



TRIGULFCOAST
MULTISPORT ATHLETES

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25 September 2015

Dear Alex,

With SRITRI next week we are now done with Mere Mortals for the year. The Members Only Triathlon was a huge success and we can guarantee that next year will be even better. If you missed it, a video recap is available here: <https://youtu.be/LNijNjCW8o>.

Don't forget that even though Mere Mortals is done TGC is still organizing group training sessions. The Thursday morning swims are still happening, and the monthly group ride & run have switched back to Sunday mornings.

Most importantly, once your last race is done make sure to take some time to relax! The joke in triathlon is "Off-season? What off-season?" but RECOVERY is an important part of triathlon. Spend two weeks without any structure to your swim/bike/run, if you even feel like doing any of them.

Our end of the year party is coming up in October and we will be asking everyone to RSVP very shortly. This event is always a great time to relax, thank our sponsors, and more importantly name six TGC'ers to the history books with our annual awards. We also vote the 2016 board into office so if you're interested in seeing who will be leading us forward next year come and check it out.

Don't forget the Sea Turtle Triathlon is the day after SRITRI!

Best of luck to everyone racing on October 3rd. Trust your training and enjoy the day!

[Like us on Facebook](#) 

Looking for Volunteers for the Sea Turtle Youth Triathlon

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TGC Sponsors & Supporters

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

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



OFFICIAL CLUB



We need Volunteers to do ALL this and more...



So the kids can do ALL this safely!



When: Sunday, October 4th, 2015
Time: 6:00 am -10:00 am (approximate times)
Where: Pensacola Beach, 1.2 miles east of Portifino Resort

We need YOU! This is a great opportunity to give back to the sport and encourage our youth athletes! This is a rewarding experience, so come join the fun and support the sport we love.

<http://trigulfcoast.org/sea-turtle-triathlon/>



Swimming Faster with Intervals
by Coach John Murray



Although I am constantly preaching technique as the ticket to a better swim, we cannot ignore using well-written interval sets to help develop swimming fitness and, over time, swimming speed. It's important to tweak our technique



Free phone consultations



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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.

through drills but using the clock and keeping track of swim times can accelerate your improvement as well.



There are 2 times of intervals we use in the pool, Rest Intervals and Send-off Intervals. The Rest Interval can be used for easy swimming, drills or if you are just not sure how long it takes to swim a certain distance. This may be written as:

6 x 50 swim (easy/hard by 25's) on :20 RI (rest interval)

The swimmer will swim down the pool at an easy effort level and then swim harder on the way back. Then they look at the clock when they touch the wall and rest for 20 seconds.

A similar set, using a send-off interval would be written as:

6 x 50 swim (easy/hard by 25's) on 1:00 (Send-Off interval)

The swimmer will swim the same way, easy down & harder back, but they will start the next swim after 1 minute elapses. The key to these sets is that the send-off interval must make sense for that swimmer. If they cannot recover enough to complete the whole set then the interval needs to be adjusted. Being ambitious with these sets is important but making it through the whole set is more important.



As the swimmer improves they will develop the fitness and pacing to complete longer sets without faltering. Swimming fast may be very important to you, but keeping your technique throughout is paramount. As swimming knowledge and strength grow so can challenging sets.

A more involved set may be written as:

12 x 200 swim (Descend 1-4) on 3:00



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



The swimmer not only has to make the 3:00 interval but also swim just a bit faster in groups of 4. The times may be 2:46, 2:44, 2:42, 2:39, 2:49, 2:46, 2:45, 2:40...

Remember that the goal is to challenge you...with the caveats that you will enhance improvement but making it all the way through the set without missing an interval AND you will keep your desired technique.

GROUP TRAINING:

Group Swim:

- Zarzaur Law's: I Hate Open Water Swim
- Sound-side pavilions (Mommy Beach)
- Thursday mornings
- TIME CHANGE: 7:00 AM swim start

Group Run:

- October 11 (Sunday)
- LOCATION CHANGE: UWF 10k Course
- Meet at the UWF Track
- Pensacola, FL - University of West Florida
- 7:00 AM laced up and moving

Group Ride:

- October 25 (Sunday)
- LOCATION: Milton Trail Head (Caroline Street) for a [Blackwater Ride](#)
- No-Drop Ride - We won't leave anyone behind.
- Milton, FL
- 7:00 AM roll out

From the Desk of a TGC Triathlete... Minimizing Sun Exposure Year-Round

It is easy to remember to put on your sun screen in the hot summer months, because the heat acts as a constant reminder that the sun is out and blazing down on you. This doesn't mean sun safety is only a May-August issue. Nope, sun safety and awareness needs to take place year-round.



Here are a few things to remember when managing your sun



Code T-GCT30 for 30% off all equipment



15% off one-hour SUP rentals



10% off with code: TGCMC

exposure:

- During training try to train early or late in the day. It is best if you can train before the sun comes out or after sun sets, but training when the sun is low in the sky will help to limit exposure.
- Always wear sunscreen. Make sure you use a broad spectrum sunscreen of SPF 30 or higher that is water resistant. Also remember to put on sunscreen at least 30 minutes prior to activity or sun exposure, this will allow the active ingredients to bind with your skin for maximum protection.
- Remember cloudy and cold days don't mean less UV rays. In fact the snow reflects 80% of the sun's rays and sand reflects 25%.

Besides sun screen, remember to wear a hat and sunglasses. Covering your head, face, and eyes will help to shield the sun's rays, and prevent harmful cancers. If you are wearing a baseball cap or visor, don't forget to put sun screen on your neck, ears, and hair part line. These areas are highly susceptible to sunburns.



Managing your sun exposure can decrease your chances of skin cancer by 78%. If you do notice irregularities in moles, skin irritations, unhealed skin, red spots, or other skin abnormalities, contact a physician immediately. Do not delay in taking care of your skin and yourself.



 **Infinity
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cycle and Tri**

10% off all accessories



Tell Your Story

Do you have a story you would like to share with your fellow TGC Triathletes? Do you have an article you would like to have published in the Newsletter?

We're always looking for submissions. Email your story/idea/experience to Patrick@TriGulfCoast.org.

Running Wild - Sponsor Spotlight
by Dawn Van den Berg

Running Wild has been the fitness hub along the Gulf Coast for the last 15 years with a mission to connect each customer to the right product to meet their individual health goals and fitness needs. Whether it be for the triathlete, runner, cross-fitter, yogi or simply enhancing your daily walk in life, they strive to serve, teach and encourage others. Among the many resources offered include: customized fit in footwear, socks, apparel, sports bras and nutrition; group training and weekly group runs. Expect to find the best brands in the industry, curated specifically for every goal and need.



Running Wild began their sponsorship of Tri Gulf Coast within months of opening their doors and have done so every year. Paul Epstein, owner of Running Wild, served as President of this awesome club in the early years and is the founder of the Members Only Triathlon, a free practice triathlon for the Santa Rosa Island Triathlon to all members and executed by volunteer triathletes. This was an easy feat 13 years ago....but now there are over 500 members and the leadership of this club is the best along the Gulf Coast.

In addition to customized shoe and apparel fitting, Running Wild offers the following group training programs and much more:

- My First 5K, 10K, 15K, Half Marathon and Marathon Training programs
- 6 @ 6 every Tuesday and Thursday morning
- Saturday morning long runs
- Phat Girlz a women's running and fitness group
- Weekly trail runs
- Spike Nights for Cross Country High School programs
- Youth running programs
- Trigger point classes
- Form clinics
- Nutritional classes

Running Wild sponsors many races to benefit various charities throughout the community, running teams, Tri Gulf Coast, Maritime de Luna Youth Duathlon, Sea Turtle Triathlon, and the women's Running Wild Ambassador Team. The women's team is what bridges the store vision to this awesome club, Tri Gulf Coast: to serve, to teach, and to encourage others.



The sport of triathlon can be a very intimidating one, and people that are new to the sport need others to guide and encourage as they learn the demands and processes. Their desire is to lead by example by demonstrating good sportsmanship, offering support to other athletes in our community, committing to training goals, and sharing knowledge with others. They wish to encourage others to get out there and be active!

Their team also volunteered throughout the Mere Mortals season. Each week we rotated the team members to man the water stop at mile one of the run course. They successfully served water and encouraged triathletes to keep up the good work as they practiced for their ultimate race, the Santa Rosa Island Triathlon. The team thoroughly enjoyed working the water stop and would like to continue this tradition in supporting the triathletes of Mere Mortals. Be on the lookout for the triathlon team next season, as the team is constantly evolving.

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 the National Sea Shore on the Fort Pickens side). The ride always goes toward Fort Pickens.

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

Fun Times at the 2015 Subway Pensacola Cycling Classic

Triathlon is obviously a combination of three very separate, very different events mashed together for a fun-filled day of endurance. Throughout the year, it is good to venture away from your comfort zone and tackle one of these triathlon sports in its original, independent form. Pensacola, FL recently hosted the 6th Annual Subway Pensacola Cycling Classic, a premier cycling event in our own back yard. Many fellow TGCers made it to various aspects of the Cycling Classic so we reached out to Wheelmen President, Jeff Boulton and Race Director, Tim Fox about the 2015 event and what to expect next year.

Two hundred and eighty-eight cyclists from the southeast and as far away as Aruba and Scotland met in Pensacola, FL for this year's Subway Pensacola Cycling Classic. Each year the focus is to host a competitive and well-organized stage race (Time Trial, Road Race, Criterium) that attracts all levels of racers including handcyclists. This year the event attracted a record number of racers and spectators. The Classic provides a true NW Florida experience with Time Trials on Pensacola Beach, Road Racing in Milton, and the Criterium in Downtown Pensacola.



Pensacola and surrounding area racers demonstrated the strength and depth of the talent in NW Florida! Nearly every category had a local racer on the podium including Category Pro 1/2 Michael McBrien who won the Criterium and finished overall in 8th place. Local Justin Biehl won the overall Category 4 race. Overall race results for each classification are posted on the official website (www.pensacolacyclingclassic.com). If you take a look, you'll no-doubt see familiar Tri Gulf Coast athletes.



Next year, athletes can expect another great iteration of the Classic. The goal is growth and positive community impact, by putting on a competitive and well-organized cycling event. In addition, organizers are looking to expand the sponsorship base to increase funding support of the Paralyzed Veterans Racing Association. The Paralyzed Veterans of America Racing Team is comprised of disabled veterans that compete at cycling and marathon events around the country. The organizers are also exploring ideas for creating a family-like festival in the evening centered around the criterium stage with the desire to grow spectator and family participation and provide a great opportunity for local businesses to generate revenue.

The event takes place each year, after the tourist season and provides a nice autumn bump for local hotels and businesses. The official hotel partner, Holiday Inn on Pensacola Beach, reported 47 rooms occupied from racers which included a record number of handcyclists sponsored by the Paralyzed Veterans Racing Association. Others enjoyed views of the beach at Portofino and additional racers hosted for free in homes.



The beauty of the Pensacola Cycling Classic is that anyone can participate! With Time Trial, Road Race, Criterium, and Kid's Race opportunities, it is truly a family event that encourages exercise and healthy living. Please make plans to participate and/or come out and watch the 7th Annual Subway Pensacola Cycling Classic will be hosted on Sept 10th & 11th, 2016.

West Florida Wheelmen News and Upcoming Events



Weather is cooling. Enjoy the autumn season AND stay active with the Wheelmen.

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

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

This comprehensive list focuses on local events and others within a 4-hour driving distance.
A FULL list, including national and destination races, can be found on the [TGC Calendar](#).

UPCOMING LOCAL RUNS

Pensacola Seafood Don McCloskey 5K
Sept. 26
Pensacola, FL
[Info & Registration](#)

World of Beer
2nd Annual WOBToberfest 5K
Oct. 3 - 9:00 AM
Pensacola, FL
[Info & Registration](#)

Corry Station CPOA Crime Stoppers 5K
Oct. 3
Corry Station
[Info & Registration](#)

Milton Riverwalk 5K Run
Oct. 3 - Evening
Milton, FL
[Info & Registration](#)

Rat Race 5K
Oct. 10
Pensacola, FL
[Info & Registration](#)

St. Rose of Lima 5K Run/Walk
Oct. 10
Milton, FL
[Info & Registration](#)

Run for the Reef (5K / 10K)
Oct. 10
Navarre, FL
[Info & Registration](#)

Blue Mountain Beach Races
Multiple Distances:
5K, 10K, 13.1
Oct. 10 & 11
Grayton Beach, FL
[Information](#)

Bridge to Bridge 5K
Oct. 17
Pensacola, FL
[Info & Registration](#)

Fright Night 5K
Oct 17 - Evening
Pensacola Beach, FL
[Info & Registration](#)

UPCOMING MULTISPORT EVENTS

Santa Rosa Island Triathlon
Oct. 3
Pensacola Beach, FL
[Info & Registration](#)

Coosa River Challenge (Trail/Off-Road)
Oct. 3
Wetumpka, AL
[Info & Registration](#)

Sea Turtle Youth Triathlon
Oct. 4
Pensacola Beach, FL
[Info & Registration](#)

30A Triathlon (Super Sprint)
Oct. 10
Santa Rosa Beach, FL
[Info & Registration](#)

UPCOMING CYCLING EVENTS

Six Gap
Sept. 27
Multiple Distances
Dahlonega, GA
[Information](#)

Fenner McConnell Ride
Oct. 17
18 miles, 40 miles, 62 miles, 100 miles
Milton, FL
[Info & Registration](#)

Cahaba 50/100 (MNTB)
Oct. 24
Oak Mountain State Park
Pelham, AL
[Info & Registration](#)

LAMB Ride
Nov. 15
Loop Around Mobile Bay Ride
[Info & Registration](#)

West Florida Wheelmen Bicycle Club
Ride Schedule
[Info](#)

Gulf Coast Half Marathon

Oct. 18

Mandeville, LA

[Info & Registration](#)

Running for the Bay Marathon

Multiple Distances: Full, Half, 10K, 5K, Ultra

Oct. 18

Apalachicola, FL

[Info & Registration](#)

Pensacola Beach Glow Run 5K

Oct. 23 - Evening

Pensacola Beach, FL

[Info & Registration](#)

Run Pink Pensacola 5K / 10K

Oct. 24

Pensacola, FL

[Info & Registration](#)

Pensacola Mud Run 5 miles / 20 Obstacle

Oct. 24

Cantonment, FL

[Info & Registration](#)

Clothing Optional 5K - "Boo" Run/Walk

Oct. 24

Hidden Lake Resort

Jay, FL

[Info & Registration](#)

The Bogeyman Event

Multiple Distances:

5K Run, 5K Walk, Adventure Run

Oct. 29 - Evening

Pensacola Beach, FL

[Info & Registration](#)

New Orleans Jazz Half Marathon & 5K

Oct. 31

New Orleans, LA

[Info & Registration](#)

McGuire's Halloween Run (5K / 10K)

Oct. 31

Destin, FL

[Info & Registration](#)

Pensacola Marathon Event

Full, Half, 5K

Nov. 8

Pensacola, FL

[Info & Registration](#)

UPCOMING TGC EVENTS

TGC Sea Turtle Youth Triathlon

Oct. 4 (Sunday)

Pensacola Beach, FL

8:00 AM

TGC Group Run

October 11 (Sunday)

UWF 10K Route

Starting at UWF Track

Pensacola, FL - University of West Florida

7:00 AM

TGC Club Meeting

October 14 (Wednesday)

Pensacola, FL

6:00 PM

TGC End-of-Year Party

October 15 (Thursday)

Location: 5Eleven Palafox

5:30 p.m. - 9:00 p.m.

Food, Fun, and Awards!

For club members and their *ADULT* guests

TGC Group Ride

October 25 (Sunday)

Blackwater Forest Ride

Starting at the Blackwater Trail Head

(Intersection of Hwy 87 & Hwy 90)

Milton, FL

7:00 AM

Race Entry Discount Codes
(Codes for TriGulfCoast Members ONLY)

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

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) know what is on your docket and TGC will make an effort to share this information on the club Facebook page.

TGC Merchandise: Headsweats Visors, Hats, & Singlets

Item	Description	Details	Color	Price
The TGC	Headsweats Brand Visor	Awesome	Black or White	\$20.00
The "Alex"	Headsweats Brand Hat	Lower Profile with Mesh	Black	\$20.00**
The "Kirwan"	Trucker Hat	Higher Profile with Mesh	Black/Orange	SOLD OUT**
TGC Runner (Black)	Asics Brand Singlet (tank)	Limited Sizes/QTY	Black	\$23.00

**prices not indicative of namesake's value

All head gear: One size fits all (or, most) adults.
Limited QTY on most items.

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

Merchandise Questions? Contact Alex at: president@trigulfcoast.org



The TCG (Black)



The TGC (White)



The "Alex"



The "Kirwan"
SOLD OUT



TGC Runner (Black)

Stay Connected



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

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