

EYE ON TRI

January/February

Volume 1, Issue 1

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the Blue Angel
Marathon

TRANSITION AREA

*By Ronnie Tibbs
With the club now
official I would
like to thank all of
the "charter"
members who had
faith in our ability
to get this club off
the ground.
Without "you" this
club would not
have happened.
Charter
membership will
have it's perks.
That's my
commitment to
you!*

*We are now a club
of over 70 strong.
To the best of my
knowledge that is
the largest
multisport club of
it's kind in
Northwest,
Florida. The 2000
race season will
have many
organized events
for the club to
participate in,
from the local tri
circuit to socials
and group
training. Hey
we're even looking
at road trips!!!
Any suggestions?*

*Along with the
thanks to our
charters members
a special thank you
to Suzi Lyons and
Jack Williams
(owner) of Seville*

(continued page 5)

A Bit Of Luck! By Charles Knight



Michellie Jones and Charlie Knight at
Seville Quarter.

I suppose we have all heard the phrase, "the luck of the Irish". In truth, I am neither Irish nor ordinarily lucky, but on Thursday December 9th all this changed... not being Irish but finally being lucky. Ronnie Tibbs, our illustrious President, called and informed me that he was hosting a little get together at Seville Quarter and wanted Ann and I to attend. He had a special

surprise that he had somehow finagled and had invited several others to attend this event. I really wish I had just some of Ronnie's energy and his

but in the excitement of her presence, I all but forgot about it. Thank goodness, the conversation just proceeded along naturally like four good friends meeting and having a good time. In between Michellie eating those wonderful oysters at Seville Quarter, I did manage to glean enough out of our conversation that I think will be interesting to you. First, she really loves oysters and second she is from Sydney, Australia but is living and training in Carlsbad, California. She has a very pleasant Aussie accent, nothing like the crocodile hunter on TV. Her age is 30, but she looks much younger. She is married to Pete Coulson, another Aussie, who is her trainer,

coach, manager, cook, agent and a couple other things that we cannot get into. They have three miniature Dobermans which they consider their children, (she has the pictures in her wallet to prove it.) Michellie began her athletic interest about her junior year in high school on the cross-country team and this continued until about 1988 when she developed an interest in multisport events. There is a rugged, competitive strain that runs in Australian genes that produces some of the world's best athletes that is obvious in some of the extreme events that are held down under each year. The five best women Triathletes

little brain cells that are going 100% all of the time. How he manages to stay up on all the things he accomplishes is a real mystery, but he does. Anyway, Ann and I showed up at Seville at the anointed time and then Ronnie makes his appearance and tells us that we are having a couple hours with Michellie Jones and that she would be there shortly. This is where the luck thing comes in, Michellie did show up and the other invited persons did not. I know this sounds rather selfish, but can you imagine being on a one on three with the very best Triathlete in the world? Moreover, what a lovely and completely normal person Michellie is. She is about 5'10", blonde, slim and trim and I would put her on a scale of one to ten at somewhere around nine and one half in the beauty department. Ronnie asked me to take a few notes and come up with a few questions to write an article,

in the World are Australian and I asked Michellie how she felt about being included in that group. She let me know immediately that she was ranked number one in the world and the other four fell somewhere in the 2 to 5 category. This was just a matter of fact statement and I was impressed. The five know each other, train, compete, and are all friends. Australia is a big country but has a small population that makes it easy to know all the competition very well as opposed to the United States. Since she is an Olympic and sprint distance competitor, I asked if she had any ambition to

A Bit of Luck (continued)

compete in an ironman and her answer was a resounding No. She is extremely proud of the fact that the Olympic 2000 games are to be held in her country and in her city of Sydney as well as most other Aussies are. She is also excited and thrilled that she will be competing in the Olympic Games in front of her home town since the Triathlon makes it debut there in those 2000 games. The tickets for that venue have been sold out for months. The best female triathletes are in that mid 30's age group and when asked if she felt she was getting stronger as she got older her answer was a definitive yes, although it's hard for me to understand how you can be better than the best. She has consistently won all the major triathlons in that Olympic and sprint distance. She won St. Anthony's 5 years in a row, went to World's last year and has won world's several times, has won Mrs. T's in Chicago, one of the largest triathlons in the United States, several times. She indicated that Mrs. T's was probably her favorite event. Oh! Yes, her



Pictured above Michellie Jones, Jack and Scott

reason for being in Pensacola is that **Sterling Fiber Co.** located in Pace, FL is one of her sponsors. Until now I had never heard of the company, but they manufacture athletic apparel and their sport socks are the very best, according to Ann. Reebok is another of her sponsors and those companies are very fortunate to have someone as lovely and gracious and a superb role model as she is. One thing that really impressed me was the fact that she was just as responsive to me, just being an event coordinator, as she was to Ann and Ronnie as triathletes. So there you have what I consider to be my lucky day. I had planned to make a trip to Biloxi sometime over the

holidays, but I think I used up all my luck Thursday night. Michellie is in the process of getting a web site on line. www.michelliejones.com so get it up and check it out. It is really a shame that she is leaving before our first TriGulfcoast meeting Sunday because she would be terrific as our first celebrity guest...guess you guys aren't as lucky as me.

Charlie



1999/2000 Board Members

President	Ronnie Tibbs (850)435-5000
Vice President	Clayton Tillery
Secretary	Pat Letson
Treasurer	Jane Malin
Board Member	Tom Henderson
Board Member	Jake Renfroe
Board Member	Ann Knight (850)434-1922
Board Member	Jay Yanovich

Triathlon in the Bahamas? *That's right mon!*

Any interest in doing a sprint triathlon in the Abacos? Marsh Harbor a small island located in the Bahamas hosts a great triathlon on Labor Day weekend. It a great getaway, with group discounts available (very inexpensive). If enough club members are interested I will pursue this race.



Santa Rosa Island Triathlon 2000

BY
Ann Knight

How exciting to start a new century with a new Tri Club and Newsletter. Ronnie Tibbs deserves a pat on the back for getting this off the ground. The new Club organization and the enthusiastic response from the area Triathletes, prompted me to request separation from the SRIA and to have the triathlon become the major event of the new Club.

At present, after several meetings with Monte Blews and members of the SRIA Staff, we are mutually working on the separation. The SRIA has been extremely pleased with the organization and success of the SRI-TRI these past four years and they will continue to support us in the role of a major sponsor. Four Thousand Five Hundred dollars has been budgeted for our 2000 event that will be held October 7th. Having the SRIA handle all the moneys and bill paying has not been the ideal situation for either the SRIA or SRI-TRI. Jane Malin, who is the accounts payable employee with the SRIA and has been a triathlon volunteer the past 4 years, has agreed to become our first Club treasurer as well as the bookkeeper for the SRITRI. With her expertise in the financial department of the SRIA and her interest in TRI Gulf Coast and the SRI-TRI, we could not have come up with a more desirable person for this job. We are fortunate to get off to a good start thanks to Jane's work in getting our accounts set up and applying for our nonprofit status. I am scheduled to appear at the January 12
(continued on page 6)

Am I a triathlete?

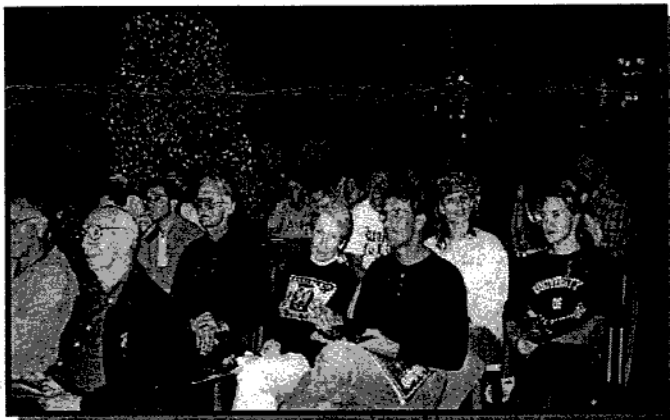
By Tom Henderson

If you've never done one, the word "triathlon" probably brings a certain image to mind; namely the Ironman in Hawaii. In this race, seemingly crazy super human jump in the water and swim 2.4 miles, which warms them up for a 112 mile bike ride, after which they jog a leisurely 26.2 mile marathon. This is not

**Our club to host aid station at
Blue Angel Marathon
Let's show'em who we are!**

**Our club is currently looking for volunteers
to work a water station to promote TRI Gulf
Coast at the upcoming Blue Angel
Marathon. We need 6 to 8 club members
for two hour shifts beginning at 7:30 a.m.
If you would like more information call
Lauri Wirth at (850)934-5916**

Club members enjoy viewing the SRI Tri Video at Seville



something that you may picture yourself doing, or ever wanting to do.

But while the ironman length races do represent an incredible accomplishment and are the ultimate goal of many triathletes, the sport includes many races that may be well within your reach. You see, triathlon is about completing all three sports in a row, no matter what the distance. Many races are tailor made for first timers, and some (like the SRI Tri) even have training groups to help you prepare. If you've ever wondered if there

might be a triathlete lurking in

side you, the answer is probably "YES!" and with a little training, you may find yourself at the starting line in a race this season.

Different soon-to-be triathletes come from different backgrounds, and because of that, they worry about different things when considering their first race. We'll look at each part of the event, and tell you what you can do to prepare yourself. But first, let's look at the basics. Let's assume you're looking at becoming a triathlete in 2000.

Am I a Triathlete? (continued)

Unless you are overly ambitious, you'll probably want your first race to be a sprint race. These races typically have a 400-600 yard swim, 14-20 mile bike, and a 3-4 mile run. Each of these events by itself is relatively easy for someone who is active in that particular sport. Every triathlete has an event they are best at and an event they wish they were better at. As a beginner, you probably feel more comfortable with one of the three than you do with the others. That's OK, and even after you've done a few races, you'll still have a favorite event, although you may surprise yourself after training and have a new favorite!

For your first race, assess your strengths and weaknesses, and spend some extra time on the areas you need most work in. If you have a running background and ride your bike frequently, you may need to spend extra time to make sure you are comfortable in the water. A swimmer may want to spend more time building running endurance. Whatever your strengths or weaknesses are, these important tips apply to your

race with more confidence and more energy left over for the rest of the race. For an open water swim, you'll want to be comfortable doing freestyle, and it's not a bad idea to be ready to do breast stroke in case you need to get your bearings or change your pace. If you don't know these strokes well, you may want to consider an adult swimming course at PJC, UWF, or a local pool. By April, you can start swimming with a masters group. These swims are usually coached, and it's here that you'll become more efficient and confident in

first tri:

Have fun! The objective is to train enough so that you are able to enjoy your first Tri. You want that picture of you crossing the finish line to feature a big, stupid grin that says "look ma, I did a triathlon!" Be ready on race day. People who sign up for a tri without preparing for it probably won't enjoy the experience. Worse yet, they may injure themselves or fail to finish. Ignore the clock. Pace yourself and enjoy your first race. Give yourself an easy time to beat on your next race.

Now, let's assume you've made it this far through the article because you want to go for it. You've made your new years' resolution "Become a triathlete." There are plenty of sprint distance races in the Pensacola area you can train for. The earliest is in April, the last is in late October. Currently the Santa Rosa Island Triathlon (Oct 7th) is the only one with a dedicated training group to prepare you

the water. Whatever you do, please DON'T TRAIN ALONE! Make sure that someone is around to help you or to get help if you should have a cramp or get into any kind of trouble. By the time the training group starts in July, you'll want to be able to swim 400-500 yards without stopping. Don't worry about speed at his point, the key is to be comfortable in the water.

After the swim comes the bike. If you've ever come out to watch a local race, you probably saw some very

for the race. If you're already in great shape and proficient in all three sports, you may want to go for one of the earlier races. Watch our newsletter and web site for a calendar of events. If you want to take a more conservative approach, the Mere Mortals training group is just right for you. Starting in July, the group will work on each event in increasing distance and intensity, eventually building up to a full training run on the same course you'll run on race day. Between now and July, you can make sure you are ready for the training group.

Let's talk about each event and what you may want to do to be ready for your first sprint race. The first event in a triathlon is the swim. If you already have a swimming background, congratulations; you're already prepared for the part of the race that most new triathletes worry the most about. If you haven't done much swimming, some training before the season starts will help you to complete this portion of the

expensive and exotic bikes zipping along the course. While these bikes do offer advantages in weight and aerodynamics, they are by no means a requirement for your first race. The SRI Tri transition area has seen a lot of mountain bikes and beach cruisers, and almost any safe bike is legal for a triathlon. The Ideal first tri bike will have gears to help you compensate for hills and headwinds and thinner, smooth street tires. If you don't have a helmet, get one. You won't be allowed to race

**WIN
AN
ENTRY
TO
GULF
COAST
IN
MAY!**

*That's right!
Thanks to Shelly and the fine folks at GULF COAST TRI-ATHLON you can win a complement ary entry into the May 13, 2000 race in Panama City. All you have to do is be present at the Feb. 6th social at Seville Quarter. Or call Kammi Tibbs at (850)934-*

(continued from page 4) without it, and it wouldn't make sense to train without one when you'll be wearing one on race day. You'll look much more fashionable in a helmet than you will after a major head injury resulting from the lack of one.

Start with short distances on lightly traveled roads. Get used to riding in a straight line with a steady pedal stroke. Once you're comfortable on the bike, you can start adding distance. By July, you'll want to be able to ride around 15 miles. Once again, don't worry too much about speed.

The final event in a tri is the run. Well, OK, the final event is the post-race party, but we're talking about the official part of the race! If you've never done any running, you may want to start with a few weeks of brisk walking, and then start mixing it up with a walk-run until you can run a mile non-stop. Probably the most important equipment you'll need for a run is a quality pair of running shoes. Find a shoe store that is willing to spend time helping you pick a pair that's right for your feet and running style. If you're new to running and want the positive feedback that an enthusiastic group of runners can provide, you may want to hook up with the Pensacola Runners Association (• [HYPERLINK "www.pensacolarunners.com"](http://www.pensacolarunners.com) • www.pensacolarunners.com •). They also have a calendar of events from which you might choose a race to train for. By July, you should be able to run a 5k race at a comfortable pace.

Remember, the goal is to become comfortable at each of the three events. You do not have to set an Olympic record, just be comfortable in each sport. If you still need work in one of the events in July, the training group will provide a perfect opportunity. You'll also learn how to start putting all of the events together and how to transition from one to the next. Also, it's always a good idea to check in with your doctor before starting a new exercise program.

If you take your time and prepare yourself properly, you'll have a much more fulfilling experience in your first race. You may even find that you've caught the tri bug! Who knows, maybe you'll decide that Ironman thing isn't so crazy after all! See you at the race!

Transition Area (continued)

Quarter. Both Jack and Suzi are great hosts. Next time you are downtown take a minute to stop in and tell them how much we appreciate them.. Or even better try lunch or dinner at Seville. They have a couple of great restaurants.

Finally, several weeks ago a few of our club members had the privilege of entertaining Michellie Jones who was in town to represent one of her sponsors (Sterling Fibers located in Pace, Florida). Michellie is the number one ranked woman in the world for our sport. If you are not from this planet and don't know who she is, just open any Triathlete or Inside Triathlon magazine and you'll find her picture and usually an article detailing her latest accomplishments. She is truly a great spokesperson for our sport. Her personality and charm are a perfect match with her World Triathlon ranking. With her "abilities" I'm sure we'll see Michellie at the 2000 Olympics in her home country of Australia. With a little "luck" maybe she can attend one of our club functions. Abilities and luck, two things triathletes admire and wish for.

Look for TRI Gulf Coast at the Blue Angel Marathon in Feb.

Until then..... Race Hard!

Race Fair!

Have Fun! Ronnie

Could this be our next relay team?

"Tri Gulf Coast members Clay Tillery, Chris Hickman and Tom Henderson talk shop at charter meeting."



Santa Rosa Island TRI 2000 (continued from page 3)

donation of our proceeds be made to the Pensacola Beach School for playground equipment and a \$1,000 donation for 2 additional road bikes for our Sheriff's Deputies at the Beach substation. I will also request that any remaining moneys be granted to the SRI-TRI for seed money for the 2000 event. I will continue as the race director and Charlie will continue in his role as event-coordinator and hopefully, our present Committee Members will stay on board to make our fifth SRI-TRI the best ever. We will have the Gulf Swim, the 18 mile bike ride east toward Navarre and the 3.1 mile run through the beach neighborhood. This is the year we get it accomplished as planned!

We will be contacting our sponsors for their continued support and will be searching for new sponsors very soon after January 1. Charlie has a packet ready to mail to any person or company that might have an interest in supporting our efforts. If you have any one in mind that might be willing to join with us, please give Charlie a call. We plan to continue our Elite category with money prizes and this year will go five deep (same as age groups).

The first batch of videos has been delivered and if you haven't seen it, you are missing a treat. Noel did a tremendous job for us and we are very pleased with his effort. They are still available at \$15.00 plus tax if you pick up at my home or we can mail it priority mail for 3.20 additional. You can call me at 434-1922 for your copy. The video will be shown on the big screen at Bamboo Willie's during our pasta dinner at Hooters next October.

We are currently working on the entry form for the web page and the general update with Tom Henderson, our web master so you should see our new web page the middle of January. We currently have both the Club and SRITRI on the one site but very soon the Club will have it's own web site. If anyone has any questions about any of the above please give me a call and I will try to answer them all.



is now on the Web.....
For the best information about training,
racing or social events for area triathletes.
Swim, bike or log on to **WWW.**
trigulfcoast@pcola.org

Attention Club Members!!!!

Mark your calendar

Gulf Coast Triathlon is right around the corner. This is a great triathlon to participate in or just drive over and spectate (great expo... largest in the area).

Gulf Coast is a Half Ironman distance race (1.2 mi. swim/56 mi bike/13.2 mi run). The club is forming a training group for those interested in training for this event (see training schedules). Hotels fill up early so make your reservations soon!

Anyone looking for relay partners can call Ann Knight (850)434-1922 for information.

The First Wave...

By Tom Henderson

You know that feeling you have in the final minutes before a race starts? It's a mixture of excitement about starting on a new adventure, nervousness about how well prepared you are for it, and curiosity about how the day will unfold. That's how we felt about the inaugural meeting of Tri Gulf Coast. We were all excited about getting the area's triathletes together and helping the sport flourish. We were hopeful that others were as enthusiastic about the sport as we are, and wanted to share training tips, race info, and experiences. We were nervous about what the turnout would be, and if everyone would see the same opportunities and benefits in a club that we did.

In a race, the trepidation you feel in the final seconds before the gun goes off is quickly washed away with the joy of plunging headlong into another great event. In the midst of the struggle to do well in the race, we are soothed by the rewards of simply being part of such a unique sport. It turns out that this "first wave" of Tri Gulf Coast's existence was similarly rewarding. Yes, there are lots of other folks out there who have the Tri bug as bad as we do. As a matter of fact, about 45 of them were crowded into the room. During the social hour, conversations buzzed throughout the crowd. Races were reviewed, training partners found, and enthusiasm filled the air.

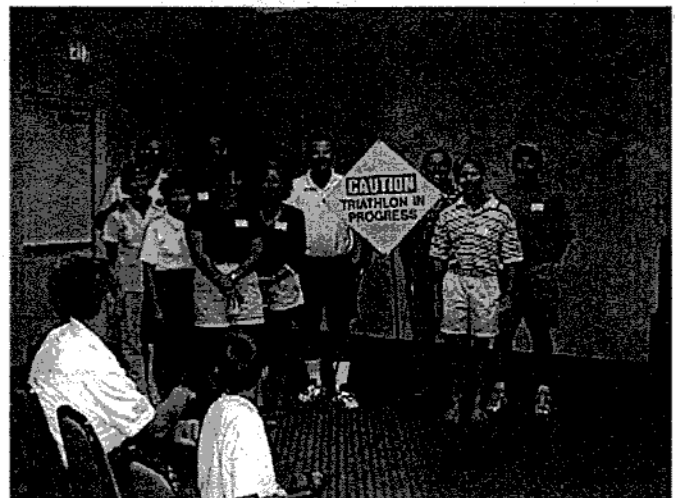
Ronnie Tibbs kicked off the official portion of the meeting, introducing the board members of the proposed club and explaining our basic goals. Since it seemed clear that we all shared an interest in forming the club, the floor was opened to suggestions, and surveys were also passed out. The information gathered from this and future surveys will help us insure that we're staying on course with the needs and hopes of our members. Ann Knight also took the podium and shared her report of yet another exciting year of directing the Santa Rosa Island Triathlon. Once again, the race faced last minute challenges, and not only survived, but thrived and grew for the fourth straight year. When asked about changing the format of next years event, Ann replied "Maybe some day we'll consider making changes, but first, I want to put on a race exactly the way we planned it, with a swim in the Gulf of Mexico and no last minute course alterations." She added that SRI Tri and other events in the area will benefit from an organized club in the area that can help get information out about area races and provide feedback that will help improve event quality.

By the end of the evening, we knew we were on the right track. Since then, we've formed an official club, surpassed the 60 member mark, held our first official meeting, launched a web site, and the number one ranked Olympic distance female triathlete in the world has joined our club! Not bad for the first wave! You can be sure there will be many challenges and adventures ahead for us, and we're depending on you, our charter members, to help make it a great race. Good luck, and we'll see you at the next meeting!



Future member hear the details about forming Tri Gulf Coast

The board members for the first year of Tri Gulf Coast



2000 Race Calendar

If you know of an event in the area, email us (henderson@pcola.gulf.net) with the name of the race and contact information for the race director. We will only post races after the information has been confirmed with the race director.

Mulletman Triathlon - April 22 - Florida/Alabama state line on the Gulf - More info when available

Gulf Coast Triathlon - May 13th - Panama City Beach - 1.2m swim - 56m bike - 13.1m run - Phone: 850-763-0720 - Fax: 850-763-2101 - email:pweshell@aol.com

Buster Britton Triathlon - Saturday, June 10th, 2000 - Oak Mountain State Park, Birmingham, AL - 600yd Swim/16 mile Bike/3 mile Run - Phone: 205-939-8892 - Fax 205-939-8891 - E-Mail: races@team-magic.com

Mountain Lakes Triathlon - Saturday, August 12th, 2000 Guntersville Recreation Center, Guntersville, AL 600yd Swim/16.2 mile Bike/3mile Run - Phone: 205-939-8892 - Fax 205-939-8891 - E-Mail: races@team-magic.com

Rocketman Triathlon - August 27 - Huntsville, AL- 1/2m swim - 12.8m bike - 3.2m run - Phone: 256-883-7399 - email:bob.mulkey@redstone.army.mil

Santa Rosa Island Triathlon - October 7th - Pensacola Beach - 1/3m swim - 18m bike - 3.1m run - Phone: 850-434-1922 -

Member Classifieds

Selling equipment? Buying? We'll post your ad free as a member of Tri Gulf Coast! Just email the webmaster and be sure to include the text of your ad, day & evening phone numbers, and so on. If you don't want your email address listed in the ad, be sure to mention that in your email. We can even include a small picture if you send

Wanted: Quality used hybrid bike. I'm shopping for a friend who's training for her first tri! She needs a reasonably priced bike with thinner tires and gears so she won't have to fight the headwinds on a single speed beach cruiser. If you've got one collecting dust, email me at henderson@pcola.gulf.net with the info.

Cannondale 2.8 bike (58cm) for sale. 500.00 contact Ed at ebauer@students.uwf.edu

December Social Highlights...

About 60 people were on hand for the first meeting of Tri Gulf Coast, which was held on December 12 at Seville quarter. After a social hour, we kicked off the meeting with some words from our president, Ronnie Tibbs. Then we got a first-hand account of what it's like to compete in the worlds-level events of both the Triathlon and Duathlon from Medalist Scott Bullfinch. Scott shared how special these events are, and noted that very few other sports do such a good job of recognizing the accomplishments of athletes at all levels, from pros to age groupers. Then we got the first look at the Video that was produced of the Santa Rosa Island Triathlon. This high quality 32 minute video featured scenes from the front, middle, and back of the pack in the race held on Pensacola Beach in October.



Guest speaker: Worlds medalist Scott Bullfinch shares his experiences with Tri Gulf Coast members at the December social. Our host for this meeting was Seville Quarter.



Join Today

"You'll never know until you Tri"

**TRI GULF COAST
Membership Application Form**

First Name	Last Name	Age	Birthdate	
Address		City	State	Zip
Home Phone	Business Phone		USAT Number	
E-mail Address		Fax Number		

Check one Annual individual (\$15.00)
 Annual family (\$20.00) List family members with birthdates

I agree to abide by all decisions made by the club and its board. I understand and assume all risks associated while participating in all club sponsored events. I will not participate unless I am medically fit and properly trained. Having read this waiver and knowing these facts and in consideration of the acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release TRI Gulf Coast and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

Signature _____ (if under 18 parent signature) _____
Date _____

Mali to : Tri Gulf Coast
1137 Tiger Trace Blvd.
Gulf Breeze, Fl. 32561

TRAINING HOTLINES

RUNNING by Jay Yanovich

Hey Triathletes! Looking for a run? Want to explore new training courses? Don't know anyone? Call Jay Yanovich at the Navy Wellness Center, Corry Station 5:00AM til Noon M-F

The Breeze Bunch meets every Sunday morning at Shoreline Park South, Gulf breeze. This group toes it up at 6:30 AM and you'll find a partner for any distance. What started as a Blue Angel Marathon training group six years ago, has evolved into a year round cadre of trainers working with all levels of runners. What makes ***The Breeze Bunch*** run convenient is they have water, toilets (not portajohns), showers, pavilions, parking. Oh did I say Toilets? Give it a try and come run (fast or slow) with the big dogs!

Ever try trail running? On most Wednesday afternoons you'll find a group hitting the trails at UWF for 6 to 8 miles at a comfortable pace. Trails are an excellent cross training tool. The terrain requires greater concentration, challenging to the foot muscles, higher intensity without the pounding, terrific hill training in an otherwise flat-land and oohhhh ssooo good for the soul. Call the hotline to confirm your reservation.

Interested in a half-marathon distance? How about a full marathon? Dreaming of an ULTRA? Want to avoid those nagging training injuries? Looking to elevate your training regimen? Needing a nutrition lifestyle change to enhance your performance? Confused about the latest and greatest running shoes? Can't decide what to put on your horizon? Collectively TRI GULF COAST has the answers to so many of your questions. Hook up with a training partner. Better yet.... come meet your fellow athletes at the next social.

BIKING By Clayton Tillery

OK cyclist pump up your tires.....put on your gloves.....and get ready to roll!
There are many great rides going on for those who brave the winter weather.
Call Clayton Tillery for more details at 944-5457

The West Florida Wheelman do Sunday rides of varying distances and speeds. Put up your Wheelman schedule at Alpine bikes in Gulf Breeze. Once time changes Tuesday evening at Ellyson field are the place for Crit-training. Wednesday's at 5:00PM at Gordon Vannoy's for the fast pack ride (avg. 24 mph+). And then at 6:00 PM a social ride takes place.

Beginning in January the **BIKE SHOP (Alpine bikes) to BIKE SHOP (Truly Spokin')** starts. This ride will start at Alpine Bikes in Gulf Breeze7:00 AM Sharp. This ride is for any speed and winds down through Tiger Point, across the Garson Point Bridge and down scenic Hwy 192 to Truly Spokin' in Milton. I'm sure Russ, Victor and Shelly will have something for the bikers. Watch the web site details coming soon!

The Quietwater Beach Bunch rides every Thursday at 9:30 AM. The ride leaves from quietwater beach parking lot and goes various distances. Call Ann Knight for more details 434-1922 .

Coming Next Issue Swimming Hotline.....

WELCOME TRI GULF COAST "CHARTER" MEMBERS !

BRIAN BAILEY	MICHELLIE JONES	JASON AND EMILY SMITH
ED AND AGGIE BAUER	RYAN LAPORTE	MARK SOREL
RUSSELL BENNETT	DAVID AND CHERYL LAUER	ERICH STARN
MARY BISMARCK	BUD LAWRENCE	STACY TRAHAN
JEANNE BLACK	NORB AND CAROL LECK-BAND	TAMMY TROMMELEN
BRUCE BRASETH	BETH LEDBETTER	DANNY TURNER
SCOTT BULFINCH	SHAUN LELAND	JANE WILKINS
LAURA BURKE	BILLIE MADERO	TERRILL WELLER
BRENDAN BURKS	JEANIE MERRITT	GLENN WINDAM
ANITA BYRD	FRITZ AND SANDY MILLER	RICK AND LAURI WIRTH
STEVE CAMPBELL	KERI MORTON	RAY YARBROUGH
DAVID CARR	MICHELLE NEWELL	MIKE GREEN
RUEN CASTILLO	HILARY NICESWANGER	RONNIE AND KAMMI TIBBS
SANDY COLE	KAREN AND JOE PACE	CHARLIE AND ANN KNIGHT
JULIE CONDON	ANN PAPADELIAS	PAT LETSON
NANCY DELANEY	JAMES PICARDI	JAY YANOVICH
ROBERT DE VARONA	LAN REPINSKI	TOM HENDERSON
SARAH DORROUGH	FAYE AND JOE ROSEN-BAUM	JAKE REFROE
MARY DUNNE	HELEN RUCKSTUHL	JANE MALIN
SHERI GALVIN	TED AND GRACE RUCK-STUHL	CLAYTON TILLERY
PAT GARVEY	PAUL SHERWOOD	
RITA GEDNEY		
GIL GORDON		
DAVID HANLEY		
CHRIS HICKMAN		
JAMES HOPMEIR		
NORMAN HYDUK		

TRI GULF COAST NEXT SOCIAL IS SCHEDULED FOR
FEBRUARY 6TH AT 5:00 PM AT SEVILLE QUARTER.

DOOR PRIZES...GUEST SPEAKER...GULF COAST TRIATHLON
VIDEO...FUN...FUN...FUN....DETAILS TO FOLLOW!!!!!!



Tri Gulf Coast

TRI GULF COAST
1137 TIGER TRACE BLVD.
GULF BREEZE, FLORIDA

JAN 24
2000



TOM HENDERSON
3044 RANCHETTE SQUARE
GULF BREEZE, FL 32561

YOU'LL NEVER KNOW UNTIL YOU TRI