



**TRIGULFCOAST**

MULTISPORT ATHLETES

www.trigulfcoast.org

Tri Gulf Coast

July 2012



**A WORD FROM YOUR TGC LEADERSHIP**



The club has seen some substantial growth in just the couple of meetings and workouts TGC has had in the Summer months so far. This is evident with the Girlz Only Thursday rides having 15+ riders per session, Mere Mortals having 100+ members per session, and a growing membership base of more than 200 members this season. TGC attributes much of that growth to the continued interest in the sport of triathlon, but the Board and Officers also give credit to our loyal club members who return year after year knowing that it is those members who are helping to spread the word about our organization. For that, we thank YOU!



The start to TGC's Mere Mortals season has demonstrated how much the weather can play into the sport we all enjoy so much. With regard to the future Mere Mortals sessions, TGC asks all members to frequently check your e-mail as this will be the primary mode of communication in the event there is threat of weather (i.e. tropical disturbance, thunderstorms, etc...). TGC will make every effort to broadcast this ahead of time (such as in the case when the long-term forecast does not look so good) by mid-week every week. In the event that there are "pop-up" storms through the night on a Saturday into Sunday TGC will plan on communicating a plan with the members by updating the Facebook page, the Twitter feed, the TGC homepage, and finally by sending out a mass e-mail as early as is possible on Sunday morning (4:00am-5:00am). Please understand that many factors go into deciding what sort of a plan needs to be set into place (wind, surf, rain, lightening, permitting with the Island Authority, etc...). The TGC Board and Officers appreciate your understanding.



Continuing on with the weather theme is the issue of the HEAT! TGC reminds members that temperatures will climb quickly while training in the early morning hours and the thermometer will not tick downward until after the sun sets on most days. So, if it is a weekday run or a Saturday morning ride, please plan accordingly and make sure to have plenty of hydration, calories, and electrolytes. At the Mere Mortals sessions on Sunday mornings TGC will be supplying Gatorade, ice water, and fruit for the athletes to take advantage of during/after the workout. TGC reminds athletes to plan ahead though, make sure you hydrate BEFORE the start of your workout.

Open water swimming: TGC fully understands that the swim is the one discipline which is a daunting task for MOST athletes. Pursuant to that, an effort is being made to have a swim for every Sunday morning. Further, TGC will be experimenting with a few options so as to allow the beginner swimmers to become familiar with the water while the more experienced swimmers are able to continuously swim on a circuit which will be marked with buoys. This is a new feature, so feedback is welcome.

Finally, our monthly member profile is actually a couple -- Jack and Rainer Minard. Erika Smith was able to get to know the Minard's and has shared some of their thoughts and experiences in the sport of triathlon. The Minard's are an asset to the club and can often be found at any of the many local events, make sure to say "hi" to them if you see them around.

Sincerely,  
Your TGC Board and Officers



With some encouragement from our club president, Mere Mortals started out another season with a first swim in the sound.





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### Mark Your Calendar

- 07/04/12 Freedom Springs Triathlon 7:00AM - Marianna, FL
- 07/14/12 Sunfish Triathlon 7:00 am – Meridian, MS
- 07/19/12 Portofino Sunset Supersprint Triathlon 6:30 pm Pensacola Beach
- 07/28/12 Heart O’ Dixie Triathlon – 6:30 am Philadelphia, MS
- 07/28/12 SRI Tri-Day Grand Marlin, Pensacola Beach 10:00 am – 2:00 pm
- 08/02/12 Portofino Sunset Supersprint Triathlon FEMALE ONLY 6:30 pm Pensacola Beach
- 08/04/12 Bushwacker Run 7:30 am – Pensacola Beach

### SANTA ROSA ISLAND TRIATHLON TRI DAY

Mark your calendar for 07/28/12 (Saturday) and plan on heading out to The Grand Marlin on Pensacola Beach for the annual "Tri Day" hosted by Santa Rosa Island Triathlon. This event will feature speakers on a variety of topics as well as vendors and informational booths. Last year this event was a huge success and many TGC club members raved about the great resource this added to their preparation for their triathlon season. Questions can be directed to Charles Gheen, the Race Director for the SRI Tri ([charlesgheen@gmail.com](mailto:charlesgheen@gmail.com))

### TGC MONTHLY MEETINGS

The TGC board members and officers encourage all club members to attend the monthly club meetings. Contact Evan Malone ([president@trigulfcoast.org](mailto:president@trigulfcoast.org)) Next meeting is July 18 at 6:00 pm. Joe Zarzaur’s offices. 11 East Romana Street (downtown Pensacola), above the Subway on the corner of Romana Street and Palafox Street

### TGC HEADSWEATS VISORS

If you would like to purchase a TGC Headsweats visor please contact Evan Malone or find him at any of the Mere Mortals sessions. Cost is \$20, payable in cash or check made out to TGC. Contact Evan Malone. [president@trigulfcoast.org](mailto:president@trigulfcoast.org)



### Tri Gulf Coast FACEBOOK GROUP PAGE

Friend the TGC GROUP Facebook page (Tri Gulf Coast) to stay updated on current TGC events.

### RACE CALENDAR

Looking for a race to do? TGC has updated the race calendar on the TGC website with all local runs and all regional triathlons. Please visit the site to check it out: <http://trigulfcoast.org/calendar/>

### TGC BLOG

Stay updated on TGC news and events by visiting the TGC Blog frequently -- <http://trigulfcoast.org/blog/>

### XTERRA WETSUITS DISCOUNT CODE

Follow this link: <http://www.xterrawetsuits.com/index.php/2012-CTC/>

Use the TGC Club discount code: C-TRIGULF

### RENEW YOUR TGC ANNUAL MEMBERSHIP

All TGC memberships expired 05/31/12. Please take a moment to renew by signing an updated 2012 membership waiver and pay your annual dues. More information is located on the club website: <http://trigulfcoast.org/join-tgc/>



OFFICIAL CLUB

### USAT ANNUAL MEMBERSHIPS

Planning on doing at least a few events this season? If the answer to that question is “YES” then you may as well join USA Triathlon (USAT). You will end up breaking even (or even saving money) on the \$12 raceday license fees you have to pay if you are NOT a USAT member. And you don’t have to fill out the extra paperwork at packet pickup the day before. <http://www.usatriathlon.org/membership-services/benefits.aspx>





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... and now a word from our sponsor

### Multisport Performance Institute (MPI) Group Riding and Bike Safety

Group riding is fun and popular aspect of our sport. Many of us will ride for an hour or more with our friends in an adventurous tour of some uncharted bike routes. There is usually a mix of easy efforts with conversation and hard efforts with breathlessness. Stops along the way allow for bathroom breaks and refueling. As coaches, we encourage our athletes to seek out others that ride at their same pace or ability so that they can enjoy the group-riding scene.

As always, safety needs to be a priority. As we are sharing the roads with vehicles we need to be visible, predictable and following the same rules that apply to cars. New cyclists can learn from the more experienced riders about the general rules of the road. Participating in Mere Mortals is one way to gain the knowledge you need to be safer out there.

Here is a partial list of things to know about cycling etiquette:

- ALWAYS wear a helmet.
- Show drivers and other riders what you plan to do. Always look and signal before you start, stop or turn.
- Follow the traffic laws.
- Don't block the roadway when riding 2 or 3 abreast.
- Don't overlap wheels.
- Point out hazards to the riders behind you.
- Bring your own flat repair kit.
- Hold your line. (Ride in a straight line without being "wobbly")
- Control your speed.
- Practice continuous pedaling versus pedal, coast, pedal, coast.
- Feel free to sit at the back until you are ready to move up.
- Allow more space between bikes if you are a newcomer.

Your group riding experience can be much more enjoyable when everyone knows the guidelines. Newbies can ask questions and the experienced riders can help the newbies be better group riders. So find a group that suits you and enjoy your ride!

### GIRLZ ONLY TRIATHLON?

Yes, that is not a typo. There is a **WOMEN'S ONLY** triathlon taking place very soon. It is being held 08/02/12 (Thursday evening) at Portofino Island Resort and it is being produced by Team MPI, a loyal TGC sponsor. So, ladies, if you want to have a go at a "supersprint" distance event then the Portofino Supersprint WOMEN'S ONLY Triathlon is for you. The distances are VERY manageable for any level of athlete: 300 yard swim, 7.5 mile bike, 1.5 mile run. Check it out at: <http://www.teammpi.com/events/event/portofino-sunset-tri-series>



### SANTA ROSA ISLAND TRIATHLON REGISTRATION

This event will take place on 10/06/12. This event WILL sell out so register early to reserve your spot in the premier local triathlon AND to save money on registration fees. Check it out at <http://www.santarosaislandtriathlon.com/register/>



# RUNNING WILD





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### GIRLZ ONLY SUNSET CYCLE



Reminder that the Thursday evening Girlz Only Sunset Cycle is gaining momentum! Every Thursday evening at 5:45 pm, start at Casino Beach Parking lot! Our usual route is to Ft. Pickens and back (20 miles). All abilities welcome! Bring your Park Pass if you have one! **Helmets required!** Contact Mindi Straw ([vicepresident@trigulfcoast.org](mailto:vicepresident@trigulfcoast.org)) with any questions.





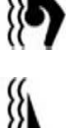
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## Race Report: Escape from Alcatraz - The Ultimate Bucket List Triathlon (by Rex Debord)

Several months ago I was lucky enough to win a lottery spot to the 2012 Escape from Alcatraz Triathlon in San Francisco, CA. Like many that register for the Escape from Alcatraz Triathlon, I did so with intentions of checking one of the most prestigious and difficult triathlons off my bucket list. Never once did I consider the frigid fifty-five degree San Francisco Bay, the never-ending and majestic hills on the bike course or the 400 step sand lander on mile 5 of the 8 mile run course. The only thing that mattered to me was getting a once in life time opportunity to escape from the ROCK!

Though I love a great race report and I did have a great race, I would prefer to tell my fellow TGC members why they should consider this amazing event for their bucket list. Let's start with the logistics. This was the 32<sup>nd</sup> year of the Escape and they have it ALL figured out. Once I became official, I started receiving weekly emails detailing everything from travel and accommodations to the basics of the swim, bike and run. The Escape even went as far as to direct me to numerous informational videos on their website. Though we all dread prerace meetings, the Escape did not disappoint. These guys are darn good at informing and entertaining you as the prerace jitters build. The expo, packet pick up and post-race events were seamless and as good as any Ironman event I have been to. The Escape treats every triathlete like a pro!

Now the good stuff... Let's face it, cold water swimming for most of us can be painful and often drive us triathletes to moan moments before dipping our toe into 78 degree pool water at our weekly master swim. Wetsuit or not, I was concerned about the 55 degree water temps and made sure I logged 2 swims prior to race day. The first acclimation swim was one I will never forget. After my heart started to beat again, I began to laugh (out loud) as I thought to myself this is the stupidest thing I have ever done. Just across the Bay I caught a glimpse of Alcatraz which put my goal back in perspective. Now, if I could just keep my face in the water for more than a second I will be happy. The stinging sensation eventually passed as my entire body numbed. 30 minutes later I was out and drinking Starbucks – All good. The second swim went much smoother as I started to adjust and focus on swimming and spotting. Final preparation involved a couple easy runs (hills) and driving the bike course (hills).

Staying in the Fisherman's Warf area is the way to go. Incredible restaurants' and coffee shops were everywhere and within walking distance. Navigating the expo and the transition area was also a breeze. Taking in the city of San Francisco is a must as this has to be one of the most beautiful cities in the US. I highly recommend picking up a prerace sundae(s) at Ghirardelli Square. The beauty behind racing the Escape from Alcatraz is that your family will have just as much fun as you.

Race morning involved dropping the bike at T1 and a short bus ride to Pier 3 for a quick boat ride out to Alcatraz Island. All 2000 triathletes packed on to the San Francisco Bell (largest paddle boat on the West Coast). The pro's and young guns on level 1 and 40 and above (geriatrics) upstairs. The race director advised over the PA that we had 6 minutes to get all 2000 triathletes off the boat (3 doors). As I made my way to the door, I recall two very distinct memories. The first was seeing many panic and turn away from the door (really?). The second was the stench of overhydrated triathletes warming their wet suits prior to jumping (maybe nervous bladders?). I jumped and was off! My swim was a mix of chop, swells, and 30 knot current. Spotting pre-designated landmarks made for smooth navigation. I landed on the beach and began my half-mile run to T1.

The bike course was amazing! I learned quickly that I needed a few more granny gears and remember being completely distracted from the difficulty by views of the Golden Gate Bridge and the Pacific Ocean. This was the toughest and most technical course I had ever encountered and it didn't matter. Another eye opening moment was pushing at 3 mph up a long climb when Andy Potts passed me in the opposite direction at 50 plus mph. Alcatraz, Me, Potts –Man I love this sport! T2 was smooth and I was off on the run. The first mile or so was flat and along the Pacific with the Golden Gate Bridge in the backdrop. The remaining run course was a mix of single file trails, steps, tunnels, beach runs and the epic 400 step sand ladder. Running through the "rock star like" finish chute lined with bleachers and 1000's of spectators was overwhelming. It wasn't until I saw my wife and kids dancing in the stands and cheering away that I realized how blessed I am to do this amazing sport and more importantly share it with my family.

Many of us have races or other goals on our bucket list. Do yourself a favor – Add the Escape from Alcatraz to your list! I rank my experience at Alcatraz up there with my Ironman experiences. A big thanks to my family for their support, Team MPI for the coaching and to Gulf Breeze CrossFit for the strength and conditioning.







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T-1 involved stripping our wetsuits, slipping on a pair of shoes and running about a 1/2 mile to where our bikes were set up.

**The Bike**



This course was both exhilarating and seat gripping at the same time. The first 1-1/2 miles are Pensacola Beach flat and then you begin climbing and climbing and climbing and then descending equally as much. I had decided to forgo my Tri Bike and opt for a road bike and was glad that I did. Very little time in the aero position. The view along the route were stunning and at times I almost stopped to take in the majestic cliffs and inlet out to the Pacific. Gorgeous! I have yet to view my computer as it is still in route back from SF, but there were times I'm sure I was hitting 40mph downhill. This is normally fun, however when all you see is a guardrail and the ocean a little uncomfortable. Nothing in Pensacola can compare to the scenery or the climbing, awesome is all I can say.

**The Run**



After a quick transition back into shoes, I was out for the 8 mile run. I had not even hit the first mile, when I was passed by Andy Potts the race winner. His time of 2:05, was one of the quickest in history and more than an hour faster than mine! The first 2 miles were flat, fast compact crushed gravel along the SF Bay and then we began our climbing. Our route took us along single track trails which became somewhat challenging and impossible to pass with the runners returning to the finish. The view was very similar to the bike with views of the Pacific on one side and cliffs to the other. At one point we began about a 1 mile descent to the beach, where we run out and back along The Pacific. We then start our ascent up to the roads, via a 400 step sand ladder. There is no running up these steps! At least for age groupers! It was a quad burner, lung searing experience and a blast. The return back to the finish went very smooth and enjoyed a finish line much like IMFL running down a 200 yd chute with spectators on both sides.

This is a must do race for all triathletes. Leave the time goals and expectations at home and enjoy the views! A well organized race!!



**TriGulfCoast Racers around the world:**

**Chattahoochie Challenge Sprint Triathlon (Columbus, OH)** Club finisher: David Barnhill

**My First Triathlon (Eglin AFB, FL)** Club Finishers- *Alumni Division* Charles Gheen, Jackie Brown, James Stinson, David Barnhill. *First Timer Division:* Debra Vinci

**Ironman France (Nice, France)** Club Finisher: Kevin Swenson

**Heatwave Classic Triathlon (Ridgeland, MS)** Club Finisher: Evan Malone

**Buffalo Springs Lake 70.3 Triathlon (Lubbock, TX)** Club Finishers: Mark Sortino, Andrew Rothfeder, Ty Turbyfill

**Eagleman 70.3 Triathlon (Cambridge, MD)** Club Finishers: Meri Asmar, Melissa Hagy



**CALL FOR RACE REPORTS**

Done a race you are proud of? Want to share your race experience with the rest of the club? TGC has found that many members enjoy reading these summaries and reports. So, we need YOU, our loyal and involved members, to help contribute. You do not need to be the fastest person on the course. You do not need to be the age group champion. You just need to be willing to share you race experience with the masses. To submit a race report contact Evan Malone:

[president@trigulfcoast.org](mailto:president@trigulfcoast.org)





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## Grandman Triathlon

### TGC Men Bringing Home the Hardware

Bill Striepeck -- 1st Overall  
 Kurt Detzler -- 3rd Clydesdale  
 Jacob Smith -- 3rd 25-29  
 Taylor Knight -- 2nd 30-34  
 Adam Principe -- 3rd 30-34  
 Mike VanWormer -- 1st 35-39  
 Andrew Rothfeder -- 2nd 40-44  
 Doug Jones -- 2nd 55-59

### TGC Women Bringing Home the Hardware

Lauren Glass -- 3rd 20-24  
 Elizabeth Wiese -- 3rd 25-29  
 Cherie Epstein -- 1st 40-44  
 Mindi Straw -- 2nd 45-49  
 Susan Smith -- 1st 50-54

### TGC MEMBER FINISHERS

Tiffany Reed•Catie Fairchild•Joe Dykes•Matt Harrison•Brad Conti•Angela Maples•Rainer Minard•Jack Minard  
 Tracy Laidacker•Sonnie Maughan•Kyle Watson•Gary Garza•Chris Johnson•Julie Hatten•Scott Hatten  
 Jack Cerone•Trey Emmons•James Stinson•Chris Rawson•Josh Moralita•Scott Boulton•Judy Fairchild  
 Bryce Long•Kenley Brooks•Millie Rice•Mark Morris•Jeff Boulton•Taylor Lewis



ENDURANCE SUPPLEMENTS







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**RACE REPORT: My first tri at a race report, on My First Tri, which wasn't my first tri (by Alex Bell)**

Eglin Air Force Base hosts a great super sprint tri each June. With a protected 200m swim, a pretty flat 8mi out-and back bike, and a flat and fast 2.5mi run, it's a great race for first timers. They split the field into "first timers" and "alumni" as well, so there's some fun competition for everyone.

The morning was beautiful, slight bit of humidity, but sitting in the low 70s for the start. There was a bit of steady wind coming out of the east, which would become a headwind on the way back in on the bike, but for anyone that rides Pensacola Beach it wasn't much to worry about.

As I was unpacking the car with my buddies I realized that I had left my bike shoes at my house. My heart sank for a second when I realized I didn't have them and what this might mean for my race. Being a smaller (capped at 325) race I wanted to get a podium spot, and my race plan just fell out the window. Right as I was running through my head how this was going to mess up my strategy I saw a teenage girl and her dad walking by with hybrid bikes; I smiled and decided to just have fun and not worry about racing in my running shoes. Besides, how often do you get to see someone in an aero helmet and not clipped in? I set my spot in transition and got a quick 3 minute jog and couple of stride-outs in before heading to the start to get a feel of the water. The water felt amazing, but the wind started to pick up just a bit.

I positioned myself in my wave (men and women, 10-34 "alumni" went off first) to be on the inside front corner, and when the gun went off I was quickly front of the pack. Then about 25m in I felt like I was swimming through pudding and my arms starting struggling, I felt my heart rate skyrocket. My trisuit zipper had come loose and I was dragging like a parachute. Being such a short swim I quickly thought that the time I would loose with drag wouldn't be as much as stopping to zip myself back up and getting caught in the crowd behind me. Not to mention, what if the dang thing just came loose again. I swam on and came out of the water and got into T1 in 8<sup>th</sup> place overall at 3:36, about 40 seconds slower than I anticipated.

I put on my helmet and shoes and ran out of transition past the mount line just a bit to avoid a guy clipping in and I was off. With the wind at my back on the way out it didn't feel too bad to be in running shoes, but I could tell a big difference for not being able to pedal in circles. I made a mental note to back off a touch on the run until I saw how I felt after my new style of pedaling. I caught and passed two people in my age group, one of which would fight back and forth with me throughout the bike. I passed him each time we got on the rollers the course had, riding actual hills in my bars was paying off. On the way back in on the bike, I stayed low and made sure to keep my effort level appropriate for a headwind. I made a final pass of the sparring partner I had while he slowed down to take his feet out of his shoes before the dismount line and got into T2 in 16<sup>th</sup> overall and 1<sup>st</sup> in my age group at 24:36, about 2 minutes slower than I anticipated.

I grabbed visor and race belt and I was out onto the run course, dialing back the run a hair to a half marathon pacing. It took me a bit longer to get my legs back, but nothing too crazy. I got passed by three people on the run; one of them was my sparring partner from the bike. He was a faster runner than me without question so I decided to not try and stay with him. Another guy that had passed me while I was waiting to get my legs back told me I was looking strong and I needed to pick up my pace. I did pick it up a bit and not too soon after noticed the leaders coming back in. I hadn't seen anyone other than my sparring partner that was in my age group by the time I got to the turnaround, and it was with about a half mile left I realized I could still pull a podium spot still. I crossed the finish line at 48:01, with a 19:50 on the run. I had been targeting 19 minutes flat, but at that point I stopped caring. I walked over and gave my sparring partner a high-five and told him he had a good run, then walked over the finish line and started cheering people in, as well as encouraging the folks that where just getting in to T2. The atmosphere of transition was filled fun and pride; you could see the "beginner's spirit" fresh on everyone's face.

When the results were posted, I had finished 18<sup>th</sup> overall and 2<sup>nd</sup> in my age group. The race that had two things I thought were game changers ended up being fun, leaving me with a top three finish in my age group, and reminding me that even when things go wrong in the race it isn't the end of the race.





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### Member Profile: Jack and Rainer Minard (by Erika Smith)

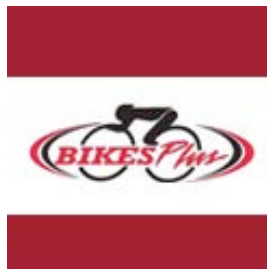
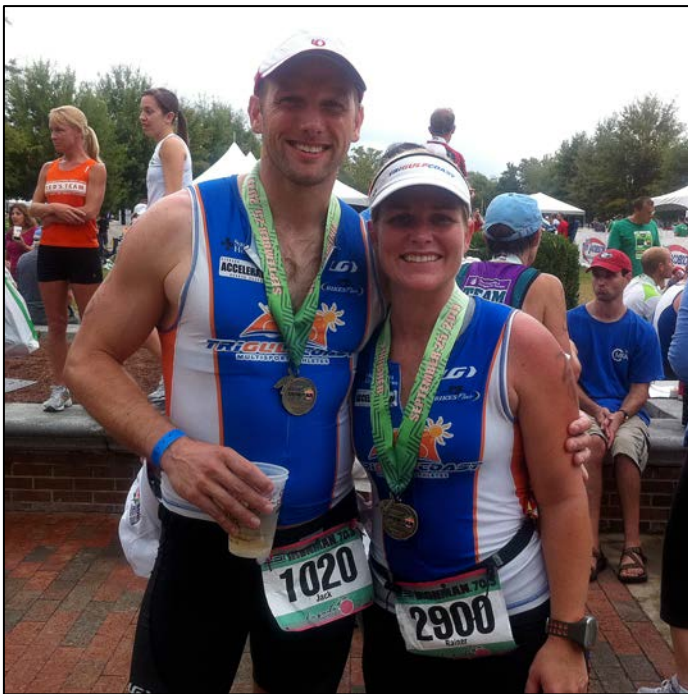
Jack and Rainer Minard are proof that you can have it all – a wonderful family life, your own business and pursuit of your athletic goals. Although they met in the well-known ski town of Vail, Colorado, both Jack and Rainer were happy to move to warm and sunny Pensacola, Florida shortly before getting married in 2003. The couple completed their first tri’s about seven years later. Jack jokes that he was “hooked” after completing Mullet Man “despite hardly being able to walk when I hit the beach after the swim.” Rainer explains that she became involved in Mere Mortals in 2010 thanks to the encouragement of then TGC president John Murray and chose Freedom Springs for her first tri. Since that day in Marianna, she’s been hooked, too.

Jack and Rainer share the same favorite local event – SRI TRI. Jack is also a fan of Augusta 70.3 and Rainer loves the unique and challenging course at Red Hills. Although the two are rarely able to train together due to alternating caring for their two children, Jack (age 5) and Henry (age 2), they have fun competing in races together. Their upcoming race plans include Freedom Springs, Augusta, and SRI TRI. Jack’s race schedule also includes Ironman Florida and Rainer is entertaining Miami Man.

When asked how they balance family life with training, Jack and Rainer share that talking out their schedules at the start of each week, then posting them on the refrigerator, has enabled them to work together so that both can complete their weekly workouts. Flexibility plays an important role. For example, Jack remarks that “If one of us gets rained out or something, then we just get rained out and it’s cool.” With support from one another, Jack most recently completed the Mercedes Marathon in Birmingham and Rainer completed her first half ironman.

Jack describes his favorite aspect of the triathlon as “The ripple effect that doing races has on other aspects of my life” while Rainer enjoys the social aspect of training and the “fun/positive/inspiring/healthy people that are refreshing to be around.” Jack and Rainer express gratitude for the support and encouragement they’ve received from our tri/athletic community, particularly Mark Sortino and John Murray who they describe as “instrumental” to not only their performances, but sharing how to find joy in the journey, not just the destination. The couple also explains that Running Wild has been a source of training knowledge and support for them over the years. Jack and Rainer particularly enjoyed attending the “good running form” clinic last year, so much so that Jack attended it again a few weeks ago. Jack is also a fan of the trigger point classes and Rainer runs with the “Phat Girlz” whenever she can.

Jack and Rainer will be easy to spot at the next triathlon, just look for the smiling couple enjoying their “date.”





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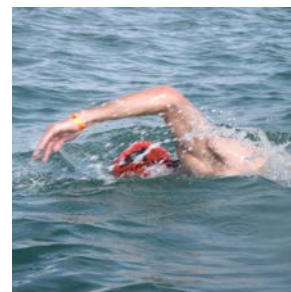
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## **MERE MORTALS**

Tentative Schedule (Subject to Change) for 2012

Date	Group Workout	Notes/Comments
07/08/12	Swim 3x200, Bike 14, No Run	
07/15/12	OFF	Blue Angels Weekend
07/22/12	Swim 4x150, Bike 12, Run 2-3	
07/29/12	Swim 4x200, Bike 16, Run 1-2	Transitions
08/05/12	Swim 6x150, Bike 12, Run 3.1	
08/12/12	Swim 3x300, Bike 18, Run 1-2	
08/19/12	Swim 6x150, Long Bike, No Run	Long bike day
08/26/12	Swim 4x200, Bike 18, Run 3.1	USAT Rules Briefing
09/02/12	Swim 3x300, Bike 16, Run 2-3	
09/09/12	Swim 3x400, Bike 10, Run 2	
09/16/12	Swim 600, Bike 18, Run 3.1	Members Only Triathlon
09/23/12		OFF- Deluna Fest
09/30/12		OFF
10/06/12	Swim 600, bike 18, Run 3.1	SRI TRI RACE DAY!!!





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**USA TRIATHLON**

# CLUBS

## **BECOME AN ANNUAL MEMBER TODAY**

### **BENEFITS OF USA TRIATHLON ANNUAL MEMBERSHIP INCLUDE:**

- Inclusion in the USA Triathlon annual rankings and the chance to earn All-American honors
- Being a part of the multisport community and the U.S. Olympic Movement
- Participant accident insurance coverage
- Educational resources such as webinars, camps and clinics
- Weekly Multisport Zone e-newsletter, plus newsletters for coaches and race directors
- *USA Triathlon Magazine*
- Eligibility to compete in USA Triathlon National Championships
- Exclusive sponsor discounts
- Chance to qualify for Team USA and compete at ITU World Championships
- Opportunity to compete in USA Triathlon-sanctioned events
- ... and no more one-day race fees!

