



TRIGULFCOAST

MULTISPORT ATHLETES

www.trigulfcoast.org

Tri Gulf Coast

September 2012



A WORD FROM YOUR TGC LEADERSHIP

Well, Mother Nature certainly has not cooperated with TGC and Mere Mortals this season. Please know that this is difficult for not only all the club members, but also the club leadership. Ideally, it would be glass-flat water and clear skies with no wind every Sunday morning. This has not been the case and it has been very difficult to have to cancel/suspend some of these sessions in the name of safety, but it is the right call every time. Through a larger scope, this is the reality of the sport of triathlon. Members are reminded that this sort of weather could certainly impact any races they attend. So, please always be reminded all well-trained Race Directors make their decisions with the safety of the masses in mind. Sometimes this may mean cancelling a swim, converting an event to a duathlon, delaying a start of a race, or cancelling altogether. Makes it all the more worth it when a perfect-weather day does present itself.

Speaking of perfect weather, TGC had 35+ members travel over to Sandestin for the annual Sandestin Triathlon on 08/18/12. Congratulations are in order for all those who participated, finished, and won hardware.

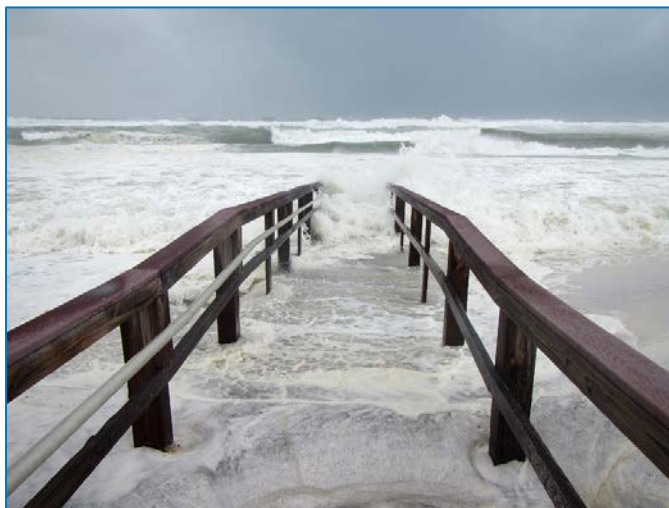
A couple of future dates and reminders which are important... **09/19/12** will be the annual **Members Only Triathlon** to be held in place of the normally-scheduled Mere Mortals session that day. Members are asked to please arrive early and also plan on bringing their TGC logo gear (kits, tech shirts) so the annual group photo can be taken. **10/25/12** will be the annual **End-Of-Season Party**, more details are forthcoming, but please save the date (Thursday evening).

Finally, our monthly member profile is Patrick Kozma. Erika Smith was able to get to know Patrick and his many multisport and endurance endeavors. Patrick is an asset to the athletic community of Pensacola as he is involved with Pensacola Runners, Running Wild (one of our club sponsors), and has volunteered some of his time to the Mere Mortals sessions this Summer. Make sure to say hi to him at the next event!

Sincerely,
Your TGC Board and Officers

Mark Your Calendar

- 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
- 09/15/12 Semper Fi Charity Run 8:00 am – Pensacola, FL
- 09/15-16/12 Pensacola Cycling Classic – Pensacola, FL
- 09/16/12** TGC Members Only Tri – 7:00 am Pensacola Beach, FL
- 09/29/12 Seafood Fest Run 7:30 am – Pensacola, FL
- 09/30/12 Augusta 70.3 Triathlon 7:00 am – Augusta, GA
- 10/06/12** Santa Rosa Triathlon 7:00 am – Pensacola Beach, FL
- 10/06/12 Riverwalk Run 5:00 pm – Milton, FL
- 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
- 10/25/12** TGC End o’ the Year Party



GOOD NEWS!

Anybody who has done the SRI TRI knows the hardest part of the race is the run from the swim up the beach to transition. Thanks to Hurricane Isaac, there’s no more beach to run up!

FITNESS
ACCELERATION
SPORTS PERFORMANCE





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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.

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/>



OFFICIAL CLUB

TGC MONTHLY MEETINGS

The TGC board members and officers encourage all club members to attend the monthly club meetings. Next meeting is September 26 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 sell out! Register early to reserve your spot.
SOLD OUT
www.santarosaislandtriathlon.com/register/

TGC TECH SHIRTS 2012



Make sure to stop by Mere Mortals sometime soon to claim your 2012 long sleeve tech shirt. One per individual membership and two per family membership.

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.asp>





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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.

SANDESTIN TRIATHLON (Sandestin, FL) FINISHERS:

Mark Sortino (3rd Overall Male) ♦ Mindi Straw (1st AG F45-49) ♦ Andrew Rothfeder (2nd AG M40-44)
Michael Percy (2nd Clydesdale M40+) ♦ Todd Stalnaker (3rd AG M50-54) ♦ Perry Palmer ♦ Chris Pelt ♦ Mike Kohler
Gary Garza ♦ Andrew Baggett ♦ Taylor Knight ♦ John Murray ♦ Tom Carlos ♦ Jocquilyn Stalnaker ♦ Jennifer Murray
Evan Malone ♦ Jim Hagy ♦ Mark Morris ♦ Matt Salvator ♦ Dustin Parrett ♦ Jeff Boulton ♦ Mike Elliott ♦ Scott Boulton
Domenick Risola ♦ Tony Arvanitakis ♦ Chris Hicks ♦ Jason Goldberg ♦ James Stinson ♦ Wayne Peacock ♦ Jason Vaughn
Sara Stackpole ♦ Bryan McLeod ♦ Pat Anastasio ♦ Robin Snyder ♦ Sandy Anastasio

PRA MEMBERSHIP RUN (Pensacola, FL) FINISHERS:

Kirwan Price ♦ Steve Harris ♦ Evan Malone ♦ Bruce Barillas ♦ Jehan Clark ♦ Mindi Straw ♦ Amy Stachowicz
Angelika Cope ♦ Barney Walsh ♦ Pat Rowland ♦ Stan Adams ♦ Teri Preston ♦ Kim Andrews ♦ Sonnie Maughan
Tiffany Reed ♦ Ellen Hunley





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TGC Member Profile: Patrick Kozma (by Erika Smith)

Patrick ("Pat") Kozma completed his first triathlon, SRI Tri, twelve years ago using his neighbor's 10 year-old Schwinn. Since that time, he's competed in numerous events of various distances, notably Escape from Alcatraz and Ironman Florida. Although he hasn't raced SRI Tri for several years due to coaching other athletes in pursuit of their goals, SRI-TRI is certainly his favorite local race. Pat explains "with the Gulf as the backdrop and the sugary white sands out in the National Seashore, it makes me thankful to live here in Pensacola. Plus the organization for this event is great." As far as out of town events, for Pat, Escape from Alcatraz is hard to top (see the TGC July newsletter for Pat's race report on this event). However, now days, you can find Pat riding his Cervelo S-5, nicknamed "BOOM BOOM" after Canadian hockey legend Bernard "Boom Boom" Geoffrion.



In 2008, Pat completed his first Ironman event, Ironman Florida. Pat relays that he was fortunate to receive great coaching from local athlete "Happy" Mike McCombs. He describes his training schedule as "crazy," stating that at times, he was working out 4 times a day (getting up at 4:00am for a 10 mile run, sneaking away at lunch for a quick swim, then weight training and ending the day with a ride). Pat would like to take this opportunity to thank his family for their support and understanding, "without which I or anyone else for that matter would not be able to tackle this type of event!"

Like most, if not all, triathletes, Pat experienced a full range of emotions during his first Ironman - "From the adrenaline rush of the mosh pit that is the mass swim start, to the smile on my face while riding the bike, to the crushing feeling when my IT Band flared up on me at mile two of the run where I almost quit the race before gathering my thoughts, realizing I could power walk and heard those words that no one can take away from me: "Patrick Kozma! YOU ARE AN IRONMAN!" It still brings chills to my spine." (And yes, he followed up this accomplishment with the tattoo!) When asked about what draws him to tri's, Pat explains that he loves the challenges involved in bringing three different disciplines together. Swimming is his favorite of the three, as "something about the little black line takes my troubles away". Pat also enjoys "doing something different everyday. It brings me back to when I was a kid and the pure joy I had of playing tag with my friends or getting home from school jumping on my purple 10 speed and flying down giant hills with no helmet and playing in the lakes! This is my way of Thanking God for the body he has given me and enjoying life to the fullest!" Pat's upcoming race plans include Running Wild's Blackwater trail series and the inaugural Ironman Lake Tahoe in September 2013.

In May 2012, Pat became a USAT Certified Level 1 Coach. Pat jokes that "getting into one of these training seminars is very similar to trying to sign up for an Ironman. You have to be a quick typer and make sure you fill out everything correctly because every one of these fills up quickly!" He also recently completed a two day bicycle course with the Appalachian Bicycle Institute. Not surprisingly, when he's not swimming, biking, or running, Pat spends much of his time coaching other athletes. He's been coaching for Running Wild for 3 years and is currently coaching their "My 1st Tri" training program. He has coached their 10k, half marathon, and Double Bridge Run programs in the past and has also developed Olympic distance and Half Ironman training plans tailored to his athletes. However, Pat makes family time a priority. One of his favorite activities is to "veg out" and watch TV with his wife of 23 years, Portia, and their 12 year-old daughter, Peyton (who shares his love for swimming).





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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



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.



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. It will be VERY important to be to the Island with enough time to spare on this date so that all athletes have a chance to check-in, get their race goodies, arrange their gear accordingly, etc..





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Race Report: First-Timer by Jason Vaughan

Friday, August 17th around 2:00pm, I sit in my room at the Sandestin Golf & Beach Resort waiting on the weather to clear. While waiting, I decided to change out my brake pads and wheels on my bike to my new race set. Never ridden them before, so I really needed the rain to stop.

4:00pm, packet pick-up time. Drove over to the conference center. The staff was very helpful. One person even put my timing chip on the strap for me. It wasn't a big deal to him, but to me it was. I wanted to make sure it did not get lost. I guess I have read too many stories of lost timing chips??? After packet pick-up I headed back to the room. It's finally sunny out, so a test ride is in the near future. Geared up, I headed out. I was excited and nervous at the same time. At about mile two or so I heard a strange rubbing noise. My rear brake was rubbing on my new race wheels. Not Good. I stopped and opened my brakes as wide as the could go and headed back. That worked and I still had enough brakes to ride. Ready to race!!

Race day, 4:00am. Wake up call. Had my normal breakfast of a cup of oatmeal, chicken breast, and 20oz. of water. Ready to race!!!

5:15am, made it to the transition area. Set my bike up. Put all my gear and GU out. Out of the darkness a voice came to give me a helpful tip, "Move your bike to the end, so you'll have a little extra room." Thanks Evan Malone. I then made my way to the beach, so I could see the exit point and see how I would get back to the transition area.

6:00am, gave my wife a kiss. Took a pre-race photo and then headed to the race start. Took a little warm-up swim (100yds out and back). While swimming my thoughts were that I'm about to become a triathlete.

Race start. Watched the first two waves go. Now time for my wave. I made my way to the front of the line. I didn't want to get kicked around in the middle of the pack. Swim felt great. One stroke breathe, one stroke site, three strokes breathe, and so on. That kept me at a nice pace, so I didn't eat up a lot of energy. Swim finish 15:49.

On to T1 and bike. Bike was smooth as butter. My legs felt strong, so I pushed really hard. Had some good cat and mouse chases which made it go by even faster. Overall a smooth twenty mile ride. Bike finish 48:26. On to T2 and run. My legs felt decent. Not great, but good enough that I wasn't running on noodles. Thanks coach Mark with Team MPI for the bike fit, so my run after bike would feel better. Made it to mile two and my legs were feeling a little heavy. Then out in the distance heading my way, I saw the rabbit (Evan Malone) that I've been chasing. I gave it what I had, but the rabbit caught and passed me at mile three. I kept pushing. Made my way to where the spectators started, so I pushed a little more.

The end is in sight. I crossed the finish line with a run time of 27:23. It sank in. I DID IT!!!! I finished my first triathlon. Found my wife. Gave her a nice sweaty hug. Shared a couple of tears, then regrouped. My goal for the race was 1:40 and top ten in my division. My finish time was 1:35:48. Good enough for 8th in my division. What a race. What an experience. This will be a race I will do for years to come. Can't wait for the next ones.

Thank you TGC Mere Mortals for the group trainings. Thanks to my wife and family for the support. And thanks to Evan Malone for being a competitor in my age group -- I'm keeping the chase going.





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... and now a word from our sponsor

Multisport Performance Institute (MPI)

The SanDestin Triathlon Swim Report

Recently a number of local triathletes raced at the popular summer race, Sandestin Triathlon. I raced for the 5th time and had loads of fun as usual. Many of us will write race reports for ourselves and others to read either as a means of learning from our mistakes or finding the things that went well so we can repeat them. I am going to dissect my swim for that exact reason.

After I was satisfied that my transition area was perfect I made my way down to the water, cap and goggles in hand. I chose tinted goggles because the swim was headed east into the rising sun. This is a personal preference. Others may prefer clear goggles for their open water swimming.

I arrived at the water's edge about 30 minutes prior to my wave start. My plan was to swim for about 15-20 minutes. I wanted to see how the current was moving, check out the surf, and swim enough to feel like I was "warmed-up."

The Gulf of Mexico was perfect! The temperature was just right, the surface was calm and there wasn't a jellyfish in sight. I bumped into a couple of friends and we decided to warm-up together. We took a leisurely swim out to the first buoy. The purpose here was to loosen up the shoulders, get the blood flowing to those muscles and also to get an idea which way the current was moving. We could see by the anchor rope that the buoy was floating to the east. This was good news for the swimmers, as we would all be swimming "downstream". I continued to swim, mixing some short fast swims with some easy efforts. Keeping an eye on the starting area, I made my way over there about 5 minutes before my wave was to start. I lined up with a fellow athlete as we discussed our path to the first buoy. My plan was to stay controlled for the first couple hundred yards and then build, if possible.

The gun went off and our wave exploded out onto the swim course. I knew at least 2 guys would be off the front and as much as I wanted to stay with them I knew I would become anaerobic quickly and fall off. Fortunately I was able to get on someone's feet for part of the way out to the first buoy. Myself and another triathlete jockeyed for position behind this one swimmer. I didn't sight the entire time I was behind him. At the first turn I was able to pass him and then I was by myself. I stayed on the inside of the course as I began to catch the wave in front. There was no one to draft off of but also there was no crowd to swim through. At one point I lost concentration and felt like I had slowed a bit and had a short conversation with myself about being in a race. At the second turn buoy things got crowded and I had to maneuver through some athletes as I sighted the buildings on the shore. The exit went smoothly as I was able to catch one small wave and run up the shore.

All in all it was a pretty good swim. Entry was controlled, effort level/breathing was controlled, my plan to build was fair, sighting was fairly good, drafting could have been better, and my exit was okay. If I had an immediate do-over, would I change anything on that swim? Probably not.

See you at the races!

Coach John

MERE MORTALS: Tentative Schedule

08/19/12		Lessons in the electrical conductivity of seawater
08/26/12		Safe bike handling with a 45 mph tail wind
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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2012 TGC GROUP PHOTO

All members are encouraged to please wear their TGC race kits or tech shirts to the Members Only Triathlon on 09/16/12 so TGC can capture the moment with a group photo. Last year's photo turned out great, let's make it even better this year!!!



Ya know, anybody can train for a triathlon when the weather is nice....





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The 3rd annual Pensacola Cycling Classic, Sept. 15 & 16, has added a new name to its title, SUBWAY. It is now the Subway Pensacola Cycling Classic. This enables the already successful stage race to increase its prize purse to attract professional racers to its popular venue.

Regional pros and top amateur cyclists will be racing in this three-stage event for \$25,000 in prize money, up from \$12,000 last year. The SUBWAY Pensacola Cycling Classic presented by Anderson Subaru is under USA Cycling permit and has quickly become a major and prestigious Cycling event in the Southeast.

"We are so pleased to have SUBWAY become our title sponsor. One of the SUBWAY restaurant slogans, 'Race hard, Eat fresh' is a perfect fit for this event" said organizer David Mayo. "They are certainly taking this stage race to a new level. The future of professional cycling in Pensacola has never been better!"

The three stages include the September 15th 25 mile Road Race in the Blackwater River State Forest area (North of Milton), the 3 mile Time Trial on Pensacola Beach later the same day and on Sunday, September 16th, the Criterium in downtown Pensacola.

The Sunday morning Criterium is an exciting spectator favorite best described as "NASCAR on bikes" doing multiple laps on a short 'enclosed' route in downtown Pensacola about 1 mile in length for 30 minutes. There is prize money available for top finishers in each stage and the overall winners who have the fastest combined times.

There are many categories competing including the top levels of Pro 1/2's, the "beginner" Category 5, Juniors, Women, Cat. 3/4, Masters 30+/40+ and Masters 50+/60+. Handcycles, including members of the Paralyzed Veterans of America Racing Team will also be competing! The Paralyzed Veterans of America is the designated charity for this year's event. Ty Turbyfill is president of the host racing team, Subaru Cyclones.

If you're new to racing in cycle-only events, the Men's Cat. 5 or Womens Cat. 4 is the category to enter. For Men 50 and older, enter the Masters 50+ or 60+. Except for the Mens Cat. 5 (which can enter individual stages or all three), you must finish each stage to be eligible for the next. All Tri Gulf Coast athletes are encouraged to enter and experience a first class cycling stage race right here in our own backyard! Note that USAC rules allow aero bars only on the time trial stage.

Registration is now open at www.BikeReg.com. Volunteers are needed. Admission for spectators is free.

For more information: www.pensacolacyclingclassic.com or contact David Mayo at 850-572-3000 / dmayoir@gmail.com.

PENSACOLA RUNNERS ASSOCIATION SEAFOOD RUN

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.

Fore more information and registration run please visit www.penscolarunners.com.





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3rd ANNUAL STAGE RACE

September 15-16, 2012 ~ Pensacola Beach, Fla.

\$25,000 Total Prize Purse ~ \$12,000 for Pro 1/2



DAY & TIME	CATEGORY	DISTANCE	PURSE / PLACES
SAT, SEPT. 15	8:30am Mens Pro 1/2	75 mi (3 laps)	\$2000/20
	8:35 Mens 3	50 mi	\$600/6
	8:40 Masters 30+ // 40+	50 mi	\$500/6 // \$400/5
	8:45 Mens 4	50 mi	\$300/5
	8:50 Womens 1-3 // 3-4	50 mi	\$600/6
	8:55 Mens 5	25 mi	Medals /3
	9:00 Masters 50+ // 60+	25 mi	\$200/4 // \$150/3
	9:05 Juniors (10-12,13-14,15-16,17-18)	25 mi	Medals /3
	9:10 Handcycles	25 mi	\$150/3

Foster / Turbyfill TIME TRIAL // Start at Park East on Pensacola Beach (one mile east of Portofino Resort)

SAT, SEPT. 15	4pm Mens 5	3 mi	Medals /3
	Juniors (10-12,13-14,15-16,17-18)	3 mi	Medals ea div. /2
	Womens 1-3 // 3-4	3 mi	\$300/5
	Mens 4	3 mi	\$200/4
	Masters 50+ // 60+	3 mi	\$100/3 // \$100/3
	Masters 30+ // 40+	3 mi	\$250/5 // \$150/4
	Mens 3	3 mi	\$300/5
	Mens Pro 1/2	3 mi	\$1000/12
	Handcycles	6.2 mi	\$100/3

Pensacola Orthopaedics & Sports Medicine CRITERIUM // Downtown Pensacola (Government & Jefferson St.)

SUN, SEPT. 16	7:00am Masters 50+ // 60+	30 min	\$200/4 // \$150/3
	7:35 Mens 5	30 min	Medals /3
	8:10 Handcycles	30 min	\$150/3
	8:45 Juniors (10-12,13-14,15-16,17-18)	25 min	Medals ea div. /2
	9:15 Kids Fun Race! (10 & under)	1 lap	Medals /3
	9:30 Womens 1-3 // 3-4	30 min	\$600/6
	10:05 Masters 30+ // 40+	50 min	\$500/6 // \$400/5
	11:00 Mens Pro 1/2	60 min	\$2000/20
	12:05 Mens 3	50 min	\$600/6
1:00 Mens 4	40 min	\$300/5	

ENTRY FEES ~ OVERALL WINNERS



CATEGORY	ENTRY FEES	OVERALL PURSE / PLACES
Mens Pro 1/2	\$80	\$4500 / 20 >>>>>>
Mens Cat. 3	\$75	\$1000 / 12
Masters 30+ // 40+	\$75	\$900/12 // \$700/10
Masters 50+ // 60+	\$65	\$500/5 // \$400/5
Mens Cat. 4	\$70	\$600 / 10
Womens Cat. 1-3 & 3-4	\$70	\$1000 / 12
Juniors (10-12,13-14,15-16,17-18)	\$20	Medals ea div. / 2
Handcycles	\$50	\$600 / 10
Mens Cat. 5	\$65 (or \$30/ea. stage)	Medals / 3

\$2,500 / 3
TEAM BONUS
 for Pro 1/2
 \$1200/\$800/\$500

- * 7 Teams Min.
- * 4 Team Members Min.
- * Top 3 GC's totaled for Team

The SUBWAY Pensacola Cycling Classic is proud to be a part of 3 great Race Series...FPS event, LAMBRA Cup Series and the US Handcycling Race Series! Except for the Mens Cat. 5 USAC rules require you to complete the prior stage to enter the next one and complete all 3 for overall prize money eligibility.

All participants must have USAC license or purchase a One Day license (\$10 or \$20 for 2 days) which will be available at

Packet Pickup (Fri - Sept. 14 / 4pm - 9pm at Holiday Inn Resort - 14 Via Deluna, Pensacola Beach, FL). On-Line Registration is strongly encouraged!

There is a \$10 late fee for On-Site registration on Fri-Sept. 14. No Race Day registration allowed - only packet pick-up is available on Sat. 7a-7:45a.

The stage race is time based by TOPVIEW SPORTS using AMB/MYLAAPS chips - free rentals for Juniors only with security deposit. Adults \$10/weekend.

Proceeds will be donated to the Paralyzed Veterans of America. For more info contact Scott Burt (roadbiked2010@gmail.com)



Discounted lodging available on the Beach!! Check out website for Race Bible and other details.



PensacolaCyclingClassic.com

To register: BikeReg.com





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AND



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New Wetsuits
(US Addresses Only)

\$120
Vortex John
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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!

