



TRIGULFCOAST
MULTISPORT ATHLETES

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29 April 2016

Greetings!

The season is certainly in full swing! Pensacola Beach was host to the first local race of the year last weekend with SRI Triathlon's Tri the Island; open water swims have begun at Quietwater Beach with the I Hate Open Water Swims presented by Joe Zarzaur; there is a super sprint race in the middle of May as part of Team MPI's Portifino Tri Series; and Mere Mortals starts at the end of May. And that's all in our own backyard. There are countless races happening throughout the southeast.

We want you to share racing plans and experiences with us on our Facebook page, and we encourage you to snap and submit action photos in your TGC kit.

The 2015 memberships expire May 31, so remember to renew for 2016 if you haven't already, and encourage your friends to become a part of the club. We look forward to a very active 2016.

Yours in Triathlon,
The TGC Board

Like us on Facebook



**Some Frequently Asked Swim Questions
by Coach John Murray**



Since very few folks in the triathlon ranks come from a competitive swimming background there is often times a knowledge deficit related to details of swim training, tactics and techniques. Based on the number of

In This Newsletter

- [MPI Triathlon Advice](#)
- [MERE MORTAL - Volunteers](#)
- [Weekly Swag Give-Away](#)
- [Group Training Opportunities](#)
- [400 miles on a Bicycle, in 22 hours](#)
- [USAT All-American Honors](#)
- [Discovering Interval Workouts](#)
- [Never Bandit a Race](#)
- [Upcoming Events - List](#)
- [Race Discounts](#)
- [*SALE* - TGC Merchandise](#)

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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

triathletes that attend our swim clinics or see me for individual lessons it's clear that this discipline can be confusing. I encourage athletes to ask questions and seek information to help them improve their swim.



Here are a few of the most common questions...

How do I structure my swim training?

Just as in the bike and run, consistency and frequency are mainstays that create the adaptation to perform well in your races. For swimming though, technique is weighted very heavily. Athletes that require swim stroke improvement will benefit from focusing on technique more than just swimming laps. Rule of thumb for Team MPI is three pool sessions and one open water session (when appropriate) per week. Spend time with technique improvement and intersperse aerobic sets. Use benchmark testing to track your progress.

What are swim drills and do I need to do them?

In order to focus on certain areas of the swimming technique we can use swimming drills as a way to isolate and sometimes exaggerate our movements. Instead of having to think of every area at once, we can target for example just our head alignment.



The correct performance of the drills will have a profound effect on areas such as efficiency and speed. I believe all drills are good for all swimmers but your stroke flaws could be whittled down just a couple areas and you could spend time perfecting the drills that complement them.

Is it necessary to worry about the swim? I mean it's such a short part of the race and I can just perfect my bike and run to make me faster.



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I will agree that, ratio-wise, the swim portion is shorter. But ignoring or limiting swim training is a mistake. Let's take a middle of the pack triathlete that has been doing triathlons for a couple years. The desire to podium has grown and maybe this year is very promising. If the swim portion burns too many matches, then the bike suffers. In an effort to stay with the competition into T-1, the inefficient and breathless triathlete watches the competition ride away.



Others will benefit immensely from open water familiarization. As weather warms and it becomes appropriate to start open water swim training, find a buddy or a group and hone down the skills to be a better open water swimmer. Issues like sighting, swimming in chop or waves, or open water anxiety can be dealt with here and your race will be better for it.

In a race, should I just get out there and swim...or is there a strategy?

Some triathletes will show up at a race and they will have no plan for what they will do when the gun goes off...other than swim. I spend lots of time working on strategies with athletes. We rehearse and visualize so that when the actual race date arrives and they are listening to the starter count down, they have a plan. It might be where they line up on the sand or what their effort level should be at the first buoy. After several dry runs, the athletes feels like they have done the race a few times already and they are very prepared for any obstacles that may come their way.

Do we really need to learn the kick?

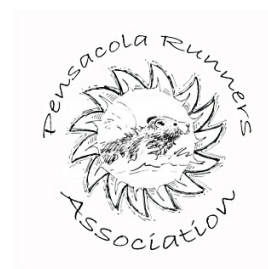
At Team MPI we think of the swim as an upper body evolution. In other words, everything from the hips up is mostly where we are focused. We will still have a light kick that aids a bit in propulsion and long axis rotation as well as helping to keep our legs near the surface. But an improper kick can be a liability. Poor ankle flexibility and big knee bends can cause enormous drag. Working with a coach and/or getting a swim video can help you limit the drag that your legs can be causing and make for a more efficient swim.



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If you are aware of some swimming technique flaws or you have some open water swimming issues, I encourage you to contact a qualified swim coach in your area and make this the year that you improve your swim! Your training and racing will change dramatically!

~ Coach John



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](http://doodle.com/poll/vv26v82urnvxbetri)
<http://doodle.com/poll/vv26v82urnvxbetri>

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.



GROUP TRAINING:

Group Ride:

- May 1 (Sunday)
- Pensacola Beach - Casino Beach Parking Lot
- 8:00 AM roll out

Group Run:

- May 15 (Sunday)
- Pensacola Beach - Casino Beach Parking Lot
- 8:00 AM laced up and moving

I Hate Open Water Swim Series:

- Weekly on Thursday morning



Code T-GCT30 for 30% off
all equipment



15% off one-hour SUP rentals



10% off with code: TGC MC



- Quietwater Beach - Across from Shaggy's
- 6:30 AM splash time

15% off all accessories & apparel



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For PTSD Awareness - 400 miles on a Bicycle, in 22 hours



If you take a moment a look around, there are amazing people doing amazing things for amazing causes right here in our own community. While he will never admit to being amazing or an inspiration, Keith Brown absolutely is both.

On April 2nd and into the early hours of April 3rd, Keith pedaled 400.2 miles from Pensacola, FL to Weeki Wachee Springs, FL in 22 hours and 38 minutes (19:12:38 on the bike in motion) at an average speed of 20.8 mph.

Once you pick yourself up from the shock of anyone completing this feat, you may ask yourself, "why?" It is a valid question. Keith rode to prove a point about toughness and perseverance, but not his own. This was about something much bigger. Keith's life was forever changed when his brother, Kenneth, was diagnosed with Post Traumatic Stress Disorder (PTSD) after a career in the Army spanning 27 years and 8 deployments. Keith watched his brother and others struggle with the effects of PTSD.

One in every three soldiers returning from deployment will be diagnosed with PTSD. Despite having flashbacks, nightmares, trigger reactions, hyper-arousal, difficulty sleeping, lack of interest, and avoidance behaviors, all of which impact the service person's daily life, over 40% of soldiers will NOT seek treatment due to stigmas related to mental health treatments of counseling or medications. Many of these soldiers will struggle with family relationships, romantic relationships, and social relationships causing them to feel alone and isolated. In 2008, the suicide rate of veterans increased to a rate over that of soldiers being killed in combat. Through ongoing efforts to raise awareness and show support for those with PTSD, our communities can embrace our returning military personnel and encourage them to seek services that aid them in managing the traumatic events experienced during their time in service.

Keith wanted to give back, to raise awareness, to show support for our service men and women - so as he says, "The only way I know to give back is to pedal." And that is what he did.

For months Keith trained in good weather and in bad; for long and short rides; alone and in the company of others. Keith pedaled over 7000 miles during training. Good friends showed up for his training rides, or came by his home to check on him after a long ride, or tuned up his bike at the Gulf Coast Cycle and Triathlon shop. Keith smiles when speaks of these friends.



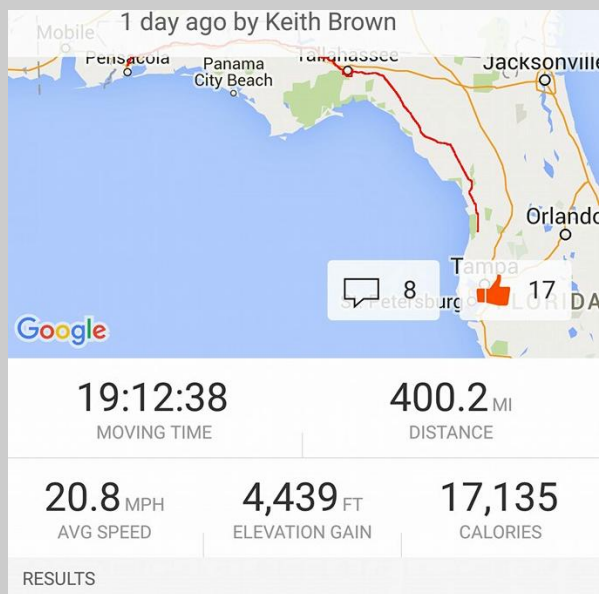
His face lights up and his smile grows even more when he shares the ever-present support of his wife, Rachel. Keith will tell you, "She took care of our home, our children, and me, all to make this possible." On the morning the bikes rolled out there stood Rachel supporting Keith, a support that would not fade over the next 22 hours. Rachel would not be the voice in Keith's head; she would be the voice yelling out the window pushing him onward and encouraging him back on his bicycle. During this journey Keith also relied heavily on his faith. Keith rested his mind with scripture as he rode into the darkness of the night.

In speaking with Keith about this journey you will hear a man who is not boastful of what he did but rather a man who takes pride in why he did it and in how this path less traveled brought him closer to his family, community, and faith.

Of course the question on everyone's mind is, "Did you ever want to quit?" Keith smiles when asked this, as if recalling every moment this thought passed through his mind that day. But it is the events around mile 367 which stick out the most when listening to Keith's story. It is easy as the person not on the bike to say, "You had to have known you had it at that point. You had to

be ready to be done." Keith will tell you he was ready to be done, his "undercarriage" was so painful he wanted to throw up for many miles, his family was spoon feeding him nutrition to get him through the next mile, his body was exhausted, and his mind was simply tired. Keith recalls looking in the window of the support vehicle as he straddled his bike, there was his daughter, watching him. Keith thought to himself, "She won't be disappointed in me if a quit now." Without a second thought Keith found his feet clipping in and his legs start to push again. His body was now driving forward when his mind was questioning his determination.

The last few miles tested Keith even more. Keith would stop and start a few more times, with the plan being



to stop at mile 20 for a rest. Keith rode to the 19 mile mark instead. Keith again laughs as he tells the story and then says, "Because at 19 miles sounded easier than 20." At Keith's last stop, approximately 9 miles to go, he recalls standing there by the support vehicle again debating getting back on the bike. Keith wanted one more minute, but Rachel told him, demanded of him, to get back on his bike. This time Keith would recall that it was not his mind or his body taking over it was his heart. With his wife standing there telling him to go, his friends reading Bible verses to him, and the unwavering support from people near and far, Keith was on his bike, his legs pushing moving him closer to that 400 mile mark. Keith was at a point of pain and exhaustion unmet in any training, yet here he was still cranking out over 20 mph.

At mile 400, that was it! Keith quickly pulled over towards a parking area, which unfortunately was covered in loose sand. He twisted and turned and quickly balanced himself. Even in the last 0.2 miles Keith's strength to finish strong stands out.

In looking back Keith notes this to have been a remarkable journey. One of personal triumph but founded on the triumphs our service men and women endure each day as they push forward to protect and serve us. Keith hopes next year to again have an event to raise awareness of our soldiers suffering from PTSD; however, he says it won't be a solitary 400 mile ride because he envisions an event where every rider can take part in the journey.

The forefront of this journey has always been to bring awareness to PTSD and support all military heroes.

If you would like to donate in any way, please consider the [USO](#) who provides programs and services at more than 180 locations worldwide for military personnel and their families, offering services that help wounded, ill, and injured service members.



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 Members Earn 2015 USAT All-American Honors

			
Jessica Koelsch	Eric Larson	Andrew Rothfeder	Amy Simonetta

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Doug Jones



Alex Hernandez



Aaron Widman

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!**

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 which leads to faster run splits.

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 & Pensacoda 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](#)

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.

Reasons You should Never Bandit a Race

For many athletes the athletic season has kicked off. It's easy to find something to do each and every weekend. With the weather in our favor, a lot of people are out and about. During probably the busiest time of year, remember to support your local events, clubs, and community, and never run a race as a *BANDIT*.

First let's define a bandit, because I am sure many of you are already saying, "I don't bandit races I just run with my friend to help them to pace" or "I was going for a run anyway" or "I am allowed to run on public roads." Well... let's talk about these things... but first a definition:

RACE BANDIT: Someone who did not officially enter the race and jumps in at some point on the race course to run the "race" or course.



Now let's give you the top 5 reasons *banditing* is bad (for everyone):

5) **Cheating the Charity.** Many races benefit community charities. The race entry fees are supporting these charities and may be the charity's main source of income for that month, quarter, or year.

4) **Off Course.** Race bandits don't get the emails about changes to the course, like registered racers. This can lead to the bandit taking official racers down the wrong road or off trail. This can also happen when a bandit ducks out of the course. Remember not every race has thousands of people to follow or a volunteer at every corner.

3) **Crowding.** The bandit may think to themselves, "What's one more person?" But on a narrow road that one more person is taking up space and knocking elbows. Also, this can become a HUGE problem for race permits. If a race gets a permit to have 500 people run that day but there is a noticeable increase in persons on the course this can cause an inability of getting a permit the following year or even other races being able to get permits in that area of the city.

2) **Resources.** Race organizers plan for support for a certain amount of participants. This includes fluids and nutrition on the course. It also includes medical response resources. Remember, bandits could fall or trip and need bandaids too!

1) **SAFETY!!!** Not only does the bandit pose a risk to the race in the form of potentially taking away medical resources, but they are one more person (an unaccounted for person) on the road which increases chances for people to get injured, especially if they are adding to a crowded road. The bandit also poses a security risk to the race. A police officer, race organizer, or race volunteer, may see this person out there with no bib and not know if they are a threat to the race.

While these are our top 5 reasons to not bandit a race let's also remember that as a runner, cyclist, swimmer, triathlete, or racer, you are an ambassador to these sports. There is someone on the side line or handing out waters looking up to you and your accomplishment out there, don't let them down by *banditing* a race.

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

UPCOMING LOCAL RUNS

[Fiesta 5K/10K](#)

April 30
Pensacola, FL

[Sunset Stampede](#)

May 7
Navarre, FL

[St. John Sunset Run 5K](#) (Evening)

May 14
Pensacola, FL

[Brain Tumor Run for Research 5K](#)

UPCOMING MULTISPORT EVENTS

[Gulf Coast Triathlon](#) (70.3 & Sprint)

May 7
Panama City Beach, FL

[Portofino Tri Series Super Sprint](#)

May 12
Pensacola Beach - Portofino

[Pensacola Beach Triathlon Super Sprint](#)

May 14
Pensacola Beach, FL

[Crawfishman Triathlon \(Sprint\)](#)

May 14
Pensacola, FL

[Left Over 4 Miler](#)
May 21
Pensacola Beach, FL

[Bear Lake Challenge](#) (Trail Run)
May 21
Munson, FL - Bear Lake Campground

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

May 22
Bush, LA

[New Orleans Triathlon](#) (OLY, Sprint, Du, Aquabike)
May 28
New Orleans, LA

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

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

UPCOMING CYCLING EVENTS

Good Life Ride
May 7
Orange Beach / Gulf Shore / Gulf State Park
Varying Distances all ending at Tacky Jack's
[Information](#)

Ride of Silence
May 18 (Wednesday)
Pensacola State College - WSRE Lot
5:30 PM - Roll Out
[Information](#)

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](#)

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

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 TGC EVENTS

TGC Group Ride
May 1 (Sunday)
Pensacola Beach - Meet at the main pavilion
8:00 AM - Roll Out

TGC Club Meeting
May 11 (Wednesday)
Contact President@TriGulfCoast.org for details

TGC Group Run
May 15 (Sunday)
Pensacola Beach - Meet at the main pavilion
8:00 AM - Start

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](#)

RACE Discounts

Pensacola Beach Triathlon

Code: trigulfcoast2016

This event is held in the beautiful Pensacola Beach area on May 14.

It is an amazing venue with a great post race party at Flounders.

300 Yard Swim; 10 Mile Bike; 3 Mile Run

This will be a swim in the protected Sound behind Flounders.

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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