

**TRIGULFCOAST**  
MULTISPORT ATHLETES

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October 31, 2014

Dear Mindi,

October is usually the Grand Finale to the TGC triathlon season. And, without a doubt, it proved to be an exciting month for the TGC'ers. After 16 weeks of Mere Mortals training, the season culminated with many of the club members completing the Santa Rosa Island Triathlon. Despite some fierce winds there were tons of smiling faces crossing the finish line. Be proud of your accomplishment, it is well deserved!

TGC closed out the season with the annual End of Year Party at 5Eleven in downtown Pensacola. What an event -- some 170+ members, great food and beverages from Nancy's Haute Affairs, and a fabulous presentation to thank TGC's members and sponsors, introduce TGC's 2015 Board and Officers, and honor TGC's 2014 award recipients.

But, TGC doesn't close the doors after the End of Year Party! TGC encourages all members to continue their multisport lifestyle. TGC organizes monthly group rides through the Winter months. These are not exclusive club member events, so bring friends that may be interested in joining TGC next year. Also, it should be easy to maintain your running fitness with the many, many local roadraces and various group runs. Playing off that, TGC will also be hosting a monthly group run (details to follow) through the Winter months. And just because it's cold don't think you can't swim. Many indoor pools offer Masters swim courses and lap swimming.

Over the winter, TGC's new 2015 leadership will be working hard to prepare for the upcoming season. Plenty of club business and planning occurs in the off-season, all with the goal of being prepared for the 2015 events. As always, TGC is looking for new faces and ideas from the membership. TGC has grown exponentially and along with that goes numerous tasks which could always use some assistance and volunteerism from the membership.

Yours in Triathlon,  
Your TGC Board and Officers

## **LET TGC KNOW ABOUT YOUR EVENTS:**

Your fellow TGC members love to know what you are up to when it comes to

participation and accomplishment in any scored road races or triathlons!

Please email [president@trigulfcoast.org](mailto:president@trigulfcoast.org) know what is on your docket and TGC will make an effort to share this information on the club Facebook page.

## **OFF-SEASON GROUP TRAINING:**

### Group Ride:

- Casino Beach to Navarre Beach, varying speeds
- Sunday, November 16, 2014
- 8:00 AM roll out

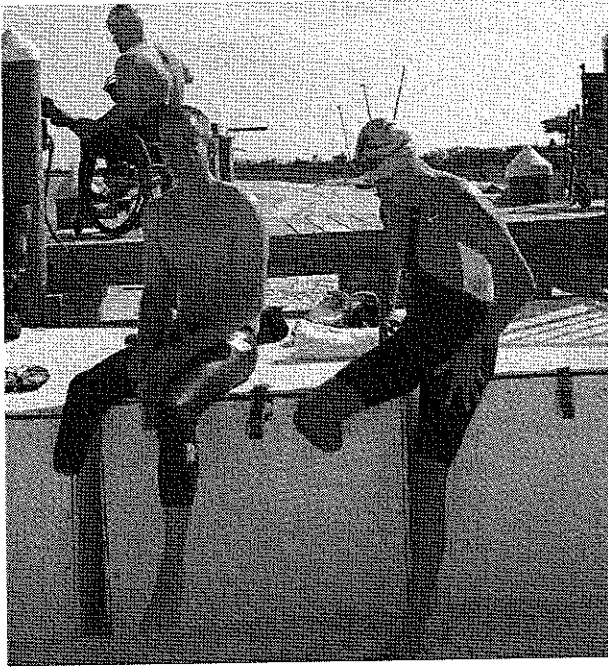
### Group Run:

- Casino Beach (exact route TBD, more info to come)
- Friday, November 28, 2014 (run off that pie and stuffing)
- 8:00 AM laced up and moving



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

**Prepare To Be Impressed**



Paratriathletes are impressive on a number of levels. It's seemingly obvious that someone who has a "disability" and then chooses triathlon as a challenge would be considered impressive. This past week I had the privilege of coaching at another High Performance camp for the National Paratriathlon team. The team is being groomed for success for such events as PATCO (Panamerican Triathlon Confederation), ITU World Championships and the 2016 Summer Paralympics. One might presume that because of a disability these paratriathletes would at best be average in their

performance. That presumption couldn't be further from the truth.

Here are a few examples from actual triathlon race results of current and former Team USA paratriathletes that can illustrate my point:

- male with congenital arm amputation- 5K run - 15:20 (4:57 min/mile)
- female with below knee amputation- 5K run - 23:48 (7:56 min/mile)
- male with above knee amputation- 750 meter swim - 10:00 (1:20 per 100 meter)
- male blind- 20 km bike- (tandem) - 29:52 (25 mph average)

Certainly these numbers are only part of the story. We, as triathletes, know how tough the training can be at times. Consider for a moment an hour swim in the Pacific Ocean with "blacked-out" goggles. We will tether you to a guide but you won't be able to see anything. Or going for a two hour bike ride on a handcycle, that means only using your arms. Day to day life challenges must be tough enough but add a three-sport lifestyle to the mix takes it to a new level.

Spending a week of swim-bike-run training with these athletes always leaves me in complete amazement as there is never any whining or complaining. There was, however, plenty of encouragement, lots of laughs and the ever-present desire to go faster.

I issue this invitation to my triathlete friends: If you ever get an opportunity to volunteer at a paratriathlon event/camp don't pass it up.

You will feel inspired and encouraged. And without a doubt, be prepared to be impressed!



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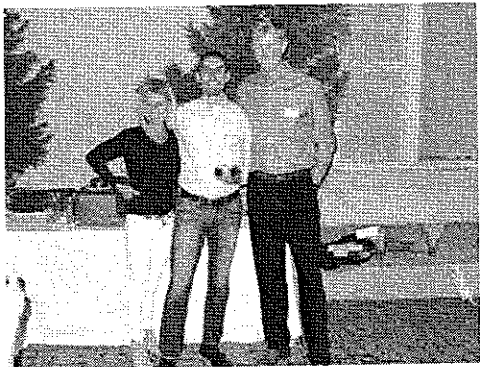
## **OFFICIAL CLUB**

**Congrats to the 2014 TGC Award Winners!**

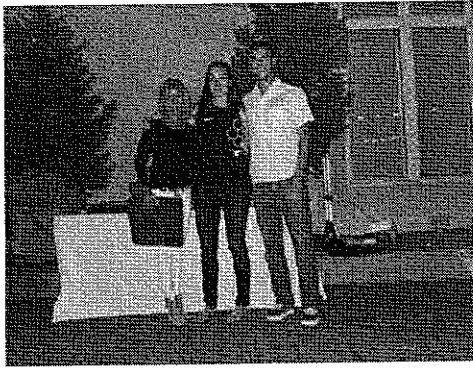
A big congrats to the winners of the annual Tri Gulf Coast awards given at our annual End Of Year party. Our final party of the year was a great one as always, and a big thanks goes to Mindi Straw for planning it out. Without further ado, the winners for 2014 are:



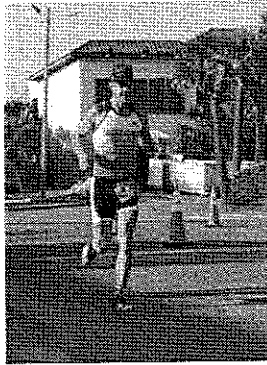
**2014 Volunteer of the Year - Lauren Clifford:** Lauren has exhibited a selfless attitude and an endless energy in her interest in our chosen sport. She embodies the history behind this award. TGC is fortunate to have her as a member, advocate, and community member.



**2014 Male Rookie of the Year - Mark Prack:** Mark has a bright tri future in front of him. His eagerness to learn about the sport and embrace everything "tri" was exhibited with every MM session and at the many events he participated in.



**2014 Female Rookie of the Year - Jackie Kosakowski:** Jackie is an accomplished runner who made the jump to triathlon... and she has been (and will continue to be) very successful. Jackie will make some waves in the triathlon scene.



**2014 Triathlete of the Year - Chris Hicks:** Chris has been a dedicated club member and core leader for many years. Not only is he a phenomenal athlete but he is a tireless ambassador for the sport and for TGC. Many thanks for to him for everything he has done for TGC and the triathlon community.



**\$5 Daily Meal Deal**  
6" sub of the day, chips & drink for \$5



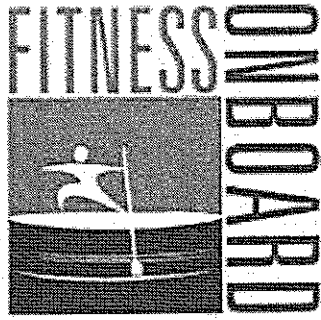
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10% off pool care supplies  
\$50 off Primo/Bull grills  
\$150 off @home hot tubs  
\$500 off new pool installation

LI





15% off one-hour SUP rentals

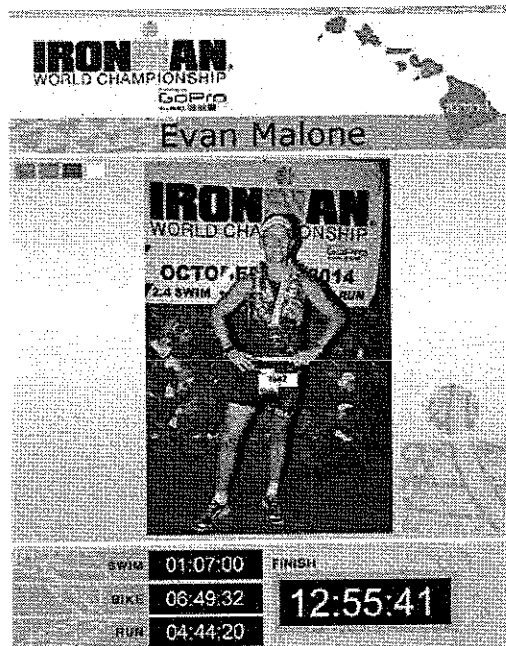


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15% discount for any new treatment or service

## 2014 Kona World Championship Race Report (Evan Malone)



For the purposes of a somewhat concise newsletter share of the Kona experience I will lay out a few observations of each part of my trip and race day. In summary, this is certainly an event of a lifetime and I really do consider it to be a "one and done" opportunity for me. I "qualified" by way of the Legacy Lottery Program wherein athletes finish 12 or more full-IM events and are also currently competing in the sport. This means I was not fast, rather persistent.

From the beginning I knew I was going to be out-classed as far as athletic ability so I made sure to remind myself (many times) to check my ego and remember that this was all about finishing successfully and to do so with pride (and not ending up in the medical tent). I was never treated like I did not belong (quite the opposite, in fact) but there were times when some self-doubt crept in, which I only attributed to the "normal" pre-race jitters.

Thanks to everyone who followed along on the journey, supported me (even from the Mainland), and shared in any part of this experience.

If anyone has any specific questions please do not hesitate to reach out to me

(somvdon@yahoo.com)!

#### RACE WEEK OBSERVATIONS:

- after 2-3 days the novelty of mingling with professional endurance athletes wears off (a bit), or perhaps it is because it becomes difficult to tell the difference between some of the of the age-group athletes and the pros
- the town of Kona is overtaken by everything triathlon, some of the local souvenir shops even "convert" to triathlon-specific retailers
- shipping my bike via Tri Bike Transport (though not real convenient on the main land) paid dividends on the Island (less time at the airport)
- swimming in the Bay (on the course) every morning of the week was quite an event -- all makes and models of swimmer out there -- and the Coffees Of Hawaii coffee boat is about as unique an experience as you will find
- everyone on the Island was interested in "are you racing?" and they were all very thankful for your business and in awe of your accomplishment
- the gear check-in process on Friday was akin to what I imagine the red carpet of an awards ceremony must be like, great way to forget about the race for an hour or two and an awesome chance to grab some quality handouts from the many industry reps
- truly an International affair, I found myself trying to communicate with many athletes who did not speak English, but everyone understood the common courtesies of the sport and sportsmanship

#### RACE MORNING OBSERVATIONS:

- this event uses the industrial strength TriTatz body numbers, these things are BOLD and apply somewhat like tar
- once the athletes enter the body marking area, that is basically the last time they will see family/friends since there are many other tasks to complete but in a somewhat locked-down area (load nutrition to bike, bathroom, etc...)
- floating in the Bay just prior to the swim start was oddly peaceful, I elected to begin in the "back of the pack" for the male start wave
- I would later (jokingly) curse the Hawaiian elder who offered a blessing of the athletes by calling for the "sky to open and the winds to blow us" -- he didn't specify which direction to blow

#### SWIM OBSERVATIONS:

- I am very comfortable with open water swimming, but I knew I was out of my league with many of these swimmers who likely swam collegiately or perhaps are past Olympic-trials competitors

- the first half of the swim flew by, just flowing along with the draft of the other athletes

- the second half of the swim was a bit more of a challenge with 6' - 8' swells backwashing from the pier, at times it felt like swimming in a flume (not going anywhere)

- a great distraction during the swim is all the coral reefs and fish which can be seen for a large portion of the course



#### T-1 OBSERVATIONS:

- it is just as seen on the network broadcast -- fresh water hoses hanging from the tent followed by rows of gear bags hanging in numerical order

- I was proud to see that my bag was still surrounded by many other bags, meaning I hadn't swum that slow relative to the field

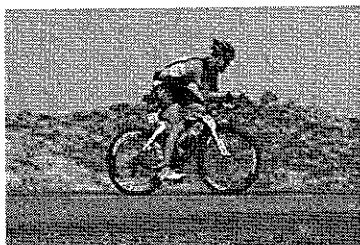
- one big change for me in this transition would be focusing on a good application of SPF, something I would normally let Mother Nature have her way with

#### BIKE OBSERVATIONS:

- if I felt a bit out-classed in the water, I was certainly going to be one of the slower athletes on the bike course, the trick was to be ready to stay right and ignore the hundreds of cyclists who would hammer past me



- the first 20 miles of the ride are nearly non-existent in the mind due to adrenaline, excitement, "loops" in the town of Kona, and ample spectators
- when the wind came, it was like someone literally flipped a switch -- it was between two mountains and it was funneling directly as a headwind
- the hottest parts of the bike course were where there are "cut-throughs" in the lava where the road treks (basically with a tall wall of rock on each side of the road), pretty much felt like a convection oven in there
- the climb to Hawi was what I thought would be the most humbling part of the day (5-8mph, uphill, into the wind)



- the descent from Hawi (35+ mph without pedaling) would later prove to be humbling, scary, and exhilarating due to the strong gusts of cross winds battering the cyclists and challenging them to stay upright and on the road; humbling because as much as I wanted to take the "free speed" I admit to having tapped the brakepads a few times (out of fear of falling off my bike)
- in all, I estimate I went through about 30 liters of water (drinking and dumping on the body) and my 6 full bottles of electrolyte mix
- during the final 10 miles of the ride I could see the helicopters following the lead male/female pros, and during the last 5 miles of the ride I was actually riding past the male pros who were at miles 20-25 of their marathon
- this would end up being what I consider to be my most difficult bike ride (ever); mainly due to the winds which I believe to be impossible to prepare for unless of course you reside on the Island
- the heat was a challenge but nothing which made me question my nutrition plan, I feel I coped well with the conditions and listened to my body (dump water, hydrate, salt, calories)

#### T-2 OBSERVATIONS:

- not nearly as many bags hanging on the rack this time through, many of the athletes had passed me on the bike
- focus of this transition was making sure my nutrition and hydration was in range, the heat would not be as much of a problem since the sun would set

around mile 16 or so

#### RUN OBSERVATIONS:

- due to the tough event and a lingering achilles strain, the plan was for run-walk from beginning to end
- coming right out of T2 was a walk up the first segment of Palani Road (steep hill)
- the Ali'i Drive segment (5 miles out and 5 miles back) was perfect for me, great ratio of walk-to-run and legs coming around nicely
- the hill at mile 10 (the remainder of Palani) demanded a prolonged walk segment and a chance to reset the electrolyte replacement
- once on the Queen K, it was about 15 miles to go and it was beginning to turn to dusk
- the aide stations of this event were the most organized and cleanest I have ever seen, I was afraid to drop a cup on the ground since there were no others on the ground (basically the volunteers were continually cleaning up)
- spectators (including Mindi) were able to ride their bikes out on Ali'i Drive and the Queen K such that they were 1-2 traffic lanes adjacent to the athletes, made for great interactions and support on this otherwise desolate part of the course (even some pro athletes are out there cheering others along)
- the Energy Lab is regarded as one of the most well-known landmarks of this course, for me it featured setting sun over the Ocean (and cooler temps), was fun to reflect on what the pros must have felt like a few hours earlier in this same location
- once back on the Queen K, it was DARK; so much so that I had pulled out a headlamp I had stowed into my pocket and used it to prevent other athletes from running into me
- the final turn onto Palani Road (and downhill) is pretty much where the finish experience begins, despite there being about 1.2 miles to go



#### FINISH OBSERVATIONS:

- it is just like as seen on the network broadcast -- for about 0.5 miles it is a narrow path (chalked with names and encouraging statements) for the athlete to follow while surrounded by spectators on each side
- the final turn onto Ali'i Drive is difficult to describe other than, "this is what I have been waiting to do for YEARS"
- I made an effort to separate myself from other athletes for "MY" run down the finish chute
- the chute felt like I was floating, wouldn't do it any other way: smile, arms in the air, glad to be done but also soaking in every second

#### POST-RACE OBSERVATIONS:

- same as the pre-race secure area, so mostly athletes and race personnel here, won't see the spectators for a little while (chip return, medal claim, t-shirt claim, post-race photo, claim gear bag)
- I was able to chat briefly with Ken Glah (30 years straight of competing at Kona) and he basically said the conditions (wind) of the day were tougher than he could recall over the last 10 years, that made me feel some amount of "I had an extra hard day and still finished"

#### GENERAL RECOMMENDATIONS:

- if you ever get the chance to experience this (spectator, volunteer, athlete) go

for the entire week (Monday to Monday) at the very least

- take something which can serve as grocery bags, Hawaii has a "no grocery bag" law
- be prepared for the first morning on the Island to be "off schedule" and when you are awake at 4:00am (9:00am CST) take advantage of that time to go load up on groceries at Safeway
- rent a car EARLY, like as soon as you know you are going on the trip
- be prepared for no air-conditioning in most of the rental properties, a great way to begin acclimation for race day

### **UPCOMING LOCAL EVENTS**

Ironman Florida  
Saturday, November 1, 2014  
Pensacola, FL  
7:00 AM

The Great Pumpkin Race  
Saturday, November 1, 2014  
Pensacola, FL  
8:00 AM

Pensacola Marathon  
Sunday, November 9, 2014  
Pensacola, FL  
8:00 AM

Miles of Memories 5K  
Sunday, November 15, 2014  
Pensacola, FL  
8:00 AM

In Hot Pursuit 5K  
Sunday, November 15, 2014  
Pensacola, FL  
8:00 AM

Blackwater Trail Run Challenge:  
Race #2 - Half Marathon  
Saturday, November 22, 2014  
Pensacola, FL  
8:00 AM

Footprints To A Forever Family 5K  
Saturday, November 22, 2014  
Pensacola, FL  
9:00 AM

### **UPCOMING TGC EVENTS**

TGC Club Meeting  
Wednesday, November 12, 2014  
Pensacola, FL  
6:00 PM

TGC Group Ride  
Sunday, November 16, 2014  
Pensacola Beach, FL  
8:00 AM

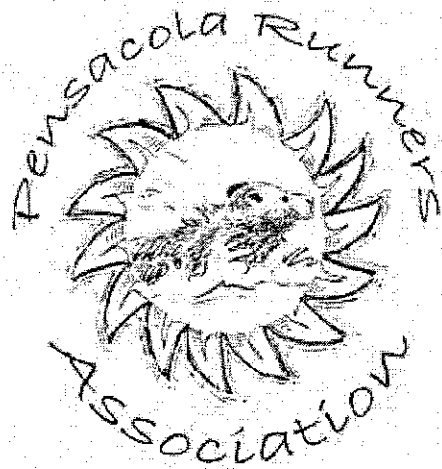
TGC Group Run  
Friday, November 28, 2014  
Pensacola Beach, FL  
8:00 AM

Seville Quarter Wild Turkey Trot  
Saturday, November 22, 2014  
Pensacola, FL  
10:00 AM

Pensacola Beach Turkey Trot  
Thursday, November 27, 2014  
Pensacola Beach, FL  
8:30 AM

Jingle Bell Run  
Saturday, November 28, 2014  
Pensacola Beach, FL  
8:00 AM

Kaiser Realty Coastal Half Marathon  
& 5K  
Saturday, November 28, 2014  
Orange Beach, AL  
8:00 AM

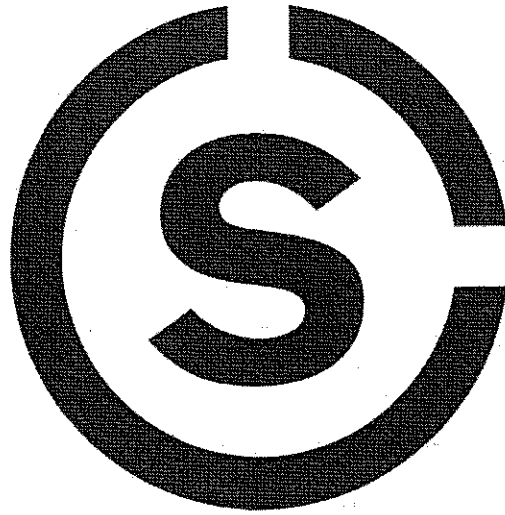


*Sports.....More than just a Game.*



**WFW upcoming events...**

With the off-season upon us, don't forget to check out all of the single sport activities offered by TGC's partner clubs. The calender of events for West Florida Wheelmen for this month [can be found here.](#)



nk



BAGELHEADS

### Meet a Board Member

Nancy Grogan is one of the two new board members for TGC going into 2015. Get a little background on her here and get to know her next time you see her!

**Day job?** Associate Broker at Remax on the Coast

**Why do you tri?** I watched my son do a half ironman in Branson, MO. (At that time, I did not know inside the race were Sprints and Olympic races. I thought every person was doing the Half Ironman). While I was watching I noticed everyone had their age written on their leg and I was so impressed with the range of ages in the competition that I figured, if they could do it, so could I. It looked like fun. I bought a bike that did not fit, tried to swim and ended up gasping for air after 25 yards, running more than a block was brutal. Then found Mere Mortals in 2013. Now I'm hooked.



**Which race gave you the biggest nerves?** I have competed in the sunset tri races, but the 2014 Santa Rosa Island Tri was my first real race. I felt I was prepared as I could be, and knowing the course so well was a real advantage. Once the race started, who had time to be nervous?

**Best time to train?** Morning. After work, I am done!

**Weirdest thing seen during training?** Hey! I thought we were in a hurry??? Why is that person sitting down wiping the sand off between their toes??? And, I was quite impressed with the gentleman riding a beach cruiser in a Speedo during the SRITRI

**Non-triathlon favorite things?** Spending time with my husband who supports everything that I do.

**Parting words?** Don't let life get in the way of having a good time. And it's never to late to start.

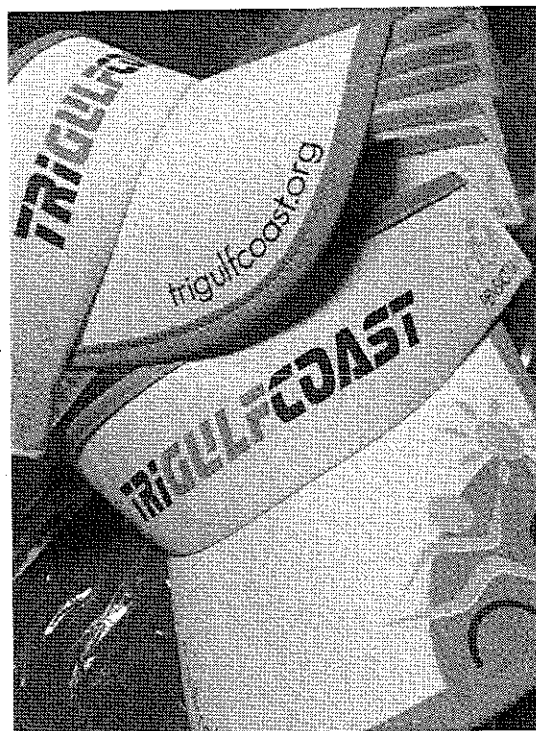
## 2014 TGC Headsweats Visors

The new design for the TGC visors is popular. These things are going fast! Do not miss out...

One size fits all (or, most) adults.

These are durable products you can sweat on, spill on, take to the pain cave and back, stuff in your transition bag, then head home and throw them in the washing machine or into the shower with you (allow to air dry).

Questions? Contact Evan Malone at [somvdon@yahoo.com](mailto:somvdon@yahoo.com)



**PRICE: \$20**

**\*\* cash or check (payable to Tri Gulf Coast) \*\***

## PRODUCT DISCOUNT

**Skratch Labs** has extended a 20% discount to TGC members!

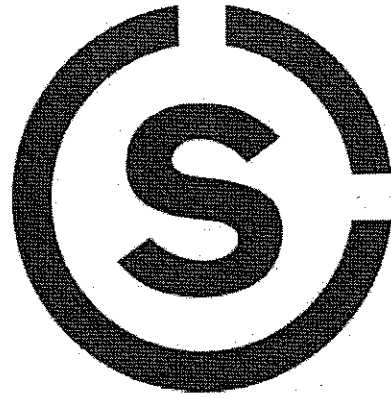
Check out their website: [HERE](#)

Web orders receive a 20% discount with use of this code: **trigulfcoastclub**

Skratch specializes in all natural nutrition and focuses on the endurance and multisport athlete population when formulating some of their electrolyte-replacement products.

Additionally, TGC sponsor, Cycle Therapy is a retail outlet for these products so stop by and ask Robbie Mott about it then next time you are at Mere Mortals!

*\* This code is for paid TGC club members ONLY, please do not share this code with non-members*



**ALL AMERICAN  
SWIM SUPPLY**

**20% off of training gear**



**Cycle Therapy**

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Link



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Your TGC Board and Officers

