



TRIGULFCOAST
MULTISPORT ATHLETES

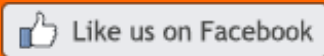
JOIN! TGC YOUTH RACES NEWSLETTERS MERE MORTALS CALENDAR CONTACT

24 June 2016

Greetings!

The reasons for getting into the sport of triathlon are many, but the reasons for staying are few. Primarily, it is the people we meet and connect with that keep us involved in swimming, biking and running. They might have come from very different backgrounds, but through this common interest, they become your friends and in the best cases, your life long partner. They motivate you to continue to participate, and as you learn more about them, you are ever prouder to be a part of this community of triathletes. And don't forget that the volunteers and spectators are just as much a part of that community as you are. Take a moment to say hi to a few of these people around you the next time you're at a TGC workout or function. Who knows, they might become your next best friend.

Yours in Triathlon,
The TGC Board



**Team MPI is All About Love
by Coach John Murray**

Each Thursday morning on Pensacola Beach Team MPI partners with Zarzaur Law and Tri Gulf Coast to host the "I Hate Open Water Swimming" event. I enjoy being a part of the improvement of triathletes as many of them begin to conquer an unfamiliar and sometimes uncomfortable challenge. As coaches at Team MPI we are sensitive to these challenges that many of the attendees face...and after working with adult triathletes for several years we have learned that one of the biggest challenges is simply signing up

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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



Free phone consultations

for a clinic, an open water swim or swim lessons. Personally I frequently field phone calls from athletes prior to the start of a swim clinic warning me that they likely may be the worst swimmer I have ever encountered.



In typical fashion I spoke with an athlete a day or two before the Thursday Open Water Swim and this athlete warned me of their inability to swim well. I responded by saying that we see all levels in our business and are accustomed to working with beginners. Then another reinforcement, "But you don't understand, I probably have the worst stroke you've seen." I encouraged the athlete and then partially in jest I said, "At Team MPI we are all about love."

This comment came up again at the start of the swim, the athlete confirming that Team MPI was in fact, "...all about love." After the swim, the athlete was encouraged. He stayed in the shallow area, with others at his ability level, and enjoyed the camaraderie and confidence building that we see weekly.



Later, I thought about my comment to the athlete. I guess we are all about love at Team MPI.

- We are passionate about the sport of triathlon.



\$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.



- We love to see athletes challenge themselves.
- We love to see improvement in each athlete.
- We love to share the joy as new triathletes cross the finish line for the first time.

Our sport is filled with passionate and encouraging coaches and athletes. As you consider new training challenges and other ways to improve you can be certain that others are contemplating the same. Go ahead and bite the bullet. You won't regret it!



~ Coach John

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.



Subway: Supporting the Athletic Community in Pensacola



If you've done any local 5K, 10K, Swim, Cycle, or Triathlon event in Pensacola, you have without-a-doubt, noticed Subway's presence.

Subway participates in these events at all levels from sponsorship to participation with leadership toeing the start line, crossing the finish line, and helping to fuel the after-parties. Our local Subway franchisor also graciously supports local athletic teams and clubs, including Tri Gulf Coast and Mere Mortals!

It's a great fit as Subway is a pioneer in fresh, healthy food options. The Subway brand is



Pensacola's Locally-Owned Performance Swim Store



Code T-GCT30 for 30% off all equipment

the world's largest submarine sandwich chain with more than 44,000 locations around the world. They are the leading choice for people seeking quick, nutritious meals that the whole family can enjoy.

Be on the lookout for Subway's presence at Mere Mortals and other local events. Thank them for their support and visit the many Subway Restaurants in the Pensacola and surrounding areas!

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/w26v82urnvxbedri)
<http://doodle.com/poll/w26v82urnvxbedri>

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](#)



10% off with code: TGC MC



15% off all accessories & apparel



Discount Code: C-TRIGULF

I've had a Bad Day Racing, and it's ALRIGHT.
by Kevin Swenson



When I first started racing as an adult, I often heard a couple of phrases that always bothered me a bit: "ER or PR" and "Death before DNF" (**E**mergency **R**oom or **P**ersonal **R**ecord" and "**D**eath **B**efore **D**id **N**ot **F**inish). Neither of these made sense to me since I was 'just having fun' at the races, and I wasn't overly competitive usually finishing in the last 20% of any race. But as I progressed in ability and got older, I began to get closer to the pointy end of the race. Now that I'm 29-years old (for 26 years now), I'm VERY competitive with myself, more competitive with my peers, and finishing typically in the front 25%.

Yet, I STILL don't understand those two phrases.

I'm an amateur athlete. I don't get paid to do these athletic things. In fact, I spend WAY too much money on triathlon!! At the end of the day, it's up to ME to get myself, and all my stuff back home. If I end up in the Medical Tent (or worse yet, an ambulance), then what happens to my 'stuff', or what does Kelly do if I'm not at the finish line? Plus, I need to go to work on Monday to get a paycheck, so I can pay for future events. I just can't imagine pushing myself to a point of injury.

So, how does a person know WHERE the point of injury is? From my experience, it's not a solidly definable point. Depending on weather, course conditions, nutritional input/output, etc., it'll be different every race, and most workouts, for every person. I know I can ride 100 miles with 5 gels, 4 powerbars, and 3 bottles of Gatorade in ideal conditions. What if it's windy? Or 95 degrees? Or I'm dehydrated from drinking too much beer the night before? I've headed out on a long ride with my 5/4/3 of nutrition, only to have SEVERAL of the "what-ifs" happen, and I've had to adjust my nutrition/speed/route accordingly to survive. But survive I did BECAUSE I made changes. I wouldn't just keep riding on a training ride and injure myself in the process.



Unfortunately, I encountered a similar series of issues at Ironman Texas on May 14, 2016. Some physical, some mental, others existential.

- A month prior, my doctor changed my blood pressure medicine to reduce the effect the drugs were having on my potassium level. This caused MAJOR havoc with my system, and I experienced numerous crampy-like symptoms.
- Having encountered a significant cramp/charley horse that made me pass out a few years ago, I became overly cautious anytime I felt as if a cramp MIGHT be coming on.
- My 16-week running objective was met 100%. I did ALL the long runs, PLUS met ALL the mileage goals...I was set for a sub-4 hour marathon.
- The IM Texas bike course was altered from a windy/hilly course to be more urban/flat route. The final route had less elevation gain/loss than the IM Florida course.
- The IM bike course was shortened from 112-miles to only 94.
- The lake for the swim was gonna be HOT, so no wetsuit. Water temp on race day was 81 degrees.
- 10-day Forecast was for clouds and a high of 85 degrees with 56% humidity. Actual conditions were sunny, 90 degrees and 80% humidity.
- Since this was IM #16 for me, my confidence was brimming...but NOT over-confident.



I swam cautiously to combat some periodic calf cramping finishing about 20 minutes slower than usual...but no wetsuit. On the bike, I also took it smooth averaging just under 18.4mph. I started the run in the sun at 10-minute miles. The idea of going sub-4 hours at 9:07 pace went out the window the day before. I felt good through the first 2 miles, then the twinges started. I went to a 2-minute run/1-minute walk strategy, and ate as much salty stuff as possible. Things got more twingee, and I started walking at 3+ miles. Ice in my hat to cool me off (although the clouds were coming in) and SALT were my options, but my stomach was getting queasy, so I asked about Medical Aid at mile 5. The med station was just past T2. I saw Kelly at mile 6.5 and told her it was getting bad. Another few minutes, and the clouds opened up and DRENCHED everything/everyone. This felt GREAT, but my stomach still wasn't good, and my body was cooling down. The temperature outside went from 90 to 68 in 15 minutes, and we got 3 inches of rain in 2 hours. I plodded just past the 8.48 mile timing mat at just under 2 hours, and went to the medics.

Cramps are just starting, my stomach is BAD, what are my options? We talked for about 10 minutes...they are giving me all the options with no pressure to stop...and I realize I'm now light-headed, and shaking pretty significantly. The drop in air/water temperature, along with my lack of activity to produce any body heat had me going downhill fast.

I finally convince them that it's in my best interest to stop, and they get me to the main Medical Tent where I'm "admitted" and get treated. Temperature was taken, and it's 97.3 - "Not too bad". Several bowls of hot broth, and LOTS of Gatorade, combined with my dry clothes bag, and I'm good-to-go home. Of course, to get to the rendezvous point to meet up with Kelly, I have to walk past the finish line, and hear Mike Reilly tell LOTS of people: "You. Are. An. IRONMAN!" It was simultaneously frustrating and cathartic.

Am I recovered physically? - **Yes**

Am I recovered mentally? - **Mostly**

Am I recovered emotionally? - **NO WAY IN H-E-Double hockey sticks!!!**

Am I happy with the decision I made at the aid station with the info. I had available? **POSITIVELY, YES.**

Could I have toughed it out and finished in order to get a medal and t-shirt? - **Possibly...or I mighta**

got to visit the hospital (or worse).

For the past decade, I've always posted on Race morning, "Someday I won't be able to do this.....But today is NOT that day." And I posted that same post on Saturday, 14 May 2016, at 4:40 AM...so THAT saying is now officially retired. Stay tuned though, because on Saturday, 22 October, about O-dark-thirty in the morning, you'll get a new saying from me as I prepare to take on Ironman North Carolina...

Because I CHOSE to DNF in Texas in order to be healthy for the future.

This was a hard article to write. There is a lot of emotion and doubt that comes with a DNF, and it doesn't go away over-night. It is important to know yourself and your body and let yourself make the hard call if your safety/health is in question. Remember:

*A DNF is not the end of the world.
There is always another race.
Everybody has a bad race, and that's alright.*



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!



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

WELCOME Your Spectators to TRIATHLON Season!

Not only does triathlon season mean racing and seeing your hard work pay off, but for some it also means long mornings (or days) of running from water exit to transition, to bike out, to bike in, to run out, and to Finish line, the whole time clapping, cheering, holding signs, taking pictures, grabbing kids by the hand, and trying to stay hydrated-- and getting no BLING!!!!

And you thought you had it rough out there biking!!!

All athletes should know spectating is a sport too. One which all athletes should be thankful for having out there.

We have talked before about supporting our support systems through the journey of triathlon, just as they support us. However, sometimes we miss what we could be doing for them when it comes to race day. Again remember while you are out there riding your bike, or running with friends, they are back in the bubble of the transition area anxiously awaiting your return, counting minutes so they don't miss that photo opt, and worrying about you when you are not back at the expected time.

Here are a few items to help your Spectacular Spectator on Race Day (Hint, Hint-don't give them this list and tell them they need these things... go out and get them these items and make them a Race Day Go Bag!!!):



Back Pack!!! Backpacks are awesome for carrying all the other things the spectator needs. Make sure the back pack is light weight and durable. Also this is not the same as your race day gear bag. They don't need to be given a bag half full of your crap!!! You can use a race bag if you would like, but try to make it special to the Spectator not just something you don't want. Let's earn brownie points here!!!

Light Weight Wind/Rain Jacket. As an athlete you know the wind and rain wait for no race- meaning if you do this long enough you will encounter them. Well, in case you missed the soggy shoes, it is raining back at transition too. Your spectator is getting soaked or blown over, so get them a nice light weight jacket to combat the wind and rain. Many of these jackets now days fold up into a self contained baggy. This makes them small, light, and AWESOME!!! They also come in bright colors, easy for that speedy racer to spot.



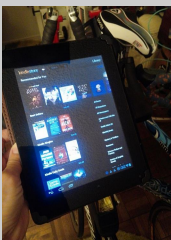
Portable Phone Charger. These days the average spectator is using their phone to take pictures of you, post to social media to update on your progress, and to text other spectator friends who are strategically placed at points on the race course. After all of these it is easy to see that red blinking battery notification pop up. These chargers are light, cheap, and life savers!!!



Sunglasses. Sure your spectator has a pair of day to day sunglasses, but just like you they need some race day glasses. Ones that fit under a hat well; ones that wrap around a little to keep light from the sides; ones that are not all scratched up from daily use (I think these requests sound familiar).



Watch. Turns out spectators know a lot about your race pace; give them a watch to make their life easier when trying to track you from spot to spot.



Kindle. This may seem like a big ticket item, but let me remind you that you bought a bike, running shoes, a tri kit, nutrition items, special socks.... I think you get it. A Kindle, or other book reader or tablet gives your spectator something to do during down time while you are out in the great unknown. It is easier to carry around than 2 or 3 books.

These items make for a good start to a spectator race day bag; but don't forget the spectator has to eat and drink too, so throw in some foods to help last through the day. Also a few noise making items to help with cheering is always appreciated!!!

Lastly, remember your spectator loves you (or they would not be there) so take some time to show a little love.



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

[Firecracker 5K](#)

July 2
Pensacola, FL

[Freedom 5K Road Race & Fun Run](#)

July 4
Jay, FL

[Bushwacker 5K](#)

Aug. 6
Pensacola Beach, FL

UPCOMING CYCLING EVENTS

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

TGC Club Meeting
July 13 (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
Most Sundays - 6:30 AM
Pensacola Beach, FL

UPCOMING MULTISPORT EVENTS

[Portofino Tri Series \(Super Sprint\)](#)

June 25
Portofino Resort
Pensacola Beach, FL

[Freedom Springs Sprint Triathlon](#)

July 4
Marianna, FL

[Sunfish Sprint Triathlon](#)

July 9
Meridian, MS

[Capital of Dreams Olympic Triathlon](#)

July 16
Montgomery, AL

[Portofino Tri Series \(Super Sprint\)](#)

July 23
Portofino Resort
Pensacola Beach, FL

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

August 7
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](#)

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](#)

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

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



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