



TRIGULFCOAST
MULTISPORT ATHLETES

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27 May 2016

Greetings!

For many of us on the board, this is our favorite time of year. Mere Mortals begins in a couple of days, and we will see individuals who never thought they could swim nor bike nor run "that far" not only do that, but do all three - one right after the other. It doesn't happen overnight, rather it takes a few months of planning and hard work. And if you stick with it, you'll get there. We thoroughly enjoy watching that transformation, and are happy that we get to be a part of it.

You can find the schedule of workouts on the website under the Mere Mortals tab. We'll also send you a weekly reminder of what it is we'll be doing on the upcoming weekend, so keep an eye out for that in your in-box.

The most important part of the journey is proving to yourself that you are capable of much more than you thought, but almost equally as important are the friends you make along the way.

We look forward to seeing you on Sundays, that goes for those who've never done this before as well as those of you who've been around the block a few times.

Yours in Triathlon,
The TGC Board

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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 sign-up here:

[Mere Mortals Volunteer Schedule](#)

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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



Free phone consultations



The Three-legged Stool Supports Triathlon Swimming by Coach John Murray

As a triathlon coach specializing in swimming, I see dozens of athletes each year that have limited swimming exposure and are seeking help to improve. Although none lack motivation, most lack the knowledge on how to improve. In an effort to "do the work" to get better, they will arrive at the pool and swim. No real plans...just swim.



For a better use of time, Team MPI recommends a plan that includes three "legs" to support your swimming.

#1 Technique - first and foremost we require efficient technique. Jumping in the pool and swimming laps with sub-optimal technique tends to create more incorrect muscle memory and bypasses the road to efficiency. Spend time with a reputable swim coach to have your stroke analyzed and get recommended swimming drills to correct flaws.



#2 Endurance - as you are working on technique, gradually add some swim training. This addition must make sense for your ability. Some swimmers may just start with 5-10 minutes of lap swimming, taking a break at EVERY wall. Your coach can prescribe a plan to increase time and distance over several months. Most likely technique will still be a part of your endurance-building plan.



#3 Open Water Familiarization - The vast majority of triathlons happen in lakes, rivers, and oceans. The third part of your plan includes spending time in the open



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water. Always swim in safe areas with others. Initially many will just need to work on getting over or managing their anxiety. Other open water skills include sighting, drafting, wetsuit use, and swimming in a crowd.



As you are beginning or continuing on your triathlon journey, put together your plan to develop your swimming efficiency, endurance, and open water confidence. Seek out an experienced triathlon coach to guide you.

~ Coach John

GROUP TRAINING

Mere Mortals:

- Starting May 29
- Weekly on Sunday morning
- 6:30 AM start time

I Hate Open Water Swim Series:

- Weekly on Thursday morning
- Quietwater Beach - Across from Shaggy's
- 6:30 AM splash time

A Look at How Mountain Biking Improves Road Cycling Skills

Recently off road events have become more popular in our local area with the Xterra Blackwater and SOML Off Road Duathlon. It begs the question, "Can mountain biking improve my road cycling skills?"

Yes... and No, which is clear as the churned up Gulf, right? Well, as with many things in the sport of triathlon there is no simple answer here, but there are some benefits to the road cyclist if they take the mountain bike for a spin every now and then.

First, FUN!!! What could be more fun than getting out in the woods, jumping over roots and sticks, and yelling, "wooo whooo" over bumps and drops? Nothing, nothing could be more fun! Mountain biking takes the riders out into nature and can help to reconnect the rider with the things they loved about cycling at an early age. Most of us grew up on a Huffy, with fat tires made to ride through dirt mounds and puddles on the way to a friend's house. It was fun and exciting. Adventures were formed with every pedal. Mountain biking brings back this childhood love of

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cycling and reinvigorates us as cyclists.

There are also some more practical ways mountain biking improves the road cyclist.

One important element is bike handling. On a mountain bike the rider learns to manage the bike to assist in going over logs or through deep mud. The rider feels the full effects of little adjustments. Cornering and maneuvering skills learned on a mountain biking course can directly translate to the twists and turns of some road race courses. Learning to be in control of any bike will also help on busy roads and crowded race courses.

The crossover rider also learns about body control. The mountain biker positions their body differently at nearly every pedal, engaging upper body and core. This full body response makes the rider overall stronger and more responsive. The mountain bike is also a great way to gain leg muscle strength. The bike is only going to get you so far up that muddy hill; the rest is sheer leg power. With this full body workout, mountain biking also allows one to get in a challenging (and exhausting) workout within 2 hours of riding. This full body engagement makes mountain biking a great tool to build endurance.

Lastly, if you are new to cycling, the mountain biking community is often noted to be a little friendlier than the road cycling community. This is simple to explain- just reread the first point-it is about the FUN! While mountain bikers can be just as competitive as road cyclist, it is simply a different vibe out there in the woods.

Remember there are guidelines to mountain biking too:

- Always wear a helmet.
- Wear other protection gear, such as gloves or long socks.
- Know the direction of the trail. Many trails are directional and you don't want to be the cause of a head on collision.
- Know the trail. Look up details or ask friends about trails you are considering. Knowing where you are going and what challenges are out there will help to keep you safe.
- Use the buddy system. Just like in road cycling, it is better to be out there with others in case something does go wrong. Remember too, if you crash and hit your head or break your arm in the woods it may take longer for someone to find you (even on well traveled trails).
- Call your shot. If you are going to pass someone, let them know you are behind then and that you are trying to get past. Slow down and communicate.
- Yield to others on the trail. Pedestrians still have the right of way.
- Leave no trace. Pick up your trash and keep it with you. Many local trails have trash cans located along the trail or at trail heads. Leaving No Trace on the trail also means to take caution not to degrade the trail. Don't skid, make short cuts, or override muddy areas.

Let's go get a little dirt on those tires!!

Remember to safely share the road and trail!



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all equipment



15% off one-hour SUP rentals



10% off with code: TGCMC



 **Infinity
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15% off all accessories & apparel



Discount Code: C-TRIGULF

Weekly Free Gear Drawings

The TCG Board is continually looking for ways to improve how the club gives back to members.

During each weekend we create a Facebook post to check in and see what everyone is doing. We hope it gives members the opportunity to share their adventures, PRs, bumps and bruises, or whatever.

Simply look, like, COMMENT, and share on Facebook for a chance to win some free tri gear or race entries.



Discovering Interval Workouts

Do you ever wonder how that person you saw last season exploded with speed lately? Chances are, they embraced interval workouts. Structured interval workouts are another tool in your training toolbox and when done correctly and consistently can bolster some noticeable speed.

At it's most basic, an interval is a set amount of time or distance that an athlete pushes harder than normal for that duration. It's a set time or distance to sprint, then slow back down, then sprint again. Sprint, Rest, Repeat.

Interval training works because each muscle has slow twitch and fast twitch fibers. Slow twitch will activate during slower speeds and longer distances. Fast twitch will activate during faster speeds and shorter distances. Interval workouts train the fast twitch fibers to me more efficient/stronger and leads to faster speeds.

Intervals can be daunting for any athlete who hasn't tried them, but the benefits well out-weigh the anxiety. If you don't know where to start, the UWF Cross Country Team & Pensacola Runner's Association put on a weekly Interval Workout Session for all current PRA members, each Monday evening at the University of West Florida Track, 5:30 PM.

Find out more: [PRA Weekly Intervals](#)



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.

From the Desk of a Triathlete: I Run so I can EAT!

If you have ever eaten a meal with an athlete you may have heard them (or yourself) say, "I can eat this; I ran today."

Well... yes, the human body does need to be fueled and it is fueled by the foods we eat. However, those foods we are consuming "because we ran today" are usually unhealthy choices and often unhealthy portions.

When our bodies are tired and drained of energy and nutrients, we often reach for quick fix foods like, candy bars, cookies, chips, energy bars, yogurt covered pretzels, trail mix, or soda. These foods give us a fast pick-me-up because of the sugars in them. Our brains release dopamine (a happy brain chemical) as a response to these sugary snacks. Because of this dopamine release, our brain craves these foods and we learn to especially crave them after a workout. With the rose colored glasses of a happy brain, athletes can often go from eating a slice (or two) to eating an entire pizza!

How do we balance the need for fuel or refueling and the cravings for "happy food?"

First, plan ahead. You already pack up for your training run with fluids and nutrition. You have planned when you will eat what and how much fluid you need to take in during your session or event, but what about when you get back to the car or the house? What did you plan to eat then? Often there is no plan so we go for quick drive-through food on the way home or a bag of chips from the pantry. Instead, plan a snack for after your workout. Good choices include hard boiled eggs, bananas, blueberries, tuna salad, apples and cheese, avocado or pineapple. For some these may not fix that pick-me-up craving, so throw in a fun size Snickers bar or a portioned out bag of Doritos.





Second, plan for the long term. What are you going to eat after the snack? Are you going to make lunch or dinner plans with cycling buddies? Are you going to sit on the couch? Are you going to hang out at the post race party? This stage of refueling is where the focus has to be on portion control. You have gotten off your bike, given your body a snack to help it calm down and regulate, now you have to make plans to rebuild your calorie depletion. Again the key here is portion control. Just because you burned 1000 calories does not mean two Big Macs are calling your name. Work on making choices that will replenish your body with the types of calories it needs to be healthy. If you stop by a Mexican restaurant on the way home grab some fajitas with veggies, add in some black beans and guacamole; you will be getting

proteins, fats, fiber, and carbs. Watch portions and be okay with taking some home or sharing an order.

Lastly, eat slowly. Remember the lyrics to the 59th Street Bridge Song: "Slow down, you move to fast." Many athletes are balancing exercise and life, so we move from one thing to the next quickly. This includes how we eat. Being "starving" and in a hurry is an unhealthy combination. Slow down while you eat and give your body and brain time to catch up. It takes an average of 20 minutes for your brain to register and process your stomach being full. Plan time to eat properly and add this time to your workout plan. It will help you to feel less desperate for food if you planned your post workout snack as mentioned previously.



Does this mean no more foods that make you happy? **NO!!** It means to use those foods in moderation, not desperation! Have a cookie or three, but stop before you eat the whole box- even if your brain tells you to keep going!! Make planning your food a part of planning your workout. Set aside a snack for post race, plan your refueling meal, and make time to eat.

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.

West Florida Wheelmen News and Upcoming Events



Real 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 3-hour driving distance.

UPCOMING LOCAL RUNS

UPCOMING MULTISPORT EVENTS

[New Orleans Triathlon](#) (OLY, Sprint, Du, Aquabike)

[Gate to Gate Run](#)
May 28
Fort Walton Beach, FL

[Legion Fitness Water Gun 5K](#)
June 4
Pensacola, FL - Equestrian Center

[Billy Bowlegs 5K](#)
June 4 (Evening)
Fort Walton Beach, FL

[Flag Day 5K](#)
June 11
Gulf Breeze, FL

[Gary McAdams Scholarship 5K](#)
June 18
Pensacola Beach, FL

[Firecracker 5K](#)
July 2
Pensacola, FL

UPCOMING CYCLING EVENTS

[Hope Ride Yellow](#) (Multiple Distances)
June 18
Bay Minette, AL

[Tour de Gulfport](#)
LAMBRA Crit Championship
June 18
Gulfport, MS

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

[Trek Store - Rides](#)

[Infinity Bicycles - Rides](#)

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

[Pro Cycle and Tri - Rides](#)

[Girlz Only Sunset Rides](#)

May 28
New Orleans, LA

[Grandman Triathlon](#) (Sprint)
June 4
Fairhope, AL

[Jubilee Kids Triathlon](#)
June 5
Fairhope, AL

[Portofino Tri Series \(Super Sprint\)](#)
June 25
Portofino Resort
Pensacola Beach, FL

[XTERRA Blackwater](#) (Off-road)
July 8
Bear Lake Campground
Munson, FL

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

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 TGC EVENTS

TGC Club Meeting
June 8 (Wednesday)
Contact President@TriGulfCoast.org for details

I Hate Open Water Swim
Every Thursday - 6:30 AM
Sound Side Pavilions

Mere Mortals
Triathlon Practice/Training
Starting May 28
Most Sundays - 6:30 AM
Pensacola Beach, FL

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](#)

RACE Discounts

2nd Annual XTERRA Blackwater

Code: **SOMLXCLUB5**

This event is held in the Blackwater River State Forest, Bear Lake Campground on August 7.

This is an off-road triathlon and is part of the XTERRA American Tour.

800 Yard Swim; 13 Mile Mountain Bike; 3.75 Trail Run

TGC Merchandise: Headsweats Visors, Hats, & Singlets

Item	Description	Details	Color	Price
The TGC	Headsweats Brand Visor	Awesome	Black or White	\$10.00 *ON SALE!*
The "Alex"	Headsweats Brand Hat	Lower Profile with Mesh	Black	\$10.00**
The "Kirwan"	Trucker Hat	Higher Profile with Mesh	Black/Orange	SOLD OUT

**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)
ON SALE!



The TGC (White)
ON SALE!



The "Alex"



The "Kirwan"
SOLD OUT

Stay Connected



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