



TRIGULFCOAST
MULTISPORT ATHLETES

JOIN!

YOUTH RACES

NEWSLETTERS

MERE MORTALS

CALENDAR

CONTACT

29 July 2016

Greetings!


It is well into our hottest time of the year. Event options are picking up, children are heading back to school, and the tourist crowds are starting to wane at the beach. After 8 weeks of consistent training, you guys are rocking it every Mere Mortals Sunday. Your skill improvements are noticeable as is your boost in confidence. KEEP IT UP!

The Santa Rosa Island Triathlon is 2 short months away. Remember to sign up before the event is sold out. We also have some exciting TGC events coming up fast.

- The annual Tri Gear Swap is integrated into Mere Mortals morning, July 31. Bring your lightly-used gear to trade.
- The first TGC Women's Only Seminar is happening July 31, after Mere Mortals.
- Our action packed Annual Summer Social hits on August 14!
- TGC is preparing a Youth Triathlon Clinic on August 27. Volunteers are needed.

Yours in Triathlon,

The TGC Board

 Like us on Facebook



Five Facts About the Zarzaur Law's "IHOWS"
by Coach John Murray

In This Newsletter

[MPI Triathlon Advice](#)

[Volunteer for Youth Events](#)

[Frightful Swimming \(Microscopic Risks\)](#)

[MERE MORTALS Volunteers](#)

[Weekly Free Gear Give-Away](#)

[SRITRI: Giving Back to the Community](#)

[TGC Woman-Power Seminar](#)

[Get Ready for the Pensacola Cycling Classic](#)

[Group Training Options](#)

[From the Desk of a Triathlete: What should your Road ID say?](#)

[Share Your Adventures](#)

[Upcoming Events](#)

[*SALE* - 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





For many years a section of Quietwater Beach, also known as *Mommy Beach*, has been the go-to place for triathlon group swim training. With the popularity of the Pensacola area's triathlon club, Tri Gulf Coast, exploding over the past 5 years, the desire to be part of that group has grown as well. The need for newer athletes to get accustomed to swimming in the open water was realized and through a 3-way partnership, members of TGC can now participate in an organized open water swim training session.



Below are 5 facts about the Thursday morning *I Hate Open Water Swim*:

- Generally we divide into two groups each Thursday. One group, "the outside group" swims a bit further out, but back and forth parallel with the shore. Swimmers are timed to keep us from going too long and will average about one mile of swimming. The "inside group" will stay closer to shore, in "stand-up depth" and work on open water familiarization and technique.
- The swim start time is 6:30 a.m. but show time is no later than 6:15 a.m. Several tasks take place prior to 6:30 splash. We take the role, take a group picture, and a short discussion regarding the rules happens prior to each swim. The whole flow works better when athletes arrive about 15-20 minutes early.
- Occasionally we will mix things up a bit and practice entries and exits, buoy turns, or swimming in a crowd. All of these elements have helped triathletes have a better race day triathlon swim.
- The swim has been named the "I Hate Open Water Swim" because of the gracious sponsorship of Zarzaur Law. In conjunction with Joe Zarzaur, along

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.



with Tri Gulf Coast and Team MPI hundreds of athletes over the past two seasons have been able to become stronger and more confident open water swimmers.

- Coach John, from Team MPI, is available for swimming questions that athletes may have regarding swimming technique, training strategy or race tips.



Volunteer for Youth Triathlon Program Events!

We need Volunteers to do ALL this and more...



So the kids can do ALL this safely!



We need YOU! These are great volunteer opportunities to give back to the sport and encourage our young athletes!

Event: Youth Triathlon Clinic
When: Saturday, August 27, 2016
Time: 6:00 am-10:30 am (approximate times)
Where: Pensacola Beach, 1.2 miles east of Portofino Resort

Event: Sea Turtle Youth Triathlon
When: Sunday, October 2, 2016
Time: 6:00 am-10:30 am (approximate times)
Where: Pensacola Beach, 1.2 miles east of Portofino Resort

<http://trigulfcoast.org/sea-turtle-triathlon/>

Triathlete's Guide to Toxic Flesh-Eating Fecal Algae and Other Fictitious Frights by James Hagy

On June 29 an Atlanta TV station reported that waters off Panama City Beach had been closed due to toxic fecal bacteria ... and toxic blue green algae ... and flesh-eating bacteria. Local tourism authorities quickly shot back that there are none of these things in the water. Regrettably, nuanced scientific truth often falls victim to today's rapid news cycle and the need for big stories. As a triathlete, marine ecologist, and USAT certified race director, here's my attempt to pack some basic information for local triathletes into

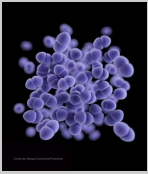


Pensacola's Locally-Owned
Performance Swim Store



Code T-GCT30 for 30% off
all equipment

one place.



Enterococcus
- CDC

Fecal Bacteria. The Escambia County Health Department monitors [Enterococcus](#) bacteria at beach sites. These are "indicators" that pathogens- i.e., bacteria or viruses that could make you sick - may be in the water. These sometimes result in warnings or closures. High values usually follow rain which washes such things off the land. Human feces is one source, but birds and other animals also poop. Pensacola

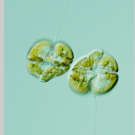
Beach almost never has high bacteria indicator levels. If you're swimming at other locations, you might check online, particularly if it's just rained. Race directors obtain a recent test before USAT-sanctioned triathlons, so that should offer some peace of mind.

"Flesh-eating" bacteria. In a swimming context, this is a scary term used in reference to the bacterium [Vibrio vulnificus](#).



Vibrio - CDC

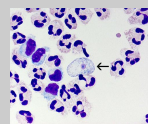
Infections can cause significant tissue damage and even death. But government doesn't test for it because it occurs naturally. It's pretty much going to be there. Illness caused by *Vibrio* is rare, though. Those who do get sick usually have a couple of things in common. First, you need a path into the body like a significant cut or puncture wound. You can also get infected by eating undercooked seafood that contains the bacterium. Importantly, most illness is also linked to another risk factor. These include liver disease, alcoholism, diabetes, or other chronic disease that impairs your immune system. What does this mean? Your risk is more about YOU than where and when you swim. If you're healthy and don't have a serious wound, you probably don't need to worry much about *Vibrio*.



Karenia brevis - FL
Fish &
Wildlife

Harmful Algae. [Harmful algae](#) exist, but are less common in Pensacola than elsewhere. The most likely algae here is "red tide" caused by the algal species *Karenia brevis*. *K. brevis* produces "brevetoxin" which causes respiratory irritation. Toxic blue-green algae, also called cyanobacteria (e.g., *Microcystis*) is a real problem in Florida, but thankfully not here in Pensacola.

If you really want to be scared, read about [Naegleria fowleri](#), a single celled organism found in warm freshwater, like in Florida. *Naegleria* gets in through your nose and destroys your brain, killing 97% of victims. Still, infection is very rare. While it's good to be aware, you're 1,000 times more likely to drown. Infections have been increasing, so this is something to watch.



Naegleria fowleri - CDC

Bottom line, if you want to make good decisions, it helps to have good information and it's not that hard to find online. Look to reputable sources of information rather than news reports alone. As triathletes in northwest Florida, we're blessed to swim in some of the cleanest water in the state and we should let our representatives know that we value clean and safe recreational waters to swim in.



James Hagy has been a triathlete 6 years longer than he has been a marine ecologist.



10% off with code: TGC MC



Infinity Bicycles



15% off all accessories & apparel



TRIGULF COAST AND XTERRA WETSUITS

60% off
Select Wetsuits + Speedsuits

Free Shipping On All New Wetsuits (US Addresses Only) **\$120**
Vortex John Reg. \$300

USE YOUR EXCLUSIVE CODE **C-TRIGULF**

30 Day Return / Exchange Policy Best in the Business Available Exclusively At www.XTERRAWETSUITS.com

Discount Code: C-TRIGULF

Weekly Free Gear Give-Aways

During each weekend TGC creates a Facebook post to check in and see what everyone is doing. We hope it gives members the opportunity to share their

MERE MORTALS - Volunteers

TGC and the Mere Mortals Program would not be possible without our GREAT Volunteers!

If you would like to Voluneer in any capacity, please sign-up here:

[Mere Mortals Volunteer Schedule
http://doodle.com/poll/w26v82urnvxbedri](http://doodle.com/poll/w26v82urnvxbedri)

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.



SRITRI: Giving Back To The Community

This will be the 21st year of the Santa Rosa Island Triathlon on Pensacola Beach. During that time the swim has been held in three different bodies of water (the Gulf of Mexico, Santa Rosa Sound and the Little Sabine Bay) and the race has featured several different race courses due to damage from extreme weather. We have seen the event grow from 450 registered to selling out regularly at over 1200 athletes.

The race has made several major changes and upgrades over the years, but one thing that has remained consistent is a constant record of giving back to the community. As a Florida not-for-profit corporation, the SRITRI has contributed well over \$100,000 to many worthy causes in Northwest Florida. Significant donations have been made to dune restoration, to various charitable organizations such as the American Cancer Society and to the Junior Lifeguard Program at Pensacola Beach.



The race has been integrally involved with Tri Gulf Coast and its Mere Mortals program by sponsoring them since their respective inceptions. SRITRI has also contributed to the Sea Turtle Triathlon and the Maritime Deluna Duathlon with funds, equipment, assistance and volunteer hours during the lives of these two kids' races. Proceeds from the event have been donated to the University of West Florida Cross Country team as well as numerous high school organizations. This year we partnered with the Gulf Coast Triathlon Team to provide bicycles to younger athletes as well as helping them with training for multisport events.



Our goal is to put on the safest possible athletic events and to provide a great experience to all our participants. We work many months to produce a professional race that conforms to, or exceeds, all USA Triathlon standards and is a great value to all. At the same time we want to be mindful of our responsibility to the community and continue to give back to Northwest Florida.

For more information about SRITRI including Registration, visit: <http://www.santarosaislandtriathlon.com/>



The first TGC Women's Only Seminar/Discussion Panel is happening July 31 after Mere Mortals at 10:00 a.m. If you are looking for a comfortable environment to ask specific questions or discuss situations that may arise during a Triathlon, this is YOUR forum.

Be prepared to discuss anything and everything with an experienced panel of female triathletes while enjoying food and drinks, and having fun!

RSVP for details: Teresa@trigulfcoast.org.

Getting Ready for the 2016 Subway Pensacola Cycling Classic

As you know, Triathlon is a combination of three very different events mashed together for a fun-filled day of endurance. Throughout the year, it is good to venture away from your comfort zone and tackle one of these triathlon sports in its original, independent form!

Pensacola, FL is set to host the 7th Annual Subway Pensacola Cycling Classic, a premier cycling event in our own back yard, September 10-11th. Each year the focus is to host a competitive and well-organized stage race that attracts all levels of racers including handcyclists. This year's event features:

- 3 stages over 2 days of intense racing.
- A **Time Trial** held on Pensacola Beach, one of the world's most beautiful beaches!
- A **Road Race** held in Milton, FL that weaves through the scenic Blackwater River State Forest.
- A **Criterion** held in historic downtown Pensacola, FL.



Last year, 288 cyclists and record number of spectators from the southeast and as far away as Aruba and Scotland met in Pensacola, FL for the Cycling Classic. Pensacola and surrounding area racers demonstrated the strength and depth of the talent in NW Florida! Nearly every category had a local racer on the podium including Category Pro 1/2 Michael McBrien who won the Criterion and finished overall in 8th place. Local Justin Biehl won the overall Category 4 race. If you take a look at last year's [results](#), you'll no-doubt see some familiar Tri Gulf Coast athletes too.



The beauty of the Pensacola Cycling Classic is that anyone can participate! With Time Trial, Road Race, Criterium, and Kid's Race opportunities, it is truly a family event that encourages exercise and healthy living. Please make plans to participate, volunteer, or come out and watch the 7th Annual Subway Pensacola Cycling Classic to be hosted on Sept 10th & 11th, 2016.

For More information, visit: <http://www.pensacolacyclingclassic.com/>
 If you are interested in Volunteering, contact: Chip Wilson - fgwilson@southernco.com

GROUP TRAINING

Mere Mortals:

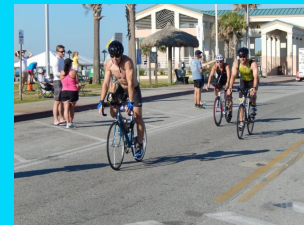
- Weekly on Sunday morning
- 6:30 am start time

I Hate Open Water Swim Series:

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

TGC Trains:

- TGC Members - Networking & Training
- Facebook - [TGCTrains](#)



From the Desk of a Triathlete: What Should Your Road ID Say About You?

Receiving quick and accurate medical treatment in case of an emergency can be vital in training and racing situations. Having an identification bracelet (for which there are many variations and brands) is an easy way to ensure important information is on you if you happen to be involved in an accident. It is important to consider which information is vital for medical professionals.



First let's remember even without an ID, first responders and emergency room staff ARE going to treat you to the best of their ability. They are going to assess the scene and you to identify what the causes of the incident could be, and they are going to offer treatment to meet your medical needs. Knowing this, the question becomes how do we, as athletes, help the medical team to help us?

Some athletes say, "I don't need an ID on me because I carry my Driver's License and Insurance Information in my bike pouch." The reality is when first responders are on the scene they are assessing you, not your things. Having a form of ID attached to your body helps these first responders identify you without having to rummage through your bike bag or run pouch. Additionally, in the event of several persons being hurt at the same time this allows the responder to identify you immediately.



Believe it or not the motto you race by will not help the first responder to get you the best treatment. They

also don't need to know your address. Remember, you are getting medical treatment not an Uber.



So what WILL help?

- **Name.** Knowing who you are is important. Patients respond more frequently when they hear their names. Especially after a traumatic event calling a person by their name can be comforting and calming.
- **Year of Birth.** Having your birth year listed will identify a rough age for you. This aids in treatment and identifying possible causes for the medical emergency.
- **Medical Conditions.** List any major medical conditions which could have led to your current state or would be important in treatment. Conditions such as asthma, diabetes, cardiac problems, severe allergy, pacemaker, or seizure disorder. Being listed on your ID can help responders and emergency staff with treatment options.
- **Medication Allergies.** List medications which would be typical in emergency treatment which would cause an allergic reaction. Such medications would be anticonvulsants, aspirin, barbiturates, antibiotics, or narcotics.
- **Severe Allergies.** Listing insect stings or food allergies will help emergency staff to assess and treat the condition.
- **Blood Type.** Although the hospital is going to use a universal blood type and/or do blood tests before administering blood, this information is useful in treatment.
- **Emergency Contact.** List the name and complete phone number of the person you want to have contacted. Remember to include the area code and if you travel outside of the country add the country code to the phone number. Also with contacts remember to have someone listed who will not be racing with you which may lead to a need for two numbers to be listed.

Remember when writing your identification bracelet information to keep it to be simple and informative. Please use road identification to help others help you in an emergency situation.



LET TGC KNOW ABOUT YOUR ADVENTURES

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!



Post to the Facebook Page so we can stay connected and celebrate everyone's accomplishments.

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

UPCOMING LOCAL RUNS

[Bushwacker 5K](#)

Aug. 6
Pensacola Beach, FL

[Arogonaut 5K](#)

Aug. 27
University of West Florida - Track

[Board Shorts and Bikinis 5K](#)

Sept. 3
Pensacola Beach, FL

UPCOMING CYCLING EVENTS

Subway Pensacola Cycling Classic
Sept. 10-11
Pensacola Beach, Milton, and Pensacola
[Info & Registration](#)

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](#)

UPCOMING TGC EVENTS

Annual Gear Swap
July 31 (Sunday) before/during Mere Mortals

TGC Woman-Power Seminar
July 31 (Sunday) after Mere Mortals
* Women Only
Contact: Teresa@TriGulfCoast.org for details

TGC Club Meeting
August 10 (Wednesday)
Contact: President@TriGulfCoast.org for details

TGC Summer Social
August 14 (Sunday)
2:00 pm
Shoreline Park South - Gulf Breeze, FL
Food, Fun, Games, Socializing

[TGC Youth Triathlon Clinic](#)
August 27 (Saturday)

UPCOMING MULTISPORT EVENTS

[Portofino Tri Series Sunset Super Sprint](#)

Aug. 4 (Thursday)
6:30 pm
Portofino Resort - Pensacola Beach, FL

[XTERRA Blackwater](#) (Off-road Sprint Triathlon)

Aug. 7
Bear Lake Campground
Munson, FL

[Sandestin Triathlon](#)

Aug. 20
Sandesting Golf and Beach Resort
Sandestin, FL

[Portofino Tri Series Sunrise Super Sprint](#)

Aug. 27 (Saturday)
7:00 am
Portofino Resort - Pensacola Beach, FL

[Cultivation Nation Sprint Tri](#)

Aug. 27
Wiggins, MS

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

**August 4, Thursday (6:30 pm Start)
August 27, Saturday (7:00 am Start)
September 17, Saturday (7:00 am Start)
** ENVIE LADIES ONLY TRI ****

[Info & Registration](#)

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](#)

TGC Merchandise

All head gear: One size fits all (or most) adults.
Limited QTY on most items.

\$15.00

* Cash or Check (payable to Tri Gulf Coast) *

Merchandise Questions or Ideas? Contact [Kirwan](#)



The TCG 2016
Headsweats Visor



The "Kirwan" 2016
Headsweats Trucker

Stay Connected



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

P.O. Box 544
Gulf Breeze, FL 32562