



TRIGULFCOAST
MULTISPORT ATHLETES

JOIN! TGC

YOUTH RACES

NEWSLETTERS

MERE
MORTALS

CALENDAR

CONTACT

26 February 2016

Greetings!

The newsletter this month is PACKED with information, so I'll keep this short.

We have a number of events in March, and I hope you'll join us for one, if not all, of them:

Group Run
Maritime De Luna Youth Duathlon
Spring Social
Inaugural Triple Threat
Xterra Wetsuit Test Drive
Group Ride

That's something every weekend! You can read more about each event below.

We look forward to seeing you out and about.

Yours in Triathlon,
The TGC Board

Like us on **Facebook** 

2016 Maritime De Luna Youth Duathlon

Tri Gulf Coast (TGC) is proud to offer the 2016 Youth Multisport Series. The Maritime De Luna Youth Duathlon will take place on 13 March 2016. This is a fun youth event with two course distances.

Youth events are important in our community not only for the love of the sport but to encourage our youth to be healthy and to improve academic achievement. By having youth events in our area we are encouraging our youth to work hard, build relationships, and persevere through tough

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TGC Sponsors & Supporters

Tri Gulf Coast events would not be possible without these supporters.

Please remember to show your appreciation by considering their products and services.



OFFICIAL CLUB

challenges.

It takes a crew of volunteers to put on this premier youth event. We are encouraging TGC members to help out in any way possible!

If you would like to volunteer or know someone who would like to be involved, click below.

If you know a potential participant, please pass along the information.

For more information please click here:

[Maritime De Luna Youth Duathlon](#)



Team USA Paratriathlon Swim Camp Recap by Coach John Murray

Last month I had the honor, along with Coach Mark and Coach Wes Johnson, to oversee eleven Team USA Paratriathletes as they participated in the 3rd annual Team USA High Performance Swimming Camp.

The general plan for the camp was to offer a considerable amount of pool time, swim video analysis, individualized feedback, goal setting for this Paralympic year, as well as other important offerings. Needless to say we stayed very busy.

The swimming added up to over 20 miles in 5 days. Although much of the swimming involved stroke technique work and sub-threshold efforts there was also some demand for finding the limits of each athletes' swimming performance. What we witness at these High Performance camps is an overwhelming "can do" attitude with each athlete. There is never a whimper or complaint regarding the amount of yardage or the taxing intervals. These are our country's best paratriathletes with sights set on Rio.



Free phone consultations



\$6 Daily Meal Deal

6" Sub-of-the-Day, Chips, and Drink



15% discount for any new treatment or service



Two free workouts and 50% OFF for the unlimited rate of \$120/month for CrossFit classes as well as our youth



One of the highlights of the camp this year was a productive Open Water simulation workout. Coach Wes of Balanced Art Multisport led this. We used half of the huge Olympic Training Center pool with buoys placed to create a course. Athletes practiced sighting, drafting, close quarters swimming and winning strategies. The confidence built during these sessions is essential for the ITU races.

The take-away for the athletes will be to use the skills and techniques learned at the camp to fine tune their training and racing for the important 2016 race season.

Some of the athletes have secured their spot for Rio and the others are laser-focused on racing well over the next few months to get one of the few remaining and coveted slots to the Paralympics.



~ Coach John

GROUP TRAINING:

Group Run:

- March 6 (Sunday)
- **Pensacola Beach** - Casino Beach Parking Lot
- 8:00 AM laced up and moving

Group Ride:

- March 20 (Sunday)
- Pensacola Beach - Casino Beach Parking Lot
- 8:00 AM roll out

performance training program.



- 10% off pool care supplies
- \$50 off Primo/Bull Grills
- \$150 off @home hot tubs
- \$500 off new pool installation



Tri the Island Debuts In April

The Santa Rosa Island Triathlon Board of Directors has planned for some time to put on a new race that would appeal to both first-time triathletes and also to our experienced multi-sport athletes. We have wanted to produce



a quality event on Pensacola Beach that was very reasonably priced and that would encourage newcomers to try our sport. We also wanted to afford triathlon veterans an early-season opportunity to gauge their fitness as they raced "full out" in a fun environment.

We're very pleased to announce that vision is now a reality with the inaugural edition of our Tri The Island triathlon coming on April 23rd. The distances are not daunting with a 300 yard swim in Santa Rosa Sound, a 10 mile bike leg to Park East and a two-mile run into the scenic Pensacola Beach neighborhoods. As usual, safety will be the top priority for the event.



We are providing quality race shirts, a professionally-managed event, expert timing and an awesome finishers' medal. The awards ceremony will feature great food and refreshments as well as a few extras that we're securing as we prepare for this event. We've had fantastic registration numbers so far for a first-time event and we look forward to seeing all the Tri Gulf Coast members racing in or supporting our new triathlon. All the details and the registration link are at www.santarosaislandtriathlon.com.



Code T-GCT30 for 30% off
all equipment



15% off one-hour SUP rentals



10% off with code: TGCMC





Infinity Bicycles



15% off all accessories & apparel



Facebook Feed Added to the TGC Website

We have added a feed to the TGC Facebook on the website. Those of you who do not partake in Facebook can now see the content, announcements, and information without having to sign in or create a Facebook account.

This is particularly handy for notifications about Group Rides/Runs and Mere Mortals cancellations due to inclement weather, as well as race updates and community involvement.

You can view the feed at: <http://trigulfcoast.org/facebook/>

If you would like to follow us on Facebook, look here:

<https://www.facebook.com/trigulfcoast/>



Tell Your Story

Do you have a story you would like to share with your fellow TGC Triathletes?

Do you have an article you would like to have published in the Newsletter?

We're always looking for submissions.

Email your story/idea/experience to Patrick@TriGulfCoast.org.



Discount Code: C-TRIGULF

MERE MORTALS - Volunteers

The schedule is set for 2016 Mere Mortals.

Starting May 29th, we will be back on Pensacola Beach swimming, biking, and running.

Tri Gulf Coast and the Mere Mortals Program would not be possible without our GREAT Volunteers!

If you would like to Volunteer in any capacity, please be on the lookout for e-mails and Facebook posts with the link to sign-up.

Spring Social

Tri Gulf Coast and your Mere Mortals training pulls in:

Over 500 members...

Over 175 participants each training weekend...

Over 200 participants in the Member's Only Triathlon...

HOW MANY OF YOUR FELLOW TRIATHLETES DO YOU KNOW?

Meet your weekend workout buddies at The Bridge Bar for the TGC Spring Social. Find out what people look like in normal clothes without a swim cap, bicycle helmet, visor, or sunglasses. Have a beer. Have a great time with no exercise required!

We'll provide hamburgers, veggie burgers, hot dogs.

Please bring a side dish, **AND BRING A FRIEND!**

The Bar will be open for drink orders.

WE HAVE RAFFLES AND GIVEAWAYS for members including these race entries and gear:

Rock N' Fly Half Marathon

Team Magic Events

Crawfish Man Triathlon

Grandman Triathlon

Gulf Coast Half Marathon - Pensacola Beach

Santa Rosa Island Triathlon

Tri the Island Triathlon (Super Sprint)

Pensacola Beach Triathlon (Super Sprint)

TGC shirts, singlets, hats, etc.

Brooks beanies

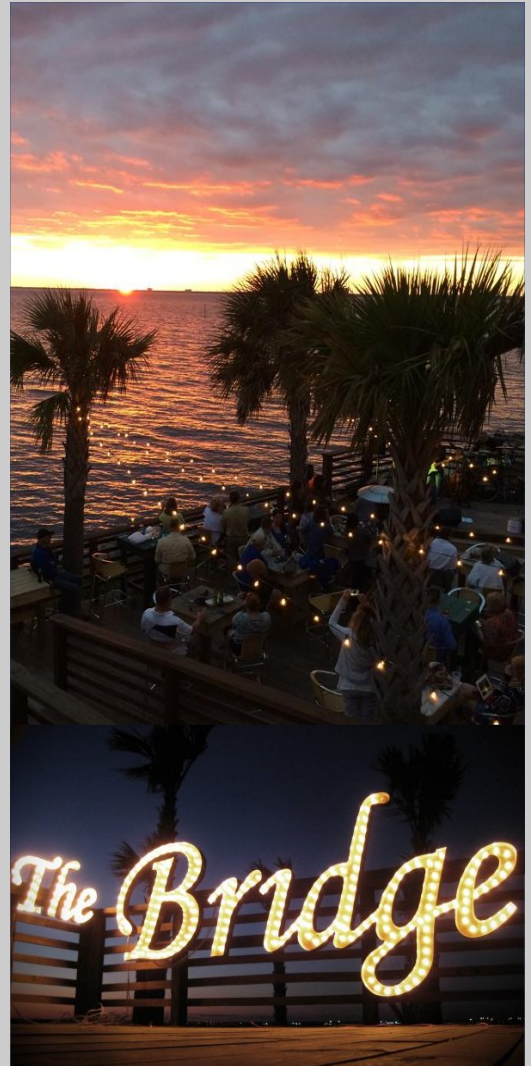
The Bridge Bar - Sunday - March 13, 2016

4:00 p.m.

LOCATED AT THE BASE OF THE THREE MILE BRIDGE

IN GULF BREEZE

33 GULF BREEZE PARKWAY 32561



Girlz Only Sunset Rides



With the time change just around the corner, the weekly Girlz Ride starts Thursday, March 17th (St. Patrick's Day).

Mark your calendars to meet at the Park West (lot just before guard station/entry to Ft. Pickens) for the first few weeks until there is more daylight.

Now is a good time to begin getting bikes ready for the road.

More details are available on the [Girlz Only Sunset Cycle Facebook Page](#)

Splash - Spin - Sprint: the Inaugural Triple Threat

(A TGC FUN Event)



Tri Gulf Coast, in its attempt to give back to our loyal members more and more each year, is planning a unique FUN event **March 27** to get everybody moving again! It's a little taste of the upcoming months of fun and/or suffering!

Come and have fun with us on March 27 at 7 a.m. for the Inaugural Triple Threat fun event. We will:

- SPLASH in the water then run on the beach 1 mile
- SPIN 10 miles along Via Deluna on our bikes
- SPRINT a short 2 mile run along the road



After the fun you can stay to try on wetsuits from Xterra and start gearing up for the upcoming season!



2016 TGC Xterra Wetsuit Test Drive

Date: March 27

Time: 8:00am - 10:00am *Following the 7:00 a.m. Triple Threat FUN Event (Splash - Spin - Sprint)

Location: Pensacola Beach Gulfside Pavilion

Who: Open to any TGC Members and their Guests

What: XTERRA hands-on trial of wetsuits, speedsuits, lava pants, and transition backpacks

Bring: Swim Cap, Goggles, Swim Attire, and/or Race Kits to feel what it is like under the wetsuit.



Are you asking yourself any of these questions...

- Do I need a wetsuit?
- What size should I purchase?
- What is the difference between a sleeveless and a full-length wetsuit?
- What is a speedsuit?
- What is the difference between the models?
- Are they all \$1,200?
- How can I expect to take the suit off so quickly when it took me ten minutes to put it on?

If so, head out to the **2016 TGC XTERRA Wetsuit Test Drive** on 03/27/16 (Sunday). XTERRA is supplying the club with a selection of wetsuits, speedsuits, and other gear to see, feel, wear, and experience in the water. This will be your only chance this year to actually try before you buy!

Additionally, the demo suits are available for purchase at a deep discount. TGC members have the opportunity to get wetsuits before the triathlon season begins.

On-site purchase is available via cash or check with wetsuits starting as low as \$89, lava pants as low as \$69, and brand new transition backpacks for \$49! **EXACT CHANGE REQUIRED IF PAYING WITH CASH.**

If you would rather ponder the purchase, you can still take advantage of club pricing by following this link: <http://xterrawetsuits.com/pages/clubs-teams-coaches>.

Use **C-TRIGULF** as your discount code at checkout when purchasing XTERRA products for significant savings on their products--up to 60% on featured wetsuits and speedsuits!

Contact: Chris Rawson at chris@superiorpestonline.com with any questions.

Board Member Spotlights

As we bring in a New Year, we also bring in new TGC Board and Committee members. Over the next few newsletters we will be introducing your 2016 Tri Gulf Coast Board. This team puts together Mere Mortals, social events, and makes sure all athletes have a great experience, including being safe, having community connections, and learning about the sport of triathlon.

Jessica

Jessica is the new TGC Secretary. Jessica did her first triathlon in 2014, participating in the Mullet Man event. Mullet Man continues to be one of Jessica's



Jessica making it look easy on her bike during SRITRI 2015

favorite races, as it kicks off her triathlon season. Jessica was in the Army for 8 years, and now is a critical care nurse. She is hopeful that 2016 will be the year of getting her "mojo back". She felt she was lacking motivation for a little while, so if you see Jessica out and about give her an extra "way to go, girl!!!"

Jim

Jim is the TGC Youth Events Chairperson. Jim is dedicated to triathlon and is always eager to get out there and give it his all. Jim says, "For me triathlon has never been about a quest to complete a long race or about winning an AG award (can't say I'm not trying though). I love the variety of training challenges inherent in triathlon and the opportunity to be out

on the road, or out on the water. There have been times when I couldn't run, or there wasn't a place to swim, or when it was cold enough I couldn't imagine getting out on a bike. But there hasn't been a time that I couldn't train for triathlon in some way and stay active and reasonably fit. That's one of the great things about triathlon."



Jim always has a friendly smile!



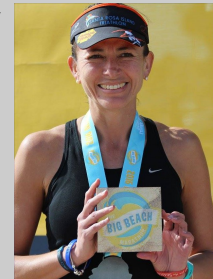
Teresa, exploring the land that time forgot

Teresa

Teresa is one of the TGC Newsletter writers. Teresa stated triathlon with the SRITRI in 2010, after becoming bored with "just" running. Teresa's favorite triathlon moment was watching her husband, and co-Newsletter writer, cross the finish line at Ironman Chattanooga in 2015. In 2016 Teresa is needing to swim, swim swim, with one of her goals being a 9 mile open water swim, she needs motivation to stay out there for the long haul.

Gaby

Gaby is one of the TCG Board Members, and she is often found organizing our social events or buying fruit for Mere Mortals mornings. Gaby loves to run at the beach, especially in the early morning when she gets to watch the sunrise.



Gaby accepting her award at 2016 Big Beach Marathon

**Pensacola Sports Annual Awards Banquet
March 16, 2016 at the New World Landing
Featuring guest speakers, Team Hoyt**

The Hoyts have competed in over 1100 athletic events in the last 37 years. They have run in 72 marathons - 32 of them being the Boston Marathon. They have also completed in 257 triathlons, 6 of them being Ironman distance events. Dick, 75, is a retired Lt. Colonel, having served in the military for 35 years. Rick, 54, is a graduate of Boston University with a degree in Special Education. Rick was born in 1962 as a spastic quadriplegic with cerebral palsy and as a non-speaking person - but despite these disabilities, Rick's mind and spirit have always been strong. His family supported his quest for independence and inclusion in community, sports, education and the workplace, culminating with his graduation from Boston University.

The event honors the finest athletes our area has to offer with 2015 Special Achievement winners, the Amateur and Professional Athletes of the Year, the new class of Hall of Fame Inductees, Volunteer of the Year and the Pensacola Sportsman of the Year.

Tickets are limited, but available to the public.



From the Desk of a Triathlete...

Too sexy for my shirt!

You just finish up a rough workout. You are sweaty, stinky, sore, and SEXY!!! That's right, exercise is listed as one of the top aphrodisiacs. Skip the oysters and hot chilies and go get your run ON!

You might be thinking to yourself, of course exercise makes some people sexy with their bulging muscles and glimmering bodies, but that's not me. IT IS YOU! It isn't just how exercise makes your body look (but trust us you look GREAT). Research shows people who exercise on a regular basis have other benefits in their sex lives.

GOOD THINGS COME
TO THOSE WHO
sweat.



1) **Attitude is everything.** Let's face it, exercise makes us feel good about ourselves and our accomplishments. Think of how you feel after crossing that finish line. You are ready to take on the WORLD! This confidence makes people more attracted to you and makes you even more attracted to yourself! Confidence has HUGE sexual appeal.

2) **Pump it up.** Exercise improves our cardiovascular system, meaning our heart is healthier and our blood is pumping smoothly. Of course healthy blood flow helps with sexual arousal and stamina.

3) **State of mind.** Exercise makes our minds more attuned to our body, our emotions, and the world around us. Exercise also makes us feel good and, let's face it, when we feel good we want to engage with our partner and they want to engage with us.



4) **On and on... and on and on.** Exercise boosts our energy levels by delivering oxygen and nutrients to our body helping to give us that energy to engage in sex.

and natural chemicals helping us sleep better, have improved moods, and manage life's stressors.

5) **Internal balance.** Exercise helps our bodies to balance hormone levels

While hill repeats or swim drills will make us better on race day, they also have potential



West Florida Wheelmen News and Upcoming Events



Real Wheelmen ride all year!

Check the [Wheelmen calendar](#) for the FULL schedule and additional rides in the area.

This list focuses on events that are within a 4-hour driving distance.

A FULL list, including national and destination races, can be found on the [TGC Calendar](#).

UPCOMING LOCAL RUNS

[Krewe Du Ya Ya's I PInk I Can Run](#) (4 miles)

Feb. 27

Flora-Bama Lounge

[Seaside Half Marathon](#)

Feb. 28

Seaside, FL

[New Orleans Rock & Roll](#) (26.2 & 13.1)

Feb. 28

New Orleans, LA

[Bay to Breakfast 8K Cross Country Challenge](#)

Mar. 5

Pensacola, FL - Big Lagoon State Park

[Bayou Hills Run](#) (5K & 10K)

Mar. 5

Pensacola, FL

[Run Pink Pensacola](#)

Mar. 6

Pensacola, FL

[McGuire's Prediction 5K](#)

Mar. 12

Pensacola, FL

[Blue Angel Rock N' Fly](#) (13.1 & 5K)

March 19

NAS Pensacola

[Azalea Trail Run 10K](#)

March 19

UPCOMING MULTISPORT EVENTS

[Maritime de Luna Du Youth Duathlon](#)

March 13

Downtown Pensacola - Maritime Park

[SRITRI Presents Tri the Island](#)

April 23

Pensacola Beach, FL

**2016 Portofino Tri Series - A Team MPI Event
Presented by Infinity Bicycles**

April 9, Saturday (7:30am Start)

**** DUATHLON ****

May 12, Thursday (6:30pm Start)

June 25, Saturday (7:00am Start)

July 23, Saturday (7:00am Start)

August 4, Thursday (6:30pm Start)

September 17, Saturday (7:00am Start)

**** ENVIE LADIES ONLY TRI ****

[Info & Registration](#)

UPCOMING CYCLING EVENTS

[Tour De Cure](#)

March 19

Pensacola Beach, FL

Tour De 30A

A special ride exploring 30A in S. Walton County.

Mobile, AL

[Kappa Sigma Military Heroes 5K](#)

March 26

Pensacola Beach, FL

[Run for America's Warriors](#) (13.1 & 5K)

March 26

Flora-Bama Lounge

[Crescent City Classic 10K](#)

March 26

New Orleans, LA

[Michele Hill Raider Run 5K](#)

April 2

Navarre, FL

[Blackwater 10 Mile Trail Run](#)

April 2

Munson, FL

[SOML Racing Off-Road Duathlon](#)

April 3

Munson, FL - Bear Lake Campground

[Navy Federal's Annual 5K](#)

April 9

Pensacola, FL

Sandestin, FL

[Info](#)

West Florida Wheelmen Bicycle Club

Ride Schedule

[Info](#)

UPCOMING TGC EVENTS

-

TGC Group Run

March 6 (Sunday)

Pensacola Beach - Meet at the main pavilion

8:00 AM

TGC Club Meeting

March 9 (Wednesday)

Contact President@TriGulfCoast.org for details

6:00 PM

Maritime Deluna Youth Duathlon

March 13 (Sunday)

8:00 AM

TGC Spring Social

March 13 (Sunday)

The Bridge Bar - Gulf Breeze

4:00 PM

TGC Group Ride

March 20 (Sunday)

Pensacola Beach - Meet at the main pavilion

8:00 AM

TGC Triple Threat FUN Event

Splash - Spin - Sprint

March 27 (Sunday)

Pensacola Beach - Unofficial Spring Kickoff

Duathlon with splashing

7:00 AM

XTerra Wetsuit Test Drive

March 27 (Sunday)

Pensacola Beach

8:00 AM

LET TGC KNOW ABOUT YOUR EVENTS:

Your fellow TGC members love to know what you are up to when it comes to participation and accomplishment in any scored road races or triathlons!

Please let [Dawn](#) know what is on your docket and TGC will make an effort to share this information on the club Facebook page.

TGC Merchandise: Headsweats Visors, Hats, & Singlets

Item	Description	Details	Color	Price
The TGC	Headsweats Brand Visor	Awesome	Black or White	\$20.00
The "Alex"	Headsweats Brand Hat	Lower Profile with Mesh	Black	\$20.00**
The "Kirwan"	Trucker Hat	Higher Profile with Mesh	Black/Orange	SOLD OUT**
TGC Runner (Black)	Asics Brand Singlet (tank)	Limited Sizes/QTY	Black	\$23.00
TGC Runner (Blue)	Singlet (tank)	Limited Sizes/QTY	Blue	\$23.00

**prices not indicative of namesake's value

All head gear: One size fits all (or, most) adults.
Limited QTY on most items.

*** Cash or Check (payable to Tri Gulf Coast) ***

Merchandise Questions or Ideas? Contact [Kirwan](#)



The TCG (Black)



The TGC (White)



The "Alex"



The "Kirwan"
SOLD OUT



TGC Runner (Black)



TGC Runner (Blue)

Stay Connected



Tri Gulf Coast | president@trigulfcoast.org | <http://www.trigulfcoast.org>

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