



November 29, 2013

**Dear Evan,**

As the 2013 triathlon season comes to a close and the holidays approach, it's a great time to reflect and give thanks to another great season of Mere Mortals, triathlons, good friends, and many memories. This season was filled with plenty of smiles, laughs, fears, enthusiasm, and accomplishment for our members. Despite Tropical Storm Karen "washing away" the 2013 Santa Rosa Island Triathlon we were blessed with a spectacular Members Only Triathlon, with the enhancement of event timing thanks to GulfSport Timing. TGC has also experienced record membership, and continues to grow. Your 2014 TGC Board will be spending most of the Winter months organizing and preparing for your upcoming season so that everyone's TGC experience will continue to flourish and grow.

Further, for the devoted TGC members, the leadership encourages everyone to stay involved with the multisport lifestyle. The Gulf Coast has plenty to offer. Most every weekend there are road races both locally and regionally. Wear your TGC tech shirt and "represent"! Often times you may "hibernate" from cycling for the Winter, but there are many options for local group rides throughout the county and TGC will be offering organized, monthly group rides based out of Casino Beach. Most of us may hang up our swim goggles, but with many indoor heated pools available it's a great opportunity to maintain your swim fitness. Of course the TGC website and Board are great resources to what's available, feel free to contact your leadership core with any and all questions. We are here for you, the members and lifeblood of the club.

A big thank you to the membership for making TGC what it is, a premiere triathlon club on the Gulf Coast. The leadership of the club is thankful for and depends upon each and every one of you!

Happy Holidays from your TGC Leadership

## **TGC Gear Is The Perfect Holiday Gift!**

### Tech shirts:

Do you love your TGC Triathlete shirt? Well, we are now selling the leftovers, currently we have X-SMALL, SMALL, MEDIUM, and LARGE. If you would like to purchase, they are being sold for \$10 per shirt. Contact Mindi Straw at [president@trigulfcoast.org](mailto:president@trigulfcoast.org) to arrange purchase and pick-up.

### Race kits:

The 2013 race kits were popular and highly-visible, thus allowing for fantastic representation and solidarity at local events. Members will be contacted toward the end of 2013 (or very early January 2014) with information on ordering the 2014 race kits. These items MUST be ordered during the specified order window which will be fully detailed in the informational mailers all members will receive in the coming months.

### Headwear:

TGC still has a few Headsweats visors as well as Headsweats Winter beanies and earwarmers for sale. \$20 each (cash or check). Contact Mindi Straw at [president@trigulfcoast.org](mailto:president@trigulfcoast.org) to arrange purchase and pick-up.



## Team MPI Tips (by Coach John Murray)

### Thursday Morning Open Water Swims Recap

As some of you are aware there was a regular meeting on Thursday mornings this past season of triathletes improving their open water swimming skills. This Thursday morning swim has been around for a few years with just a handful of us enjoying the easy accessibility to the open water. This year, however, there was a push to get more folks out there and I think we enjoyed quite a bit of success. Our first meeting was on April 18th. It was a cool morning and each of the 8 athletes that showed up wore a wetsuit.

Over the next few months our group grew as word got out about an opportunity to swim with others at Quietwater Beach. Each week we added several more swimmers. We eventually split into 2 groups, affectionately known as the "inside group" and the "outside group". One group swimming a bit further out from shore and a longer distance than the other but both groups getting what they needed out of the time spent in the water.

Worth noting:

-Weather was really not a big factor this season. We only cancelled one swim.

-Most swims took place at Quietwater Beach but we did move across the street to the Gulf (Casino Beach) a few times.

-The seasonal jellyfish bloom interrupted a few swims. Some athletes got up close and personal with their tentacles.

-It wasn't just local TGC folks. We had "guest" swimmers that came from Connecticut, California, Alabama, Virginia and Mississippi.

-Our last swim was on October 31st in the Gulf. The water was pretty rough and challenging but we gained some confidence and capped off the morning with some Krispy Kremes.

-TGC or Team MPI does not sponsor the swim. It's just a group of athletes enjoying a regular open water swim.

-Dom Risola showed up on time once.





Our hope is to continue this group swim next season. The number of the comments I received evidenced the benefits for each swimmer. Many athletes told me that their exposure to many different conditions gave them skills and self-assurance that they needed for race day. Keep posted to TGC or Team MPI for info about a start date in 2014.



## Athlete Profile - Kristan Croom (written by Evan Malone)

TGC member Kristan Croom resides in Fairhope, AL. She is actively involved in TGC, most local events, and many other running and triathlon clubs/groups. Recently, TGC has a chance to pepper Kristan with some questions in an effort to share some of her views on the sport and how they apply to her active lifestyle. Thanks to Kristan for sharing with her fellow TGC members!



Athletic background , pre-triathlon?

Personal trainer. Gym rat. Stair Master addict.

Year of first triathlon?

2002

If forced to retire from triathlon today what one tri memory would you cherish?

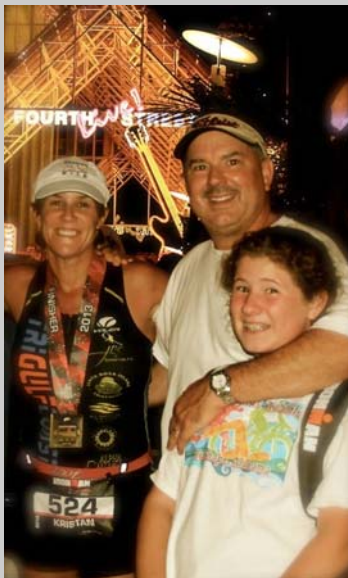
My day at IMFL 2012 and the people I shared my journey with up to that day, during, and now! I made friends for life!

Favorite "road trip" event?

Vineman 70.3 in Sonoma, CA with my BFF and family. It was my first half and we had a wine tasting vacation after. Doesn't get any better.

The one discipline of triathlon they could make more difficult and I would still excel...

...FINISHING... It makes me smile!



"Make me stronger" workout?

Riding with Rickie Richey. He is an amazing cyclist and I feel that as long as I can still see his back light on his bike as we do intervals... I am doing well...

"Make me vomit" workout?

5X 1 mile run repeats at zone 5... YUCK!

Bucket list tri event (completed or yet to complete)?

IM Distance. Completed two. Two of the best journeys of my life (finishes were cool too).

Three unique items you must have at a race?

- 1 - pink Zoot Race Belt
- 2 - three polar bottles frozen with go-go juice
- 3 - the little bracelet my daughter made me out of twine for my right wrist

Guilty pleasure reserved for post-race or post-workout?

After HIM and IM distance, a Wendy's old fashioned cheese burger and a 20oz fountain Coke!

Personal motto?

Smile, have fun, and enjoy every step and every minute! I AM so blessed to be able to



participate!!

Interests outside of triathlon?

North Baldwin Animal Hospital. I love the no kill shelter. The animals offer unconditional love every time I am around! Dogs are my passion and I wish I could rescue them all! I also love to write personal letters to friends and family. Not e-mails, rather old fashioned snail mail!



**2013 Sea Turtle Triathlon**  
- A TriGulfCoast Youth Event -  
Presented by Running Wild





**10%**  
**DISCOUNT**  
**CODE**

**TGC**

*New lower prices!*

on **ALL**  
carbon  
clincher  
combos

**VIEW WHEELS**



**KARBON**  
**SPEED**

#### Upcoming Local Events

Pensacola Runway Run  
Saturday, December 7, 2013  
Pensacola, FL  
4:00 PM

Ho Ho Hustle  
Saturday, December 14, 2013  
Pensacola, FL

#### Upcoming TGC Events

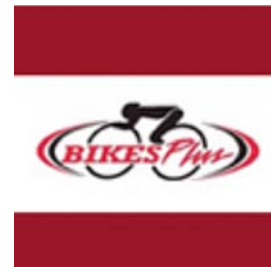
TGC Group Ride  
Saturday, December 15, 2013  
Pensacola Beach, FL  
8:00 AM Rollout

8:00 AM

Christmas Dash  
Saturday, December 14, 2013  
Pensacola, FL  
5:00 PM

The Christmas Run  
Saturday, December 21, 2013  
Pensacola, FL  
8:30 AM

Pensacola Beach Run  
Saturday, January 11, 2014  
Pensacola Beach, FL  
7:30 AM



## TGC Running Singlets

Running singlets have been designed and are ready for pre-order. We expect to have them ready in early January, just in time for the Pensacola Beach Run, but that means **orders are only open until December 16th.**

If you're interested in purchasing one or more for \$23, follow the link below.

[Purchase](#)





**Team MPI**

**RUNNING WILD**

**TRI GULF COAST**  
AND  
**X TERRA**  
WETSUITS

**60% off**  
Select Wetsuits  
+ Speedsuits

+Free Shipping On All  
New Wetsuits  
(US Addresses Only)

**\$120**  
**Vortex John**  
Reg. \$300

USE YOUR EXCLUSIVE CODE **C-TRIGULF**

 **TRIGULFCOAST**  
MONTGOMERY, ALABAMA

**30 Day Return / Exchange Policy**  
Best in the Business

Available Exclusively At:  
[www.XTERRAWETSUITS.com](http://www.XTERRAWETSUITS.com)

## Race Report - Capital of Dreams (written by Mark Wilson)

I am a 53 year old retired US Army Diver. This was my first Olympic distance race and is my second season doing triathlons. My goal for the year is to finish the season by completing the Half Ironman in Augusta, GA. The triathlon took place in the newly renovated downtown Montgomery Alabama. It was a 2-day inaugural event with a Kids Duathlon on Saturday and the Olympic and Sprint distance triathlon events and a 5k Run/Walk on Sunday.

Race venue: The race venue is very nice and is located at the Riverfront Park in downtown Montgomery. The swim finish, the covered bike staging area, the finish line and awards ceremony are all located in the same area. This is an awesome location for racing and for family and friends to cheer you on!

Accommodations: The host hotel was the EMBASSY SUITES Montgomery - Hotel & Conference Center, which is very nice and is located right in front of the Riverfront Park. I believe the room rate was around \$120 per night. Another recommendation is to stay in Prattville AL, which is only



a six mile drive north of Montgomery for cheaper rates. Also there is a nice mall and a Bass Pro Shop located there. For active duty or retired military, an option is staying in lodging at Maxwell AFB where I stayed in a 2 room suite for \$60 per night and is only a five minute drive to the race venue.



Swim: The wetsuit legal swim initially had me a little worried, not only because it was my first olympic distance swim but because the swim was originally planned to begin by swimming up river against the current for a few



hundred meters then downstream and then another leg upstream. Thankfully they changed it to a point to point swim. All the sprint and

olympic distance triathletes (over 200) were loaded on board the Harriott II Riverboat which took us up river to our drop off points. The sprint triathletes were dropped off first at 400 meters and then the Olympic distance triathletes were dropped off at 1500 meters. Everyone was dropped off at 3 second intervals. The water temperature was between 65-70 degrees, which was a little cold at first, but halfway through the swim it really felt nice. I swam at a relaxed pace and finished the swim in 27 minutes. The river seemed clean, I did not see any creatures, and the water was actually fairly clear.



[Read the rest of Mark's race report here.](#)



Yours In Triathlon,



Your TGC Board and Officers



Tri Gulf Coast | [president@trigulfcoast.org](mailto:president@trigulfcoast.org) | <http://www.trigulfcoast.org>

P.O. Box 544  
Gulf Breeze, FL 32562

Copyright © 2013. All Rights Reserved.



*Try it FREE today.*

This email was sent to [president@trigulfcoast.org](mailto:president@trigulfcoast.org) by [president@trigulfcoast.org](mailto:president@trigulfcoast.org) |  
Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Tri Gulf Coast | P.O. Box 544 | Gulf Breeze | FL | 32562