



TRIGULFCOAST

MULTISPORT ATHLETES

www.trigulfcoast.org

Tri Gulf Coast

October 2012

A WORD FROM YOUR TGC LEADERSHIP

TGC Triathletes,

The leadership of TGC would like to thank the entire membership of the club for a successful Mere Mortals season. As we all look forward to SRI Tri (10/06/12) please encourage any family and friends to come out to support our local athletes participating in this great event. Further, please take the time to encourage any and all club members as they are on the course. Even a quick "keep moving" or "looking strong" can do wonders. Also, make sure to wear any TGC gear you have so we can represent the club!

A future date/reminders which is important... 10/25/12 will be the annual End-Of-Season Party, details are included in this newsletter. It should be a great event!

And, with the close of triathlon season not too far away, please stay involved with TGC events as there will be monthly group rides which will begin in November. Along with this consider participating in the many great running road race events in and around Pensacola.

Finally, our monthly member profile is Robert De Varona. Erika Smith was able to get to know Robert and his encouraging story on how he came to fall in love with the sport of triathlon. Robert is an asset to the city of Pensacola and TGC is blessed to have him as a club member. You may recognize the name as he is also the same Varona which provided such great post-training refreshments every week this Mere Mortals season. Make sure to say hi to him at the next event!

Sincerely,
Your TGC Board and Officers



... and now a word from our sponsor

Multisport Performance Institute (MPI) The SanDestin Triathlon Swim Report

In the sport of triathlon there are many wonderful visions of inspiration and perseverance. There is the story of Team Hoyt, the father and son duo that will make you misty-eyed when watching their accomplishments. Another memorable story is Julie Moss' incredible Ironman finish in 1982.

Your personal story is also very inspirational. Whether you were a collegiate runner or never did sports in your life, the story of how you got into this sport or the tales of your last race are not only interesting to hear but probably very motivational as well.

As Santa Rosa Island Triathlon fast approaches, know that folks are watching you, they're cheering for you to do well and cross the finish line with a smile and maybe a tear of joy. Certainly there is a great chance that someone you know will choose to challenge themselves just like you are continually challenging yourself. As my friend Charles Gheen says, "This is good stuff!"

When you are at the fantastic SRITRI post-race party do the usual. Make sure you eat the great food and mingle with the finishers, but also make a point to ask people about THEIR race. Listen to their stories and get inspired by their accomplishments. It's one of the ways we stay in this sport.

Mark Your Calendar

- 10/06/12** Santa Rosa Triathlon 7:00 am – Pensacola Beach, FL
- 10/06/12 Riverwalk Run 5:00 pm – Milton, FL
- 10/7/12 Sea Turtle Triathlon (kids race) 8:00 am – Pensacola Beach
- 10/13/12 Destin Triathlon 7:00 am – Destin, FL
- 10/14/12 Atlantic Coast Triathlon 7:15– Fernandina Beach, FL
- 10/14/12 Amelia Man Triathlon – 7:45– Fernandina Beach, FL
- 10/20/12 Blackwater Trail Run 8:00 am – Munson, FL
- 10/25/12** TGC End o' the Year Party
- 10/27/12 McGuire's Halloween Run 9:00 am – Destin, FL
- 11/03/12 Ironman Florida 7:00 am – Panama City Beach
- 11/03/12 Great Pumpkin Run 8:00 am – Pensacola
- 11/11/12 Pensacola Marathon 7:00 am – Pensacola
- 11/17/12 Seville Turkey Trot 8:00 am – Pensacola
- 12/01/12 PRA Cross Country Run 8:00 am – Pensacola
- 12/01/12 Blackwater Trail Run – 8:00 am – Munson, FL





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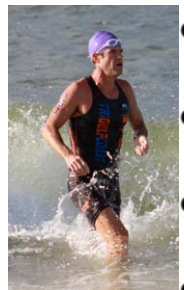


GIRLZ ONLY SUNSET CYCLE

Reminder that the Thursday evening Girlz Only Sunset Cycle is continuing on through the month of October! Due to ythe earlier sunsets it is imperative to be rolling at 5:45pm SHARP. Every Thursday evening at 5:45PM, 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! make sure to "like" the Girlz Only Sunset Cycle on Facebook for updates. Contact Mindi Straw (vicepresident@trigulfcoast.org)

ALABAMA COASTAL TRIATHLON (Gulf Shores, AL) FINISHERS: 1.5k swim / 40k bike / 10k run

Logan Roberts — 1st Male 25-29 • Mark Sortino — 1st Male Masters • Jared Moore — 2nd Male 30-34
Andrew Rothfeder — 3rd Male Masters • Evan Malone — 2nd Male 35-39 • Chris Hicks — 1st Male 45-49
Jason Vaughn — 1st Male Beginner • Kurt Detzler — 1st Male Clydesdale 40+ • Jules Kariher — 1st Female 40-44
Domenick Risola — 1st Male Clydesdale 1-39 • Jim Britnell — 3rd Male 55-59 • Gail Andreo — 2nd Female 45-49
Jennifer Murray — 3rd Female 45-49 • Dustin Parrett — 1st Male Aquabike • Adam Principe • Mike VanWormer
Brandon McFarren • Perry Palmer • Mike Kohler • Mike Elliott • Mark Fontenot • David Barnhill • Charles Phan • Steven Orr
Todd Stalnaker • Marguerite Mogul • Michael Percy • Tracy Gilbert • Scott Boulton • Nancy Brashears • Gary Garza
Michael Gartman • Chris Rawson • Alex Bell • Bryan McLeod • Cedric Durre • Trey Emmons • Adam Dunn • Tobias Cahoon



Coastal Tri-It-On Triathlon — 300 yard swim / 10 mile bike / 2 mile run

Doug Jones — 1st Male Masters • James Stinson — 2nd Male Masters • Jonathan Roberts — 2nd Male 30-34
David Toellner — 2nd Male 45-49 • Katie Fox — 1st Female 25-29 • Kenny Ruber — 1st Male 50-54
Frenchy Moore — 2nd Female 25-29 • Mark Wilson — 3rd Male 50-54 • Josh Moralita — 2nd Male 25-29
Adrienne Butcher — 2nd Female 40-44 • Robert De Varona — 1st Male 70-74 • Jack Cerone — 3rd Male 65-69
Tina Schmitz — 2nd Female Beginner • Sarah Horn • Patrick Wilkes • Dale Brewer • Kevin Ronan • Stephen Reyes
Pat Rowland • Lori Eddins • Sandra McGuire





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TGC Member Profile: Robert de Varona (by Erika Smith)

On September 8, 2012, Robert de Varona placed first in his division at the Brett/Robinson Alabama Coastal Triathlon in Gulf Shores, Alabama. Less than one year before, he was overweight and struggling with hypertension and high cholesterol. Robert explains that following an injury on the golf course and a desire to avoid the monotony of the stationary bike at physical therapy, his competitive spirit motivated him to address his weight and health issues. First, he cut down on calories and started "some serious juicing." Then, he caught a television program featuring the book *Prevent and Reverse Heart Disease* in which Dr. Caldwell Esselstyn recommends a strict vegan diet that also includes avoiding all oils (even olive oil). Through this diet and resuming triathlon training, Robert has not only lost 64 pounds, he's also no longer diagnosed as borderline diabetic and has drastically reduced his blood pressure medications.

Robert participated in his first triathlon at The Crab Trap in Destin in the late 1990's. He explains that at the beginning of the swim portion of the event, he was kicked in the ear by another swimmer, bursting his ear drum. Amazingly, he finished the triathlon and, as soon as his ear healed, resumed training and went on to participate for the first time in his "favorite triathlon", the upcoming Santa Rosa Island Triathlon. Robert became good friends with Charlie and Ann Knight, former SRI TRI race director (see the TGC May newsletter for a profile on Ann Knight). In fact, his company, Varona Enterprises, became a sponsor of the event. Robert is looking forward to this year's SRI TRI in particular, as his two daughters, sons-in-law, and five grandchildren will be travelling from Colorado to join him in participating in the tri! (He has two other children and a grandchild on the way, who you can be on the lookout for at a future event.)

Although he began competing in triathlons regularly later in life, Robert is no stranger to competition. He was a competitive swimmer during high school and spent many years playing golf. Now days, he adds strength training and practicing yoga with his wife, Eloise, to his triathlon training schedule.

Robert explains that, "I'm now in the 70-74 age group and it's a little lonely up here. Most people my age did not participate in sports once they were adults and many of the ones who did have dropped out, so there are not many of us. I encourage young people to keep at it so they'll have plenty of competition in the future. I love finishing first or second in my age group, but I'd prefer more people to compete against!" Robert adds, "The friendly competition and supportive spirit of other triathletes" and the courage and determination of triathletes who have severe physical limitations is what "motivates me to do better."

When he's not training, Robert and his wife can be found enjoying the symphony and opera and supporting other local cultural events. He also loves playing backgammon and chess. His wife volunteers with the Humane Society and has rescued four "very spoiled cats" which have become a part of their family.

Robert was born in Cuba and left there as a teenager due to the political takeover by the dictator, Fidel Castro. As soon as he turned 18, he signed up for the Bay of Pigs Invasion, trained in Guatemala with the CIA, was captured during the invasion by Castro's forces and spent nearly two years in a Havana prison before being released to the United States, with only a change of clothes and \$100 donated by the Red Cross. That's all he had to start his life here. Robert explains that, "From that experience and from being in the business world for over forty years, I've learned to embrace a challenge and view it as an opportunity for growth and change. Maybe that's one reason I love triathlons so much. I recommend the sport to everyone I know."





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Race Report: The Brett Robinson Alabama Coastal Triathlon (Domenick Risola)

The Brett Robinson Alabama Coastal Triathlon held on Saturday, September 8th, 2012 was my first Olympic distance (1.5k swim, 40k bike, and 10k run) triathlon. Previously, I've raced in only six sprint distance triathlons, but lately I've been "going long" because I'm about to tackle my first half Ironman at the end of this month. Considering this is only my second season since starting the sport, I've been happy about my improvements, and this year I've placed within the top five of my division consistently. Sometimes I still do things to remind myself that I'm an idiot. On the Thursday before the race, I decided to borrow a set of faster wheels, not knowing that you're supposed to keep your original cassette with the new wheels. So, on my shake down ride before the race, neither my gears nor my brakes worked at all. After several hours of trying to correct it myself and frantically trying to call my fellow triathletes, I ran to the bike shop to seek professional help. They hooked me up with a new cassette and chain and showed me how to adjust my brakes. Lesson learned: don't change anything the week of the race!

It's 3am the morning of the race. It's too freaking dark outside and my motivation to compete is battling with my circadian rhythm. Fortunately, my love of the competition wins. I load everything up and check it all again for the umpteenth time, keeping in mind the last race when I forgot my socks. I arrive at The Hangout in Gulf Shores, Alabama to pick up my race packet and set up my transition. This is the first race that did race tattoos instead of body markings, which was problematic later because it required an electric sander for removal. After an excruciating long wait at the water's edge, I was so eager to get a good start that on the first dolphin dive I face-planted into a sand bar. Ouch! So the next few waves I stood up instead and was pounded in the chest for my trepidation. The water was so clear but had big swells, which made spotting difficult at times. Because the gulf was so rough, they made the swim course a double lap circuit. My total swim time was 26:07. No major issues with T1; time of 2:44.

I had decided to wear my cleats, and as I was getting on my bike at the mount line I was, again, rather eager, and I racked "the boys" on my seat. Ouch²! Not the way I wanted to start the bike, but stuff happens. The first part of the bike course and the turnaround had lots of volunteers, but there were stretches of road between that didn't have any. There were a lot of tourists darting in and out of their hotels, and cyclists are even more invisible when motorists are on vacation. I felt strong on the bike, for a time of 1:03:14. There wasn't much warning before reaching the dismount line, so while I usually have time to un-strap my shoes for a smooth dismount, this time I was forced to dismount rather quickly with my feet still clipped in. I awkwardly ran through transition with one shoe on and one foot bare. T2 time was 1:55.



I was dreading the run. By the second half of the bike the baking heat was becoming a factor. I thought I could skip the first water station, which I regretted later. At the second station, I tried to drink and run at the same pace, which I do about as gracefully as I transition. The remaining water stations I walked through and was extremely thankful for the ice towels provided. Run time was 56:31. Total race time 2:30:29. Despite my mishaps and awkwardness, I was stunned to win my Clydesdale division, which taught me that you don't have to perform perfectly in order to have a great race.

It's easy to focus on the time commitment required for this sport, but don't lose sight of the rewards it has to offer you back. For me, I have lost 65 pounds since starting, and, even better, I have inspired the rest of my family to start training for races too. It's a joy to watch my two young sons compete in youth events. Naturally this has inspired me to strive harder and set higher goals, since it has become a family affair. I want to thank Mere Mortals, especially Evan Malone, Mark Sorentino and John Murray, my training partner, Helen Cain, and my wife, for their support.





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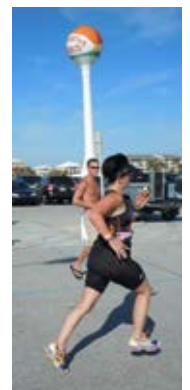
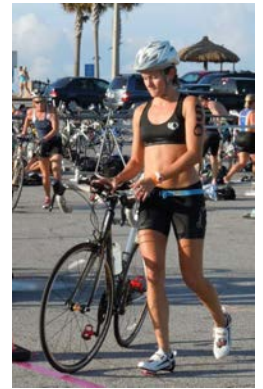
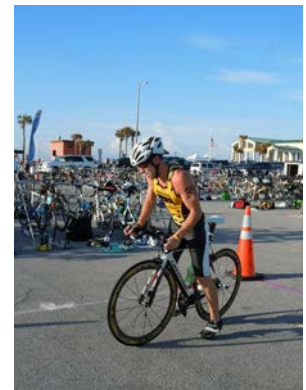
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THANKS FOR A SUCCESSFUL MEMBERS ONLY TRIATHLON!

TGC extends a special thanks to Team MPI, Varona's Catering, Fitness On Board, PensacolaSurf.com (Cathy Harding), All American Swim, Pensacola Sports Association, and Pensacola Runners Association. Without their tremendous donations the event would not have been a safe, fun, and well-supported event. Make sure to say "thanks" by patronizing these great local businesses!





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2012 END-OF-YEAR PARTY

10/25/12 (Thursday) 5:00pm - 7:00pm at Pensacola Bayfront Stadium.

This night will be for club members and their guests to celebrate a strong season of racing, training, and volunteering. The event is being coordinated so that TGC can sponsor a "community night" at the ballpark where *Madagascar 3* will be presented at 7:00pm. This includes a chance for the public to actually be on the ball field -- bring frisbees, footballs, etc... -- during the movie.

Prior to the movie, TGC will have a private event for club members and their families. This event will take place in the Hancock Bank Club which is on the highest level of the stadium on the third base line. There will be beverages and food which members can enjoy while socializing from 5:00pm - 7:00pm. As well, the annual club awards will be presented at this time (roughly 6:30pm). All club members are encouraged to inform everyone they can of the "public" portion of the evening. Anyone is welcome to attend the movie viewing. We only ask that the 5:00pm - 7:00pm segment remain for TGC members and their families only.

The Hancock Bank Club will be closed to the public, only TGC members and guests. TGC members and guests will be able to watch the movie from the Hancock Bank Club or elsewhere in the stadium (or on the ball field) if they choose. Limited alcoholic beverages will be included, but a cash bar option will be available.

Please see the press release below, this is being sent to the area schools and to all Blue Wahoos ticket holders. Any questions can be directed to Evan Malone at president@trigulfcoast.org





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**FREE MOVIE NIGHT OCTOBER 25TH, AT PENSACOLA BAYFRONT STADIUM
PUBLIC INVITED ON-FIELD FOR FREE SHOWING OF
"MADAGASCAR 3 – EUROPE'S MOST WANTED"**

Sponsored by: Tri Gulf Coast

PENSACOLA, Fla. – Thursday, October 25th, 2012 – The public is invited to the Pensacola Bayfront Stadium for a free showing of "Madagascar 3 – Europe's Most Wanted" **courtesy of Tri Gulf Coast**. The movie begins at 7:00 p.m. on the digital board and guests are invited to arrive early and bring a blanket to spread out on the field. Families are welcome to bring a picnic for the evening and to bring gloves and balls to play catch in the outfield **before the movie**. There will be light concessions, beer and wine offered for sale before and during the movie.

In Madagascar 3 - Alex, Marty, Gloria and Melman are still fighting to get home to their beloved Big Apple. Their journey takes them through Europe where they find the perfect cover: a traveling circus, which they reinvent - Madagascar style. Guests are to enter the stadium through the main gate. No chairs will be allowed on the field. To find out more information or to plan your special event, contact Shelley Yates, Events Coordinator, at 850.748.9001, or syates@bluewahoos.com. The Pensacola Blue Wahoos are the Double-A affiliate of the Cincinnati Reds. Follow Pensacola Baseball at bluewahoos.com, [facebook.com/PensacolaBlueWahoos](https://www.facebook.com/PensacolaBlueWahoos), and twitter.com/BlueWahoosBBall

About the movie's sponsors, Tri Gulf Coast:

Tri Gulf Coast is greater Pensacola's triathlon club. Established nearly 20 years ago, the club has grown to over 300 members strong. The club's goal is to provide support for athletes of all ages and abilities to train, compete, and socialize with other multisport athletes. Tri Gulf Coast takes pride in the very successful Mere Mortals program, a 14-week training program designed for beginner triathletes to train and prepare for the annual Santa Rosa Triathlon in October. Tri Gulf Coast members primarily compete in multisport events throughout the Gulf Coast but oftentimes do travel to races across the United States and even internationally. The club proudly represent Pensacola and is a recognizable force in the triathlon community.





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TRI GulfCoast

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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 MONTHLY MEETINGS

The TGC board members and officers encourage all club members to attend the monthly club meetings. Next meeting is 10/23/12 at 6:00PM. Contact Evan Malone (president@trigulfcoast.org)

SANTA ROSA ISLAND TRIATHLON REGISTRATION



This event will take place on 10/06/12 and it WILL be sold out. Register early to reserve your spot.

www.santarosaislandtriathlon.com/register/



TGC TECH SHIRTS 2012



Any members who have not yet claimed their shirts -- one per individual membership and two per family membership.

TGC BLOG

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



SKIN SAKE ATHLETIC DISCOUNT CODE

For those TGC members who would like to take advantage of 10% off any purchases from Skin Sake Athletic (skinsake.com) and use this code at checkout: **LTRI10**



OFFICIAL CLUB

USAT ANNUAL MEMBERSHIPS

Planning on doing at least a few events each 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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**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!

