



TRIGULFCOAST

MULTISPORT ATHLETES

www.trigulfcoast.org

Tri Gulf Coast

August 2012

A WORD FROM YOUR TGC LEADERSHIP

A few club members have approached some of the TGC board members and officers asking how they can become more involved with the operations of the club. TGC wants all the club members to know that they are all welcome to contribute to the club in a number of ways. Mere Mortals is a prime example, TGC depends on club members to help with: water safety/support (kayaks and paddleboards), refreshments (Varona's), bike rack setup/breakdown, etc... But, the opportunities to "chip in" do not end with Mere Mortals. There are plenty of other events which need club member support. These endeavors are great opportunities for club members to become more involved with the inner workings of the club. If you would like to become more involved please contact any of your TGC board members or consider attending one of the club leadership monthly meetings.

Along those same lines, TGC wants to thank those members who have stepped up to support the club so far this season. Without the many enthusiastic members who have volunteered to man the kayaks, provide the post-event refreshments, and help to clean up after Mere Mortals the club would be floundering. Instead, TGC is flourishing! Thanks to the TGC members!

Finally, our monthly member profile is Tracy Gilbert. Erika Smith was able to get to know Tracy and has shared some of her thoughts and experiences in the sport of triathlon. Tracy is an asset to the athletic community of Pensacola as she is involved with many training groups and has a very healthy outlook on our sport. Make sure to say hi to her at the next event!

Sincerely,
Your TGC Board and Officers

... and now a word from our sponsor

Multisport Performance Institute (MPI)

Triathlon Inspiration

We are constantly being inspired in this sport of triathlon. Newbies finishing their first race and going from Couch to Sprint distance to complete a goal they had never dreamed possible. Folks that lead an unhealthy lifestyle of obesity, poor eating habits or smoking that now train for hours while adding years to their lives.

Mark and I also receive inspiration from our involvement in paratriathlon. Formerly known as "Athletes with a disability" this division of our sport includes, among others, wounded military members, congenital conditions, accident victims. There are many training opportunities available for these paratriathletes and fortunately Team MPI has established a role. Most recently, both Mark and I have been invited to participate in paratriathlon camps. Mark received the coveted invite to USA Triathlon's High Performance Camp at the Olympic Training Center in Colorado Springs. This camp had the specific goal of development of paratriathletes for the 2016 Paralympics Games in Rio de Janeiro. I was asked to coach at the Team Semper Fi Triathlon Camp at the Olympic Training Center in Lake Placid. This camp offered triathletes of all levels a 3-day technical and training opportunity. Team Semper Fi is made up of injured members U.S. Armed Forces. They inspire not only us, but more importantly, other injured service members.

This sport is always challenging and many times we are in need of being encouraged and inspired. The flip side of that is that we are an inspiration for others. We probably don't even realize it, but what we do every day... a one hour swim or a 30 minute run encourages other to make healthier choices, become active or maybe even try a triathlon!



Mere Mortals Swim Start in Santa Rosa Sound





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Mark Your Calendar

- 08/02/12 Portofino Sunset Supersprint Triathlon
FEMALE ONLY - 6:30 pm Pensacola Beach
- 08/03/12 TGC Social. Sabine Yacht & Racquet Club**
5 – 9 pm - Pensacola Beach
- 08/04/12 Bushwacker Run 7:30 am – Pensacola Beach
- 08/16/12 Portofino Sunset Supersprint Triathlon
6:30 pm Pensacola Beach
- 08/18/12 Sandestin Triathlon 6:30 am – Destin, FL
- 08/18/12 Argonaut 5K 7:00 am – Pensacola, FL
- 08/19/12 Bikini and Boardshorts 5K 8:00 am
Pensacola Beach, FL
- 08/25/12 PRA Membership Run 8:00 – Pensacola, FL
- 08/30/12 Portofino Sunset Supersprint Triathlon
6:30 pm Pensacola Beach
- 08/31/ - 09/02/12 Tortugaman Ultra Triathlon Weekend
Fairhope, AL
- 09/08/12 Alabama Coastal Triathlon 7:00 am – Orange
Beach, AL
- 09/08/12 Dolphin Dash 5 K 7:30 am – Gulf Breeze, FL

TGC MONTHLY MEETINGS

The TGC board members and officers encourage all club members to attend the monthly club meetings. Next meeting is August 21 at 6:00 pm.

Contact Evan Malone (president@trigulfcoast.org)

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



Tri Gulf Coast FACEBOOK GROUP PAGE

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

TGC BLOG

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

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/>

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/>

SANTA ROSA ISLAND TRIATHLON REGISTRATION



This event will take place on 10/06/12 and it WILL sell out so register early to reserve your spot.

www.santarosaislandtriathlon.com/register/



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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The Pensacola Seafood Don McCloskey 5K Run/Walk is sponsored by the Pensacola Runners Association and Fiesta of Five Flags. This run kicks off the fall racing season in Pensacola and is a popular element of the Pensacola Seafood Festival. The run will commence at 7:30 a.m. on Saturday, September 29, 2012 at Seville Quarter, 130 East Government Street. The route will encompass city streets in Historic Downtown Pensacola. The post race party and awards ceremony will be held at Seville Quarter immediately following the race.

For more information and registration run please visit www.pensacolarunners.com.

TGC SUMMER SOCIAL

Don't forget to make it out to the TGC Summer Social slated to take place on **08/03/12 from 5:00pm-9:00pm**. This event will occur at the Sabine Yacht and Racquet Club (330 Fort Pickens Road) on Pensacola Beach. It is an "open house" format, so come and hang out for a little bit and socialize with your fellow club members. The event will be catered by Varona's, but please plan on bringing your own alcoholic beverages (a bottle of wine, a six-pack of beer, your favorite cocktail) as only non-alcoholic beverages will be provided by TGC. Any questions can be directed to Mindi Straw (vicepresident@trigulfcoast.org)



Special thanks to Robert De Varona and his company, Varona's. Robert and his staff have graciously agreed to cater the Mere Mortals sessions for the 2012 season. Please take a moment to thank Robert and his staff when you have the chance. Also, the next time you are at the Pensacola Airport, swing by the Varona's restaurant and enjoy a beer and a sandwich before your flight departs.



HEADPHONES AND BIKES DO NOT MIX

Triathletes, please remember that headphones on the bike are NOT ALLOWED! The sport of triathlon does not allow for portable music of any sort during any portion of the event. For training purposes, at Mere Mortals, you are only allowed to use headphones while on the run portion of the workout. No member is allowed to wear headphones during the bike portion of the Mere Mortals training events. This is for your safety as well as those around you.

FITNESS
ACCELERATION
SPORTS PERFORMANCE





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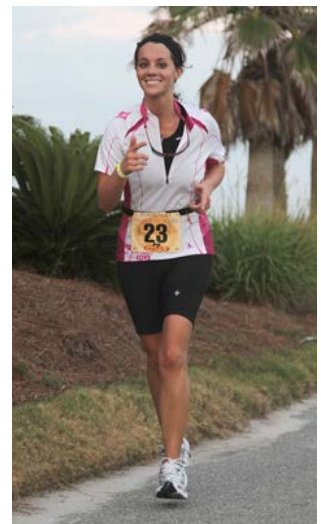
GIRLZ ONLY SUNSET CYCLE



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) with any questions.

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. This event WILL sell out, so even if there are no spots left for competitors please consider heading out to Portofino to cheer the girlz on! Check it out at: <http://www.teammpi.com/events/event/portofino-sunset-tri-series>



RUNNING WILD





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TGC Member Profile: Tracy Gilbert (by Erika Smith)

It all started with an email. For years, Tracy heard her friends “tell me I should do a triathlon, but I always said no because of the swim. I was a runner. I had a hybrid bike, but it was rarely used.” So when a friend contacted her and a group of girlfriends in 2010 encouraging them to sign up for SRI Tri with the race only two months away, she typed her response “no way!” But, before hitting send, “I thought to myself, if I’m ever going to try to do this, this would be a great opportunity. I would have other friends doing their first tri, too and we could train together.” So, she deleted “no way” and replaced it with “let me think about it for a week or two.” After some encouragement from local swimming legend, Grace Ruckstuhl, she decided to sign up. The rest, as they say, is history. Although she considers herself “a newbie” to tri’s, like many others, she’s clearly been “bitten by the tri bug.” She signed up for her second tri just three weeks after completing her first. Now, she finds herself running, biking, and swimming on a regular basis. In fact, after beginning master’s swim lessons with Grace, she’s found that the swim has even become her favorite part of training.

Tracy’s current training schedule includes running 6@6 at Running Wild on Tuesday’s and Thursday’s and running on her own at lunchtime several days a week. (If you work downtown or visit the local restaurants there, then you’ve likely seen Tracy who’s known as “the crazy girl who runs downtown at lunch”, even during the summer.) Tracy attends the master’s swim lessons at Hunter Pool once or twice per week, meets up with friends regularly to swim in the sound after work, sometimes going for a bike and run afterwards, and regularly attends the Girlz Only Sunset Cycle, held at Pensacola Beach on Thursday nights. She explains that she had just bought her first road bike when the Girlz Only Cycle group was formed, so she was “very excited to have a group to ride with. It’s such a great group of girls and a great way to get in a 20 mile bike each week.” She has also recently started riding with the Blackwater Cyclists whenever she can and takes a yoga class one day per week.

Tracy’s favorite triathlon is SRI Tri. Her upcoming race plans include the MPI Portofino Sunset Tri in August, the Brett Robinson Coastal Tri in September (her first Olympic distance race) and her third anniversary SRI Tri in October. When she’s not training, Tracy enjoys spending time outdoors with her boyfriend, paddleboarding and going for leisurely rides on their beach cruisers.

Tracy grew up in Nashville, Tennessee and moved to Pensacola during her high school years. After moving away for 10 years, she’s been back in Pensacola for about a decade. She completed her first race, a 5k, in 2003, shortly after returning to Pensacola and has completed many races since that time. She’s employed as a paralegal at a local law firm. Tracy explains that this is her second year with TGC and that “Mere Mortals has been a great group to train with. They are encouraging to every skill level.” She appreciates the “positive” people she has met through Mere Mortals who encourage her to push herself beyond what she previously believed were her limits. Tracy also relays that she’s “learned a lot by reading other people’s questions and answers on Facebook, things I didn’t think to ask. I’m soaking it all in.” She adds, “who knows, maybe next year I will be brave enough to try a Half Ironman?” I think we would all agree that she will be.





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TriGulfCoast Racers around the south:

Sunfish Triathlon (Meridian, MS) Club finisher: Jim Hagy, Evan Malone

Freedom Springs Triathlon (Marianna, FL) Club Finishers: David Barnhill, Jack Minard, Rainer Minard

Peachtree Roadrace (Atlanta GA) Club Finisher: Scott Winnier, Evan Malone

Chattanooga Waterfront Triathlon (Chattanooga, TN) Club Finisher: Jennifer Little

TRI the Mountains Triathlon (Blue Ridge, GA) Club Finishers: Jules Kariher

For those of you who were members in 2011 and participated in the 2011 version of the Members Only Triathlon you know that TGC had great water safety support from the folks at Fitness On Board. Well, this is slated to occur again for the 2012 edition of the Members Only Triathlon. Make sure to show your appreciation to the staff of Fitness On Board when you have a chance. And, if you want to explore the many activities which are offered, please visit their site at: <http://www.fitnessonboard.com/>



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



SWIM CAP AND BIKE HELMET REMINDER

All club members are reminded to always wear a swim cap when participating in an open-water swim. Please remember your TGC-issued swim cap every week when you come out to Mere Mortals. Further, bike helmets are required anytime before, during, and after a USAT-sanctioned event, this includes Mere Mortals training events. Please never ride your triathlon or road bike without a bike helmet on and securely buckled.



2012 TGC MEMBERS ONLY TRIATHLON

Please mark your calendars for 09/16/12 as this will be the "dress rehearsal" date for the Santa Rosa Island Triathlon. Every year TGC features a "Members Only Triathlon" as the ultimate day of the Mere Mortals season. Please note that this event will feature the full distance of the SRI Tri (600 yard swim, 18 mile bike, 3.1 mile run) and the event will be for PAID members of the club only. No exceptions will be made to this rule, so please do not bring any unpaid guests with you on this day unless they want formally join the club. More specifics about this event will be announced at the Mere Mortals sessions in the coming weeks, so please pay attention.





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RACE REPORT: IM France-Nice Race Report (Kevin Swenson)

BLUF: The goal for this race is 1:30/6:30/4:15. Throw in 15 minutes for transitions, and I'm home in 12:30. It's gonna be a tough ride and a HOT run, but....

Actual result: 1:29:30/6:36:58/4:33:22 with the two transitions at 7:25 & 7:21 for a total of 12:54:36. OVERALL GRADE A-

PREPARATIONS: The 4 months prior were planned out, and I can't recall any stumbling blocks. It's IMPOSSIBLE to train for a HILLY bike course in Flat Florida, so I just put in the 'typical' bike mileage for an IM. The 16-week run training was GREAT! I didn't swim much, but that also was PLANNED.

The 4 days prior to race day went REALLY GOOD, even though we were staying in a 5th floor walk-up apartment (83 steps BTW) in the party section of old town Nice. I did notice that Mark's bike had a 31-tooth rear cassette, and my supposed 28-tooth cassette only had 25 teeth. (WHY?) Good nutrition all week, and LOTS of water, with enough Gatorade to make me HATE the taste of Gatorade by race day. All was READY!!

Swim: The beach at Nice is ROCKY. No sand at all, just 2" round rocks. The swim started on-time, and Mark and I hung back to the outside. I had seen a couple of jellyfish 2 feet down on each of the previous days swim, so when I had a stinging sensation in my left armpit 10 minutes into the swim, I knew what it was. There was nothing to do for it in the water other than swim...so I swam. The short (20 foot) beach run at the 2/3 point was HARD since somebody had to help you up the bank, then you run on rocks, then jump/walk/slide back down the rocks to get into the Med. Just keep swimming. Felt good coming into the finish, and realized that I had kept my mind in the swim the WHOLE WAY, and NEVER went to breast stroke. Felt happy to be done with the swim though.

Swim Time: 1:29:30 (1929th outta 2139 total; 117th outta 140 Age Groupers 50-54)

T1: I got a kiss from Kelly on the way up the ramp from the water, and headed into T1. I grabbed my swim-to-bike transition bag, and went to the far end of the chairs (less people). I pulled my "Team GrumpPa" jersey on while a French lady slathered me in suntan lotion. Put on my helmet, grabbed my shoes and socks, and went to get my bike.

T1 Time: 7:24 (1005th outta 2128 total; 47th outta 140 Age Groupers 50-54)

Bike: The bike course known as one of the tougher (read HILLY!) courses. It has 5,900 feet of climbing. The first 19K (12 miles) is Florida flat, but when you turn left, there is a 14% hill. This hill is ONLY 500meters long, but it was more than my 25-tooth cassette could handle. (Where are those 3 missing teeth?) I walked (and pushed Sherri) the last 150 meters. After the short/STEEP opening hill, it's a constant up, but it is CONSIDERABLY less steep. I was rolling along at 30Kmph (18.6mph), enjoying the view (and there were some TREMENDOUS views) and gradually passing a few folks. Saw a "12k to Col" spray painted on the road...and noticed a slight upturn. About 50 minutes later, I went over the Col de l'Ecre, and stopped for my "Special Needs" bag. I had completed 70K in 3 hours. The downhill off the Col was gentle enough that I was able to do it without braking. My goal for the downhill's was to STAY RIGHT, and not get clobbered from the rear. The (fairly) constant braking had my forearms and shoulders aching by the time we started back UP, but that was better than my legs arguing with me. I went through the 90K (56 mile) halfway in 3:43, which would be a 7:26, if that was INDEED halfway time wise. I kept passing folks on the uphill, only to get passed by them on the downhills. I kept VERY calm when we came back out onto the flat 19K back to transition. I purposely did NOT pass anybody in the last 6K due to congestion and trying to get relaxed.

Bike Time: 6:36:57 (1356th outta 2113 total; 73rd outta 138 Age Groupers 50-54)

T2: Dropped Sherri off at her rack, than a quick shoe change (and more slathering from the French lady). As I was tightening my shoes, the announcer was getting everyone excited for Frederik VanLierde's finish. I emptied my pockets, started the Garmin, and exited T2 with a smooth pace (and a BIG smile on my face).

T2 Time: 7:21 (1122th outta 2107 total; 56th outta 138 Age Groupers 50-54)





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Run: The course is FLAT. As in ZERO elevation gained/lost if you don't count going over the curb at the far end turn-around. The course is four laps of just over 10K each. I kept checking the Garmin to keep the pace between 9 and 9:20 per mile. (I saw 8:20 a few times.) But 42.2K (26.2 miles) is a LONG way, and I've burnt out early too many times. I saw Kelly on the way out, and got a nice KISS. Every 5K (3.1 miles) was well marked, and I kept mental track of my times. First 5K was 29 minutes; second was 30; third 28; then 29; 30; 32; 34; and eighth was 40 minutes. I ran really well until the legs started to go just after 35K (~22 miles). I tried to keep it going, but the long, HOT day had me spent. Finally saw my brother on that last leg, which brought my spirits back up, but didn't help my legs move any faster. I counted 78 people passing me that last half-lap with all their armbands on. But I'm STILL very pleased with the run.

Run Time: 4:33:22 (1117th outta 2139 total; 59th outta 131 Age Groupers 50-54)

Overall: I'm ECSTATIC with my Sub-13 time. I missed the (randomly selected) goal of 12:30, but considering everything, I gotta say I enjoyed the day. Having Kelly cheer me on is always an advantage, and then to have my brother racing WITH me (and his wife cheering us) was an added benefit. **Overall Time: 12:54:36** (1312th outta 2059 total; 67th outta 129 Age Groupers 50-54)

Overall Grade: A- A really good swim, a good bike, and a pretty good run (coupled with two GREAT transitions), made this a wonderful day.

PS. I did solve the 25/28 tooth issue during the run.....IronMan Lanzarote prohibits deep dish wheels, so in preparation for IM Lanz in 2011, I swapped cassettes on my HED3 and regular wheel, so I would have the biggest gear on my regular wheel. Leaving the 25 on the HED 3. I had IM Moo and the Double after IM Lanz, but both of those don't have any steep climbs, so it NEVER entered my mind to change the cassettes back. Now if I get into IMLP for next year....



Les Hommes en fer sur la Plage dans Nice, France

Kevin Swenson's new ink to commemorate the IronMan Nice, France Race. While it contains two of the essential elements to life in France (coffee and bread) it's missing wine.





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RACE REPORT: CHATTANOOGA WATERFRONT TRIATHLON REPORT (Jennifer Little)

In the spirit of the upcoming Olympics, I decided to challenge myself and register for an Olympic distance triathlon in the first half of 2012. I had been working with Pat Kozma and the Running Wild group during my training for prior races, which included half and full marathons, and through discussions with Pat I decided to participate in the Chattanooga Waterfront Triathlon on July 8. I have competed in numerous sprint triathlons but this would be my first Olympic distance, and the longer swim leg made me nervous. I have always been extremely anxious about open water swimming and I was told on multiple occasions how hilly the bike course was, but Pat developed a very well rounded program for me and I felt very prepared going into race day.

I had never been to Chattanooga, Tennessee and thought it would be great to turn it into a family vacation as well. My family and I drove into Tennessee late on the Friday before the race and spent Saturday morning enjoying the local activities downtown. In the afternoon, I sat through the general informational talk regarding the race and began to prepare myself mentally with the course layout. My husband and I then drove the bike course so I could get an idea of the route as well as to prepare for how hilly it was going to be. Sure enough, everyone who told me about the hills did not lie. I just kept telling myself that I had prepared the best that I could and at this point I needed to trust in my training. Sunday morning I woke up early, ate a hearty breakfast, and walked the few blocks to transition to set everything up and then loaded onto the buses for the drive to the swim start. The start was interesting. They informed us that only 25 of us could start at a time and only another 25 could be waiting on the dock to get into the water due to the age of the dock. The closer my heat got to the dock, the more anxious I felt; but finally it was my time to enter the dock area and get into the water. She called my number and that was my cue to go. A mile later I was out of the water with my fastest swim. I was excited. I felt great getting out and was now looking forward to the bike.



The initial part of the bike was interesting as we transitioned from downtown to the highway. We had a nice uphill climb (if there is such a thing) shortly out of transition and as we merged onto the on ramp of the highway. From there it was a straight out-and-back. It was a challenging bike course. I explained it to my family by comparing it to the hills at UWF (that may be a bit exaggerated but that was what I was thinking while I was riding). Thankfully I made it back to transition safe and sound without any flats or crashes!! It took me longer then I anticipated but I made it through and was now moving onto the run.

The run was along the river on a paved path. Out of transition I had a lovely run/walk up hill and up two flights of stairs before starting on the paved path along the river. I kept thinking as I was going up that hill that I was looking forward to coming back down that hill to cross the finish line. The run was a very scenic out-and-back course. I was thrilled to finally see the finish line as I was running down that hill, not to mention seeing my family waiting and cheering for me. I was so excited and proud that I finished. It took me a little longer than I anticipated but I was glad I had done it.

I would definitely recommend this race. It was very well organized and had a lot of support along the course. Chattanooga was also a great city to visit with a lot to do before and after the race.





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RACE REPORT: Sunfish Triathlon, Meridian, MS (Jim Hagy)

Sunfish Triathlon, in Meridian, MS was supposed to be a race day for both Melissa (my wife) and me. Unfortunately, she got hurt in a bike accident a few weeks before and couldn't race. I wasn't sure my heart was in it ... and debated for a while if I was going to go up there at all. So, I guess getting motivated to get to the starting line was half the battle in this race. I guess for a lot of us ... even though we love training and racing ... it's still an effort to get going.

Bonita Lakes, the site of the race, is just outside Meridian, about 3 1/2 hours from Pensacola, mostly on a small road through rural Alabama and eastern, Mississippi. Friday packet pickup was at transition. Normally, we have all kinds of things in the race pack to worry about ... bike numbers, helmet numbers, swim waves. But this race is SIMPLE: just a race number, like a running race. Ankle strap timing chips were passed out on race day. If not wearing a swim cap is a problem (e.g., long hair), you'll need to bring your own.

Race morning I got there early, set up, and went for a warm up run around one of the lakes with one of the local guys I met in transition. This turned out to be a couple of miles. I also went for a swim in the lake. The water was warm and fairly clear, at least for a lake in this part of the country. It was also mirror-flat.

Sunfish triathlon has a time-trial start. This means that everybody lines up, nominally by race number, and then starts a few seconds apart. As the race started, I was hanging out talking with Evan Malone, the only other TGC member at the race as far as I know. I almost missed my place in the starting line-up and before I knew it, I was swimming. The time-trial start made a lot of sense for this race. Being a fairly strong swimmer, I usually line up near the front of my wave and don't pass many people in the water. This time, I started with 250 people in front of me, with a whole range of swimming abilities.

I came into the swim-bike transition feeling good about my swim, but having no idea how long it took. In the rush of realizing that I was missing my start place, I'd not started my watch. I quickly confirmed that the bike course has some real hills, as a local had warned me. These were still "rolling hills" rather than real climbs in my view, but instead of the usual upwind/downwind kind of race we often have in P'cola, I was grinding up a hill at 10-12 MPH within a few miles. Some of the hills would end with "false flats" where it looks like you've reached the top, but you're still going up. By the middle of the bike course, the road became both hilly and bumpy. With each bump the straw in my water bottle would inch up just a bit, so by the time I went to take a drink, the top was next to my ear. Note to self: next time, we'll need something to keep it in the bottle. The bumps also displaced the magnet on my wheel, so no more bike computer. Just me and the road. The pavement turned smoother and more downhill toward the end of the bike, bringing me into the run on a high note. As Evan later noted, "the bike was no chip shot."

The run was an interesting double loop around the lake. You never run the same pavement twice, but you can just about see the entire 5K all at once. I started out slower than I should have – suggesting that I need to do more transition runs and bricks (bike-run workouts). By the time I hit my stride, I found myself paced by a 68-year old man (I'm 43), who informed me that he was drafting me as we ran into the wind (legal on the run). This man could RUN. With 0.5 miles to go, I picked up the pace a bit more and finished with an overall run pace of 7:33/mile, a little slower than I should have been, and about 10th in my age group. Evan Malone finished a minute or so later, which turned out to be a little over a minute ahead of me, on the strength of his very fast run.

The race organizers were very thoughtful to provide showers to rinse off in after the finish, a nice conclusion to a well supported race overall. This would be a great race for TGC members willing to drive just a bit more and spend the night to squeeze in a mid-summer sprint triathlon.





TRIGULFCOAST

MULTISPORT ATHLETES

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August 2012

The Pensacola Runners Association Membership 5K Trail Run is back on the calendar to honor **you** for your commitment to our organization and the local running community! If you are already a member of the PRA, this race is free! The race will again be held at the Escambia County Equestrian Center on Saturday, August 25th at 8:00 am. If you have run this race before, you know these trails are wide and flat, offering great race times and real competition!

Awards will include best overall male and female as well as best overall male and female masters, grandmasters, and great grandmasters. Prizes three deep in the usual age groups will be offered as well.

Back by popular demand, a big breakfast will be served at the after-party, including eggs, bacon, pancakes, etc.

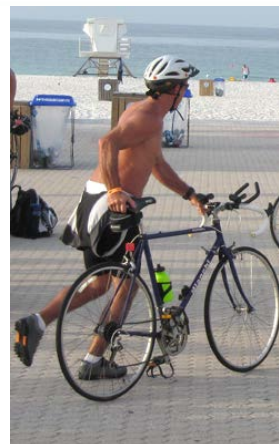
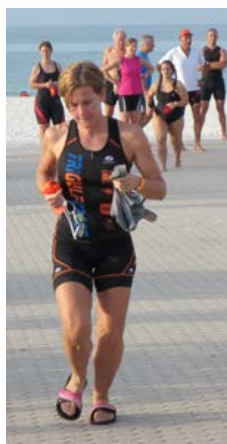
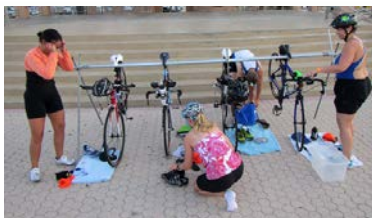
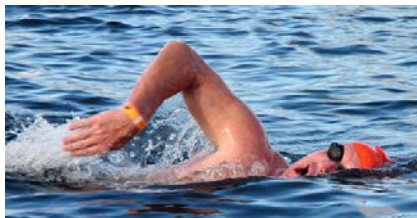
Only the first 150 entrants will receive free swag, so sign up early! While entry is FREE to current members of the PRA, please mail in or drop off (at the Pensacola Sports Association building) a registration form so we can anticipate numbers and reserve your swag! For non-members, the entry fee will sign you up for the race, but also consists of a one-year membership to the PRA! Fees are \$15 for an individual or \$20 for a family. Membership benefits include discounts on PRA race entry fees, free subscription to our monthly newsletter, *The Rundown*, and discounts at local businesses.

Don't forget... if you signed up as a new member at this race last year, it will be time to renew with us! Packet pick-up will be at the Pensacola Sports Association building (101 West Main Street, Pensacola, FL 32502) on Friday, August 24th from 4-7 pm and race morning from 6:30- 7:30 am at the Equestrian Center. Registration stops at 7:30 am on race day.

The UWF Cross Country team will be helping on course again this year, but we can always use more volunteers (who will also receive swag), so please contact Laura Harris at 850-723-5323 or membership@pensacolarunners.com if you are interested in helping. Specifically, we could use some willing cooks to help make the big breakfast! As always, you can find more information on this race and any of the PRA races at www.pensacolarunners.com.

MERE MORTALS: Tentative Schedule

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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August 2012



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