



TRIGULFCOAST
MULTISPORT ATHLETES

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October 29, 2013

Dear Evan,

With the conclusion of the 2013 triathlon season TGC reflects back on a very successful year. As a result of the overwhelming support from all involved parties TGC was able to realize many goals.

Club membership has climbed to a robust 325+ members, compared to ~60 members in 2008. Thanks to the members for the loyal membership and involvement in the club. Please continue to remind your family, friends, neighbors, co-workers, and fellow parishioners of this fantastic community of multisport athletes which TGC serves. The annual Mere Mortals program headed up by Tom Henderson makes for a great "introduction" to the sport we all endear.

Along with membership growth comes the new frontier of youth multisport events. Under the leadership of Jim Hagy and his fantastic crew this is something TGC looks forward to enhancing in the 2014 season. For members looking to become involved with the operations of TGC, this is a fantastic initial step to consider.

Additionally, TGC relies upon an ever-expanding group of local businesses for their loyal support of the multisport lifestyle in Pensacola. TGC members are reminded to please consider supporting these businesses as a way to continue on with this healthy and necessary aspect of a community-based club.

In closing, thanks for a fantastic season, thanks for a fun "end-of-the-year" event at 5Eleven, thanks for the tremendous club support of the Members Only Triathlon and the Sea Turtle Triathlon, thanks for the understanding when TGC leadership needed to comply with adverse weather conditions, and thanks for your ongoing support as TGC plans for the 2014 season!

2013 TGC Award Recipients

Congratulations to the 2013 recipients of TGC's annual awards! Bright futures and shining histories come together for these four TGC members!

Triathlete of the Year:

Kevin Swenson

(photos in this month's TGC Athlete Profile)

Charlie Knight Volunteer Of The Year:

Nancy Brashears



**Female Rookie Of The Year:
Jessica Bradley**



**Male Rookie Of The Year:
Aaron Runyon**



Incoming 2014 TGC Leadership

Welcome to the incoming 2014 leadership core. 2014 promises to be a successful year with this crew at the helm.

President: Mindi Straw

President-Elect: Alex Bell

Treasurer: Perry Palmer

Secretary: Joe Dykes

Board Member At Large: Tracy Gilbert

Board Member At Large: Gabriela Gasque

Board Member At Large: Kirwan Price

Youth Race Director Chairperson: Jim Hagy

Club Kit/Sponsorship Co-Chairperson: Chris Hicks

Club Kit/Sponsorship Co-Chairperson: Gary Garza

Mere Mortals Chairperson: Tom Henderson

Newsletter Chairperson: Domenick Risola

As always, these TGC members are available to any and all fellow TGC members should you have any question or concerns. Please do not hesitate to reach out to the leadership by way of the "contact" page on the TGC [website](#).

Additionally, should you want to become more involved in the operations of the club please consider attending the monthly leadership meetings. These are a great opportunity to

understand what is expected of club leaders and what great opportunities exist for those who want to volunteer their energy to their fellow members.

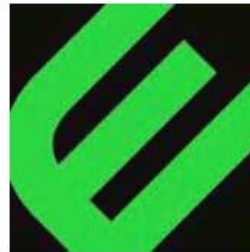
Outgoing 2013 TGC Leadership

Special thanks to the outgoing 2013 leadership whom volunteered countless hours of their time and an immeasurable amount of energy to the operation of the club.

Wade Jeffrey (Newsletter Chairperson)
Tina Schmitz (Board Member At Large)
Evan Malone (President)

TGC November Board Meeting

Club members are always invited to attend the TGC Board Meetings. The November meeting will be held 11/06/13 (Wednesday) at 6:00pm. Please contact Evan Malone (president@trigulfcoast.org) for details.



Team MPI Tips (written by Coach John Murray)

Directions For a Better Triathlon Swim

I remember riding in the car to a swim meet with my parents when my Dad had trouble finding the pool. He made the rare stop to asked for directions. The fellow on the street responded with, "You can't get there from here." Well, we did get there and my Dad and I would joke about that response for years.

Nowadays athletes come to me and ask for directions with their swimming. Many times they tell me that they have tried this way...and that way, but they almost feel lost with the sometimes-confusing information from books or the Internet. I try to simplify and categorize the directions to make the learning easier.

Directions to a more efficient and faster swim:

1. Focused technique work- Ideally the swimmer will have some guidance on improving areas of their stroke that are inefficient. Recommended drills will help. Include these drills in every session.
2. Develop swimming endurance WHILE focusing on technique is essential. The athlete will have muscle memory for both correct and incorrect technique. When fatigued there is a strong tendency to revert to old habits. If swimming on a "send off" interval make sure that the interval is appropriate for you. Swimming too fast or too strenuous will take your focus off technique.
3. Be patient. You will get there but it will take time...several months. You may be "un-

doing" some pretty stubborn muscle memory and adding so movements and techniques that you have never tried before.

4. Be consistent - maybe over this off-season you can commit to consistently swimming 3 times per week. You will be amazed how your swimming will improve!
5. Fight the potential for boredom in the pool. Use swim workouts that not only make sense for your ability level but they also have variety. This will make your time in the pool challenging and interesting. Consider swimming with a few other athletes or join an organized swim practice. Time will fly!

You may be "driving in circles" looking for your faster, more efficient swim. Take time to ask for directions.....



TGC Athlete Profile - Kevin Swenson (written by Erlka Smith)



Kevin Swenson has a new tattoo. In fact, Kevin Swenson has a total of ten tattoos - one to commemorate each of his ten Ironman finishes. These include: IM Coeur d'Alene (in Idaho - twice), IM New Zealand, IM Canada, IM Arizona, IM Florida, IM Lanzarote (in the Canary Islands), IM Wisconsin, IM France - Nice (which he completed with his brother Mark), IM Melbourne (in March 2013), and most recently Ironman Lake Placid (July 2013). Other highlights of his impressive racing resume are RAGBRAI (a week-long bike ride across Iowa in which he somehow managed to ride 717 miles although the actual route was only 435 miles), the Great Floridian triathlon and the 2012 Florida Double Iron (which he adoringly refers to as "the STOOPIDIST thing I have ever done, but not

insane.")

I enjoyed hearing Kevin describe his idea of IM insanity, which includes the Deca and the 30x1.

If, like me, you're unfamiliar with these events, Deca Iron Italy will be held this September and will involve athletes completing one IM per day for ten, twenty, or thirty consecutive days. Kevin jokes that these examples of "insanity" make him "look VERY well balanced." (At least temporarily, as all signs indicate that Kevin may himself one day take on one of these insane challenges.)



Kevin recently celebrated his 25th anniversary of participating in tri's! His first, "Pant/Peddle/Paddle," held in Woolmarket, MS in 1988, was a canoe paddle down (then up) stream, a bike ride, and a run. Just a few months later, he took on his first Swim/Bike/Run tri, after "AVID biker Russ Colston bragged that a biker could EASILY beat a runner in a SBR tri." Kevin explains that in the end, he beat his friend by 15 minutes and was instantly "hooked on this multi-sport thingee."



Not surprisingly, Kevin's favorite distance is the Ironman. For him, 140.6 miles "is the biggest challenge both mentally and physically." After completing Ironman races across the globe, his first (IM CdA in 2007), remains his favorite. When asked how he has maintained such



longevity in the sport competing in these extreme endurance events, he explains that his ability "to remove myself from the situation and do other things, mentally" has enabled him to be successful. As a former carpenter, he loves to build houses and complete other projects in his mind as he's out training and racing.



Kevin shares that when he's not training, he "LOVES doing whatever his wife, Kelly, likes doing." He describes her as "the rock that keeps me grounded" who

"sacrifices a bunch for me to do IM's, so I try to do as much of whatever she wants as I can." He's also currently in the process of restoring their 1971 VW Squareback, which has travelled around the world with them since May 25, 1988 (coincidentally, the same year that he completed his first triathlon).

Kevin was raised in Spokane, Washington. He and his wife, Kelly, have been married for over 30 years and have three children. The five of them travelled around the world together during Kevin's time working as a "Ground Radio Communications Equipment Maintenance Specialist" in the Air Force. He and Kelly have retired to Pensacola and now have two additional members of their family - two "way too needy" Yorkies.



Kevin is really looking forward to participating in Mere Mortals next year for the fifth consecutive summer. When asked



what advice he has for someone who is considering their first IM, his reply was very thought provoking. He said "the most important thing for everyone to realize is that life is too short to do something you don't like. So, enjoy the journey is my motto, not just for tri's but for everything and remember that the race is ONLY a race."





2013 Sea Turtle Triathlon
- A TriGulfCoast Youth Event -
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Upcoming Local Events

- 11/02/13: Ironman Florida (Panama City Beach, FL)
- 11/02/13: Great Pumpkin Run (Pensacola, FL)
- 11/09/13: Miles Of Memories Run (Pensacola, FL)

Upcoming TGC Events

- 11/06/13 Board And Leadership Meeting 6:00pm

- 11/10/13: Pensacola Marathon (Pensacola, FL)
- 11/16/13: In Hot Pursuit 5K (Pensacola Beach, FL)
- 11/23/13: Seville Turkey Trot 5K (Pensacola, FL)
- 11/30/13: Coastal Half Marathon (Orange Beach, AL)
- 12/07/13: Pensacola Runway Run (Pensacola, FL)
- 12/14/13: Ho Ho Hustle (Pensacola, FL)
- 12/14/13: PRA Christmas Dash (Pensacola, FL)
- 12/21/13: The Christmas Run (Pensacola, FL)
- 12/28/13: Make It To The Line (Perdido Key, FL)



TGC Club Sponsor Spotlight - Running Wild

Running Wild has been a loyal sponsor of TGC for the last many years. In 2013 Running Wild took on the additional role of presenting the TGC youth events (Maritime Duathlon, Sea Turtle Triathlon). Because of the tremendous support from Running Wild TGC has been able to not only conduct safe and successful youth events, but also help to bring new enhancements to the TGC membership at the Mere Mortals training events and the Members Only Triathlon.

Apart from all your running shoe and supply needs, TGC members are encouraged to stop by Running Wild and check out some of the many programs and events which might be a great "off season" venture and may include some of the following:

- > Tuesday and Thursday mornings 6:00am, "6 at 6" (i.e. six mile group training run)
- > Thursdays 12:30pm, free Trigger Point classes
- > Fridays 9:30am, "girls only" training run
- > 12/07/13, Pensacola Runway 5K Run
- > 12/14/13, Ho Ho Hustle 5k Run
- > many other options for running form clinics and group training sessions



Team MPI

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Race Report - Ironman Lake Tahoe (written by Patrick Kozma)



Going into Ironman Lake Tahoe (IMLT) I was in the best shape of my life. I had trained consistently & extremely hard for 20 weeks. I had also lost 20 pounds, the lightest I had been in years. I knew I would need to reach the pinnacle of fitness in order to attempt the challenge of climbing the Sierra Nevada Mountains. This race tested my peak fitness, physically, mentally, & emotionally. I have to first thank the support of my ever patient wife of 24 years Portia and my daughter Peyton, who I neglected for 20 weeks. My thanks also go to my extend family of Tri Gulf Coast. I cannot tell you how much your posts, e-mails, & texts meant to me and without I would never have, been able to finish this race! I also need to thank my old friend Mike Hubbard who on the day of his 1/2 marathon thought to send me Philippians 4:13 " I can do all things through him who strengthens me" Finally I need to thank my athlete & training partner Taylor Lewis who brought this race to my attention as one she wanted to race and "suggested" I do it as well!



Saturday morning, Taylor & I drove our bikes to Kings Beach sight of the swim and T-1 to set up our bikes and drop our swim to bike bags off. In a parking lot..... out in the open! Luckily we had double bagged them! As we stood looking at Lake Tahoe, I was surprised at how angry and choppy it looked. Almost like The Gulf! Heading back to Squaw a slow drizzle turned into a downpour. After dropping Taylor off I kept saying over and over, this is going to stop, its just got to stop. Walking back to my room, I heard someone mention it was snowing, I just shook my head & thought she was nuts. I spent a couple of fruitless hours trying to relax & take a nap while watching football. Giving up I



eventually looked outside to notice Six Peaks covered in snow! Portia looked at me & asked me how I was going to handle that, to which I replied "I'm not sure, but I'll ponder that question over a couple of beers during dinner!

Click below to continue reading on through the raceday experience...

[**HERE**](#)



TGC Gear!

HEADWEAR:

TGC still has a few Headsweats visors and Headsweats Winter beanies and earwarmers for sale. \$20 each (cash or check).

RACE KITS:

The 2013 race kits were popular and highly-visible, thus allowing for fantastic representation and solidarity at local events. Members will be contacted toward the end of 2013 (or very early January 2014) with information on ordering the 2014 race kits. These items **MUST** be ordered during the specified order window which will be fully detailed in the informational mailers all members will receive in the coming months.

TECHNICAL FABRIC SHIRTS:

For any club members who have not yet claimed their 2013 shirt please reach out to [Mindi Straw](#) to coordinate your pickup of this item.

Triathlon Race Plans For 2014...

Estimated dates for 2014 events with a routine TGC presence. Mark your calendars and make sure to coordinate plans with your fellow TGC members!

- 03/01/14: UWF Reverse Triathlon (Pensacola, FL)
- 04/05/14: Red Hills Triathlon (Tallahassee, FL)
- 04/13/14: New Orleans 70.3 Triathlon (New Orleans, LA)
- 04/26/14: Traditions Triathlon (Biloxi, MS)
- 05/10/14: Gulf Coast Triathlon (Panama City Beach, FL)
- 05/17/14: Pensacola Beach Triathlon (Pensacola Beach, FL)
- 05/31/14: Grandman Triathlon (Fairhope, AL)
- 07/12/14: Sunfish Triathlon (Meridian, MS)
- 07/26/14: Heart O' Dixie Triathlon (Philadelphia, MS)
- 08/23/14: Sandestin Triathlon (Destin, FL)

09/06/14: Alabama Coastal Olympic Triathlon (Gulf Shores, AL)
09/28/14: Augusta 70.3 Triathlon (Augusta, FL)
10/04/14: Santa Rosa Island Triathlon (Pensacola Beach, FL)
10/11/14: Destin Triathlon (Destin, FL)
10/11/14: Mighty Magnolia Triathlon (Hattiesburg, MS)
11/01/14: Ironman Florida (Panama City Beach, FL)

And...

Thursday evenings throughout the Summer months, Team MPI Sunset Supersprint Triathlon Series with dates to be announced...

Yours In Triathlon,



Your TGC Board and Officers



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