

2017

The Grand Prix standings have now been updated through the Sprint on the Flint Triathlon which book ended the Grand Prix schedule. Thanks again to John Sivyer for keeping this updated so quickly throughout the season! You can access those results by clicking [HERE](#). Please look the results over carefully and contact us at info@gulfwindstri.com with any questions you may have.

Remember, you have a bit more time this year to get in your necessary volunteer requirement to be qualified to be eligible for GP awards.

Other than points that may be garnered by completing any full (140.6 miles) distance race, the Grand Prix for 2017 is now complete. Thank you to all who participated and attended the races. It was another truly successful year!

2018

So now it is time to start planning for the 2018 season. Congratulations to our 2018 Grand Prix Committee! The committee is made up of Tina Bahmer, Jeff Bowman, Wayne Thumm, Stephanie Weyant, all lead by Chairman John Sivyer. Be sure to thank them for their time to help with this. And thank you to all who have offered input as it is invaluable. There are A LOT of good ideas out there.

Our Grand Prix Committee will be releasing the 2018 schedule in the not-too-distant future. So stay tuned, and we will be back with more on that.....

TRIATHLETE SPOTLIGHT

KORY AND ROBERT SKROB

Please read about these two wonderful people who give much of their time to our great track and tri club. These are two people who are working to make our club better each day while getting faster and faster by the day. Oh, and by the way, they are about the nicest couple you can find!

KORY SKROB

Although Kory has been an athlete her entire life her first 5K race was in 2010. The Sprint on the Flint was Kory's first triathlon in 2016 after taking up the sport to diversify her workouts after becoming worn out from two years of marathon training to qualify for and compete in the Boston Marathon. Kory her her husband Robert have two children, their daughter Samantha is graduating from Florida State this December and son Robert William is a freshman at University of Florida where he's joined the Tri-Gators triathlon club team.



Name: Kory Skrob

Age: 47

Current occupation:
Account Manager for Everett Thompson, interior designer

Previous occupation:

Dream occupation:
Dolphin trainer

If money were no object, what would you do:
Travel more

Favorite non-triathlon hobby:
Hanging out with family and friends

Favorite indulgence:
Wine and chocolate

Favorite book, TV show or movie:

Sixteen Candles

How long have you been doing triathlon:

1 year

Why do you participate in triathlon?:

My husband thought it would be a good idea

Share something others don't know about you:

ACC Championship in soccer from NC State. My ring was presented by Jim Valvano.

What events/distances do you train for:

Sprint triathlons

What are your current goals:

Have fun! ...and chase them down and pass during the run.

What is your favorite race and why:

Sprint on the Flint because I was masters winner, in my first race.

What hydration and nutrition products do you use:

Best recovery drinks, Pinot Grigio and Riesling.

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

New to the sport so not many favorites, but I love the Gulf Winds Tri shirts

What training resources do you recommend:

The club, show up and ask. You'll receive all you need.

What advice do you have for anyone beginning triathlons:

Don't be afraid to ask questions, everyone in the club is glad to help you

What is your proudest triathlon or competitive moment:

Qualifying for the Boston Marathon by completing the Space Coast Marathon with a 3:37:33

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

My bike saddle, I have issues.

What is your idea of a perfect day:

Workout in the morning so I can eat and drink what I want the rest of the day. After a day at the beach, enjoy a glass(es) of wine, seafood dinner and watch the sunset with my family.

ROBERT SKROB

When Robert started training for his first triathlon, he couldn't swim 25 yards across the pool without stopping to gasp for breath. Thanks to the Pool Angel, Mo Hughes' coaching, Robert made it the 500 yards to complete the Sprint on Flint in 2016 just 60 days later. Robert never ran a mile in his life before taking up running in 2010 so he wouldn't "be bald AND fat." He trained by listening to the 5K101 (Couch to 5K). He now participates in triathlons to diversify workouts by running less frequently.



Name: Robert Skrob

Age: 46

Current occupation:

Marketing consultant for membership and subscription businesses

Previous occupation:

Association executive director

Dream occupation:

Vice President of the United States of America

If money were no object, what would you do:

Travel to live somewhere new each month

Favorite non-triathlon hobby:

Reading

Favorite indulgence:

Lofty Pursuits for breakfast

Favorite book, TV show or movie, or Broadway Show:

Joseph and the Amazing Technicolor Dreamcoat

How long have you been doing triathlon:

1 year

Why do you participate in triathlon?:

So I can drink beer without getting too fat

Share something others don't know about you:

Appeared on the cover of Florida Cattleman's Magazine.

What events/distances do you train for:

Happy doing a tour of sprints throughout the area.

What are your current goals:

Have fun, meet two new people at each race and don't embarrass myself

What is your favorite race and why:

Callaway Gardens, the bike ride was gorgeous, and as I biked slowly I had plenty of time to enjoy it

What hydration and nutrition products do you use:

A PR Bar pre-race, Honey Stinger gels at each transition and energy powder in my bike water bottle.

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

In love with my Garmin 735xt watch

What training resources do you recommend:

Strava, helps you discover other training routes and be inspired by the training regimen of other members of the club.

What advice do you have for anyone beginning triathlons:

Do it! I know it feels intimidating but your finish line is closer than it may appear

What is your proudest triathlon or competitive moment:

Last half mile of the Boston Marathon, the finish line in sight. The huge crowd was ten people deep on either side of the street, screaming, cheering and ringing cowbells. While I was eager to cross that finish line as soon as possible, I wish that moment could last forever.

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

Bike, will be looking to start a training program in January

What is your idea of a perfect day:

A day at the beach with a book, great food and my family. ...oh, and a cocktail.

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



Gulf Winds Triathletes
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