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**MONTHLY MEETING - MONDAY, September 18th, 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**

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## WHAT IS IN THIS MONTH'S NEWSLETTER?

THIS MONTH'S SPEAKERS - RICK ASHTON & KIM ORTLOFF

UPCOMING EVENT: GARMIN REP PRESENTATION AT HIGHER GROUND!

TRAINING & CONTACT INFORMATION

GRAND PRIX UPDATE

TRIATHLETE SPOTLIGHT - FRAN BRIDGES & WALTER CLEMENCE

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## This Month's Speakers:

**RICK ASHTON  
&  
KIM ORTLOFF**

### ***STORIES FROM THE TOUR DIVIDE***

Join us to hear Rick and Kim share their stories of the great bike trek they made which carried from Canada down through the United States and ended in Mexico.



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, September 18, 2017**). Please join us at **6:30 pm** for the Social portion of the evening with our speaker beginning at **7:00 pm**.

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### **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!



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### **Gulf Winds Triathletes Training and Contact Information:**

**Triathlon Events:** Gulf Winds Triathletes Board of Directors, [info@gulfwindstri.com](mailto: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>.

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## **GRAND PRIX UPDATE**

The Grand Prix standings are currently updated through the Beach Blast II Sprint Triathlon thanks to our own John Sivyer! You can access those results by clicking [HERE](#).

The next Grand Prix event is the Ironman 70.3 Augusta in Augusta, GA on September 24.

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## **TRIATHLETE SPOTLIGHT**

### **FRAN BRIDGES & WALTER CLEMENCE**

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## ***FRAN BRIDGES***

I am a long time Tallahasseean. I came here for school at FSU in 1978 and never left. I love adventure. My favorite saying is "Attitude is the difference between ordeal and adventure" (unknown). My wife and I have 2 amazing kids, Zachary 24 and Anna 20. Being their Moms has been the best adventure of all and they have said on many occasions that participating in races and triathlon are some of their best memories. I am grateful for all the wonderful people we have met through GWTC.



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**Name:** Fran Bridges

**Age:** 57

**Current occupation:** Nurse Practitioner

**Previous occupation:** Systems and Network Administrator at FSU

**Dream occupation:** Mom

**If money were no object, what would you do:** Travel to as many races around the country that I can get to volunteer

**Favorite non-triathlon hobby:** Spending time with family

**Favorite indulgence:** Frozen Yogurt

**Favorite book, TV show or movie:** I love any book about running or triathlon. Chrissie Wellington's book A Life Without Limits. I also love any book by Tana French

**How long have you been doing triathlon:** First one was in 2013 Tri the Rez

**Why do you participate in triathlon:** I love the challenge. Striving for something that I think is very hard to reach drives me to keep at it. I like showing my kids that if you work hard enough then you can do anything

**Share something others don't know about you:** I am a musician. I put myself through school playing in bar bands. I really got started running when I played music with Tom Sexton, an old GWTC competitive runner. We were the band at Springtime for a few years in the eighties and I loved seeing all the runners and thought I want to do that too.

**What events/distances do you train for:** Currently Half Iron

**What are your current goals:** Complete Augusta 70.3 and then start training all over again to do it even better

**What is your favorite race and why:** GWTC half marathon in 2014- I got to run it with my 2 amazing kids who inspire me everyday

**What hydration and nutrition products do you use:** I use gatorade, Nuun, and honey stingers.

**What is some of your favorite gear (wetsuit, goggles, bike, hydration system, shoes, etc.):** I love my bike! Specialized Alias

**What training resources do you recommend:** Jeff and Annie Bowman!! All the GWTC training groups

**What advice do you have for anyone beginning triathlons:** You can do more than you think you can. Try it and just keep at it.

**What is your proudest triathlon or competitive moment:** Marine Corps Marathon

**What, in triathlon, do you wish you could improve the most: the bike.** I am slow and steady now but hope to get to a point where I can at least maintain 16-18 mph and do my first century

**What is your idea of a perfect day:** Beach time with my wife and kids

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**WALTER CLEMENCE**

I grew up swimming and playing team sports. I always saw running as a punishment and never enjoyed it. After getting married at Disney my wife and I decided to use runDisney events as a way to get into shape while having another excuse to visit the parks. I quickly realized that the longer the runs, the more fun I had. Since then, I have completed 12 marathons, 1 ultra, and countless other races. I have also competed the runDisney Dopey Challenge the last 4 years. Two years ago my wife purchased me a bike and signed me up for a sprint triathlon. Triathlon training has reminded me how much I enjoy open water swimming. So if you know of triathlons with really cool swim, let me know.



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**Name:** Walter Clemence

**Age:** 35

**Current occupation:** Policy Analyst, Florida Office of Energy

**Previous occupation:** Regulatory Analyst, Florida Public Service Commission

**Dream occupation:** Not sure of the title, but I would love Bart Yasso's old job.

**If money were no object, what would you do:** Purchase a RV and travel the county running races.

**Favorite indulgence:** Craft Beer

**Favorite book, TV show or movie:** Game of Thrones and The Walking Dead

**How long have you been doing triathlon:** Next month will be 2 years.

**Why do you participate in triathlon?:** Because I came home one day to find out that my wife had purchased me a bike.

**Share something others don't know about you:** I have lost about 85 lbs. over the last 5 years.

**What events/distances do you train for:** Sprint Triathlons, and races from 5ks to Marathons.

**What are your current goals:** Get on the bike more.

**What is your favorite race and why:** The next one. It's always a good idea to look forward to the next race.

**What training resources do you recommend:** The general body of knowledge held by some of our club members. What advice do you have for anyone beginning triathlons: Just get out there; you don't need tons of stuff.

**What is your proudest triathlon or competitive moment:** Watching my wife complete her first triathlon.

**What, in triathlon, do you wish you could improve the most:** The bike.

**What is your idea of a perfect day:** A nice long day of hiking with the wife and pups, then a great home cooked meal, followed by an evening of "cross-training".

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**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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