



26 August 2016

Greetings!

I seriously doubt this is the only newsletter that shows up in your mailbox, and perhaps you're working through emails and don't take the time to give it a good read. Well, this month I ask you to take a moment and pay close attention, particularly to the sponsor logos. These, after all, are the businesses that make it possible for the club to function and their owners generously open their checkbooks and help support our mission. Please make note of who they are, and, ideally, use the services they offer when the need arises. At the very least, thank them for supporting our organization. We've profiled some of them in pieces below, and you should take a break and read through - there are many good pieces in this month's newsletter.

Yours in Triathlon,
The TGC Board

TGC Members Only Triathlon

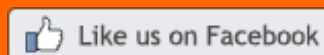
The Members Only Triathlon is Sunday, Sept. 18th at 7 a.m.

*** YOU MUST SIGN UP TO PARTICIPATE ***



Remember:

- You must be an annual member of TGC in order to sign up.
- Registration closes at midnight on Sunday, September 11 - one week before the event.
- We are collecting donations for the Pensacola Beach Junior Lifeguard Program. Any donation is completely voluntary.
- The event is intended for relative newcomers, but it is open to all TGC members.
- The number of participants is capped, so sign-up early.
- **We need volunteers.** Contact: vicepresident@trigulfcoast.org if you can help.



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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 - [TGC Trains](#)

TGC Sponsors & Supporters



Improving the Run Off the Bike by Coach John Murray

Very frequently I hear the comment that both novice and some experienced triathletes are struggling with the run off the bike. In many cases it's an easily fixable condition. Just as Team MPI touts the "frequency and consistency" mantra, the same holds true for how we approach improving an athlete's performance in the run portion.



The "brick" is an additional but essential triathlon training tool that generally consists of a bike training session followed closely by a run training session. For the novice, a shorter version of this combination can be a remedy for race day early run discomfort or adaptation. A "transition run" can be a 10-20 minute easy run following the bike ride. These transition runs are a low-key effort that can be added to nearly all of your bike rides. This frequency can, over time, convert a triathlete from one that dreads that initial uncomfortable feeling to an athlete that no longer remembers how bad it used to feel.

Take the pressure off of yourself when doing these transition runs. No need to rush through a timed switch from bike to run. You can practice your fast transitions on another day. You might even squeeze in a quick bathroom break before you go out. Keep the pace light and the time short. Get in the habit of having your running shoes with you and knowing that after your ride you are going to do something you initially don't enjoy. Set yourself up for success by keeping the run very short and very easy. Expect to look forward to that run before you know it and on race day you will be a transformed triathlete!



~ Coach John

Volunteer for the Youth Triathlon Program Events!

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



\$6 Daily Meal Deal
6" Sub-of-the-Day, Chips, and Drink

 **RUNNING WILD**



15% discount for any new treatment or service

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-10:00 am (approximate times)

Where: Pensacola Beach, 1.2 miles east of Portofino Resort

Sign Up: mindi@trigulfcoast.org

Event: Sea Turtle Youth Triathlon

When: Sunday, October 2, 2016

Time: 6:00 am-10:00 am (approximate times)

Where: Pensacola Beach, 1.2 miles east of Portofino Resort

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

Memory Lane - A TGC Throwback

In the summer of 2000, the Olympics were held in Sydney, Australia. And for the first time, the sport of triathlon became a medal event. That year Michellie Jones competed in both the 2000 Olympics and locally in the Santa Rosa Island Triathlon. She was great at the Olympics, winning the Silver Medal for her home country of Australia. Weeks later she was overall at the Santa Rosa Island Triathlon. At our club's Tri Gulf Coast Breakfast of Champions, she gave a heartfelt speech about her Olympic experience and the sport of triathlon. It was truly an honor to host her and hear the first hand stories on training and completing at that level.



Michellie Jones with TGC co-founder Ronnie Tibbs.



Two free workouts and 50% OFF for the unlimited rate of \$120/month for CrossFit classes as well as our youth performance training program.



Pensacola's Locally-Owned Performance Swim Store



Weekly Free Gear Drawings

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 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.



Sponsor Spotlight - Pensacola Sports & The Pensacola Marathon Presented by Publix



The only full marathon in the Pensacola area since 2005, the Pensacola Marathon Presented by Publix replaced the Blue Angel Marathon after the Pensacola Naval Air Station MWR (Moral, Welfare and Recreation) discontinued the event after Hurricane Ivan. Since Pensacola Sports' management of the event

in 2008, the race has grown in size and stature. The event, which coincides with Veteran's Day Weekend, now features a full marathon, half marathon, 5K, and kids race. The post-race party has grown to feature a "Tasting of Pensacola", to include BBQ, peel and eat shrimp, red beans and rice, and even oysters, something not usually seen at a marathon post-race party. The race begins and ends at Veteran's Memorial Park on the Bayfront, then winds its way through the city including historic neighborhoods, downtown, bands, and Pensacola landmarks. The finish line is next to Wall South, the Nation's only replica of the National Vietnam War Memorial in Washington, D.C. The Pensacola Marathon is a Boston Marathon qualifier.

[More Information & Registration HERE](#)

Quick Hits:

- Race Date - Sunday, Nov. 13, 2016
- Expo / Packet Pick-Up - Friday, Nov. 11 and Saturday, Nov. 12 @ the Pensacola Grand Hotel
- Full, Full Push-Rim Wheelchair, Half, Half Walker, 5K, Kids Event
- Race Begins at 6:30 a.m. - 6 Hour Time Limit
- On-Course Entertainment Featuring Live Bands, Drum Lines, Cheer Groups, and more!

Race Records:

- Female: Anna Hallex (2009) - 2:58:25
- Male: Matt Dobson (2007) - 2:33:02

Defending Champions:

- 2015 Female Champion - Jennifer Perkins
- Four-Time Defending Male Champion (2012-2015) - Brent



RoadID

It's Who I Am.



Code T-GCT30 for 30% off all equipment



10% off with code: TGC MC



Infinity Bicycles



15% off all accessories & apparel





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AND
X-TERRA
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+ Speedsuits

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**Members ONLY Triathlon
Volunteers**

**We are fast approaching the
annual Members Only
Triathlon (MOT)**

**If you would like to Volunteer
in any capacity,
please contact John.**

vicepresident@trigulfcoast.org

Achieving Balance - Perspective from Joe Zarzaur



Balance is a continual theme for every athlete. For age group racers, having to fit in the necessary training to meet your goals is always done in the few hours you can spare between other life commitments. Many athletes hope to have it all. They want to be at the top of their profession but also want to be at the top of their age group. As you can imagine, this means a lot of stress and few can find the right balance. Even fewer find the balance and are at the top of both their profession and their passion. Joe Zarzaur is one of those few-an accomplished Ironman triathlete and full-time attorney.

Joe Zarzaur is a man of more than just legal talent. A successful personal injury attorney at Zarzaur Law P.A., he has taken up the not-so-casual activity of competing in triathlons. As most of you know, this feat is not simply a test of physical strength, but also of mental strength and time management. With a full work schedule, an equally active daughter and an ample number of early-morning training sessions, it is hard to imagine how he can fit everything into each day.

Zarzaur's love affair with triathlons extends to more than just participating in them. Joe sponsors multiple races and has been active in the region's fitness and running community as a headline sponsor of various events, including: the Double Bridge Run, 30A 10K, The Sea Turtle Triathlon, The Pensacola Marathon and more.

Not only do the races resonate with him emotionally, but Zarzaur states, "Triathletes on their way to completing any race recall how the training demands and strains are often harder than the race itself. Months of relentless swim, bike and run sessions require an unequivocal commitment to the end goal. A triathlon will simply not be achieved on the back of inadequate and irresponsible preparation. During this journey the athlete accepts accountability for the tensions put on themselves. Such a profound ability to work hard, as well as accept the costs, reflects the drive towards reaching ones potential."



"During this journey [triathlon] the athlete accepts accountability for the tensions put on themselves. Such a profound ability to work hard, as well as accept the costs, reflects the drive towards reaching ones potential." -- Joe

This in many ways is comparable to how Zarzaur oversees the personal injury cases that come into his firm. Zarzaur's full commitment and dedication to his practice payoff in the courtroom - proven by his track record at the courthouse. In his time working as a Pensacola injury lawyer, he has been able to achieve record verdicts in both Escambia and Santa Rosa Counties.

Zarzaur notes, "Triathlons...require the ability to adjust to various unforeseen circumstances, [they] have helped me have a better understanding of how to seamlessly address changing environments, something that translates into my professional life."

Zarzaur earned his law degree from the Cumberland School of Law. He has been a member of the Florida Bar Association since 1996, and Mobile Bar Associate since 1997. Since 2006, he has been recognized as a Board Certified Civil Trial Lawyer from the National Board of Trial Advocacy a feat that less than 1% of Florida lawyers possess.

Zarzaur Law, P.A. is a plaintiff's personal injury firm that is dedicated to only one area of law, representing those victims of serious injuries. As its founder and senior lawyer, Joe Zarzaur often says his firm has an Ironman work ethic and will out endure the best of the worst that end up as his firm's opposition. He hires healthy staff & healthy lawyers and encourages them all to work out as much as possible. He has found that a healthy workplace is a much happier and productive place to serve his clients.



Hydration for Triathletes by Jessica Becker



As a triathlete and a registered nurse working in an ICU, I am intimately familiar with the importance of proper hydration. Many triathletes struggle with striking the right balance. Hydration is important for not only performance, but also for your health. Too much hydration can cause hyponatremia, or a dilution of the blood sodium concentration.

This might lead to nausea and vomiting, headache, and confusion. If you don't drink enough water the symptoms can be similar with headache and confusion, the obvious dry and sticky mouth, and you might also accelerate the development of heat stroke. After your event, you may become irritable, have a rapid heart rate, and very dark urine with an overall decreased urine output.

In severe cases, rhabdomyolysis can develop, where your body begins to break down muscle tissue and the proteins from your muscles spill over into your urine, damaging the kidneys and causing renal failure. In either case, improper hydration can land you in the hospital!

The real challenge here is how to properly hydrate. It's not easy when you're transitioning between events. Many newer triathletes have a hard time drinking water on the bike. For this, I recommend getting a hands-free aero bar hydration system. Take a few extra seconds in transition and grab a quick drink. Utilize the water stops on the run. And most importantly, don't wait until the race to replace your losses.

Begin focusing on hydration a few days or a week prior. There are many formulas out there on how much you should be drinking, but the most effective method is to KNOW YOUR BODY. In general, you should urinate often during the day (every couple of hours), and your urine should be pale yellow. During your race, consider how much you are sweating, how hot it is and how much fluid you can take in without feeling any gastrointestinal discomfort. During longer races, you will need electrolyte replacement as well. This can be done with Gatorade or a number of other tablets and drinks. When you are training, train for hydration as well.



WEST FLORIDA WHEELMEN NEWS & EVENTS



Wheelmen ride all year!.

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

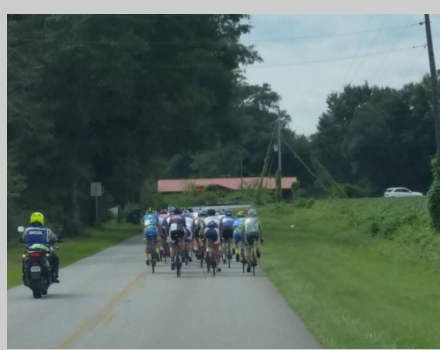
Getting Ready for the 2016 Subway Pensacola Cycling Classic



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.

Each year the focus is to host a competitive and well-organized stage race that attracts all levels of racers including handcyclists. Prepare for:

- 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 **Criterium** held in historic downtown Pensacola, FL.



For More information, visit: <http://www.pensacolacyclingclassic.com>
 If you are interested in Volunteering, contact: tim@pensacolacyclingclassic.com

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.

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

UPCOMING LOCAL RUNS

[Arognaut 5K](#)

Aug. 27
 University of West Florida - Track

[Board Shorts and Bikinis 5K](#)

Sept. 3
 Pensacola Beach, FL

[Semper Fi 5K](#)

Sept. 10
 Pensacola, FL

[Simon Says Run for Prostate Cancer](#)

[Awareness 5.8K](#) (4 miles)
 Sept. 10
 Flora-Bama

[Pensacola Seafood Don McCloskey 5K](#)

Sept. 24
 Pensacola, FL

UPCOMING MULTISPORT EVENTS

[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

[Beach Blast Triathlon \(Sprint/Oly\)](#)

Sept. 10
 Mexico Beach, FL

[Alabama Coastal Triathlon \(Sprint/Oly\)](#)

Sept. 10
 Gulf Shores, AL

[Santa Rosa Island Triathlon](#)

Oct. 1
 Pensacola Beach, FL

[Pensacola Mud Run \(5 miles / 20 Obstacles\)](#)
Oct. 8
Pensacola, FL

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

UPCOMING CYCLING EVENTS

August 27, Saturday (7:00 am Start)
September 17, Saturday (7:00 am Start)
**** ENVIE LADIES ONLY TRI ****

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

[Info & Registration](#)

[Southern Magnolia 100](#)
Oct. 2
Saucier, MS

[Glassner Autumn Challenge 100](#)
Oct. 8
Pintlala, AL

[Fenner Ride](#)
Oct. 15
Milton, FL

LOCAL GROUP RIDES

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 Youth Triathlon Clinic](#)
August 27 (Saturday)
Park East - Pensacola Beach, FL
Volunteers Needed, contact:
mindi@trigulfcoast.org

TGC Club Meeting
September 14 (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
[Schedule](#)
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](#)

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

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