



**TRIGULFCOAST**

MULTISPORT ATHLETES

www.trigulfcoast.org



March 2012

## February Group Ride

Cold, windy – but a few brave souls showed up to ride last week. Well done!

### Mark Your Calendar

**March Group Ride** Saturday March 17  
Casino Beach 8:00 am

March 17: XTERRA Wetsuit Test Drive  
9:00 am Casino Beach

- 03/04/12 -- New Orleans Rock 'n' Roll Marathon/Half-Marathon, 7:00AM
- 03/10/12 -- McGuire's Prediction Run, Gregory Street, 9:00AM
- 03/17/12 -- Bayou Hills Run, Bayview Park, 7:30AM
- 03/24/12 -- Azalea Trail Run, Mobile (AL), 8:00AM
- 03/25/12 -- MPI Maritime DeLuna Duathlon (Kid's Race), Palafox DeLuna Plaza Park, 7:30AM
- 04/07/12 -- Red Hills Triathlon, Tallahassee, 7:30AM EST
- 04/15/12 -- Gulf Coast Half Marathon, Pensacola Beach, 7:00AM
- 04/19/12 -- Sunset Supersprint Triathlon, Portofino Island Resort, 6:15PM
- 04/21/12 -- Blackwater Trail Run, Munson (FL), 8:00AM
- 10/06/12 – Santa Rosa Island Triathlon

**Mere Mortals is right around the corner!**

<http://youtu.be/wmRy9r9Rp1M>

*with thanks to Tom Henderson*

### SANTA ROSA ISLAND TRIATHLON

Date of the event is 10/06/12, registration opens on 03/01/12. This event WILL SELL OUT this Summer, make sure to sign up early. Visit the race site at: <http://sritri.org/>



... and now a word from our sponsor

### Multisport Performance Institute (MPI)

Coaches and triathletes are always looking for ways to stay motivated to keep up our daily regimen of training. There are group rides or runs, upcoming races and accountability to training partners. TeamMPI learned early on about another way to find incredible motivation... kids races! Being around the excitement of these young duathletes and triathletes is not only fun but incredibly inspiring!

Your next opportunity to witness this will be on **March 25<sup>th</sup>**. The 2<sup>nd</sup> Annual **Maritime DeLuna Du** will showcase 200 of our eager youth in a duathlon that will take them through downtown Pensacola with a fantastic waterfront finish in Plaza DeLuna.

Mark the date on your calendar and considering coming out to volunteer for the race. We need an army of our fellow triathletes and any other interested adults to act as transition helpers, direction givers or maybe even to put a medal around the neck of every smiling finisher.

Go to our website and sign up for your chance to volunteer! ---Or...if you have a young athlete that would be interested in racing, don't delay, click the link below and get them registered!

<http://www.teammpi.com/events/event/2012-maritime-deluna-du>



**RoadID**

It's Who I Am.





**TRIGULFCOAST**

MULTISPORT ATHLETES

www.trigulfcoast.org

f TRI GulfCoast

March 2012

### Update on the TGC Race Database

Tri Gulf Coast is establishing a database of endurance races you've done, so that YOU can share YOUR experience with others. Get the inside scoop from those who have done that race. Kevin Swenson reports that members are starting to send him information about races all around the world. E-mail the following info to [racessdone@trigulfcoast.org](mailto:racessdone@trigulfcoast.org): Race name; Race location; Race distance; Years you participated; Would you do this event again (if "No", why?); Rate the event from 1 (SUX) to (5 Fantastic). I'll take any inputs, but we are targeting longer than 10K races...unless they are "Destination Events". Questions about the database or to query a particular race, please contact Kevin Swenson [racessdone@trigulfcoast.org](mailto:racessdone@trigulfcoast.org)

### 10K ON YOUR BUCKET LIST?

In the Pensacola area we are lucky to have so many great opportunities to race nearly every weekend. Tons of 5K road races and an ever-growing supply of sprint/supersprint triathlons. But, we don't have too many 10K road race opportunities. So, if you have a 10K on your list of race distances you would like to complete you should consider signing up for the 38th Annual Fiesta 10K Run presented by Pensacola Runners Association (PRA). The event features a point-to-point course starting near the intersection of 9th Avenue and Airport Boulevard, coursing South on 12th Avenue, West on Cervantes Street, and then into the heart of Downtown Pensacola along Palafox Street before finishing in Seville Square. Fast times abound if the wind and humidity play nice, but it has also been known to be a challenging event if the thermometer tips 80 degrees this early in May. This year's event is on 05/05/12. Visit the PRA website to find registration information: <http://www.pensacolarunners.com/>

### RENEWALS FOR 2012-2013

All current memberships which began in June 2011 expire soon, May 31st. So, if you haven't done so yet, make sure to renew your club membership so you can continue to participate in club events and receive e-mail updates and newsletters. Visit the TGC site <http://trigulfcoast.org/join-tgc/> and make sure to fill out the PDF form and return it to us with your appropriate payment (individual or family membership). Renewed memberships will last until May 31, 2013.

### MORE WORDS FROM ANOTHER SPONSOR:

#### My 1<sup>st</sup> Tri Program

#### Info Meeting March 8<sup>th</sup> 5:30 pm Running Wild

Do you know someone who really wants to try our sport, but is apprehensive about swimming, or getting on a bike. Running Wild has the program for them. My 1<sup>st</sup> Tri kicks off its 5<sup>th</sup> season on March 8<sup>th</sup> with a 12 week hands on training program for beginners that culminates with the Grandman Tri in Fairhope Alabama on June 2<sup>nd</sup>. Participants will learn the basics of the three disciplines (swimming, biking and running), how to navigate transition area and overcome fear of open water swimming. Each participant will receive a comprehensive training schedule with specific weekly goals and regular one on one feedback with the coach. For more information visit [werunwild.com](http://werunwild.com) or call 435-9222.

#### Bayou Hills Run March 17<sup>th</sup> 7:30 am Bayview Park

Choose a 10k or 5k and run through the hills in scenic east hill during our perfect spring weather. Sign up online or for more information visit [BayouHillsRun.com](http://BayouHillsRun.com)

#### Post McGuire's Run Tent Sale

Saturday March 10<sup>th</sup> 10a-5p at Running Wild. Save big on everything at our biggest sale of the year!!

#### Moving Comfort Phit Phest at Phat Girlz

Ladies come out and run with the Phat Girlz on March 16<sup>th</sup> at 9:30 am and stick around for a Phitastic party with free schwag great rephreshments and lots and lots of Phat Girlz Phun.

#### Get off the road and Run some trails in 2012

Register now for one or all of our Blackwater series trail runs. Distances range from 5k to 50k over 3 weekends during 2012 and all races take place in different areas of Blackwater State Forest. Check out [Blackwatertrailseries.com](http://Blackwatertrailseries.com) for more info.



ENDURANCE SUPPLEMENTS





**TRIGULFCOAST**

MULTISPORT ATHLETES

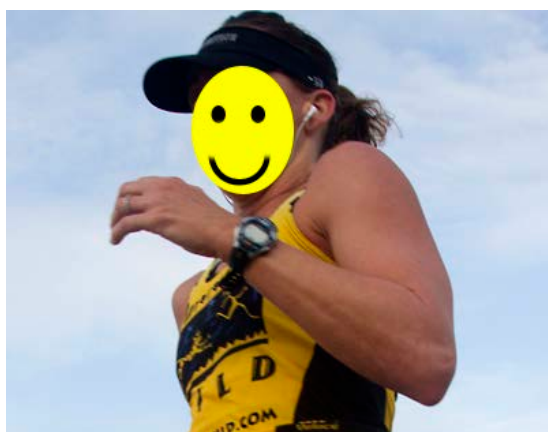
www.trigulfcoast.org

f TRI GulfCoast

March 2012



### Some of your TRIGULFCOAST Board at the Double Bridge Run 2012



#### XTERRA WETSUIT "TEST DRIVE" EVENT - 03/17/12 9AM to 11AM

Do I need a wetsuit? What size should I purchase? What is the difference between a sleeveless and a full wetsuit? 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 10 minutes to put it on?

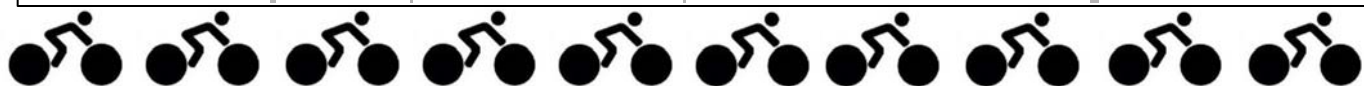
Have any other questions about wetsuit ownership? Well, head out to the "test drive" event TGC will be hosting on 03/17/12 (Saturday) from 9:00am to 11:00am. We will meet on the beach between the Gulfside Pavilion and The Dock. XTERRA will be supplying the club with a variety of wetsuit models and sizes for members to try on, take a test swim in, etc...

As XTERRA is offering the club a discount code for members to make purchases with, you will not have the opportunity to make an informed purchase shortly following the "test drive" but you will also be saving money at the same time. Additionally, some of the trial wetsuits will be available for purchase at a deep discount. With either of these purchase methods the members of TGC can have the opportunity to get their wetsuits before the tri season begins. You will surely want a wetsuit for any of your April and May events.

Bring: cap, goggles, swim attire. You may consider wearing your race kits as this is what you would be wearing under your wetsuit on raceday, so it makes sense to try these wetsuits on with your kits to make sure the fit is ideal.

[www.xterrawetsuits.com](http://www.xterrawetsuits.com) Use C-TRIGULF as your discount code at checkout when purchasing XTERRA products for significant savings on their products. Up to 55% on featured wetsuits!

Contact Evan Malone at [president@trigulfcoast.org](mailto:president@trigulfcoast.org) with any questions





**TRIGULFCOAST**

MULTISPORT ATHLETES

www.trigulfcoast.org

f TRI GulfCoast

March 2012

### TOUR DE CURE TRIGULFCOAST TEAM

TriGulfCoast is taking part in the Tour de Cure cycling event to support the American Diabetes Association. We will be joining thousands of riders in the effort to Stop Diabetes. Diabetes is a disease in which the body does not produce or properly use insulin. It is a disease that has deadly serious consequences, and there is no cure.

You can join the TriGulfCoast team and raise funds to help the American Diabetes Association provide community-based education programs, protect the rights of people with diabetes and fund critical research for a cure. You can also make a donation online in support of one of our team members by visiting our Team Web page using the link below. If you would like more information, please contact me at [mrexcitmnt@hotmail.com](mailto:mrexcitmnt@hotmail.com). Thank you in advance for any help and support you can provide.

Together we can Stop Diabetes! One mile at a time.

Sincerely,  
Joe Dykes (Team Captain for Tour de Cure)

### PRA MEMBERSHIP BENEFITS

TGC members who run in enough local road races every year may want to consider joining the local Road Runners Club Of America affiliate, Pensacola Runners Association. Check it out at:

<http://trigulfcoast.org/2012/02/12/pensacola-runners-association-pra>



### ALL AMERICAN SWIM

One of the loyal TGC sponsors, All American Swim Supply (6024 North 9th Avenue) has just received some great new DeSoto tri apparel — tri tops as well as arms coolers. All American Swim also carries TYE, Pearl Izumi, and Nike brands. Stop by their store to check them out! Any specific questions can be directed to: [carly@allamericanswim.com](mailto:carly@allamericanswim.com).

<http://trigulfcoast.org/2012/02/03/desoto-tri-apparel-available-at-all-american-swim-supply/>

Tri Top

Front



Back



**LAST WEEK TO ORDER 2012 TRIGULFCOAST CLUB KITS!!!**

**ABSOLUTE DEADLINE February 27<sup>th</sup>**

Order them here.

<http://www.voler.com/custom/ordering/li/2207>

View them here.

<http://trigulfcoast.org/wp-content/uploads/2012/01/TGC-Kit-Final-Sales-Demo.pdf>

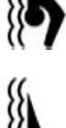


### USAT MEMBERSHIP, ARE YOU A MEMBER?

If you are not a member of USA Triathlon (USAT), you may want to consider signing up for an annual membership. All local triathlons are "USAT sanctioned" events which means that athletes who register for these events are required to be either a member of USAT or they must purchase a "1-day USAT license" for \$12. Well, for \$45 you can be an annual member. This will cover any and all races you compete in for 2012. So, if you plan on doing more than THREE races you will save money. Further, you don't have to fill out the extra paperwork at packet pickup the day before an event. Other benefits: <http://www.usatriathlon.org/membership-services/benefits.aspx>

Remember to specify TRIGULFCOAST as your member club!





**TRIGULFCOAST**

MULTISPORT ATHLETES

www.trigulfcoast.org

f TRI GulfCoast

March 2012



**ATHLETE PROFILE Adam Principe**

Adam Principe competed in his first triathlon just a little over a year ago and is quickly becoming a top triathlete in our area. His first tri, the popular SRI TRI, came after one of his buddies encouraged him to race, "so, I thought I'd give it a go." Although he didn't perform as well as he had hoped for, he was bitten by the proverbial "triathlon bug" and now races as often as possible. Adam explains that "racing has awoken something inside me," allowing him to tap into a competitive part of himself that he didn't previously know existed. In fact, Adam improved his time from 1:44:50 to 1:25:32 at the 2011 SRI TRI, placing 36<sup>th</sup> overall, and "felt pretty good about that, even though I still wasn't too pleased with my time." However, he was also coming off of completing the Augusta half Ironman a mere six days earlier!



When asked about his favorite triathlons, Adam explains that he's just getting started and is looking forward to the many events he has scheduled this year. His favorite venue thus far is Augusta, "because of the amount of training I put in and my result, I came away a happy man." He is currently training for the River Run 15K in March and Red Hills in April. After that, he'll be focusing on the Gulf Coast Tri in May as well as a few other sprint and intermediate-distance races throughout the summer. He plans to end the season with another visit to Augusta 70.3 in September (where he'll be looking to improve on his time of 4:49:18 from 2011) and finally, Ironman Florida in November.

Familiar to many triathletes, Adam's least favorite part of the tri is the swim. He lightheartedly explains that he panicked during his first two races and "spent most of my energy trying to finish the swim and get to the bike." However, he has an equal love for cycling and running. As an athlete who grew up playing soccer and running cross-country, running has been his strongest discipline. In fact, Adam recently finished his debut marathon, Jacksonville Bank, in a super-impressive time of 3:04:58, qualifying him for the prestigious Boston Marathon. Because of his love for speed, he also really enjoys the bike. He shares that his "usual race strategy is to try and have a respectable, energy-preserving swim, hammer on the bike knowing I've got the run in me, and bring it home with the run."

When he's not training, Adam enjoys boating with his wife, Jaime. He jokes that when she "asked to move back to Pensacola, I told her under one condition, that I could have a boat." However, it's easy to tell that even in his time away from "training", he's not just out relaxing on their boat - he's wakeboarding, slalom skilling, and also just returned from a snow ski trip to Utah. Despite all of his training, Adam prioritizes time with his family and is excited because he and his wife are expecting their first child in April!

Adam earned his PharmD from the University of Florida and is a Clinical Pharmacist at Sacred Heart Hospital, specializing in adult ICU care. He and his wife, a native of Pensacola, relocated to the area from Jacksonville, Adam's home town, in July 2007.

When asked to share what he has learned about competing, Adam relays, "If you are serious about triathlons, meaning you want to improve and be competitive, you have to have a coach. As a beginner triathlete, Team MPI has been an indispensable part of my training. We triathletes here in the Pensacola area have a great asset in having an awesome coaching duo here locally. If you are just starting out or maybe you're a veteran that has plateaued, my advice would be to seek out a coach. In the beginning, I sought out coaching for my swim. In my first two triathlons, I literally felt like I was going to drown. After several coaching sessions, I had the swim of my life at my third tri, Bold Eagle in Navarre. I thought it was going to be a 1500m swim but one week before the race they changed the swim course to be 1.2 miles! Needless to say my anxiety level was high, but this time I had the confidence that only professional instruction can give you."

The next time you see Adam, you'll likely have lots to congratulate him on – his performances at the River Run and Red Hills and on becoming a new father. © (by Erika Smith of PRA)





**TRIGULFCOAST**

MULTISPORT ATHLETES

www.trigulfcoast.org

TRI GulfCoast

February 2012



## RACE REPORT: DOUBLE BRIDGE RUN (Michael Percy)

**HEADWIND!** A brutal headwind of 10 – 12 mph beat on runners in the wide open expanses of the 3 mile bridge and the Bob Sykes Bridge during the 12<sup>th</sup> annual Double Bridge Run on February 4<sup>th</sup> 2012. Temps were, however, perfect for running. Not the usual 40 degree “frost face” weather of the last few years. This is by far one of the most anticipated runs in the area. The TGC colors were well represented among the record breaking 3500 runners who toed the line for the event. The sun made some appearances during the bridge crossings that made for some fantastic views (and photos). There is something special about running over the bridges and being able to take in the sites at a speed somewhat slower than the 65 mph, bumper-to-bumper, crossing that most of us make on a daily basis.

I have a great friend from Fairhope who came in to town for the weekend to run the race with us. Tammi and Heath were my running partners during the Chicago Marathon in '08. The comradery that is formed among friends suffering for hours on end is unbreakable and is one of the greatest things about running. It's always a pleasure having Heath come and run with us. Because of some pain in my ankle, I decided to take it easy (very easy) and have a fun, enjoyable run with Tammi. While we were strolling over the hump on the 3 mile bridge we came across Angela taking photos for Running Wild. She saw our pace and figured a photo op was in order. Luckily I had brought my iPhone to take some photos for this article. She snapped this one for us while the sun had finally started peeking out above the cloud line.

Getting to the start of the race and seeing the crowd gather provides great entertainment. You see people of all sorts doing all sorts of pre-race rituals, stretching, last minute bathroom visits, group photos, visiting, warming up, sleeping (yes that was Heath laid out on the grass asleep). Tammi and I had to wake him up to go to the start. Need the restroom? Good luck. Everyone else running the thing needed to go too. It seems like the race becomes more and more organized every year. From getting to the starting line to the corral starts to the finishing line barricades to the 5k start time and merge. The race keeps getting better and better. The runners of Pensacola are a very lucky crowd! The start of the race and heading up Palafox felt great. Cool temps and a tail wind.

The pain started getting pretty bad running over the bridge. Mr. Achilles was talking back to me trying to tell me that maybe the bridge thing was not such a great idea. Still no one was really listening. The 10 mph head wind at this point was tough. Making our way through Gulf Breeze, we wound up merging with the majority of the 5K group. Crossing the overpass in Gulf Breeze then heading toward the beach provides an intimidating view of the rise of the Bob Sikes Bridge. I'm really starting to listen to my ankle now. Catching some beads from Chuck, Susan and the rest of the Capt. Fun crew at the base of the bridge is always a fun treat. They are the push that gets you across the finish. We're getting close now. Topping the Bob Sikes while knowing the climbs are over and seeing Casino Beach and the Core is pure enjoyment.

Well, we made it. Slow and wounded, but made it. The group at the finish was great! The after party and award ceremony is always fun. Cold beer is never better. The male winner squeaked out the win with a time of 46:56, right ahead of me ;) and the female winner finished in 53:54. Screaming fast times! Congratulations to all! Overall, the race and the day turned out to be beautiful. The Double Bridge run is one that I never want to miss. It's one of the most beautiful and fun races in Florida. You just cannot beat a day running with friends on the Gulf. And about the Achilles? After a trip to Andrews Tuesday after the race, I have been informed, “It'll be good as new in four weeks”. Looks like a lot of pool-time is in my near future.





**TRIGULFCOAST**

MULTISPORT ATHLETES

www.trigulfcoast.org

TRI GulfCoast

February 2012



## RACE REPORT: MERCEDES MARATHON (Birmingham, AL) (Jack Minard)

### THE NUMBERS:

Total finishers = 968 (Males – 627, Females – 341) Avg. Finish Time = 4:16:29

Overall place = 310/968 Sex place = 247/627 Age group place (35-39 male) = 44/105 Overall time = 3:53:49 (8:56 pace)

Weather = Cold. Approx. 25 degrees with wind around 9-10 mph, race finish approx. 35 degrees, clear skies/sunny, perfect. Absolutely love this type of weather for running, so was a great mental boost after being too warm for my taste at Pensacola ½ marathon as well as double bridge.

General Race Info. = Race is a ½ marathon and a full, two loop for the full, and everyone starts together. Both the ½ and the full as well as the full relay were all sold out, so I believe there were somewhere around 5,200 or so at the start. Like some people, I would typically prefer a single loop, but I chose this race because 1) I love Birmingham 2) I knew it would probably be cold 3) timing was good for me, (First Light was too early, New Orleans was too late, read some marginal reviews on the 26.2 With Donna in Jax, and didn't see anything else in our region around this time that looked that enticing), 4) we had somewhere to stay for free. One negative about the timing was it being the week after double bridge. Not running double bridge never crossed my mind, the plan was to run double bridge easy, but the Friday before I had to scrap that plan and I pushed it as hard as I could, convincing myself that 8 days would be enough time to recover and still break 4 hrs.

In terms of logistics everything was very smooth and I feel this was a very well done race. The pre-race communication was thorough and didn't really leave any questions, packet pick-up was smooth and organized, volunteers were great, course was well-stocked and well staffed with police and race officials. I also thought the course itself was laid out nicely, some areas of it weren't so swift but it went through some nice areas too, didn't have anything crazy in terms of hills, and spectator support was good, of course there was the occasional pissed-off driver who couldn't get through an intersection but overall I got the feeling the community is behind this event.

### Pre-Race

**5:30** – Wake up, get dressed, 6-7 bites of greek yogurt/granola, 3 endurolytes, banana. Feeling relatively calm, expected to be frazzled and maybe freaking out a little bit but I wasn't so much, told myself it's just another long run on a Sunday, have been doing the long Sunday a.m. thing for the past three months or so, so no big deal, just stay calm.

**6:25** – Arrive at race start, it's bitter cold with the wind, lots of people crammed into Boutwell Auditorium (expo site, post-race party site, etc.) avoiding the cold. Went in to try and use the bathroom, no luck, line way too long with only about 30 min. until the start, so went outside and got in the porta-potty line, didn't take too long, wrapped up with that as the announcer said we had 10 min. until the start. Took off my jacket and pants and got ready to go. Long sleeve shirt with wind-breaker vest and regular shorts was what I was hoping would be the right combo, and it was. They also were giving out some gloves at the expo, I took them not really 100% sure if I was going to use them or not at the time, but was a no-brainer to use them.

**7:00** – Lined up a little in front of the 9:00 and under sign on the auditorium side of the road, thought about trying to get back a little bit more because I was planning on the first mile at around 9:25 or so and didn't want to be "that guy" that gets in the way but it was just too congested to worry about it, plus Rainer was there and this way I could hang out with her until we actually started moving forward. Some guy with Mercedes says a few words, and then we're off. Took about 2 – 2 ½ min. to actually cross the start line. As I'm approaching the line I hit my ipod, as I'm crossing it I hit the garmin, and am so glad to actually be underway.

### General Race Plan

**Nutrition/Hydration** – Started off with some Accelerade in my amphipod bottle and planned on re-filling it as needed with the lemon-lime Powerade they had on course and maybe mix in some water if I felt like diluting the Powerade. Planned on a GU Roctane every 45 min., kind of a pain to be carrying so many of them at the start but not that big of a deal, had them split between the rear and front vest pocket so they didn't bounce around and get annoying.





**TRIGULFCOAST**

MULTISPORT ATHLETES

[www.trigulfcoast.org](http://www.trigulfcoast.org)



February 2012



**Pacing/Overall Goal** – When I signed up for the race and started training for it back in mid-late Nov. I had 4:15 in mind. My general purpose for running it was mainly as mental preparation for IMFL, just to know that I had covered 26.2 before. As the training progressed and I began to get some solid long runs in I started thinking about a sub 4:00 goal and that is what I entered the race with. I didn't really care how far under 4:00, even if I just squeaked under by :30 I would have been happy. Pacing plan was fairly basic, first mile at 9:20-9:25 or so, drop :10 on the second, :10 more on the third, try to settle into something right around 9:00, stay steady through around 21-23, and if at that point I felt like I could hold something around 8:30-8:40ish then I would go for it, if not then just sit around 9:00. The last thing I wanted to do was blow-up late in the race, and because it was my first one my primary goal was to finish and not feel like I had the crap beat out of me at the end of it. For this one, it just didn't seem worth it to push like hell for another 3 min. or something.

The race:

**Mile 1** – 9:25, didn't waste a bunch of energy trying to zig-zag around people, etc., if I got stuck and I was slowed down I didn't worry about it, figuring I had plenty of time to make up :10 if I really needed to later.

**Mile 2** – 9:11, same as mile 1, didn't let myself get frustrated over the congestion, which wasn't really that bad anyway and had already thinned out some, and just continued to try and warm-up and work down to where I wanted to be

**Mile 3** – 9:06, starting to thaw out, haven't used the hr monitor since before Augusta, so didn't use it today, but it felt like it was leveled off from the adrenaline rush at the start and I was feeling very comfortable. The water station that was in this mile was still downtown, between a couple buildings, no sun, all the Powerade and water that spilled on the road before I got there had already started freezing, almost busted my ass. Note to self, watch out at the water stations.

**Mile 4** – 9:03, feeling good

**Mile 5** – 9:00, the "meat" of this course based on 1) the elevation map, 2) driving some of it the day before, and 3) talking to one of the guys in The Trak Shak (the Birmingham version of Running Wild) is from about 6-10, other than that any elevation changes are fairly minor. I was feeling great at this point but obviously it was extremely early and I was a little ancy to get my first true look at the "tough" section.

**Mile 6** – 8:56, starting this mile I'm thinking.....ok, here we go, keep the cadence up, don't overstride, if it gets tough in here and you slow down don't worry about it, just keep it steady, good turnover is all that matters, the first trip through here is reconnaissance. Somewhere in here or maybe it was around mile 5 I started to feel some minor pain toward the top of my right quad, I've had this before a few times on longer runs in the past couple months and typically it's more annoying than truly inhibiting, it's not too bad at this point but I'm hoping it doesn't get any worse.

**Mile 7** – 9:07, a little tougher but nothing too bad, got a little jammed up in terms of the crowd, didn't worry about running a little slower.

**Mile 8** – 8:58, this mile had some climbs but it also had some spots where it leveled off between them, was still feeling good. Wasn't too winded to thank the volunteers at the water stations, high five the occasional spectator, etc.

**Mile 9** – 8:52, at the end of this mile I know this section is coming to a close and I'm thrilled because it hasn't been that tough overall. I tried to prepare for the elevation changes by incorporating laps around the bayou into my longer runs as well as using scenic hwy. and it turned out there wasn't anything tougher on the course than I had seen in training.

**Mile 10** - 8:51, still feeling really good with the exception of my right quad, which at this point had some relatively steady discomfort particularly on the inclines, probably only about a 3 on a 1-10 scale at this point.

**Mile 11** – 8:48, now that I know I'm past that tough section and that I wasn't going to see much incline until mile 19 or so I felt like I was fine trying to settle in somewhere around this pace for the next 7-8 miles even though it was a little faster than I had planned.

**Mile 12** - 8:48, I don't know why, but getting to the halfway point of any long run is a big mental boost for me. Even though I obviously wasn't there yet I was getting a boost because I was thinking about it. Somewhere in this mile the half marathon folks went to one side of the road and the full went to the other, things got very thinned out in a hurry as the course shed about 4,000 people.







**TRIGULFCOAST**

MULTISPORT ATHLETES

www.trigulfcoast.org



March 2012



**Mile 13** – 8:48, holding steady, not thinking about much other than when I’m taking my next Gu, I’m flipping through my ipod, etc. Since we were near the finish area at the beginning of this mile there was good spectator support, really it was good from early in mile 12 until about mid-way through 13 I think.

**Mile 14**- 8:52, although it’s nice to have plenty of space, etc. on the course now, it is a bit more lonely, maybe I was missing the distraction of having those other people around, but for some reason I was going through a little bit of a mental low. So after asking myself “WTF is your problem” a few times I figured I’d ask myself some questions, went kind of like this:

1. are you tired? – not really
2. does anything hurt? – my right quad but I can deal with it, just don’t overstride, keep your cadence up, especially when going downhill
3. Are your shoes too tight? – no
4. Are your shoes too loose? – no, they are fine and I love these shoes
5. are you hot? – no, it’s perfect
6. are you thirsty? – no, I’ve been keeping up with fluids, sipping gradually
7. are you slowing down? – no
8. do you need to slow down? – no
9. do you want to walk? – hell no
10. do you wish you signed up for the half instead? – no, IMFL run is not 13.1
11. do you need a GU? – no, just took one, it will kick in shortly and my last one probably hasn’t worn off yet anyway
12. You are running a marathon, did you think this was going be easy? - no
13. So again, WTF is your problem? – I don’t have one, everything is cool, ok then, enough of trying to mind f\_\_\_ yourself, find a new song or something, look up ahead for someone you want to pick-off, and get your shit together.

**Mile 15** – 8:48, kind of staying with a few people, we’re not talking or anything, just kind of going along, maybe I was the only one who was enjoying kind of sticking with them, wasn’t looking at my watch, felt like pace was holding steady. Decided I’d go ahead and decrease the time interval between my GUs to around 30-35 min., felt like my stomach could handle it so why not, and started taking some Endurolytes as well just for good measure, I had put 8-10 of them in the pocket of my Amphipod just in case I felt like it.

**Mile 16** – 8:52, starting to get harder, not hard, just harder than it was, but I’m still feeling good. Pain in the right quad is starting to be much more consistent now and it’s dialed up a little, but I feel like I’m doing a good job with not paying much attention to it, left one is starting to join the pain party.

**Mile 17** – 8:45, feeling good, sitting in a decent zone

**Mile 18** – 9:05, slower mile but I don’t worry about it at all, feeling very confident at this point. Do a little math in my head based on my splits to this point and estimate I ought to be able to finish around 3:55 without a problem.

**Mile 19** – 8:55, the second pass through the tough section has started, and I don’t change much, try to keep it simple and keep the same old boring story, keep the cadence up, keep the cadence up, good turnover, crisp, smooth, don’t worry about the quad cause you can fix it after the race, don’t overstride, especially on the downhills.

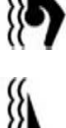
**Mile 20** – 9:03, although my exertion level is continuing to rise steadily I still feel pretty good, and know all I’ve got to do is keep it going for another couple miles or so through this section and then if I want to I can try and pick it up to the finish.

**Mile 21** – 8:57, stoked when I saw this split come up because I thought I had slowed down a little.

**Mile 22** – 8:47, more stoked when I saw this one come up because I knew it was pretty much the last mile that had anything tough at all in it, a louder than it should have been “f\_\_\_ yea, that’s what I’m talking about” slipped out, the woman about 10 ft. in front of me seemed to be a little amused.

**Mile 23** – 9:02, right quad is starting to really misbehave, steady pain mixed with some fairly sharp ones at times, which get a grunt and then when this split came up it was followed by a thought somewhere along the lines of “up yours quad, we’ve got 5k to go and we’re picking it up a little, so you’re going to have to deal”.





**TRIGULFCOAST**

MULTISPORT ATHLETES

[www.trigulfcoast.org](http://www.trigulfcoast.org)

TRI GulfCoast

March 2012



**Mile 24** – 8:41, yes, same boring thoughts, cadence, cadence, cadence, don't slow down, this isn't supposed to be easy, move your ass

**Mile 25** – 8:42, tired, but in a great rhythm, I'm smelling the finish line and getting high off of it, start thinking about what it's going to be like to cross the finish line of my first marathon, that I can't wait to see Rainer and my oldest Son and hear them tell me they are proud, and yes, how awesome the cold beer is going to be. I felt like I did a good job of staying in the moment and not getting too far ahead of myself for the most part, but at this point I had already accomplished it mentally, these last two miles were cake.

**Mile 26** – 8:31, I'm not looking at my watch much during this mile, I know my pace is strong and I'm firmly in the zone, I'm pretty sure I didn't even look at this split when it vibrated/beeped, at that point the finish was so close, spectators were everywhere cheering us on and I was pumped, things were kind of a blur. There were two 90 degree turns leading into the finish, about 400 yds. or so before the first one my quad gave me one last good shooting pain when I came down on my right foot, it made me stumble and because I reached down and grabbed it I threw myself off balance and I almost fell right on my face.....some guy sees me and yells something right as I'm in that moment when I'm not sure whether I am actually going to go down or not, I have no idea what he said but he helped and I was able to recover.

**Last .2** – 8:10, there wasn't anyone in front of me that I was trying to pick off or anything right before the finish, I knew I had 5-6 min. of cushion in getting under my goal time so it wasn't like I was running harder because I cared about taking off another :05 or something, it was just so thrilling to enter the finishing shoot after nearly 4 hours of running that there is no way I could help myself from doing my own version of "sprinting".

They had a chain link fence separating the finishers and spectators that we had to go through, little Jack comes running up smiling, Rainer is right behind him and she's beaming because she knew I had an awesome race. As soon as I stopped running that damn right quad starts locking up like a vice and throbbing but I couldn't have cared less. Hung around for about 5 min. and grabbed a banana, some water, put my warm-up pants and jacket back on and headed for some cold beer.

Thanks to my wife Rainer for being so supportive, Mark Sortino and John Murray for putting up with my novice questions all last year and helping me get into a position mentally and physically to where I felt like I could take this on, Cherie Epstein for pushing me at double bridge and giving a few pointers that I could take to Birmingham (although she didn't know at the time I was running this), Paul Epstein for the pre-race pep-talk, and the rest of the Running Wild team, you guys are awesome. And especially for the athletes in our community who are supportive, encouraging, and show us what is possible by just doing it.

**LOOKING FOR RACES FOR 2012?**

Look no further than the TGC event calendar <http://trigulfcoast.org/calendar/> Most of the local races have been listed.

**MARCH TGC CLUB MEETING**

- Date is yet to be determined, but please contact Evan Malone ([president@trigulfcoast.org](mailto:president@trigulfcoast.org)) for more details and if you would like to attend any of the club meetings

**TGC BLOG, READ IT OFTEN!**

Visit the TGC site <http://trigulfcoast.org/blog/> as this will be maintained for club announcements and local multisport news.

