



TRIGULFCOAST
MULTISPORT ATHLETES

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29 January 2015

Greetings!

Though it is the off-season for many of you, the TGC Board is hard at work planning and preparing to make 2016 an even bigger and better year for your club.

Tom Henderson has redesigned and rolled out a new website and scheduled the dates for Mere Mortals. Gary Garza has closed another record kit order and is confirming sponsorships. Mindy Straw and Jim Hagy are putting the finishing touches on what will undoubtedly be another fantastic kid's race. Evan Malone and Dawn van den Berg are consistently keeping you informed via Facebook and the website calendar. Jason Vaughn is designing new merchandise. Amy Simonetta is organizing the Spring Social. Gabriela Gasque is planning a surprise to accompany the wetsuit trial that Chris Rawson has put together. Peter Neuhaus drafted our 2016 budget. Jessica Becker is keeping order at our meetings and Patrick Willi and Teresa Hess have produced another informative and entertaining newsletter. This is all done by a purely volunteer staff that gets no remuneration of any kind.

Of course, none of this matters unless you, the member, participates. We hope you make the most of all your club has to offer and that you will take an active role when the opportunity presents itself. Speaking of which, John Fitzgerald is scheduling volunteers to assist with Mere Mortals and will be sending out a Doodle poll for those you want to help.

Yours in Triathlon,
The TGC Board

[Like us on Facebook](#) 

2016 Maritime De Luna Youth Duathlon

Tri Gulf Coast (TGC) is proud to offer the 2016 Youth Multisport Series. The Maritime De Luna Youth Duathlon will take place on 13 March 2016.

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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

This is a fun youth event with two course distances.

Youth events are important in our community not only for the love of the sport but to encourage our youth to be healthy and to improve academic achievement. By having youth events in our area we are encouraging our youth to work hard, build relationships, and persevere through tough challenges.

It takes a crew of volunteers to put on this premier youth event. We are encouraging TGC members to help out in any way possible!

If you would like to volunteer or know someone who would like to be involved, click below.

If you know a potential participant, please pass along the information.

For more information please click here:

[Maritime De Luna Youth Duathlon](#)



**Hire a Coach in 2016
by Coach John Murray**

I was recently looking through some past newsletter articles when I came upon a piece that addressed the last minute training that some athletes may do before a race because they feel like they are unprepared. It made me think of all the athletes that I am helping to prepare for races in 2016 and the adequate amount of time we have now. Waiting until the "11th hour" never works for endurance events. In some cases the only thing it does is invite injuries.



Free phone consultations



\$6 Daily Meal Deal

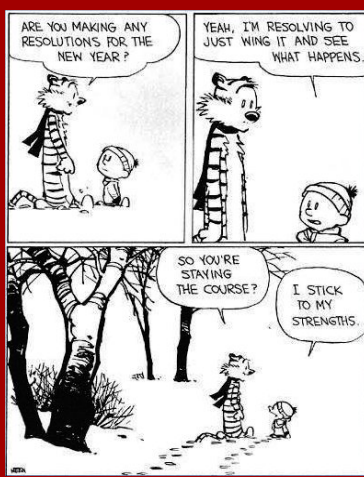
6" Sub-of-the-Day, Chips, and Drink



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.



Now is the time to begin your base training and craft your strategy to have great performances. Whether you choose Team MPI or another coaching company, do so early and have the coach work with you for a plan that fits your ability & schedule. Build a solid base that develops your aerobic

system, work on the finer technique aspects and go confidently into your races.

Many triathletes choose to coach themselves early on in their triathlon endeavors, but then as goals get bigger or more defined training regimens require more order and less personal bias. A qualified triathlon coach can help you avoid some of the mistakes that the self-coached athlete often makes.

If you are going for a more concrete goal for your 2016 triathlon season, maybe this is the year you hire a coach. Whether the goal is "I just want to go faster" or "I want to get on the podium", consider talking with a coach to help you achieve that goal.



~ Coach John

GROUP TRAINING:

Group Run:

- February 6 (Saturday)
- **Pensacola Beach** - Casino Beach Parking Lot
- 8:00 AM laced up and moving
- **Double Bridge Conditioning - Bridge Repeats**

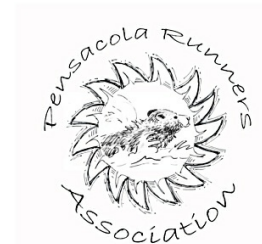
Group Ride:

- February 20 (Saturday)
- Pensacola Beach - Casino Beach Parking Lot
- 8:00 AM roll out

Board Member Spotlights



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



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

As we bring in a New Year, we also bring in new TGC Board and Committee members. Over the next few newsletters we will be introducing your 2016 Tri Gulf Coast Board. This team puts together Mere Mortals, social events, and makes sure all athletes have a great experience, including being safe, having community connections, and learning about the sport of triathlon.



Kirwan after a season of Mere Mortals...

Kirwan

Kirwan is our 2016 TGC President. He started in triathlon with the Gulf Coast Half in 2001, after a roommate convinced him it would be fun. Since then Kirwan has completed many triathlons including Ironman Florida in 2013. This year Kirwan experienced his most embarrassing moment in triathlon when he tried to put on his tri top after the swim. It seems those long arms got stuck in the top!! Kirwan is trying to make more time for some extra training, so if you are headed out, let him know.

John

John is new to the TGC Board as our Vice President. John's first triathlon was in Santa Rosa Tri in the early 1990's, while John was in school at UWF. John enjoys the SRI Triathlon but he will tell you that completing Toughman Alabama 70.3 in 2015 has been his favorite race with challenging hills and all. John is looking forward to completing his first full Ironman in Chattanooga in the Fall. Let's hope he doesn't repeat his most embarrassing triathlon moment, forgetting his bike. Checklists are now John's best triathlon tool.



Ever determined, John



Gary is always smiling on the

Gary

Gary is the TGC Kit Chairperson, as he has been for the last few years. Gary started out at the Super Sprint Bold Eagle Triathlon, which he thought was going to kill him at the time. Now he is an Ironman finisher, including completing the Great Floridian 140.6 this past October. This



Code T-GCT30 for 30% off all equipment



15% off one-hour SUP rentals



10% off with code: TGCMC



course. course was difficult and offered challenges of all sorts including hills, wind, and an unforgiving looping course. Accomplishing this event was an exciting moment for Gary. In his spare time he is a lover of music, especially concerts and smaller live shows.

Amy

Amy is new to the TCG Board. She started in triathlon in 2003 at the Jefferson Sprint Triathlon. While the Gulf Coast Half Triathlon is her favorite race, her favorite racing memory was competing at Ironman World Championship in Kona. She hopes to make a return to Kona. Amy has had her embarrassing moments in triathlon including being knocked down by a spectator during the run portion of a race. Amy is excited to be on the TGC board this year and hopes to work with the board and members to increase our membership and member participation.



Amy, with an always strong performance.

Facebook Feed Added to the TGC Website

We have added a feed to the TGC Facebook on the website. Those of you who do not partake in Facebook can now see the content, announcements, and information without having to sign in or create a Facebook account.

This is particularly handy for notifications about Group Rides/Runs and Mere Mortals cancellations due to inclement weather, as well as race updates and community involvement.

You can view the feed at: <http://trigulfcoast.org/facebook/>

IF you would like to follow us on Facebook, look here:

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



MERE MORTALS - Volunteers

The schedule is set for 2016 Mere Mortals.

Starting May 29th, we will be back on Pensacola Beach

Infinity Bicycles



10% off all accessories



Discount Code: C-TRIGULF

swimming, biking, and running.

Tri Gulf Coast and the Mere Mortals Program would not be possible without our GREAT Volunteers!

If you would like to Volunteer in any capacity, please be on the lookout for e-mails and Facebook posts with the link to sign-up.

Falling in Love with Your Bike, Again.

With cold weather prevalent, it is hard to get motivated to be outside, especially on a bicycle. Many triathletes pack up their bikes in the winter time, figuring the frigid conditions are too much to bear. Don't be so quick hibernate your bike. Don't let the weather dictate your enjoyment in the saddle. Remember, you have options -- indoor training or braving the outdoors!!!

Let's talk indoor training, first. Here are some simple techniques for embracing your time inside, on a bicycle and stationary trainer:

- Create a space (easy to setup, cleanup, and break down)
- Watch something you enjoy (Netflix)
- Plan ahead (with easily accessible water/fluids, towels, and remote)
- Get and use a fan (simulate the outdoors and make it more bearable)
- Invite a friend (Chill)
- Maintain your bike and trainer (clean up and lube accordingly)



If you get a warmer day where the winds are not 20 mph, you may want to brave the cold for a fresh air ride. There are still a few things to remember when biking in colder temperatures:

- You will warm up...some!
- Layer (taking it off or putting it on is a good option to have)
- Get a windbreaker
- Cover your hands, feet, and head (this will help to keep your core warmer)
- Don't stay out too long (remember the cold uses up more energy)
- Invite a friend (TGC group ride, just saying)

Whether you choose to ride indoors or out, remember this is a great time of year to get some extra spins on the bike.

Reunited and it feels so good.....



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.

The Most Important Piece of Exercise Gear by Michael Watkins



Michael is a local athlete, TCG Member, and crime scene investigator. His real-life experiences through his job inspired him to write this article about the importance of carrying some form of ID while exercising, ALWAYS.

What is the most important item or piece of gear you should have on you when you head out on a run or a bike ride? Your watch? Your shoes? Your iPod? For me, my essential item changed after a particular night on the job.

One night, I received a call that I dreaded: a teenager collapsed while running and died. He had no identification on him. As a crime scene investigator, endurance runner, and parent the case hit close to home. After arriving at the scene, I took every step I knew of to identify the teen. I had no idea what his name was. I even woke up the owner of Running Wild to see if he recognized the runner. The teenager was wearing a GPS watch. I downloaded the data and even compared it to race results to try to identify the teen. I went door-to-door where some of the runs began and ended. All of my efforts were fruitless. I went to sleep that night knowing that somewhere a parent was going to wake up and wonder where their child was. This was not the first time I was unable to identify a young person who died. Several years before, I was unable to identify a child that was struck by a vehicle while riding a bicycle.

As many of you know, my teenage son trains and participates in triathlons and runs. After the last instance, I had a serious conversation with the medical examiner for our region. I wanted to know if my child should continue training for the events without specific medical testing. Her answer: go for it. The teen runner who collapsed suffered from a rare heart disease that is almost impossible to diagnose.



Michael and Son at the 2015 Oschner Ironman 70.3

Now, the most important gear that my son and I wear is identification. I want to make sure my family is contacted in an emergency. I also want to make sure that if something happens to my child, that someone calls me right away. My son cannot leave the house without wearing his Road ID bracelet. We all think it will never be me or my loved one. I have spoken to plenty of families that thought it would never happen to their family, until I arrived at their homes.

There are several identification options to choose from. Road ID bracelets are popular among athletes. They cost about \$20 and can be engraved with your personal information. If you have been to mere mortals, you have probably seen several of our members wearing them around their wrist or ankles. You can also just carry your driver's license or a laminated card with your name, date of birth, and emergency contact information. If you choose to carry your driver's license, make sure your emergency contact information is up to date with the department of motor vehicles. Always make sure that your identification is carried on your person rather than in a water bottle carrier or in a bike pouch, which could be lost during an accident. Most athletic clothing have zippered pockets that are perfect for storing your ID. Also, do not rely on police using your cell phone to identify you. Most people use passwords on their phones or the phone could be damaged. If you have an allergy to a common medicine, make sure you have something on you that indicates your allergy.

Hopefully, you will never be in a position where police need to identify you. If you do, you will be ready. Carrying identification can also give your loved ones peace of mind.

**Pensacola Sports Annual Awards Banquet
March 16, 2016 at the New World Landing**

Featuring guest speakers, Team Hoyt

The Hoyts have competed in over 1100 athletic events in the last 37 years. They have run in 72 marathons - 32 of them being the Boston Marathon. They have also completed in 257 triathlons, 6 of them being Ironman distance events. Dick, 75, is a retired Lt. Colonel, having served in the military for 35 years. Rick, 54, is a graduate of Boston University with a degree in Special Education. Rick was born in 1962 as a spastic quadriplegic with cerebral palsy and as a non-speaking person - but despite these disabilities, Rick's mind and spirit have always been strong. His family supported his quest for independence and inclusion in community, sports, education and the workplace, culminating with his graduation from Boston University.

The event honors the finest athletes our area has to offer with 2015 Special Achievement winners, the Amateur and Professional Athletes of the Year, the new class of Hall of Fame Inductees, Volunteer of the Year and the Pensacola Sportsman of the Year.

Tickets are limited, but available to the public.

Find out more about the [Pensacola Sports Annual Awards Banquet](#)



For the Love of Family:

The Swenson 5th Annual 10K Super Run World Cup

Bottom Line: I ran a 1:03:25 for 10K, and won the "5th Annual 10K Super Run World Cup" race.

HISTORY - During the summer of 2011, my daughter (Kayla) was living in Orlando, and she had started running. Her younger brother (Reese) was deployed in Iraq as a contractor fire fighter, and he had also started running. Much TRASH-TALKING occurred between them, and it was decided to have a race to see who was faster. Reese was gonna be outta the sandbox in time for Turkey Day, so they found a 10K Turkey Trot near Orlando. Of course Kayla's hubby (Josh) would also be running, and Kelly and I sure weren't gonna just watch, so the "1st Annual Swenson 10K Super Run World Cup" was on.

Of course, you can't have a RACE without trophies...and Reese provided them. (See "winners" foto.) The big cup is a perpetual trophy that the previous year's winner MUST carry on the current year's run (along with a 6-pack of beer). In addition, to carrying the "cup", the previous year's winner also develops certain "rules/handicaps" to make the event more even.



FORWARD to 2015: Last year's winner (Josh) decided that this year, everyone would have to run their "average" times. The person with the slowest average would leave, then the rest would go when their "time" came up. Basically, if everyone ran their average time, then we'd all finish together. Kelly started the race; Reese left at 8:55; Kayla at 10:10; Josh at 10:42, and I left at 17:19. Since the course was "T", and we were starting at the bottom of the "T", I knew I probably wouldn't see anybody until the first u-turn...and I was correct. Josh's 6:37 lead time meant that he was almost at the mile point when I started...I had thought I'd catch him (and the cup, since he was carrying it) at the 3 mile point; I'd catch Kayla by 4 miles (she was gonna be WAY faster than josh because of the cup and beer); Reese by 4.5 and Kelly by 5 miles.

Sure enough, I passed Josh on schedule, Reese at 3.5, but Kayla was further ahead than I anticipated (still 2+ minutes at the 4.2 mile second u-turn), and Kelly was WAY ahead (5+ minutes at that same second turn). At this point, I'm knackered to my limit, and have become demoralized by not catching Kayla...and seeing Kelly so far ahead. As a psych trick, I walked the uphill prior to the second u-turn, so Kayla would see me struggling...but it didn't work. She commented about me catching her soon, so I finished my 50-step walk, and got back on the gas. Finally passed Kayla at the 4.7 mile point, but could barely see Kelly still several minutes ahead of me.

Having run/raced with Kelly a few times before, I knew she notoriously slows at the end of a 10K...so I kept the gas on. With 1-mile to go, I was still 90 seconds behind her, but catching fast. I ended up passing her with less than a half-mile left, and I finished in 1:03:25. Kelly was second in 1:04:38; Kayla was third in 1:04:59; Reese was fourth in 1:10:54; with Josh coming in at 1:11:46 (with a sore shoulder from carrying the cup and beer).

In celebration, beverages were drunk (see foto), and war stories told.

My PR for an open 10K is 44:38 set on 13 March, 2011. My 1:03:25 with a 17:19 deduction ends up being a 46:06...only 88 seconds from a PR...Not bad considering my current medical issue. Now to come up with some rules for NEXT YEAR!!!!

Girlz Only Sunset Rides



The weekly women's ride is on break until Spring!

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

West Florida Wheelmen News and Upcoming Events



It's winter, but Wheelmen ride all year!

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

This list focuses on events that are within a 4-hour driving distance.

A FULL list, including national and destination races, can be found on the [TGC Calendar](#).

UPCOMING LOCAL RUNS

We Believe in Children 5K

Jan. 30

Pensacola, FL

[Info & Registration](#)

Big Beach Marathon & Half-Marathon

Jan. 31

Orange Beach, AL

[Info & Registration](#)

Joe Cain Classic 5K

Feb. 7

Mobile, AL

[Info & Registration](#)

Double Bridge Run (15K & 5K)

Feb. 13

Pensacola, Gulf Breeze, Pensacola Beach, FL

[Info & Registration](#)

Destin Beach Ultra Run

Feb. 14

Destin, FL

[Info & Registration](#)

UPCOMING MULTISPORT EVENTS

Maritime de Luna Du Youth Duathlon

March 13

Downtown Pensacola - Maritime Park

[Info & Registration](#)

2016 Portofino Tri Series - A Team MPI Event
Presented by Infinity Bicycles

April 9, Saturday (7:30am Start)

**** DUATHLON ****

May 12, Thursday (6:30pm Start)

June 25, Saturday (7:00am Start)

July 23, Saturday (7:00am Start)

August 4, Thursday (6:30pm Start)

September 17, Saturday (7:00am Start)

**** ENVIE LADIES ONLY TRI ****

[Info & Registration](#)

UPCOMING CYCLING EVENTS

Blackwater Trail Challenge 50K

Feb. 20

Munson, FL - Bear Lake

[Info & Registration](#)

Girl Scout Trail Run for Cookies 5K

Feb. 20

Pensacola, FL

[Info & Registration](#)

Sweetheart 5K & Sea Turtle Half-Marathon

Feb. 20

Gulf Shores, AL

[Info & Registration](#)

Krewe Du Ya Ya's I PInk I Can Run (4 miles)

Feb. 27

Flora-Bama Lounge

[Info & Registration](#)

Seaside Half Marathon

Feb. 28

Seaside, FL

[Info & Registration](#)

New Orleans Rock & Roll (26.2 & 13.1)

Feb. 28

New Orleans, LA

[Info & Registration](#)

Bay to Breakfast 8K Cross Country Challenge

Mar. 5

Pensacola, FL - Big Lagoon State Park

[Info & Registration](#)

Bayou Hills Run

Mar. 5

Pensacola, FL

[Info & Registration](#)

Run Pink Pensacola

Mar. 6

Pensacola, FL

[Info & Registration](#)

Annual Battleship Ride

Feb. 21

Pensacola, FL to Mobile, AL and back

[Info](#)

West Florida Wheelmen Bicycle Club

Ride Schedule

[Info](#)

UPCOMING TGC EVENTS

TGC Group Run

February 6 (Saturday)

Pensacola Beach - Meet at the main pavilion

* **Double Bridge Conditioning - Bridge Repeats**

8:00 AM

TGC Club Meeting

February 10 (Wednesday)

Contact President@TriGulfCoast.org for details

6:00 PM

TGC Group Ride

February 20 (Saturday)

Pensacola Beach - Meet at the main pavilion

8:00 AM

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 [Dawn](#) 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
TGC Runner (Blue)	Singlet (tank)	Limited Sizes/QTY	Blue	\$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 or Ideas? Contact [Jason](#)



The TCG (Black)



The TGC (White)



The "Alex"



The "Kirwan"
SOLD OUT



TGC Runner (Black)



TGC Runner (Blue)

Stay Connected



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

P.O. Box 544
Gulf Breeze, FL 32562

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