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29 May 2015

Dear Alex,

June is here and in just a week we'll be starting the 2015 Mere Mortals program. 100 new TGC'ers are ready to join the veterans of the club and learn the ropes - those of you coming into your second year remember what your "Ah-ha!" moment was and share it when you see the opportunity. For a schedule of this year's training visit [the Mere Mortals page](#) of the TGC site. As a reminder, we will make any weather related decisions via email and Facebook by 4am on Sundays we have an event. So if there's ever a question check one of those two places (and Facebook is generally where we post other weather related information as well).

Thank you to everyone that gave their support and showed up for the Ride Of Silence this year. We were able to see just how much our support means to the families of those we have lost. We plan to continue our support of these types of activities in the future as well. Just this past Wednesday another cyclist in the area was hit and killed, so please be careful out there.

This month's newsletter adds the Sandestin Triathlon to our race discounts, and there's only a few days left to use the Xterra Blackwater discount - so check them out below. Also in this newsletter you'll see that we have partnered with ROKA to give TGC members access to a 30% off discount on all of their products for the rest of the year. There's also a swim clinic being offered by our very own Lauren Clifford with UWF. Space is limited in these clinics so be sure to sign up early.

The 2014-2015 memberships expire this Saturday so if you haven't renewed yet do so now on [the Join TGC page](#) of the site.

Lastly, don't forget to send us pictures of you and other members at events! We're moving into the thick of triathlon season so make sure everyone gets to see your race bling and spandex wardrobe.

Yours in Triathlon,

Your TGC Board and Officers

[Like us on Facebook](#)

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## TGC Sponsors &amp; Supporters

Tri Gulf Coast events would not be possible without these supporters.

Please remember to show your appreciation by considering their products and services.



### Athlete Spotlight - Kelly Swenson

Triathlon season is soon upon us, as is the Mere Mortal training season, this is a great time to introduce another member of our Tri Gulf Coast community.



Kelly and her husband, Kevin, are active TGC members who are often found out enjoying the sun and fun at Mere Mortals on Sundays. This year the two have offered their services as Sunday volunteers helping other athletes in their Mere Mortal workouts!

Kelly's first triathlon was the Santa Rosa Triathlon, a great race in our own back yard. However, Kelly's favorite destination race was Ironman 70.3 Augusta.

One of Kelly's favorite racing memories was during the Pineapple Man Triathlon, in Melbourne Beach. On the run course, Kelly's daughter who was also racing that day, commented, "Holy crap mom you're right on my heels." Kelly is very competitive when it comes to racing with her daughter, this moment made her laugh and is still a fond racing memory.

When asked about what she does off the race course, when not training, Kelly stated, "I love playing the slots." Kelly even has her own slot machine - a real slot machine!!!

Now that you know a little about Kelly, your fellow racer and TGC member, come up and say hello and maybe get a few tips on how to tip the slot scales in your favor!!



Any member of the TGC Board is happy to assist in any way possible during Mere Mortals and the larger Triathlon Season. Most of us do not bite and are happy to offer advice or support as you develop your skills. Look for us on Sunday mornings!



Free phone consultations



\$6 Daily Meal Deal  
6" Sub-of-the-Day, Chips, and Drink

### **RUNNING WILD**



15% discount for any new treatment or service



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



## Writing a Triathlon Race Report by Coach John Murray

There are many ways to make improvements from one race to another. We can train smarter, recover better or dial in fueling...just to name a few. But many triathletes will also use race reports to not only chronicle their activities on race day but to track behaviors that either made the race better or had a negative impact on performance.

Soon after you have raced, consider putting pen to paper and documenting the day...some will even record some pertinent data from the day before the race.



Choose an organized and consistent format that allows you to compare data from one race to the next. Your topics may be listed as such:

- Activities of the day prior, "swam part of the course, then checked out bike one last time before dropping it off in transition, quick shake out run. Ate early(lasagna) and then to bed by 9:00"
- Morning routine: "oatmeal for breakfast"..."warm-up run after setting up transition"
- Swim: "great start. Stayed controlled with effort but had trouble sighting with morning sun. Should have used tinted goggles"
- T-1: "Couldn't find bike, volunteers helped me."
- Bike: "Wanted to run really well, so backed off a bit on this bike course...could have ridden faster for sure!"
- T-2: "My smoothest transition ever, glad I practiced"
- Run: "Strong run for me, my legs felt awesome and I negative split for the first time ever"
- Other topics to be included are HR, Power and/or other data, nutrition, mental status, etc.



15% off accessories



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



ALL AMERICAN  
SWIM SUPPLY

20% off of training gear





Writing all of this down will help us race better. The perfect race awaits you and keeping this diary of performances can mean you are closer to achieving this than you think.

### This Year's Sandestin Triathlon

This August 22nd in Sandestin, Florida will be the 29th Annual Sandestin Triathlon. This modified sprint distance event is based on the grounds of the Sandestin



Golf and Beach Resort. The race starts in wave format with a half-mile swim in the Gulf Of Mexico. After coming into transition athletes will head out on the flat and fast 20 mile out-and-back bike course along Highway 98 and the scenic Highway 30A. The run course is a 4 mile out-and-back up along Horseshoe Bayou up to the Village of Baytowne Wharf.

The event is a huge draw around the area, bringing in racers from all across the Southeast - but Tri Gulf Coast brings a large contingent of members (race on a Saturday then Mere Mortals on Sunday!).

This year the Sandestin Triathlon is offering our membership a 10% discount for their race. If you haven't signed up yet, check the race out at <http://www.sandestintriathlon.com/> or sign up at <http://www.imathlete.com/events/EventOverview.aspx?fEID=22712>.

Use the code "TRIGULF" at the checkout for the discount.

Make sure to bring a spare bathing suit for the after party too!



Code T-GCT30 for 30% off all equipment

### Girlz Only Sunset Rides

The weekly women only ride is back!

Women meet every Thursday and roll out at 5:45 PM from either Casino Beach Pavilion or Parking Lot West (the last parking lot before side). The ride



the National Sea Shore on the Fort Pickens always goes for 2nd Fort Pickens

More details are available on the [Girlz Only Sunset](#)

[Cycle Facebook Page](#)



15% off one-hour SUP rentals



10% off with code: TGCMC

## West Florida Wheelmen News and Upcoming Events



With the weather changing for the better, the Wheelmen are ramping-up for

an active spring.

Sunday, Tuesday, Wednesday, and Saturday rides are back!

Check the [Wheelmen calendar](#) for the FULL schedule and additional rides in the area.



## Infinity Bicycles



10% off all accessories



**TRI GULF COAST AND XTERRA WETSUITS**

**60% off**  
Select Wetsuits + Speedsuits

Free Shipping On All New Wetsuits (US Addresses Only) **\$120**  
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## GROUP TRAINING:

### Group Swim:

- Zarzaur Law's: I Hate Open Water Swim
- Sound-side pavilions (Mommy Beach)
- Thursday mornings
- 6:30 AM swim start

### Group Run:

- Casino Beach
- June 6, 2015
- 7:00 AM laced up and moving

### Group Ride:

- Casino Beach to Navarre Beach, varying speeds
- June 27, 2015
- 7:00 AM roll out



Anxious about the "Swim" in Swim - Bike - Run? If so, consider attending the...

# Swimming Basics Clinic Series

Led by the University of West Florida Assistant Swimming Coach, Masters coach, and fellow local triathlete Lauren Clifford, these clinics will cover swimming basics including proper freestyle stroke technique, body position, and breathing to help you become more comfortable and efficient in the water for the upcoming triathlon season.

## **Multiple Dates and Times Available:**

**Sunday, May 31st** - 7:30 - 8:45 a.m.

**Wednesday, June 3rd** - 6:15 - 7:30 p.m.

**Wednesday, June 10th** - 6:15 - 7:30 p.m.

- ❖ All clinics held at the UWF Aquatics Center
  - 11000 University Drive, Bldg. 0073
- ❖ Open to all ages and skill levels. Beginners encouraged!
- ❖ Personalized instruction in small groups - 12 swimmers per clinic maximum.
- ❖ Focus on proper, efficient stroke technique and its application to triathlon racing.
- ❖ Single session for \$30

Register online at Active.com - [Registration Link](#)



[Coach Lauren's Swim Clinic \(Download/Printable Flyer\)](#)

[Online Registration](#)

## TGC's Newest Sponsor...ROKA

At ROKA, we're dedicated to empowering triathletes and swimmers with products that make them faster - faster than they were yesterday, faster than they were last season, faster than their competition.



Faster takes hard work, but when you find resonance in the water with your training and equipment there's nothing like it.

We call it "easy speed" and it feels AWESOME. Lost it? Never had it? No worries. We're here to help.

We are excited to be partnering with Tri Gulf Coast. We are looking forward to supporting all of you for years to come! We are honored to have the opportunity to help you FIND FASTER.

Please use T-GCT30 for 30% off at check out at <http://www.rokasports.com>.



If you have any questions, please contact either [support@rokasports.com](mailto:support@rokasports.com) or [jessica@rokasports.com](mailto:jessica@rokasports.com)

## From the Desk of a TGC Triathlete

"This is my rest day. I only ran 4 miles."

You know you have said it to a family member or friend who asked you if you ever rest or take a day off.

Many of us feel we have to keep pushing ourselves daily. The saying, "If you don't use it, you lose it," we think applies to the reason why we can't take a break. Some feel guilty taking a day off from exercise (and let's not even talk about taking 2 days off).

But rest is an important part of training and racing. Our bodies need time to process and adapt to the stress we put on to it through training. Allowing for recovery time also helps our bodies to replenish energy storage and to heal damaged tissues.

During short term recovery, the time after exercise, we need for focus on calming our body back down to homeostasis. During this time the focus is on in-taking energy sources, restoring fluids, stretching our muscles, and getting good sleep through positive sleep patterns. This type of recovery should occur after every workout in order to keep our bodies happy and injury free.

There is also long term recovery. This is the recovery built into training schedules where the athlete takes days off during the training schedule. This is a full day, or sometimes longer, for you as an athlete to





do all the things in short term recovery but with more time for your body to focus on healing and storing energy for the next race or training sessions. Going for a 4 mile run on these days is not going to be healing to your body. You can still have active recovery, go for a short walk with a friend, not speed walk, or take the kids out for a bike ride. These activities will give you the feeling of being active. It will also give you opportunities to encourage others around you to enjoy being active. In active recovery the use of low impact activities will help to keep your body moving but not under stress.

Rest days are for our body's recovery. This rest is allowed, okay, and NEEDED. Rest is a very important part of training in a healthy fashion to prevent injury and burnout.

## Ironman 70.3 Texas - Race Report by Pat Rowland

Tri Gulf Coast is a club with members that participate and compete in events across the world. That quiet guy you sit next to during the Mere Mortal's opening comments vary well could have finished in Kona or completed Ironman Australia. There is a vast selection of races to be run and the best way to find out about different venues and events is to learn from your friends. Pat Rowland recently completed Ironman Texas 70.3 and is gracious enough to share his experience with us. GREAT JOB PAT!

I woke up on Sunday morning around 5am and checked the weather for the day. It was overcast and a nice 73 degrees. We arrived at Moody Gardens around 6am and headed to transition. I pumped up tires, grabbed some GU and headed over toward the swim start. First wave was at 7am and my wave was at 8:12am. It was an open water start in the bayou with smooth water.

I felt great on the swim and thought I was faster than the clock showed, but we know the clock doesn't lie. After the swim, I ran to the transition area where I found I was a little wobbly. I took my time making sure to grab all my nutrition and get sunscreen reapplied and then off on the bike.

Once on the bike we ran into rain at about mile 15 and it stopped at the turn around. The ride out felt great and I was happy not to be on the side of the road fixing a flat, as there were bikes everywhere with flats. On the ride back we encountered a headwind for 28 miles and speeds dropped drastically.

I made it back to transition in one piece and began loading up nutrition and reapplying sunscreen. I also applied TriSlide to my feet and had no blisters! On the run the sun came out and the temp had come up to 80 degrees along with 100% humidity.

It was a 3 loop course, people were very supportive all along the course. I took two waters and Gatorade at every aid station. One water in me and one on me! When I got to mile 8, I was thinking Hey I only have 5 miles left, when I got to 10, I didn't care anymore. On the last mile my feet hurt so bad I just wanted to soak them in ice water. This was the hottest race I have ever done!!







I made it to the finish before the cutoff, but no where close to the goal I had set for myself. When asked by another triathlete at the finish if I was ready to sign up for another? I said Hell No! They laughed and said wait a week and then decide. Well it didn't take but a day and I was thinking about where I would do my next 70.3



This list focuses on events that are within a reasonable driving distance. A FULL list, including national and destination races, can be found on the [TGC Calendar](#).

UPCOMING LOCAL RUNS

UPCOMING TGC EVENTS

Billy Bowlegs 5K

TGC Group Run

June 6, 2015  
Fort Walton Beach, FL  
10:30 PM

[Info & Registration](#)

Flag Day 5K  
June 13, 2015  
Gulf Breeze, FL  
7:00 AM

[Registration](#)

Hot Trot for ARC 5K  
June 13, 2015  
Gulf Shores, FL  
7:30 AM

[Information](#)

Gary McAdams 5K  
June 20, 2015  
Pensacola Beach, FL  
7:00 AM

[Info & Registration](#)

### UPCOMING LOCAL CYCLING EVENTS

Hope Ride Yellow  
6, 10, 37, or 62 mile routes  
June 20, 2015  
Bay Minette, AL  
7:00 AM

[Information](#)

June 6, 2015  
Pensacola Beach, FL  
7:00 AM

TGC Club Meeting  
June 17, 2015  
Pensacola, FL  
6:00 PM

TGC Group Ride  
June 27, 2015  
Pensacola Beach, FL  
7:00 AM

### UPCOMING MULTISPORT EVENTS

Team MPI Portofino Tri Series  
06 June 2015 - Triathlon  
11 June 2015 - Triathlon  
18 June 2015 - Ladies Only  
13 August 2015 - Triathlon

[Info & Registration](#)

Grandman Triathlon (Sprint)  
Saturday, May 30  
Fairhope, AL  
7:00 AM

[Info](#)

Heatwave Classic Triathlon (Olympic)  
Saturday, June 6  
Ridgeland, MS  
7:00 AM

[Info](#)

## Race Entry Discount Codes (Codes for TriGulfCoast Members ONLY)



### XTERRA - Blackwater - August 2, 2015 Blackwater River State Forest - Bear Lake

Come out and "Live More" as XTERRA Blackwater comes to the Florida Panhandle.

A competitive and family-fun atmosphere in which all ability levels will be sure to find a challenge!

National Qualifying XTERRA XPS Race  
800 yd Lake Swim / 13 mi Mtn Bike / 3.75 mi Trail Run

[Information](#)

## Registration

Discount Code: SOMLTRIGULF5  
(\$5 off April 30 - May 30)

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### Chattahoochee Challenge Races Columbus, GA

\$5 off - Chattahoochee Challenge Sprint (TGC5) - 18 July 2015  
\$10 off - Chattahoochee Challenge Olympic (TGC10) - 15 August 2015

<http://tricolombusga.com/>

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### Sandestin Triathlon Sandestin, FL

This year the Sandestin Triathlon is offering TGC membership a 10% discount for their race.  
If you haven't signed up yet, check the race out at

<http://www.sandestintriathlon.com/>

or sign up at

<http://www.imathlete.com/events/EventOverview.aspx?EID=22712>.

Use the code "TRIGULF" at the checkout for the discount.

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## Team Magic Events

Team Magic is offering TGC members a 10% discount to their 15+ events, including triathlons of all distances and running events (<http://team-magic.com/calendar>). These discounts are only available when you sign up online via IMAthlete and club members MUST signify they are part of Tri Gulf Coast during registration.

Keep up-to-date on their events with their Facebook page:

<https://www.facebook.com/teammagicracing>

or their newsletter:

<http://team-magic.com/email-subscriptions>

Discount Code: TGC2015

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



## TGC Headsweats Visors

The 2015 Black TGC visor is a perfect accessory for the 2015 TGC Kit!

TGC visors are available in black or white. 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).

Visor Questions? Contact Alex at: [president@trigulfcoast.org](mailto:president@trigulfcoast.org)



PRICE: \$20

\*\* Cash or Check (payable to Tri Gulf Coast) \*\*

Stay Connected



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

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