



TRIGULFCOAST
MULTISPORT ATHLETES

JOIN! TGC

YOUTH RACES

NEWSLETTERS

MERE
MORTALS

CALENDAR

CONTACT

25 March 2016

Greetings!

What a fantastic start we've had to 2016!

- Kits are in and they look amazing. Great job, Gary Garza - Kit Chairperson!
- We had another sellout kids event that so many of you helped support with your time. Congrats to Jim Hagy and Mindi Straw - Race Organizers.
- I hope you didn't miss the Spring Social which has quickly become the springboard for the start of TGC's season. It was standing room only at The Bridge Bar. Thanks to all who brought food and congrats to the many prize winners. Excellent party, Amy Simonetta - Board Member at Large, and thanks for cooking, John Fitzgerald - Vice-President. Thanks, also, to the many sponsors who provided door prizes and race entries.
- The first Triple S will happen this Saturday, and it is the inaugural race in what we hope will become another TGC tradition. Thanks for putting it together, Gaby Gasque.
- I Hate Open Water Swimming workouts start in late April.
- Mere Mortals is just a couple of months away.

As you can see, we've been busy. Don't miss out and encourage others to tri with us.

Yours in Triathlon,

The TGC Board

Like us on Facebook 



The Portofino Tri Series: Something for Everyone
by Coach John Murray

In This Newsletter

[MPI Triathlon Advice](#)

[Maritime De Luna Youth Duathlon](#)

[Group Training Opportunities](#)

[TCG Spring Social](#)

[MERE MORTAL - Volunteers](#)

[TGC All American Athletes](#)

[Infinet FLASH Sale](#)

[Inspiration with Team Hoyt](#)

[West Florida Wheelmen](#)

[Benefits of Cycling with a Group](#)

[The Inaugural Triple S](#)

[Xterra Wetsuit Test Drive](#)

[Tri the Island - Super Sprint Triathlon](#)

[Upcoming Events - List](#)

[TGC Merchandise](#)

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





Here we are near the start of season six of Portofino Tri Series. We will have six super-sprint races this year, one each month April through September, including a duathlon (April 9), and a Ladies Only race (September 17). Two are on Thursday evenings and four are on Saturday mornings. The distances are short enough for beginners, while experienced athletes can use the races for a tune-up or a chance to live in the pain cave for 30+ minutes.

Team MPI, along with company friend and advisor, Evan Malone, came up with the idea of a quick Thursday evening race back in 2011. For that first year we had four races that drew a primarily local crowd. Competition was there for the racers, and the short swim, bike and run was a big draw for first-time triathletes.



Over the years the race has evolved. Last year we added some Saturday morning races for those who can't make the Thursday evenings. For multisport athletes who aren't crazy about a cool early-season swim, we added a duathlon. Knowing that many triathletes are "numbers" people, we added chip timing and all races now offer a relay option. And to recognize some of the faster performances we offer awards.

Thanks to our dedicated sponsors we have been able to enhance the races and shift a little bit from where we started. However, we have maintained the same original feel of that first race. A smaller race means it's a bit less intimidating than one that might have 500 triathletes. Our registration is limited to 70 athletes and the race entry cost remains attractive.



Knowing that some of our race fields may be comprised of more than half beginners, we still cater to our first-timers. The swim course is short and certified lifeguards patrol the waters in kayaks. Swim waves keep the number of swimmers in the water very low and minimize congestion.



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.

The bike ride is on a single road, and the run is on a dedicated path. These ingredients have helped us to be the very first triathlon for over 400 athletes new to the sport.

The Portofino Tri Series can be competitive, too. We have had former pro triathletes, top-ranked (nationally) triathletes and the local cadre of super fast men and women. Triathletes from Texas, Louisiana, Mississippi, Alabama and Georgia are a common sight at the starting line. We invite you to join us for a unique and enjoyable race experience that will satisfy both beginners and seasoned athletes.



For more information and to register to race, visit: www.teammpl.com

~ Coach John

2016 Maritime De Luna Youth Duathlon



It really could not have been a more beautiful day in Pensacola for the 2016 Maritime De Luna Youth Duathlon. With perfect temperatures, no wind, and no clouds, close to 200 kids lined up in front of Wahoo Stadium to compete. For some, it was their first attempt at a duathlon. For

others, it was another in a long line of athletic events. Regardless, it was the kickoff to the 2016 season and the kids enjoyed every minute of it.

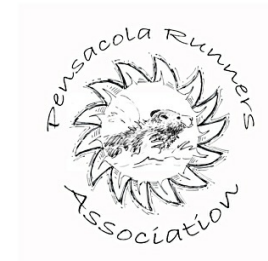
The day started at 5:00 a.m. with an army of volunteers assembling the course and transition, prepping athletes, and calming parents. The kids were all smiles and excitement. The greatest thing to notice at any of the TGC youth events is the absolute joy emanating from the kids. They are having FUN. The other thing to notice is their level of natural skill. With no fear they are jumping on and off bikes like professionals.



The impact of the [Gulf Coast Charity Bike & Tri Initiative](#) shined at the event when youth teams from Oak Crest Elementary and Avalon Middle schools mounted new bikes and strapped on new helmets to participate in the event. The [Gulf Coast Tri Team](#) and area sponsors raised over \$9000.00 for new bicycles, helmets, other equipment, transportation, and race entries to be used by kids at these schools. The goal is to encourage students to be active while developing their love for sports.



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.



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.

In addition to the Maritime De Luna Youth Duathlon, TGC hosts the Sea Turtle Triathlon, a premier youth triathlon, every October.

GROUP TRAINING:

Group Ride:

- April 2 (Saturday)
- Pensacola Beach - Casino Beach Parking Lot
- 8:00 AM roll out

Group Run:

- April 17 (Sunday)
- 3701 Swan Lane - Next to Scenic Heights Elementary
- 8:00 AM laced up and moving
- Pancakes and bacon afterward

I Hate Open Water Swim Series:

- Weekly starting April 28 (Thursday)
- Quietwater Beach - Across from Shaggy's
- 6:30 AM splash time

Spring Social

TGC is solidifying the Spring Social as tradition. Like the Youth Duathlon, weather was perfect for our picturesque party on the deck of the Bridge Bar in Gulf Breeze. Hamburgers and hotdogs were grilled and the sides everyone brought were devoured amidst good music and great company. A heap of hats, beanie's, swim caps, bags, and race entries were raffled off to members. A great time was had by ALL.



A giant shout out to Amy Simonetta who put the soiree together and helped usher in what's expected to be a great 2016 for the club.

If you missed it, take a look at these photos: [2016 Spring Social](#)

Tell Your Story



Code T-GCT30 for 30% off all equipment



15% off one-hour SUP rentals



10% off with code: TGC MC



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.

MERE MORTALS - Volunteers

The schedule is set for 2016 Mere Mortals.

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

Infinity Bicycles



15% off all accessories & apparel



Discount Code: C-TRIGULF

TGC Members Earn 2015 USAT All-American Honors

					
Jessica Koelsch	Eric Larson	Andrew Rothfeder	Amy Simonetta	Doug Jones	Alex Hernandez

These Tri Gulf Coast athletes killed it in 2015 and USAT took notice. **Earning All-American Honors is done by ranking in the top 10% of your age group... in the ENTIRE country. WELL DONE!**

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.



INFINIT Nutrition is a proud to sponsor the Tri Gulf Coast Multisport Club

To celebrate our partnership, **April 6th**, all members of Tri Gulf Coast will have access to an exclusive online VIP Sale! As a member, you have the chance to purchase INFINIT custom nutrition, gels and INFINIT branded gear at the biggest discount of the year.

Simply log on to our [website](#) between 12:00 am - 11:59 pm on Wednesday and enter your club discount code **TGCMC** in your [Shopping Cart](#) prior to checkout to apply a **40% discount** on Custom Formulas, Gels, and INFINIT Gear!

OFFER VALID APRIL 6, 2016 ONLY

If you have ANY questions, contact:
Emily Elsbrock
Emily.E@infinittenutrition.us
(513) 712-2129

Triathlete Inspiration - Team Hoyt

Recently Pensacola Sports, a TGC Sponsor, hosted the 62nd Annual Pensacola Sports Awards Banquet. Members from all area sports were represented at the event, including a number of athletes from Tri Gulf Coast in the audience. This evening praised those in our community who are taking their sports to the next level, from Special Olympic athlete Janis McGowan to GBHS athlete, Tori Bindi. The event also included honors for professional athlete Doug Baldwin, wide receiver for the Seattle Seahawks. The awards ended with a focus on Hall of Fame inductees: Charles Gheen, Mike Killam, Fred Robbins, and Tim Bryant, and the James Currie Volunteer of the year, Michael Capps.



Upon the conclusion of the awards a very special athletic team was introduced- Dick and Rick Hoyt. The father-son team has been racing since the spring of 1977, when Rick, then 15, told his father he wanted to race in a local 5 mile run to benefit a student who had recently become paralyzed. Rick's father, Dick, agreed to the race cautiously worried as he was not a runner. The father and son team would cross the finish line that day with Dick just steps behind Rick. This would be the order in which the team would always cross the finish line. Dick would remain these few steps behind as he would be pushing Rick's wheelchair across the finish line.

At the time of Rick's birth he was oxygen deprived leading to his diagnosis as a spastic quadriplegic with Cerebral Palsy. The family was told Rick would never have a "normal" life. At that point the Hoyt family set forth on a journey to ensure Rick was included in the community, sports, and educational events. The family quickly found out that Rick was cognitively aware and very "normal". The Hoyts would teach Rick communication skills and eventually would work with

engineers on a communication system for Rick and others like him.

Dick is a retired Lt. Colonel. He served in the Air National Guard for 3 years. Rick is a graduate from Boston University with studies in Special Education.

As for his running career that too would grow and change. The Hoyts worked, again, with a team of engineers on designing a better wheelchair to push Rick during races. The father-son team went from a 5 mile race to racing in marathons, duathlons, and triathlons. Their races include finishes in the Boston Marathon and Ironman Kona. Team Hoyt has completed over 1120 races including 6 Ironmans, 7 Half Ironmans, 72 marathons, and 97 half marathons. Their track record, not only in the number of races but also in race times, is commendable. But what is often forgotten in the numbers is the purpose.



Photo by Walt Malone

Dick Hoyt pushed his 15 year old son in a running race because Rick asked him, but he kept running because Rick expressed to him, "Dad, when I'm running, it feels like I'm not handicapped." Dick races with his son because in that moment his son is no longer trapped in his body which fails to listen to him; instead in that moment Rick is free from those confines. For many of us this is why we run, or bike, or swim: to free ourselves from the confines we experience - in our heads, in our bodies, in our emotions. Race after race one can see the joy in Rick's face and the determination in Dick's every move. The team moves together from start to finish, lifting each other and those who watch them.

Team Hoyt was a fabulous inspiration to close out an inspiring night as we turn our sights to our next triathlon season full of new goals, new races, and new accomplishments. Let us all remember one thing as we challenge the world— YES YOU CAN!!!





Real Wheelmen ride all year!.

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

How Does Outdoor Group Cycling Help?

The Spring time change means an extra hour of afternoon sunlight and the resurgence of training opportunities. With the increased light and the (nearly) perfect weather it is actually hard to NOT be outside. This is a fantastic time to begin cycling in preparation for the upcoming Spring Triathlon Season. It's also a great time to get reacquainted with exercising in a group (especially since most races involve large numbers of other racers). Cycling in a group can be intimidating for any athlete, especially after a winter hiatus. It's common to get back on the bike and feel less confident. However, pushing those feelings aside and picking up a group ride will help get you on your way to biking like a pro again in no time!



Benefits of Outdoor Group Cycling

1. **Faster** - Typically, you are going to ride faster when riding with a group. It boils down to drafting. While this is not legal during a race, it is acceptable and encouraged during most group rides. There is commonly 30% less wind resistance when riding in a group, which translates to faster speed and less work.
2. **Bike Handling** - Riding with a group forces you to ride in closer proximity than normal. Being inches away from a fellow cyclist highlights your bike handling skills. You have to be alert to other cyclists and automobiles. You have to watch the road. You have to stay consistently straight and not run into anyone, preferably. The more you ride in a group, the better these skills become.
3. **Bike Etiquette** - There is a certain level of etiquette involved in group riding. Briefly, there are expectations of pulling the group, peeling off once you've pulled, communicating effectively. Again, the more you ride in a group, the better these skills become.
4. **Hand Signaling and Calling Intentions** (Passing on the RIGHT, always) - These skills can be honed when riding in a group. Signaling can involve verbal and hand signals. These may vary, but by watching others in the group, signaling can be picked up very quickly.
5. **Stronger Cycling Community** - Riding with a group really helps develop the cycling community. There is much to be learned from your fellow cyclists from nutrition to bike setup. It also presents a unified cycling group to the community at large and demonstrates our right to share the road.
6. **Better Understanding of Vehicle Laws** - Riding with a group does not absolve you from obeying vehicle rules and regulations. As a cyclist, you are to follow the same road rules a car follows. This means you are expected to stop at red lights or stop signs, to signal your intentions to other cyclist and vehicles. Also, remember to give vehicles their space as well, especially when making turns.
7. **Support and Safety** - Chances are you will have help if there is a mechanical problem. While you shouldn't expect someone to fix a flat tire for you, assistance is better than being out there alone. Riding with a group also helps you be more visible to other motorists. There is legitimate safety in numbers.
8. **Closer to Race Conditions** - In most ways, riding outside in a group is closer to race conditions. While you can't normally draft during a race, you will still be passing and communicating. You will be encountering wind, rain, heat, and bad road conditions. Group rides will prepare you for these types of situations.

Tips for your first group ride: Talk to the organizer(s) and get a feel for the route, how the ride is structured, and which group you should choose if they have multiple options. Find out if there are any particular hazards along the route. Remember to have fun!

Like it or not, group cycling can help you prepare for triathlon season both physically and mentally. More road time provides for more experience, better skills, and less nervousness/anxiousness on race day. All this translates to better performance overall.

Tri Gulf Coast members have a lot of great local options for group rides:

- Consider joining the [West Florida Wheelmen](#) who host and organize group rides on most days of the week, in multiple geographic areas, for cyclists of ALL experience levels and speeds.
- Many of the local bicycle shops host group rides.
- During the off-season, TGC hosts group rides as well.



Remember to safely share the road!

Girlz Only Sunset Rides



The weekly Girlz Ride is going again each Thursday evening!

Mark your calendars and check the Girlz Only Facebook page for the meeting location (usually either Casino Beach or Parking West, the lot just before guard station/entry to Ft. Pickens).

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

Splash - Spin - Sprint: the Inaugural Triple S (A TGC FUN Event)



Tri Gulf Coast, in its attempt to give back to our loyal members more and more each year, is planning a unique FUN event **March 26** to get everybody moving again! It's a little taste of the upcoming months of fun and/or suffering!



Come and have fun with us on **March 26** at 7 a.m. for the Inaugural Triple S fun event. We will:

- * SPLASH in the water then run on the beach 1 mile
- * SPIN 12 miles along Via Deluna on our bikes
- * SPRINT a short 2 mile run along the road



After the fun you can stay to try on wetsuits from Xterra and start gearing up for the upcoming season!

2016 TGC Xterra Wetsuit Test Drive

Date: March 26 (Saturday)

Time: 8:00am - 10:00am *Following the 7:00 a.m. Triple S - FUN Event (Splash - Spin - Sprint)

Location: Pensacola Beach Gulfside Pavilion

Who: Open to any TGC Members and their Guests

What: XTERRA hands-on trial of wetsuits, transition backpacks, and other Xterra Gear

Bring: Swim Cap, Goggles, Swim Attire, and/or Race Kits to feel what it is like under the wetsuit.



Are you asking yourself any of these questions...

- Do I need a wetsuit?
- What size should I purchase?
- What is the difference between a sleeveless and a full-length wetsuit?
- What is a speedsuit?
- What is the difference between the models?
- Are they all \$1,200?
- How can I expect to take the suit off so quickly when it took me ten minutes to put it on?

If so, head out to the **2016 TGC XTERRA Wetsuit Test Drive** on 03/26/16 (Saturday). XTERRA is supplying the club with a selection of items to see, feel, wear, and experience in the water. This will be your only chance this year to actually try before you buy!

Additionally, the demo suits are available for purchase at a deep discount. TGC members have the opportunity to get wetsuits before the triathlon season begins.

On-site purchase is available via cash or check with wetsuits starting as low as \$89, lava pants as low as \$69, and brand new transition backpacks for \$49! **EXACT CHANGE REQUIRED IF PAYING WITH CASH.**

If you would rather ponder the purchase, you can still take advantage of club pricing by following this link: <http://xterrawetsuits.com/pages/clubs-teams-coaches>.

Use **C-TRIGULF** as your discount code at checkout when purchasing XTERRA products for significant savings on their products--up to 60% on featured wetsuits and speedsuits!

Contact: Chris Rawson at chris@superiorpestonline.com with any questions.

Tri the Island Debuts In April



SRITRI is pleased to announce the inaugural edition of our Tri The Island triathlon coming on April 23rd. The distances are not daunting with a 300 yard swim in Santa Rosa Sound, a 10 mile bike leg to Park East and a two-mile run into the scenic Pensacola Beach neighborhoods. As usual, safety will be the top priority for the event.



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PHOTOGRAPHY
 DelbertTuckerPhotography.com

We are providing quality race shirts, a professionally-managed event, expert timing and an awesome finishers' medal. The awards ceremony will feature great food and refreshments as well as a few extras that we're securing as we prepare for this event. We look forward to seeing Tri Gulf Coast members supporting our new triathlon.

For more details and registration, click here: www.santarosaislandtriathlon.com.



This list focuses on events that are within a 3-hour driving distance.

UPCOMING LOCAL RUNS

[Kappa Sigma Military Heroes 5K](#)

March 26
 Pensacola Beach, FL

[Run for America's Warriors](#) (13.1 & 5K)

March 26
 Flora-Bama Lounge

[Crescent City Classic 10K](#)

March 26
 New Orleans, LA

[Michele Hill Raider Run 5K](#)

April 2
 Navarre, FL

[Blackwater 10 Mile Trail Run](#)

April 2
 Munson, FL

[Navy Federal's Annual 5K](#)

April 9
 Pensacola, FL

[Gulf Coast Half Marathon - Pensacola](#)

April 10
 Pensacola Beach, FL

[Crawfish Festival 5K](#)

UPCOMING MULTISPORT EVENTS

[SOML Racing Off-Road Duathlon](#)

April 3
 Munson, FL - Bear Lake Campground

[New Orleans Triathlon](#)

April 3
 New Orleans, LA

[Portofino Tri Series #1 - Duathlon](#)

April 9
 Pensacola Beach, FL

[Red Hills Triathlon](#)

April 9
 Tallahassee, FL

[Traditions Triathlon](#)

April 9
 Gulfport, MS

[Mullet Man Triathlon](#)

April 16
 Perdido Key, FL

[Oschner Ironman 70.3](#)

April 17
 New Orleans, LA

[SRITRI Presents Tri the Island](#)

April 16
Pensacola Beach, FL

[Cobia Run 5K/10K](#)

April 23
Navarre, FL

[Fiesta 5K/10K](#)

April 30
Pensacola, FL

UPCOMING TGC EVENTS

TGC Triple Threat & Xterra Wetsuit Event
March 26 (Saturday)
Pensacola Beach - Meet at the main pavilion
7:00 - 10:00 AM

TGC Group Ride
April 2 (Saturday)
Pensacola Beach - Meet at the main pavilion
8:00 AM

TGC Club Meeting
April 13 (Wednesday)
Contact President@TriGulfCoast.org for details

TGC Group Run
April 17 (Sunday)
3701 Swan Lane (Next to Scenic Heights
Elementary)
8:00 AM
*Pancakes and bacon afterward

I Hate Open Water Swim
Starting April 28 (Thursday)
Every Thursday - 6:30 AM
Sound Side Pavilions

Each month, we curate the above list of local races that span our membership area and beyond.
Unfortunately, we cannot list EVERY race. Peruse these resources for additional events:

- [Tri Gulf Coast Calendar](#)
- [Running Wild - Running Events](#)
- [Run Pensacola](#)
- [Running Pensacola](#)
- [Pensacola Runners Association - Race Calendar](#)
- [TriFind](#)
- [USA Swimming](#)

April 23
Pensacola Beach, FL

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

April 9, Saturday (7:30 am Start)
**** DUATHLON ****
May 12, Thursday (6:30 pm Start)
June 25, Saturday (7:00 am Start)
July 23, Saturday (7:00 am Start)
August 4, Thursday (6:30 pm Start)
September 17, Saturday (7:00 am Start)
**** ENVIE LADIES ONLY TRI ****

[Info & Registration](#)

UPCOMING CYCLING EVENTS

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

[Trek Store - Rides](#)

[Infinity Bicycles - Rides](#)

[Gulf Coast Cycle and Tri - Rides](#)

[Pro Cycle and Tri - Rides](#)

TGC Merchandise: Headsweats Visors, Hats, & Singlets

Item	Description	Details	Color	Price
The TGC	Headsweats Brand Visor	Awesome	Black or White	\$10.00
The "Alex"	Headsweats Brand Hat	Lower Profile with Mesh	Black	\$10.00**
The "Kirwan"	Trucker Hat	Higher Profile with Mesh	Black/Orange	SOLD OUT**
TGC Runner (Black)	Asics Brand Singlet (tank)	Limited Sizes/QTY	Black	\$15.00

TGC Runner (Blue)	Singlet (tank)	Limited Sizes/QTY	Blue	\$15.00
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**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 [Kirwan](#)



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>

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