



**TRIGULFCOAST**  
MULTISPORT ATHLETES

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December 29, 2013

**Dear Evan,**

2014 is officially here and TriGulf Coast is moving full steam ahead! Plenty of great things are happening within the leadership as well as many great ideas spearheaded by our members. First, a big shout out to our members that suggested the idea of running singlets. This simple idea transformed into a few Board members getting the ball rolling and we were able to sell over 65 singlets to our members so we can "represent" at the many road races throughout the region. This was all the result of grassroots ideas by loyal TGC members. Another example is when a few weeks back Mother Nature decided to throw us 30 degree temps and whipping winds making it unbearable to meet for the scheduled group ride. Another dedicated member posted a group ride on Facebook for TGC members the following the weekend. To this, there was an overwhelming amount of enthusiasm and interest by our members (sadly Mother Nature had other plans again). But it is the motivation and enthusiasm by our members that keeps TriGulf Coast so strong. Thank you to each one of you for being a part of TriGulf Coast.

So as Winter bears down on us our training routines often change. One may find that the fireplace and hot chocolate are better-suited than a bike ride or run. Sometimes it is easier to get out if you have others to share in the motivation. There are many local clubs/groups that are great for off-season involvement. The West Florida Wheelmen is a great club that offers a variety of weekly rides for all abilities, check out their website [www.wfw-penscola.com](http://www.wfw-penscola.com). Running Wild offers morning runs twice weekly as well as many training groups ([www.werunwild.com](http://www.werunwild.com)). Additionally, there are a number of evening running groups popping up all over Downtown Pensacola offering a wide variety of distances. So, when you start to consider hibernation, think of all the opportunities the greater Pensacola area has to offer to keep your fitness up throughout the Winter.

Happy New Year from your TGC Leadership!

### TGC Running Singlet Pickup

For those members who placed orders for the TGC running singlets, these items will be available for pickup in early-January!

Plan to swing by the PRA Pensacola Beach Run Expo to claim yours!

Date: Friday, Jan. 10th

Time: 4pm-8pm

Location: Grand Marlin

\*\*\* TGC headwear and tech shirts will also be available for sale!



**2014 Pensacola Beach Polar Bear Plunge**



**Join your fellow TGC members at the 2014 Pensacola Beach event!**

Date: Wednesday, Jan 1st, 2014

Time: 2:00pm (but arrive 1:00pm to socialize and get registered)

Location: Paradise Inn Bar And Grill (Pensacola Beach, FL)

Cost: \$10 per person, proceeds go to the Chamber of Commerce

Wear your TGC garb -- beanies, visors, race kits, tri shorts, tech shirts...

## New & Improved 2014 TGC Race Kits are Coming!

**!!!ATTENTION!!!**

**The 2013 race kits were popular and highly-visible, thus allowing for fantastic representation and solidarity at local events. Members will be contacted SOON with information on ordering the 2014 race kits. These items MUST be ordered during the very short, specified order window so do not DELAY! This will be fully detailed in the informational mailers all members will soon receive.**



### Team MPI Tips (by Coach John Murray)

What Does Your Off-Season Look Like?

There is an infinite amount of ways that triathletes approach the off-season. Even though there are many different training methods during the race season, we can pretty much say that it's swim, bike and run. But the off-season can be a time for variety, creativity and recovery. Here some options for the triathletes that I know:

-Add strength training. This can be as specific as training triathlon-related movements or just a generic weight training session that targets muscles groups. Many of our friends have found that Crossfit has been beneficial. Strength training may take a backseat during the swim/bike/run of the racing season but can be prioritized over the winter.

-Add a different sport. Mountain biking, cross-country skiing, kiteboarding are just a few choices.

Many of us just want to stay active and crave variety.

-Working on a limiter. Some triathlete will improve their overall triathlon performance by significantly de-emphasizing 2 of the disciplines to focus on the one that needs the most attention. For instance with the swim group that I attend we are dedicating a couple months to technique-heavy/decreased intensity sessions. We hope to see the benefits many months down the road.

-Watch football. The option to completely stop training is right for some. Maybe family commitments and/or "burn out" dictate the plan of no training for several months. Once the warm weather starts and the first race is looming on the horizon you begin to feel the motivation again.

Maybe the beltline will be your reminder. Just remember to start back slowly and work up to the hours and paces over time.

-Keeping everything the same. Most of our age groupers wont take this approach. A bit of down time or change from the grind of 10-15 hour/weeks is always recommended. Even if you have an early spring race, a cycle to your yearly regimen should include a break in the action.

So how does your off-season look?



## Athlete Profile - Gabriela Gasque (written by Domenick Risola)

I would like to introduce Gabriela Gasque one of our fantastic members & board member who is from Mexico City, Mexico who not only speaks Spanish & English but also German, French & Italian! She is a mother of two & most will know her son, Oscar, the young man who has been an inspiration to everyone he meets. I was able to ask her some questions after her amazing solo run around the bay.



1. Tell us about your athletic background prior to triathlon.

Since middle school I was part of the athletic team, more for the workout than any other thing, enjoyed running always in the sun. I had to quit for a while running because my feet got operated and I had a severe back injury, so I swam for 8 years in a row almost 5 days a

week, until I decided to go back to my running no matter what.

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

Every event has its own sweet memory but I did one in Mexico in which for the last kilometer Oscar joined me and he ran or I carried him until we crossed the finish line.

3. What's your favorite destination event?

I would like to do the whole Iron in Cozumel, did a half and it is just an amazing Island

4. How could they make tris more difficult?

I think tris are already difficult as they are, not everybody is able to master all three disciplines and what seems easy for someone might seem extremely difficult for someone else....Running is my thing but I find it difficult to bike for example.

5. Make you vomit workout?

Nothing makes me vomit but hate swimming with jellyfish or ab training.

6. What's on your bucket list?

Finish an Ironman and running Boston and New York Marathons.

7. Guilty pleasure reserved for post-race.

Post race getting in a bath tub and stay there for an hour. Food wise I am lucky enough to eat whatever always.

8. How long have you been participating in triathlons and how did you get involved in the sport?

I have been doing triathlons for 4 years and I started to interest in the sport when I wanted to do something more challenging than just run.



9. Swim, bike, run...do you have a favorite? least favorite? and why?

My favorite is running .....has always been my passion to immerse in my thoughts and just go on and on. Least probably biking since I do not seem to be able to understand the secret of biking.

10. What mistakes have you made, or what would you have done differently?

Sometimes I do too much in a very short period of time which has led into very bad times like doing a half iron in September and then Chicago Marathon two weeks later, ruining my chance to qualify for Boston. But every event is a wonderful experience, Chicago was a party from beginning to end, I was so touched by the cheering crowds I cried for maybe an hour while running....maybe I was just tired and my body wanted to give up who knows, but I had so much fun.

11. What are your upcoming race plans?

2014 I have 4 half Irons planned, a full iron plus 6 sprints here and there with Zarzaur Tri team.

12. What do you enjoy doing for fun when you aren't training?

When I am not training I love cooking, spending time with my children, we love going to the movies, traveling in what we call our field trips, although we love Mexico for that matter, going around the countryside and seeing new places trying new food.

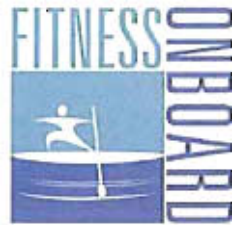
13. Do you have a role model in the sport; someone who inspires you?

Not really, I do not look up to someone in special but have enjoyed so much and even felt identified with a lot of lines from Hakumi Murakami's book "What I talk about when I talk about running", which I highly recommend. How he talks about his feelings and thoughts when he runs, some of us are runners like him that enjoy that time alone others maybe just do it because is a fashion, a way to pick up girls, or to lose weight.

14. You recently completed the Around the Bayou run that was 37 miles solo. What was going through your mind when you ran past the marathon mark? Is this the farthest you ran?

I really was not thinking anything, not even felt that 30 KM wall that hits most people, when I got to Fort Walton's airport I asked the cheering crowd how far am I (I do not own a Garmin and my Timex hardly gives time hahaha, so I just sensed I was past a marathon because of my pace and time) one person said to me you are on mile 27 you are officially an ultra marathoner even if you drop out hahahaha. Then I just thought ok 10 more miles is doable just 1 hour and a half left .....no need to say that I understand this is crazy, but it was easy from there, just disconnected my brain from my legs and keep on running with my heart as I always say. No one is designed to run that far, it is our inner force which makes us overcome our barriers and do great things . Lengthwise yes it is the farthest I have ran but I have done two sky-running races in the volcanoes in Mexico, one of them was just 24 km but took me 7 hours to go up and down.....but I never gave up. That is the most difficult thing I have ever done, because of the lack of oxygen, the climbing, most of it you had to run on sand or rocks, but when you get to the top is a feeling hard to describe. I was just half way on the last peak and asked the marker (who was coming back already) if he could just mark me and I could go down....he said you are already here and need to go all the way, trust me you will remember it all your life...he was right. The view and the feeling from the top is an amazing thing. The ultra was just running and running with a few challenging bridges, although the rain and wind were a very hard thing to overcome.





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



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## Youth Races Return in 2014 as TGC Multisport Series

In 2014, TriGulfCoast will once again offer our popular youth multisport races, the Maritime De Luna Du Youth Duathlon on March 9 and the Sea Turtle Youth Triathlon on October 5, the day after the Santa Rosa Island Triathlon. With the renewed sponsorship of Running Wild - the premier sponsor for these events - we are promoting these events together as the 2014 TriGulfCoast Youth Multisport Series. We are also pleased to announce that Zarzaur Law, PA has signed on as a Major Sponsor for the series.

Planning is already well underway for the 2014 De Luna Du! Early registration opened in mid-December and continues until January 15.

Registration is available at <http://www.imathlete.com/events/DeLunaDu>.

Volunteers can register at <http://www.imathlete.com/events/DeLunaDuVOLUNTEER>.

We need your help spreading the word about these races as well. Please tell you friends. "Like" the events on Facebook. Information is available at [trigulfcoast.org](http://trigulfcoast.org). If you know somebody who may be interested in sponsoring the event, or have other questions, please contact the race director, Jim Hagy, at [jim@trigulfcoast.org](mailto:jim@trigulfcoast.org).

In 2013, we set a new record for participation in the De Luna Duathlon. The Sea Turtle Triathlon sold out 3 weeks before the event! We hope to grow these events in 2014. If you have a child that would like to participate, sign them up today! If you would like to volunteer, we need your help! Please sign up to volunteer. These events are fun for the kids, and fun for the volunteers and spectators. Be a part of TriGulfCoast Youth Multisport this year!

#### Upcoming Local Events

01/01/14 Polar Bear Plunge (Pensacola Beach, FL) 2:00pm

01/11/14 PRA Pensacola Beach Run (Pensacola Beach, FL) 7:30am

01/25/14 We Believe In Children Run (Pensacola, FL) 8:00am

02/01/14 Double Bridge Run (Pensacola, FL) 7:00am

02/15/14 Run For The World (Gulf Breeze, FL) 8:00am

02/22/14 PRA Bay To Breakfast Run

#### Upcoming TGC Events

TGC Group Ride  
Sunday, January 12, 2014  
Pensacola Beach, FL  
8:00 AM Rollout



### West Florida Wheelmen 2014...

Great opportunities for group rides!

Going forward into 2014, WFW wants the club to grow and to increase involvement. We gathered this crucial information through our survey and used the results to develop our goals for 2014.

The West Florida Wheelmen (WFW) Club will continue to provide social and fitness road rides



throughout the week. Our Sunday ride, which has had a centralized start at Bagelheads in downtown Pensacola for the past several years, will be used once a month in order to give way to regularly alternating start locations set throughout the corners of Pensacola. This will provide easy access to just about everyone and will also allow us to explore more northern routes on less congested roads. Our Sunday rides will also feature a moderate pace option, or Group B, which will be overseen by a ride captain.

We will continue to provide the weekday rides with a few tweaks added to ensure consistent ride captains. We will also bring back the after-ride eating and socializing which were well known signatures of member hosted rides in the past. Safety has grown to be a major concern for our club. Cycling advocacy and public education will be a major component for our club in 2014. WFW will also continue our large signature events. These cycling events include the Annual Battleship Ride to Mobile in mid February, hosted by Donald Davis; The Dr. Fenner McConnell - Matt Wantz Memorial Bicycle Ride in October; and the fifth annual Pensacola Cycling Classic in September, a USA Cycling - Florida Point Series' sanctioned race. We plan on adding more exciting events to this list and will release information as the rides are finalized.

As always, West Florida Wheelmen will continue our supplemental accident insurance coverage for members in good standing on all WFW group rides.

We look forward to riding with you and having you join the WFW. Check out the website at: <http://wfw-pensacola.com/> for club and membership information



**Team MPI**

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## Race Report - Philadelphia Marathon (written by Nikki Elston)

### *Phillin the Love*

In November I completed the Philadelphia Marathon, it was number nine. Nine marathons! I was only going to run one. At the end of my first marathon I clearly remember telling my mom and dad that I would never, ever, ever, ever do one of those again, but what do you think I did months later when the Marine Corps Marathon registration opened? Yep, I registered again. In fact I keep registering for marathons because there's just enough time between training phases to forget the pain and suffering of 26.2 miles.

I've come a long way with my marathoning. In 2004 I finished my first marathon in 4:59:29, run-walking that entire race. My gosh, at the time I thought this was the way to go, stopping and starting my running, I mean how

could anyone run the entire race? How do people eat and run? How do you drink and run? It's not natural to run non-stop for 26.2 miles. Run-walking seemed like such a good idea that I did it for my 2005 and 2006 races. Well let's fast-forward to Philly 2013 and my legs didn't stop until they crossed that finish line. There was no more run-walking, the only way I was going to stop running was if someone tackled me and knocked me unconscious, dramatic yes, but it's the truth. I had a good feeling about Philly and nothing, not even my own body and mind was going to stop me from hitting my race goal. I was on a mission and as a fellow runner once said to me, trample the weak, hurdle the dead. So watch out people, lady on a mission coming through!

On race morning I woke up feeling both excited and confident. People had raved about the Philly course, lauding the lack of hills and overly enthusiastic spectators, but I also know it

doesn't matter how great the course or spectators, race day is full of the unknown. I knew I had put in the training and logged the necessary miles, all the work was done, now I just had to hope my body would be strong and my mind stronger. Yes, I know hope is not a strategy, but on race day it's all I have. If you're a runner, you know that at any point in time you could get an unexpected foot cramp, your hamstring could snap or your quads could call it a day, sometimes it's just impossible to know what's going to happen despite your best planning.

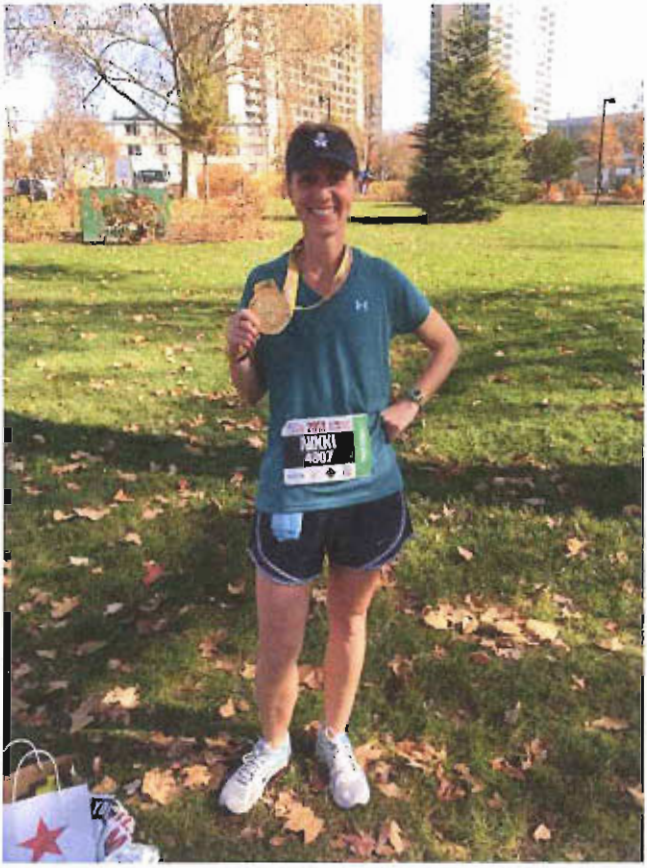
Between the spirited fans and the beautiful course, the first half of the race flew by. At mile 13 I was still feeling good, headed out of the city to the back half of the race. As I was leaving the city the elites were headed toward the finish. Momentarily my heart sank, realizing I still had 13.1 more miles to go and these speed demons were cruising toward home. Then just before I was nearing a mental meltdown I noticed the faces of the elites. Every single one of them looked like they were holding on for dear life, gritting their teeth, praying for the finish. It was like a lightening bolt had hit me and the ultimate marathon truth had finally been revealed: running a marathon hurts. Plain and simple, it doesn't matter who you are, what course, how fast you run, or what you wear, at some point there is pain and exhaustion and it's up to you to figure out how to deal with it.



In previous marathons my pain started around mile 18, which you runners know as the wall. It's the arch nemesis of marathoning and for me it's the moment when I realize that I might be a little bit crazy, but hey I've already made it 18 miles, what's 8.2 more. Problem is 8.2 miles is no joke and at this point my body knows it can finish the race, it's my mind that starts to take over. I think about how good it would feel to slow down, or what's the harm in a little walk break, or who cares about the time, isn't it just about the overall accomplishment? Then the teeth gnashing elites faces come to my mind and I refuse to let my body slow down, so I devise a plan. I decide that miles 18 to 22 don't exist. I wish I could explain to you how I did this, but I can't. All I know is my marathon brain is easily tricked and I was hell bent on getting to mile 22 because 4 miles is easily split into two, two -mile segments. Once again, magical- marathon-mind magic at its best.

I emerged from my marathon black hole at mile 22 and I knew the last four miles would be tough, but I also knew I could set a personal record if I held on. So, like the elites I gritted my teeth and picked up the pace, accepting the inevitable pain. Not only did I want to reach my time goal, but I was tired of eating GU, and I wanted to sit down. Miles 23, 24, 25 and 26 quickly disappeared and I was only left with the last .2. Oh, the last .2, why are they the longest portion of the race? I was swearing like a sailor when I finally crossed the finish line at 3:52:30!

Needless to say, the Philadelphia Marathon is now my favorite marathon and an overall excellent race. Runners are seeded according to anticipated finish times, so corals are released every 2 minutes, relieving the course of any congestion. The course isn't flat, but the hills are gradual and just far enough apart to give your legs a break. The first half of the race winds you around downtown Philly and past the traditional tourist attractions such as Love Park, the Liberty Bell and the Philly Zoo, where the streets are lined with people. Miles 13 to 20 take you north of the city and line up almost perfectly with miles 21-26, making the second half of the course almost an out and back route. It really doesn't get any better than starting and finishing at the famous Rocky steps, only problem is you're never going to charge up those steps at the finish because your legs are gonna feel like jelly!



Yours In Triathlon,



Your TGC Board and Officers



Tri Gulf Coast |

|  
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