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30 December 2015

Greetings!

2016 should prove to be another exciting year for our club. We seated a number of new board members following the departure of some long serving individuals to whom we owe a great debt. We have experienced massive growth over the past few years thanks in large part to the offerings made possible by the aforementioned individuals and, of course, the involvement of you, the members.

We feel this year holds the same potential and have a lot happening to help in that regard. The window to order kits for 2016 is now open. As usual, we'll have a wet-suit fitting/trial in March followed by our Spring Social. We're working hard on the schedule for Mere Mortals and can only hope to have the same weather this year as we enjoyed in 2015. Don't forget about our monthly runs and rides as well.

Invite a friend to join, and if you need to be reminded about why our sport matters, then come out and watch kids give it their all at the Maritime de Luna Duathlon on March 13.

Yours in Triathlon,
The TGC Board

[Like us on Facebook](#) 

2016 Tri Kits - ORDER NOW!

There is a narrow window to order the official 2016 Tri Gulf Coast Kit.

If you want one or know someone who wants one,
[ACT NOW!](#)

The only window to order is open Dec. 26 - Jan.18.

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OFFICIAL CLUB





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True Confessions - My First Day At Swimming
by Coach John Murray

I certainly understand the nervousness that some folks develop when they consider going to an organized swim training session. Whether it's a new Masters practice or a swim clinic. Many have told me of the angst that crops up when they considered showing up for one of my group swim sessions. But, I really don't need to be told. I remember it all to well.



As a nine year old my Dad told me "next week you are joining the swim team." The apprehension grew as I was dropped off at the Boys' Club for my first day. However, I



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

had a better plan. I would hang out in the game room and as it became time to get picked up I just wet my hair, toweled it off a bit and jumped in the car. Obviously I couldn't keep that façade on forever so after a 2-day run of my trickery I nervously headed to the pool. Funny thing is I found something that would become a life long passion for me.

Today someone new joined us for her very first swim practice. I am very sensitive (as you know now) of that dreaded first time. I was proud of her for agreeing to join us. Although I had worked with a bit prior to today, there were still plenty of reasons to feel out-of-place. She did great!



The vast majority of triathletes I know are extremely welcoming. As Coach Mark eludes to from time to time...very few triathletes started as kid, raced in college and have doing it for 40+ years. Most can remember very clearly those big milestones...riding 20 miles for the first time and feeling like a true cyclist, crossing the finish line of their first triathlon or showing up for their first group swim.

As the 2016 season quickly approaches, consider what you can do to better your performance. Consider joining us for one of our swim clinics. I guarantee all of the other attendees feel the same way and yes, the coach has been there, too.



~ Coach John

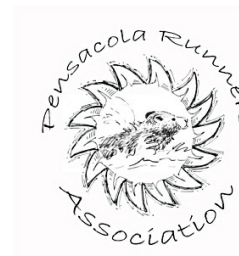
GROUP TRAINING:

Group Ride:

- January 10 (Sunday)
- **Pensacola Beach** - Casino Beach Parking Lot



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.

- 8:00 AM roll out

Group Run:

- January 24 (Sunday)
- **Pensacola Beach** - Casino Beach Parking Lot
- 8:00 AM laced up and moving

Board Member Spotlights

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.

Peter

Peter is new to the TCG Board as our Treasurer.

Peter's first triathlon was the Sandestin Triathlon in 2014. However, his favorite triathlon is SRITRI. Peter also enjoys cooking. He likes being able to bring quality ingredients and freshness to his dinner plate, as a component to his healthy lifestyle. Peter hopes 2016 will lend itself to more miles on the bike. So if you need a "biking buddy" see what Peter has going on that week.



Peter

Tom

Tom is the returning Mere Mortals Chairperson. Tom's first triathlon was SRITRI. It is still his favorite triathlon, even though it was a rocky start since his 1st triathlon was actually a duathlon due to a canceled swim.



Code T-GCT30 for 30% off
all equipment



15% off one-hour SUP rentals



10% off with code: TGCMC





This is how Tom rolls...with the Mere Mortals microphone.

The opportunity to embarrass one's self in triathlon can come along frequently. Tom found his moment while training. He came up to some road construction and stopped to ask the officer which way to go. As he stopped, Tom forgot he was still clipped into his pedals and began slowly falling to the ground. Tom credits the officer with making a solid attempt to not laugh at him. (NOTE: If you have not had this experience with being clipped in and falling due to stopping or leaning the wrong direction, there is a good chance you will. It happens. It happens in SLOW motion too and without grace.) Tom's plan for 2016 is to overcome a back injury from a few summers ago and work back into Triathlon.



Dawn

Dawn

Dawn is a new TGC chairperson taking on our social media exposure.

Dawn's first triathlon was Grandman in 2011 and this remains her favorite triathlon.

When she isn't running, swimming, or biking, Dawn likes to crochet and sew. In case you didn't know it, Dawn is a people

person. One of the reasons she has loved triathlon is because of the community of athletes within the sport.

Patrick

Patrick is a returning TGC Newsletter Chairperson.

Patrick's first triathlon was SRITRI 2010. In 2015 Patrick was able to

Infinity Bicycles



10% off all accessories



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race Escape from Alcatraz, which quickly made its way to the top of his "Favorite Races List." As embarrassing moments go, Patrick has had his share, including completing the Callaway Gardens Triathlon with his tri shorts on backwards. When asked about the shorts, Patrick's response, "That explains why they felt weird on the bike."



The blue stripe is supposed to be in the back, Patrick.

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/>



Stir Crazy? Start a tradition... an Adventure with Kevin Swenson



You may have seen Kevin Swenson as our bike course hero during Mere Mortals last summer and wondered to yourself, "How does he not just go crazy riding back and forth with the pack?" Well, it turns out Kevin has a history of riding a small course for a very long time.

For five years Kevin participated in the [100 Miles of Nowhere Event to benefit Camp Kesem](#), a camp for children who are coping with their parent's struggle with cancer. The camp was founded in 2000 by students and Stanford University, is still managed via college students, and is now active in 34 states.

The founder of Fat Cyclist, Elden, who hosts the 100 Miles of Nowhere each year, lost his wife in 2009 to a five year battle with breast cancer. During this time his children took part in events at Camp Kesem.

Now you might be asking what is the 100 Miles of Nowhere Event? Well, it is a race without a place (as the website says), and there are hundreds of participants, but they are all by themselves. Some will ride on rollers or trainers, others will ride very short road courses, about a mile loop -- for 100 MILES!!!

For several years Kevin has used this event as an Ironman training event. In 2015, as a training for Ironman Florida he again signed up to race. At 0700 on 18 October 2015, Kevin began his journey from his house, around his block, for the next 6 hours and 15 minutes (166 loops around the block).

When asked about the race, Kevin gave this statement:

"As the 5-time defending Champion in the "Woodlwan Heights Criterium - Fools Training for IronMan XXX" division, I felt obligated to give this race my ALL. (Note, in 2010 I was training for IM Japan; '11 was IM Lanzarote; '12 was France-Nice; '13 was Lake Placid, '14 was Florida; and this year was also Florida.) This has become an annual tradition, and helps me get ready for a 112-mile bike leg.

Right at 7 o'clock, I clipped in and headed down the street. I took a right at the 4-way stop, and went around the block. With the 3 other right-hand turns, I ended up back at the 4-way stop. I repeated this 166 times (yes, that's 664 right hand turns - Very NON-NASCAR!) and finished the 6:15 ride (per training plan) with 186 kilometers (that's 116.25 miles for you non-metricians). Averaged 30kmph (18.6 mph) including the 7 stops. (Five stops for food/beverages and two stops for un-hydrating behind the dumpster behind the school - I know... TMI).

Total elevation gained/lost was 186 feet. I guess the other side of the block is a foot lower than my side."

Of course with this race report we had to ask, "WHY KEVIN, WHY?" Of course we asked this question after we realized he wasn't joking about this training event.

What Kevin told me made me put this event on my race schedule for next year. This event benefits an amazing and necessary cause. It gives children an opportunity to be kids and run and play silly games and forget for one second about their parent who is fighting cancer or who may have passed away due to cancer. It also gives kids the opportunity to realize they are not alone in their family struggle. They are there to support each other and to heal from the love of each other.



Kelly and Kevin

Secondly, this event benefits the person riding, especially if they ride on a short course, because it gives them an opportunity to focus on their riding and to see if their mind can go 100 miles with no other distractions. If you ride a 100 mile loop or even a few 25 mile loops then your mind is filled with new places, noticing the things around you. But after a few 1 mile loops there is very little to notice. Instead the focus is now on the rider. Can you keep going when the temptation to stop at the house is there? Can you keep riding when your butt hurts and you are so close to home? Can you keep riding even though you have been past here 96 times already? Can you block out everything and just enjoy the ride?

This event will answer those questions and test your resolve and commitment to the ride. But in the end when 100+ miles are done and you step off that bike you will know when you race your Iron distance race those 112 miles will be manageable not only physically, but also mentally. You will have tested yourself and you will have succeeded in staying the course.

Thank you Kevin for sharing your adventure. It may be a little crazy but crazy is sometime what we do best!!!

We all have the odd things we do for our sport- training or events. When have you done something out of the ordinary to get your training miles done?

Let us know!

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](#)

From the Desk of a TGC Triathlete...

Actively Navigating the Off-Season

For triathletes we are still in the off-season, or as I like to call it the "planning for next year's craziness while eating pie season." As we have talked about before, the off-season is a good time to talk to your family and friends--you know the people who supported you through training, tears, food rage, and finish lines over the past year(s). But maybe you want to do more than just talk. Maybe you want to prove to them you can have fun while being active in different ways.

Here are just a few ideas to slow it down but still get everyone up and moving:

BIKE RIDE

Go for a bike ride. WAIT STOP!!! NO, not that type of bike ride. This bike ride is at a slow pace for fun, like, let-the-kids-lead-the-group kind of pace. Ride through the neighborhood or out on Blackwater trail. Stop to enjoy a snack on the side of the trail or look at the trees. Just pace yourself and be in the moment.

KAYAKING

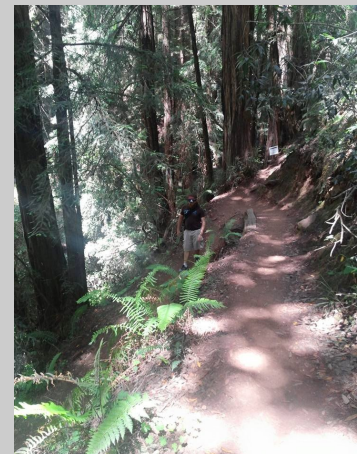
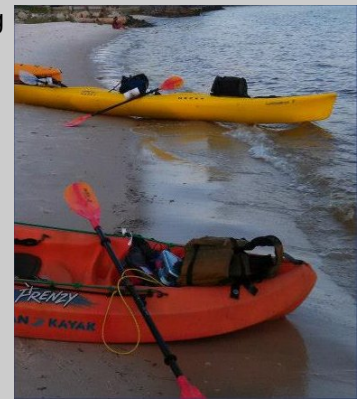
If your spouse or partner has been feeling left out rent a two man kayak and go out for a little paddling around. With your need to train some upper body, I am sure they will be happy to let you do a lot of the paddling work. Remember this is fun! Go along the National Sea Shore or explore Deadman's Island.

HIKING

This area is full of hiking trails. Pack a lunch and head out to UWF for some family fun. Explore the trails together while learning map and compass reading, since there won't be others leading this race!

YOGA

I know some of you just rolled your eyes, but really go to a yoga class together. Maybe one that isn't too serious so you can laugh together when you try to touch your elbow to your belly button with your arms behind your back!



ASK THEM

That's right, they showed up when you asked, so now you can return the favor. Tell them you want to plan an adventure or do something you use to do together, but they get to pick. Don't take "I don't know" for an answer.

Even if you live, train, and race with your spouse or partner, doing these things in the off season can be fun and mix things up a little.



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.

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

First Light Marathon

Jan. 10

Mobile, AL

[Info & Registration](#)

Pensacola Beach Run (5K, 10K, Half)

Jan. 16

Pensacola Beach, FL

[Info & Registration](#)

UPCOMING MULTISPORT EVENTS

Maritime de Luna Du Youth Duathlon

March 13

Downtown Pensacola - Maritime Park

[Info & Registration](#)

It is OFF SEASON!

Unless you are willing to go farther south...

Bear Bait Ultras (25K, 50K, 50 miles)

Jan. 16

Munson, FL - Bear Lake Campground

[Info & Registration](#)

UPCOMING CYCLING EVENTS

Coastline 5K/10K

Jan. 23

Gulf Breeze, FL

[Info & Registration](#)

West Florida Wheelmen Bicycle Club

Ride Schedule

[Info](#)

Destin Bayou, Bay & Beach (5K, 10K, Half)

Jan. 23

Destin, FL

[Info & Registration](#)

UPCOMING TGC EVENTS

Paradise Bar & Grill Polar Bear Plunge

January 1 (Friday)

Pensacola Beach

2:00 PM

We Believe in Children 5K

Jan. 30

Pensacola, FL

[Info & Registration](#)

TGC Group Ride

January 10 (Sunday)

Pensacola Beach - Meet at the main pavilion

8:00 AM

Big Beach Marathon & Half-Marathon

Jan. 31

Orange Beach, AL

[Info & Registration](#)

TGC Club Meeting

January 13 (Wednesday)

Contact President@TriGulfCoast.org for details

6:00 PM

TGC Group Run

January 24 (Sunday)

Pensacola Beach - Meet at the main pavilion

8:00 AM

Race Entry Discount Codes

(Codes for TriGulfCoast Members ONLY)

2016 Gulf Coast Half Triathlon

The crew at Gulf Coast Half Triathlon is offering TGC members a **\$25 discount** off the early entry fee for the long distance race and a **\$15 discount** for the sprint race prior to December 31, 2015.

These discounts are part of the Team/Club Challenge and requires signing up using the paper form to get the discount.

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 van den Berg](#) 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 or Ideas? Contact Jason at: Jason@trigulfcoast.org



The TGC (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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