

TRIGULFCOAST
MULTISPORT ATHLETES

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September 30, 2014

Dear Mindi,

Tri Gulf Coast has officially closed the trailer doors on the 2014 Mere Mortals season. Undoubtedly the most successful year in recent history - no canceled workouts (2 aborted sessions), a record number of members participating, a spectacular amount of sponsor support, and wonderfully dedicated volunteers. TGC ended the season with a fabulous Members Only Triathlon. The weather was perfect, 180 members participated, and the event was enhanced with fabulous photography as well as a drone video!

Looking ahead to this coming weekend, at the Santa Rosa Island Triathlon, will be the first official triathlon for many members - trust your training and enjoy the day!

But the TGC season has not ended... The Sea Turtle youth triathlon supported by TGC is a sold out event again this year! Many members will be volunteering in order to contribute to making this event a great experience for the young athletes in the TGC region.

TGC then caps off the tri season with a great End-of-Year Party. No more tri-gear... It's time to kick up your heels and enjoy socializing with friends, tantalizing food, and a heartfelt awards presentation by the TGC Board as well as introduction of your 2015 Board and Officers. Don't miss this event.

Best wishes to all at the Santa Rosa Island Triathlon!

Yours in Triathlon,
Your TGC Board and Officers

!!! Member Only Race Discounts !!!

What: 1st Annual Bridge to Bridge 5K

When: October 12th at 7:30 AM

Where: Point-to-point race, Pensacola to Gulf Breeze, across the Bay Bridge to the Bridge Bar

Discount: \$5 off

Code: TGC5K (case sensitive)

Register Here

These discount codes are for paid TGC members as a benefit of club membership. Please do not share them.

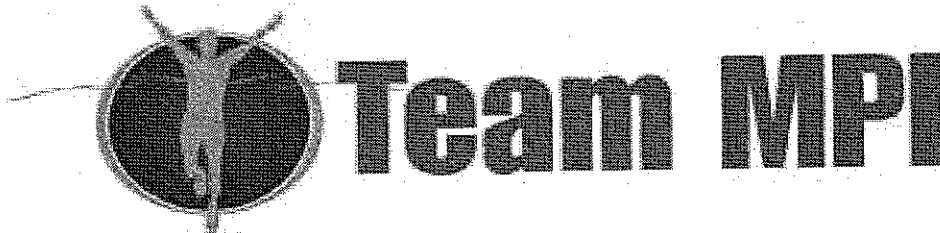
LET TGC KNOW ABOUT YOUR EVENTS:

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 let President Mindi Straw 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:

Just because Mere Mortals is done for 2014 doesn't mean the group training will stop! Stay tuned for opportunities like monthly weekend group rides to keep you going through the off-season.



Team MPI Tips (by Coach John Murray)



Cramming For The Final

As some triathletes get closer to their race date worries begin to creep into their minds. Worries of inadequate training hours or mileage.

In the last two to three weeks before the race I get questions such as... "Have I trained enough?" or "Did I do enough bricks?" or "Shouldn't I do a few more

long ride?"

These are very good questions and I enjoy the opportunity to review what we've done and how prepared the athlete is at that point.

At Team MPI we believe that Frequency and Consistency is the mainstay for developing the athletes' ability to perform well. While a few longer or more intense training sessions are important, it is the cumulative stress over many weeks that creates the adaptation required to cross the finish line and/or perform optimally.

Without a resource to reassure the nervous triathlete, many will add a heavier than normal training load in the last few weeks. I refer to that as "cramming for the final". When recovery and rest are needed most some are sending themselves into the race fatigued. A suboptimal performance will likely be the result.

Another unfavorable outcome is injury. Obviously, a DNS (did not start) as a result of developing an overuse injury is devastating. When preparing for a race, more is not always better. There is an old saying, "I'd rather be 10% undertrained than 1% overtrained."

Frequent communication with your coach regarding your training plan should alleviate most concerns about proper preparation. If you don't have a coach, consider a training plan review with an experienced triathlete that you trust. Be ready for that common second guessing of your training plan and sending yourself into a race tired or even worse, hurt. In those last days and weeks before your big race be cautious about being caught up in the mindset of adding extra work as a means of developing speed or fitness. Trust the work that you have done. If you didn't get it quite right this time, tweak your plan for the next race and look for a PR!

See you at the Finish Line!!



Members Only Tri, Done. SRI Tri, Coming Up!

This year's Members Only Tri was a huge success thanks to YOU, the club members. Over 180 athletes were able to compete in a race that was fully timed and had the eye of plenty of photographers (even a drone). The reason all of these amazing things are a reality is because of club members - without you, TGC wouldn't have the same draw to companies that are willing to give their time and effort to help us. Even bigger is that even after racing, so many of you took the time to help us break down the event with smiles still on your faces. The Board hopes that this year's Mere Mortals events were helpful in bringing your training and confidence to a place that lets you know on race day that you're ready to toe the line and get to the finish, just like was done at the Members Only Tri.

Best of luck to those doing the Santa Rosa Island Tri on October 4th! If you see fellow TGC'ers out on the course, in transition, or pre/post-race make sure to cheer them on. Keep the camaraderie that has been so strong in training going on race day, you'd be surprised how a shout, smile, and high five can re-energize someone's race.



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



Two free workouts and 50% OFF for the unlimited rate of \$120/month for CrossFit classes as well as our youth performance training program.



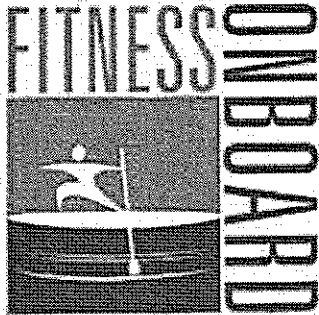
10% off pool care supplies
\$50 off Primo/Bull grills
\$150 off @home hot tubs
\$500 off new pool installation

LI

UWF Swim Clinics

At the September 14th Mere Mortals, UWF was our guest speaker and offered the opportunity for swim clinics - those swim clinics are now **BOOKED SOLID!**

For those of you that were curious about the swim clinic but not able to get in, please feel free to email the Lauren Clifford at swimming@uwf.edu and she will let you know about future opportunities.



15% off one-hour SUP rentals



Free phone consultations



15% discount for any new treatment or service

TGC END-OF-SEASON PARTY:

DATE: 10/23/14 (Thursday)

TIME: 5:30PM - 9:30PM

LOCATION: 5Eleven Palafox (Pensacola, FL)
(Near intersection of Main Street and Palafox Street)
> Look for the TGC windfeather

WHO: This is a private event for club members and their ADULT guests (spouse, significant other).

DETAILS:

5:30PM - 7:00PM: SOCIAL HOUR

The event will be catered by Nancy's Haute Affairs with adult beverages (beer, wine), soft drinks, and food which members and their guests can enjoy while socializing.

7:00PM: PRESENTATION

A presentation recognizing various club members, the loyal club sponsors, and the proposed 2015 club leadership slate.

* Limited alcoholic beverages will be included, but a cash bar (liquor) option will be available.

** ADULTS only please.

Alabama Coastal Race Report (Alyssa Simmons)

Swim, Bike, Run: You're crazy!

A few months ago this would have been my reaction to all my friends who were already avid triathletes. After moving to Pensacola from Pittsburgh I found myself surrounded by friends and acquaintances that not only enjoyed the occasional run or bike but people who loved to wake up at the crack of dawn for what seemed like an endless morning of training. Fast forward a few months and here I am, proud to say I finished my first triathlon. How this happened I honestly do not even know. I watched my friends and went to their races to support them and started to feel a little internal nudge to dive right in and start this craziness myself.

My first step: I had to finally listen to my friend Laura Nelms and join Tri Gulf Coast. I must say this was the best decision I could have made. The preparation and training that this organization has provided triathletes is



unmatched. So I showed up for my first day of training for the dreaded swim day in the sound. If you know me then you know that I have a huge irrational fear of swimming with the little critters that rarely show their face while we attempt to swim like fish, so taking that step to swim out in the open water was a big one for me.

After that first training session I wanted to keep going, I trained on Sundays with the MM's crew and tried to get out and bike as much as I could. I had never been on a road bike before so I wanted to get use to my new ride and quickly found out how much I loved the bike portion of the triathlon. The triathlete world is one of the most inviting and positive groups of people I have met in a long time. Although I am just starting out and definitely need work on all aspects of my training I have never been so encouraged to keep going and pushing myself. I thought that I would sign up for the SRI Tri and that would be it, however, with the training I received and encouragement

from friends I signed up for the Alabama Coastal Triathlon, my first triathlon ever.

After registering I felt like I had all the time in the world to train and get ready.....boy was I wrong! This race snuck up on me pretty quickly and I was nervous and did not know if I was physically ready. I know that I had put some time in at the pool and ran as much as my knee would allow but the race day jitters are always there. The night before the race there was a session to learn how to prep transition and figure out the course. My friend asked if I would want to sit in and listen since it was my very first race. She was happily surprised when I said no because I had felt so prepared from the information and practice I had been given at Tri Gulf Coast Mere Mortals. I felt at ease with my transition set up and was eager for the morning.



Finally Race Day! That dreaded 4:45 am alarm, why am I getting up again? Oh right I have to go jump in the ocean, then bike, and finish with a run. Although I was only doing the short distance for this race I knew that it would be a great course to do before the SRI Tri in a month. Walking to transition to place all my things I noticed the weather and lightning in the distance and a small twinge of disappointment came over me which was quickly lost when the officials said the weather would pass and we would start on time! Before the start of the swim I was so glad to see friendly Tri Gulf Coast members out there supporting and encouraging one another as well as myself. I was surprised how quickly the whole event seemed to go for me, I did not feel stressed about the swim the water was flat and calm and ignored any critter that may have been swimming underneath me then I was off to transition. Just an fyi running up the sand is the worst! Note to self: I need to practice that! Once on the bike I was cruising until I noticed the refs out there taking notes and my stress started, is he giving me a penalty, am I doing something wrong, did I do the dreaded drafting?? Luckily I was safe and was able to make it through without a problem. Lastly was the run, and I probably am the worst runner ever but I sucked it up and made it to the end and proudly without walking. After the finish I waited and watched for everyone doing the Olympic distance and cheered them on. I had a great first race and now I can say I am a triathlete and ready for more!

A big thanks to Tri Gulf Coast, Mere Mortals, and the positive encouragement of all the members. This has greatly made a difference in my triathlete experience.



UPCOMING LOCAL EVENTS

Santa Rosa Island Triathlon
Saturday, October 4, 2014
Pensacola Beach, FL
7:00AM

Riverwalk Run
Saturday, October 4, 2014
Milton, FL
5:00PM

Destin Triathlon
Saturday, October 11, 2014
Destin, FL
7:00AM

Bridge To Bridge Run
Sunday, October 12, 2014
Pensacola, FL
7:30AM

WOBtoberfest 5K Run
Saturday, October 18, 2014
Pensacola, FL
8:00AM

WFW Fenner Ride
Saturday, October 18, 2014
Milton, FL
7:00AM

Gulf Coast Half-Marathon Series
Sunday, October 19, 2014
Mandeville, LA
7:00AM

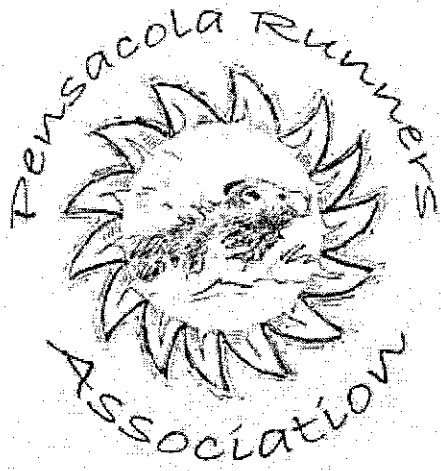
McGuire's Halloween 5K/10K
Saturday, October 25, 2014
Destin, FL

UPCOMING TGC EVENTS

Sea Turtle Triathlon
Sunday, October 5, 2014
Pensacola Beach, FL
8:00AM

TGC End Of Year Party
Thursday, October 23, 2014
Pensacola, FL
5:00PM

8:00AM



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

TGC Member Profile: Ryan Baptiste

Tell us about your athletic background prior to triathlon.

Prior to triathlon I played competitive ice hockey my entire life as well as just about every other sport you can think of. The funny part about my current love for endurance sports is the fact that I used to despise running as a whole and felt that it should just be used as punishment or conditioning for other sports.

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

If I had to retire today my most cherished memory would definitely be at Ironman 70.3 in Raleigh, North Carolina this past year which is the first endurance triathlon that my family all got to attend and be there cheering me on. Nothing like being on the home turf and having family there to work hard for so you don't let them down.

What's your favorite destination event?

Unfortunately, at this point in my life, just having graduated college in May, I haven't had the time or opportunity to travel yet; however, with that said Kona is on my radar and I look forward to working towards that pinnacle over the next couple years.

What was your tri related "ah-ha" moment?

I think my tri related "ah-ha" moment was when I finally got a triathlon bike. I used to be able to crush the swim and run but when it came to the bike portion I lost so much time and energy because I was riding a 25 pound aluminum road bike. After making the investment and getting my current Felt DA3, riding it in the first race and having the speed and power to conquer the course was very rewarding. Additionally, I would like to add that Gulf Coast Cycle and Tri is one of the best bike shops I have seen throughout my time in the sport. Being all over the country and participating in endurance events I have seen how different places do business and treat their customers. Patrick does a phenomenal job at accommodating the customers and really getting them what they need as opposed to selling by the price tag.

What's your favorite workout? Make you vomit workout?

My favorite workout is definitely my own killer ten minute ab routine. I came up with it as the Athletics Officer for my NROTC Battalion in college and have shared it with many people over the past few years. On the other hand, my vomit workout would be endlessly running steep hills.

Bucket list race?

Other than Kona, I would really like to do some of the Ironman events in other countries that have such beautiful and unique scenery.

Do you have a guilty pleasure reserved for post-race?

Not really, that's one thing my coach keeps trying to prepare me for is that I WILL actually have an off season. Prior to getting outside coaching, I pretty much training all year at the same intensity and would just throw in a taper before each race and a recovery after. So I guess that is my guilty pleasure after the big race, the off season.

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

I've participated in triathlons over the past five years. I originally got into the sport because I wanted to be a Navy SEAL and figured what better way to train than to put your body through rigorous physical activity for fun on a regular basis. Needless to say over time my love for each discipline has grown (except or swimming) and I have learned to love the pain. Most importantly about the sport is that I love everyone else around me. All of you at Mere Mortals are absolutely fantastic inspirations. Wether you're the fastest one out there or the slowest, your dedication to participate and give it your all on a daily basis makes you just as good as any pro out there and it's what sets us apart from other people and athletes in general.

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

Running is definitely my favorite because it's what I got started doing first when participating in endurance sports. I wanted to take on a challenge so I signed up for the Rochester marathon and without training ran the whole thing in 3:19, which surprisingly was only 14 minutes from qualifying for the Boston Marathon. This motivated me to start running more often and train so that the following year I could improve my time. Scary enough one year later, this past fall, I ran the same race in 2:54, 25 minutes faster and at that point I knew it was going to be a part of my life that I enjoy forever. On the other hand, my least favorite is definitely swimming. I enjoy leisurely stroking along but I find it so boring on the longer workouts and races.

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

There are two major mistakes you can make in this sport and I have made both so I can speak from experience. The first is that you have to plan your nutrition properly for any race or long workout. Without the proper fluids and calorie intake your body cannot perform to its fullest capability and you will endure much more pain and suffering than necessary. The second mistake you can make is not running your own race. The majority of us are very competitive and want to be the best we can be, which is great until you realize you just pedaled 25 miles an hour for the last two hours to try to keep up with somebody and you still have a half marathon to run. So overall lessons, plan your race in every aspect and execute your plan on race day.

What are your upcoming race plans?

I was hoping to get out to Ironman Louisville this past weekend; however, due to my training schedule with the Navy, I was classed up for the next phase of academics and my leave was disapproved. Unfortunately, that's the nature of the beast. I do believe that everything happens for a reason and now I will be that much more prepared come the next time I get to suit up for an Ironman.

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

When I'm not training I enjoy fishing, sailing, kayaking, or just hanging out with family and friends. Really anything on or in the water I am a huge fan of. Additionally, I just moved down here a few months ago so if any of you have suggestions on places to go and check out please let me know.

Do you have a role model in the sport, or someone who inspires you?

A true role model of mine is Navy SEAL David Goggins. He used to be over 250 pounds and could barely swim. He trained to lose weight and become an

endurance athlete to get through BUD/s, Navy SEAL indoctrination. He made it and has since endured several Ironman events, including Kona, as well as a handful of ultra marathons.

What is your personal motto?

"A man can only be beaten in two ways: if he gives up, or if he dies." This one really sticks with me a lot in triathlon because there is so much self talk the entire time and you have to train your mind just as much as your body to get through each race. I also like to think about the wounded warriors and others who can not physically participate in these types of races anymore and how if I think I am in pain then I need to suck it up because it's nothing compared to what they've been through.

Describe ONE race that stands out in your mind as a favorite, most challenging, or most memorable.

My favorite race is definitely the Marine Corps Marathon this past year. It is a beautiful and scenic race with amazing support throughout the entire course. It was memorable to be because I trained a group of NROTC midshipmen and we all conquered it together getting nine new athletes through a marathon that had never dreamed of running that far.

What's the craziest thing you've done during a race?

The craziest thing I've ever done in a race was at a winter trail run in 3 feet of snow. I was running along and stepped into a deep pool of water up past my knees that was covered by snow and ice. With the temperature nearly at zero and the wind chill in the negatives, my leg started to go numb and my leggings began to freeze. To counter this I elected to remove my leggings and run with spandex the remainder of the 13 miles which led to very cold and almost frostbitten legs.

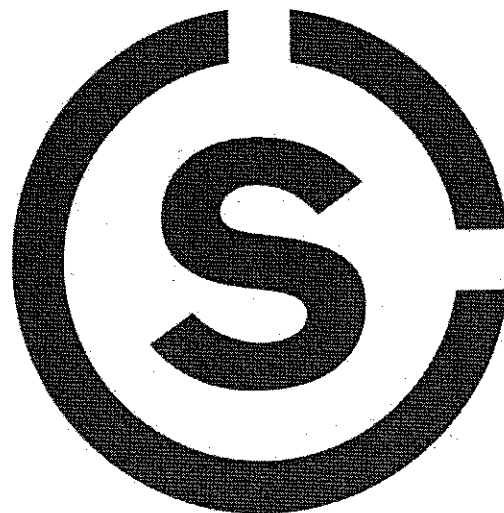


WFW upcoming events...

On October 18th, 2014, join WFW in helping Big Brothers Big Sisters of Northwest Florida, Boys & Girls Clubs of the Emerald Coast, and Blackwater Heritage Trail Citizens Support Organization. This fantastically-supported,

annual ride features several ride distance options for riders of all levels, as we ride in memory of Dr. Fenner McConnell and Matt Wantz. Starting from the flat, rails-to-trails 18 mile route (Blackwater State Heritage Trail), on up to 40 miles, 62 miles and 100 mile options featuring rolling hills meandering through Blackwater State Forest.

For more info click [HERE](#)

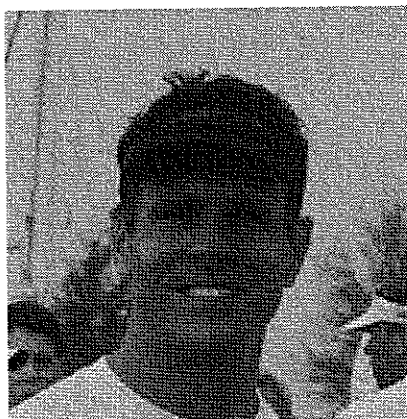


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Meet a Board Member

Jim Hagy



Board position?

I serve as the TriGulfCoast Youth Events Coordinator. In this role, I am the race director for the Maritime de Luna Du Youth Duathlon held in March in Pensacola and the Sea Turtle Youth Triathlon, held in October on Pensacola Beach.

Day job?

I am a scientist with the US Environmental Protection Agency. I specialize in understanding and predicting the effect of nutrient pollution, such as from wastewater or farm runoff, on water quality.

Why do you tri?

I always enjoy an adventure, especially an outdoor adventure. Triathlon combines three sports I love to do, and a great physical and mental challenge. I did my first triathlon in 1985 - an olympic distance race - when a race was created near where I lived. I got in the race off a waiting list 3 weeks before the race and ended up doing back stroke for most of the swim (so I could hyperventilate in the cold water!)

Why did you join the Board?

The shared enthusiasm for the sport reflected in the TriGulfCoast membership really Triathlon fun and draws in new athletes to the sport, especially those who might not otherwise feel they can do a triathlon. I serve on the board to help this organization serve the community better and help grow the sport. I think the youth events are especially important. Some of the young people who race in these events will become triathletes for life!

Which race gave you the biggest nerves?

I've never done a really scary triathlon. But, I'll never forget the one year I almost abandoned the 3-mile bridge swim. I'm a strong swimmer, but it was a total washing machine for the first 10 minutes. After that race I knew I could deal with whatever the wind and waves on a race course might throw at me.

Best time to train?

My wife and I are both triathletes and we're both pretty busy between work, volunteering, training, kids' activities and just running the household. Generally, early AM is the time to train.

Weirdest thing seen during training?

When I'm running down the road through Pensacola Beach wearing head to toe Lycra, lime green shoes and a giant orange GPS watch, who am I to call anything or anybody wierd? You just embrace it.

Non-triathlon favorite things?

I enjoy cooking, gardening, building stuff, hiking and camping. I used to be a big sailor. One day I'll do that again.

Parting words?

Make sure you do triathlon on your own terms. You take it as seriously as you want, or as casually as you want.

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



PRICE: \$20

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

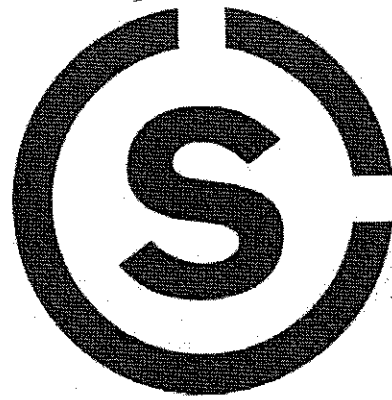
PRODUCT DISCOUNT

Skrtch 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

15% off accessories



Link

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Select Wetsuits + Speedsuits

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

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Vortex John
Reg. \$300

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Yours In Triathlon,




Your TGC Board and Officers



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