



TRIGULFCOAST
MULTISPORT ATHLETES

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November 29, 2014

Dear Alex,

Final Thoughts from Mindi:

2014 has truly been a successful year for TGC. As TGC has presented on many occasions, the club would not be where it is today without the support of the loyal membership. The enthusiasm and energy of the membership is what drives the club leadership. Undoubtedly, the TGC Board and Officers have been selfless throughout the past year. But, honestly to see so many happy members and positive feedback makes all the hard work well worth it.

TGC prides itself on always putting the needs of the membership as #1 priority. Each and every TGC venture reflects on "what can we do for our membership and the sport of triathlon." It is this type of vision that will keep TGC growing and flourishing in the years to come.

As I depart as President of TGC I will continue to be a loyal club member. I plan to stay involved in the local triathlon community, sharing my passion for the sport and helping others succeed in the sport. As I have grown in experience, I have learned that the art of "giving back" is what makes me feel accomplished and successful in the game of "life."

A big thank you to each and every TGC member for making 2014 a fabulous year for me. It has been a very rewarding experience. I look forward to sharing in training, racing, and being part of one of the best multipart clubs in the entire nation.

Happy Holidays!

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 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 Run:

- Casino Beach (beach 5K route, Portofino 8 mile loop)
- Sunday, November 30, 2014 (run off that pie and stuffing)
- 8:00 AM laced up and moving, various pace groups

Group Ride:

- Casino Beach to Navarre Beach, varying speeds
- Sunday, December 14, 2014
- 8:00 AM roll out



Team MPI Tips (by Coach John Murray)

Inherent Resolve

My wife and I had the opportunity to attend the homecoming for a U.S. warship returning home after a 9-½ month deployment. The aircraft carrier George H.W. Bush (CVN-77) steamed a total of 73,400 nautical miles and was the first on the scene providing U.S. combat capability over Iraq to fight the Islamic State, also known as ISIS. This campaign was named "Inherent Resolve". This name is intended to reflect unwavering resolve and deep commitment. All of the sailors onboard, including our son, endured less than optimal working and living conditions but completing the mission, regardless of the conditions, was their goal.

Throughout our son's deployment we heard of some wonderful highlights of the journey. Whether it was a liberty call in Marseille, France or witnessing the busy flight operations from the flight deck it helped make the venture more tolerable. There were also parts of the deployment that most of us would regard as intolerable. Working non-stop 12 hour shifts (there are no days off aboard a ship) for 9 weeks straight could be one example. Let's just say that the food, though edible, could probably never be described as gourmet. And the sleeping conditions were a bit cramped.

The finish line or homecoming continually gave the sailors something to look forward to during their 272-day adventure. Certainly one can view it as an

overwhelming reward for all of their hard work.

I can't help but see correlations between the sport that we chose and the challenges of a long deployment. Although one could argue the disparity of importance between the two, there are some significant lessons that apply to each.



- We know going into this that it won't be easy and there is a good chance that we will think about quitting.
- The journey is long and relentless but the reward can be amazing
- People on "the outside" will be awed and impressed by what you just did

The term "Inherent Resolve" could be applied to the triathletes' determination and commitment to consistent training. Whether it's a sprint triathlon or an Ironman, triathletes learn to endure, occasionally have fleeting thoughts of quitting, but always have their eyes on the finish line.

And speaking of Inherent Resolve, congratulations to Coach Mark, who along with Team MPI athlete Jack Ward, had a great race at IM Arizona!



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UPCOMING LOCAL EVENTS

Runway Run 5K
 Saturday, December 6, 2014
 Pensacola, FL
 10:00 AM

Ho Ho Hustle 5K
 Saturday, December 13, 2014
 Pensacola, FL
 8:00 AM

Jingle Bell Jog
 Saturday, December 13, 2014
 Ft. Walton Beach, FL
 8:00 AM

Downtown Christmas Parade Dash
 (1 mile)
 Saturday, December 13, 2014
 Pensacola, FL
 5:00 PM

Micah Mandate 5K
 Saturday, December 27, 2014
 Pensacola, FL
 8:00 AM

UPCOMING TGC EVENTS

TGC Group Run
 Sunday, November 30, 2014
 Pensacola Beach, FL
 8:00 AM

TGC Group Ride
 Sunday, December 14, 2014
 Pensacola Beach, FL
 8:00 AM

TGC Board Meeting
 Wednesday, December 17, 2014
 Pensacola, FL
 6:00 PM



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 calendar of events for West Florida Wheelmen for this month [can be found here](#).



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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

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





20% off of training gear



15% off accessories



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TRIGULFCOAST
MULTISPORT ATHLETES

Yours In Triathlon,



Your TGC Board and Officers



Tri Gulf Coast | president@trigulfcoast.org | <http://www.trigulfcoast.org>

P.O. Box 544
Gulf Breeze, FL 32562

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