



TRIGULFCOAST

MULTISPORT ATHLETES

www.trigulfcoast.org



Mere Mortals

We really weren't sure what to expect on the first day of Mere Mortals this year. Last years program went well, and everyone seemed to enjoy the workouts and camaraderie of the group. Based on that, we hoped we'd have a fair number of return visitors, and we also hoped they'd bring new friends who had developed an interest in the sport. Last year, we had about 35 Mere Mortals on the first Sunday, and over the next few weekends, the size of the group grew as big as 70-80 participants on some weekends.

Imagine our surprise and delight when over 100 Mere Mortals showed up on the first Sunday! Apparently all of last year's participants came back this year, and each brought a couple new triathletes with you! Tri Gulf Coast is very excited about this opportunity to help grow the sport in our area, and to help bring so many new smiling faces to the finish line of their very first Triathlon! We have stepped up our efforts to provide a great experience for this new, larger group. Having a group this size presents some new challenges, and we're working hard to make sure we meet them! Among the changes we're already making this year are:

- More sports drink & water dispensers for the larger group
- Better coordination with the Santa Rosa Island Authority, to insure the safety of all participants and continued support for our training group.
- More Volunteers are needed to:
 - Help lead our 3 pace groups on the bike
 - set up and tear down bike racks
 - provide in-water support from experienced swimmers
 - provide additional swim safety and monitoring with additional kayakers

If you haven't had a chance yet, join us on Sunday mornings. The enthusiasm of both the new and more experienced triathletes is infectious! If you spend some time with the Mere Mortals, I guarantee you'll leave with even more motivation for your own training program and for the sport! See you most Sundays at 6:15 at the Casino Beach Stage!

Get more information and the Mere Mortals training schedule at <http://trigulfcoast.org/mere-mortals>

Grandman Triathlon, Fairhope, AL June 4

As the summer weather is heating up so is TRI season! The Grandman Sprint Triathlon proved to be a great day for both new and elite triathletes, with over 700 competitors. The weather was sunny, humid, sunny, with a light wind and about 85 degrees at the start. It just got hotter throughout the race. The transition sits overlooking the Fairhope Pier and Mobile Bay. The swim was an out and back, north of the pier. The water was typical for Mobile Bay, murky and dirty. Good thing for those that despise the swim, the water was so shallow you could walk or run (as most people did) for 80% of the swim! Swimming became a difficult stampede with the herd of people running through the water. The steep hill immediately coming out of T1 challenged many competitors. The 18 mile ride, was a beautiful ride through rural Fairhope and the return rolled along the coastline. Coming out of T2 for the run, that same steep hill seemed like Everest! The run traversed through a quaint and shady neighborhood, lots of crowd support from the neighbors made for a beautiful run! TriGulf Coast made a strong showing, topped off with an excellent after party and awards ceremony.



TriGulfCoast Members at the Grandman Triathlon in Fairhope, AL on June 4th.





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f TRI GulfCoast



TriGulfCoast Gear!

We now have the TGC visors in stock. There are three options from which to select:

- white Supervisor with embroidered TRIGULFCOAST logo on COOLMAX fabric
- black Supervisor with embroidered TRIGULFCOAST logo on COOLMAX fabric
- white sublimated (black/gray accents) Supervisor with embroidered TRIGULFCOAST logo on Eventure fabric

Price is \$20. Payment can be made with cash or check only. No credit card or Paypal funds will be accepted for these items. And, most importantly, no visors will be distributed unless payment has been provided. So, if you want a visor, please plan accordingly and bring payment along with you to the next Mere Mortals session. ffrst come-first serve! Last year they sold out quickly. All inquiries can be directed to Evan Malone -- e-mail on TGC website contact link.

MEMBERSHIP

Don't forget to sign up or renew your membership for 2011-2012. Memberships are for June 1, 2011 to May 31, 2012. Our goal to continue efforts to improve the club. We have overhauled the website, added training events, and increased participation. Dues are still \$40 (individual) or \$60 for family membership. We are very excited about all the positive momentum we have right now at Tri Gulf Coast, and we appreciate your support for our local triathlon club. We ask that you please take a few minutes to renew your membership as soon as possible. Just go to our website's membership page and follow the instructions. <http://trigulfcoast.org/join-tgc/>

... and now a word from our sponsor

Multisport Performance Institute (MPI)

MPI's Portofino Sunset Tri Series features a series of "super sprint" triathlons: 300 yard swim, 7.5 mile bike, 1.5 mile run. All of these events are held at Portofino Island Resort on Pensacola Beach. The series has three remaining events for 2011: Thursday nights at 6:30pm on July 21st, August 4th, and August 18th. The first of these events was on June 23rd and was a huge success. The second event (July 21st) has sold out already and the two August events will sell out very soon. Act quickly if you want to slot in for one of these remaining events. Or, if you just want to socialize with other athletes and enjoy a laid-back racing atmosphere with anywhere from first-time triathletes to very-experienced triathletes consider coming out to any of these events as a volunteer or simply as a spectator. To volunteer please visit the TeamMPI website and register as a volunteer so MPI can plan on having your help.

MPI also has a fantastic **Single-Day Tri Camp** on August 6th at Portofino Island Resort which covers training, recovery, wellness, nutrition, mental and racing topics along with actual open water swimming, cycling, running, and transition. Heading into the Fall, MPI has it's **Long Course Tri Camp** for those preparing for Ironman Florida in 2011 or even 2012 at Panama City Beach. The camp will be based out of the host hotel for Ironman Florida, Boardwalk Beach Resort, Panama City Beach, on September 16-18.

Finally, why not get the entire family involved with this wonderful sport? MPI will again have **its Sea Turtle Tri kids triathlon** on October 2nd - the day after SRI TRI - at Opal Beach in the Gulf Island National Seashore Park on Santa Rosa Island. You can get more information and register for all of these events at www.TeamMPI.com. We look forward to seeing you soon.



MPI Coach John brings in another triathlete to the finish line during the first Portofino Sunset Triathlon

