



TRIGULFCOAST
MULTISPORT ATHLETES

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[NEWSLETTERS](#)

[MERE MORTALS](#)

[CALENDAR](#)

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28 October 2016

Greetings!

Though Mere Mortals and the IHOWS sessions have come to an end, there are still plenty of Tri Gulf Coast related things to do.

We will continue to host monthly rides and runs, and many of you will swim throughout the cooler months with Coach John and MPI at Portofino.

Ironman Florida is a short week away and Tri Gulf Coast will be well represented with participants and volunteers.

There are also numerous runs in the off season to compete in, as well as triathlons in exotic climes.

Or you could switch it up and do some strength training as our incoming president, John Fitzgerald, explains below.

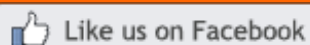
Regardless, let us know via our Facebook page what you'll be up to, and if you doing nothing else, volunteer at least once.

Sincerely,

Kirwan Price

TGC President

& The TGC Board

 Like us on Facebook

In This Newsletter

[MPI Triathlon Advice](#)

[Tell Your Story](#)

[SRITRI 2016](#)

[End-of-Year Wrap Up](#)

[Wheelmen of NWFL](#)

[Group Training Options](#)

[Free Gear Give-Aways](#)

[Exercises for the Off-Season](#)

[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



Free phone consultations



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



The Benefits of Frequent Open Water Swimming by Coach John Murray

We are completing our second season of weekly open water swim with TRI GULF COAST. The swim is graciously sponsored by a local law firm, Zarzaur Law.



Each Thursday morning from April to Oct. the triathletes have met with the idea of improving their swim. We have averaged approximately twenty swimmers each week. Some athletes were only able to join us for one or two of the swims...a few of the athletes had perfect attendance for the whole season!

The number one goal for many was open water familiarization. Not all of our triathlon friends list open water swimming as their favorite thing to do. So, through regular attendance, swimming among their friends and experiencing a variety of weather and water conditions everyone has developed more confidence in the water.



Once you are comfortable in the water you can begin to work more effectively on some skills that will benefit you on race day.

- **Sighting:** Swimming straight in a race is an important attribute. Learning an efficient sighting technique that is not disruptive to your swimming tempo will help you have a faster swim.
- **Drafting:** For our larger groups there are usually plenty of opportunities to practice drafting. Our goals were to help triathletes the sweet spot of the decreased swimming



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Pensacola's Locally-Owned Performance Swim Store

workload and getting familiar with staying on the feet of the swimmer in front of you.

- **Entries & Exits:** Many of our swims in Florida start at the water's edge and the need for executing a smart and tactical start and finish is crucial. For a few of our Thursday mornings we changed our usual swim routine to practice those important entries and exits.

Athletes that not only regularly swim in open water but also possess the skills to have a rehearsed plan for their triathlon swim will enjoy a confident swim and a better overall triathlon performance and experience.



~ Coach John

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.

Conquering SRITRI

It is no secret that for the past few years, weather for SRITRI has been less than ideal. Those of us who remained patient and persistent were rewarded in 2016. Weather and water conditions for the always world-class Santa Rosa Island Triathlon was absolutely perfect. Calm comfortable water, light winds, and low temperatures provided for a great day of swimming, biking, and running in and along Pensacola Beach.

For a lot of us, this was our A race for the season and the reason we showed up week after week to Mere Mortals. The improvements in skills and speed was evident as everyone fought for their place across the finish line.

CONGRATULATIONS!

We hope to see you again next year as you continue in Triathlon!



TGC End-of-Year Party Wrap Up



Code T-GCT30 for 30% off all equipment



10% off with code: TGCMC



The Annual Tri Gulf Coast End-of-Year Soirée is one of the times during the year when we, as triathletes, can put on normal clothes, let down our hair, and eat and drink copious amounts of food! It is also our time to recognize individuals who made an impact on the club in 2016 and welcome new leadership for 2017. **Also this year we are celebrating a \$1000.00 donation to the Pensacola Beach Junior Lifeguard Program made possible by YOU, THE GENEROUS TGC MEMBERS!** If you were unable to attend the party, here is what you missed:



2016 Awards:
 Volunteer of the Year - **Amanda Longoria**
 Mentor of the Year - **Evan Malone**
 Female Rookie - **Karen Longoria**
 Male Rookie - **Gary James**
 Athletes of the Year - **Amy Simonetta / Aaron**

Widman

<http://trigulfcoast.org/member-awards/>

Your 2017 Tri Gulf Coast Board:

- John Fitzgerald (President)
- Jessica Becker (Vice President)
- Peter Neuhaus (Treasurer)
- Chris Rawson (Secretary)
- Tom Henderson (Mere Mortals)
- Patrick Wilkes (Board Member)
- Miles McDaniel (Board Member)
- Dawn van den Berg (Social Media)
- Sheila Fitzgerald (Newsletter)
- Gary Garza (Kits)
- Teresa Hess (Women's Initiative)



Infinity Bicycles



15% off all accessories & apparel



TRI GULF COAST AND XTERRA WETSUITS

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GROUP TRAINING

Ride:
 Nov. 12 at Gulf Coast Cycle and Tri - 7:30 am. Two groups. Two routes.

Run:
 Nov. 20 at Kirwan's - 8:00 am laced up and moving with pancakes and bacon to follow.

TGC Trains:

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

There are photos from the event on the [Facebook](#) page.
Tag yourself and all your friends!

WEST FLORIDA WHEELMEN NEWS & EVENTS



Wheelmen ride
all year!

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

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.

 Find us on:
facebook®

Five Bodyweight Exercises for Triathletes During the Off-Season by John Fitzgerald

As a personal trainer, one of the most common reasons given by clients for not participating in regular strength training or exercise is lack of equipment or environmental conditions. I am an avid proponent of bodyweight exercise and encourage my clients to incorporate simple exercises into everyday life. Bodyweight exercises can be done anywhere: at home, in a hotel room while traveling, or outside in a group setting. In addition, bodyweight exercises are generally compound movements, which means they work multiple muscle groups simultaneously. These exercises can easily be grouped into a circuit which provides a cardio workout along with a strength training workout.

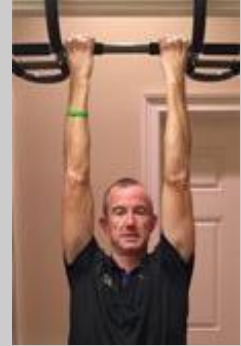
As triathletes, we need both upper and lower body strength to endure the multi-sport activity. Bodyweight exercises that I frequently recommend to clients are the jump squat, chin-up, burpee, lunge, and sit-up/leg lift combination. These movements, done in the order listed here, focus on the muscles we use during a race with a special emphasis on the quads (the big thigh muscles that we use to cycle and run).

The **jump squat** is a traditional squat where the athlete lowers the body down like sitting in a chair, keeping the shoulders above the hips, then explodes upwards with maximum effort. The effort should be strong enough so your feet leave the ground. This causes all your muscles to fire at maximum effort.



Jump Squat

The **chip-up** is the traditional exercise you did on the playground as a child. Grab an overhead bar with your palms facing toward you and pull your body up toward the bar until your chin is above the bar. Avoid swinging and pause briefly at the top. This hits the lats which are the muscles on your sides that we use extensively during the swim. A slightly easier alternative to the chin-up is the flex arm hang.



Chin-up

The **burpee** is a combination movement that puts the push-up and jumping jack together. Starting from the standing position, drop down into the push-up position and perform a full push-up. At the finishing portion of the push-up, bring your legs back underneath you, and perform a jumping jack. That's one repetition.



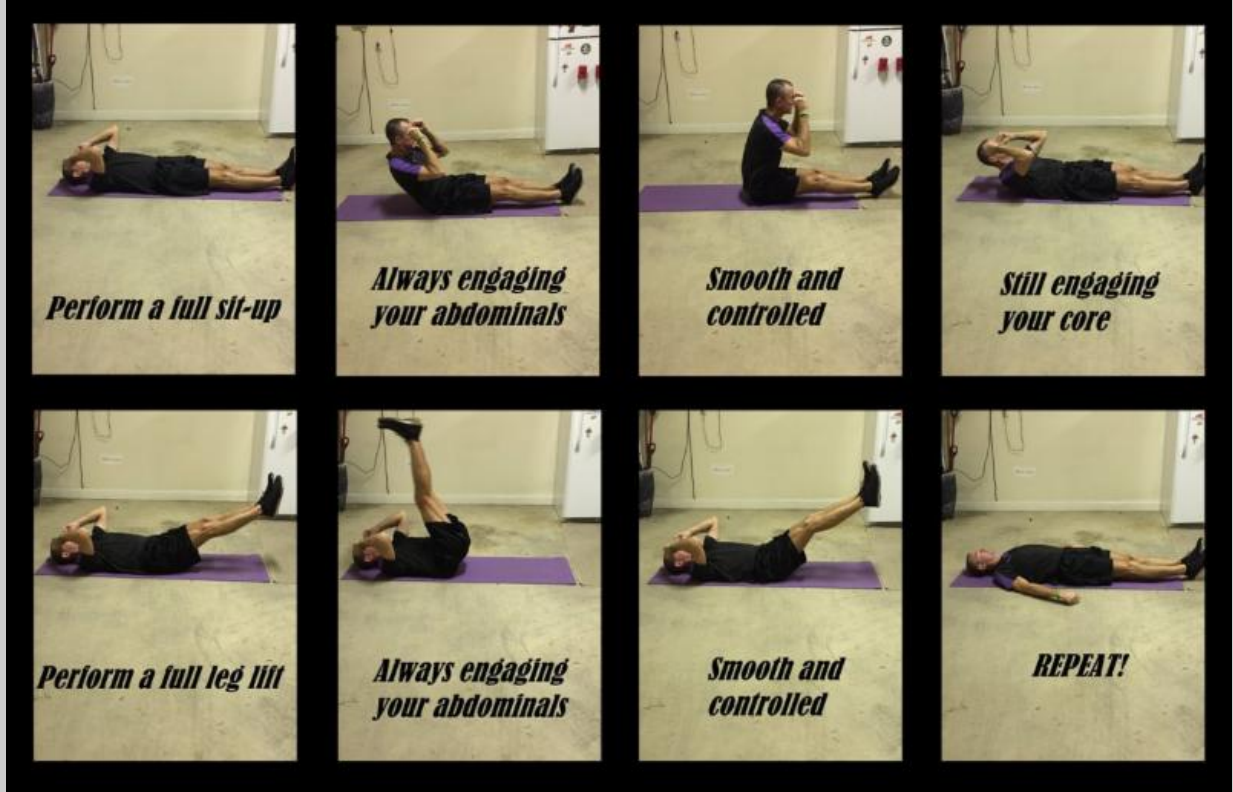
Burpee

The **lunge** is an extremely effective exercise for the quads while improving balance. Additionally, it works each leg individually. Start in the standing position with a straight body. Your shoulders, hips, and ankles should be in line. With either leg, take a big step forward. As you move forward, the knee on the back leg should travel to the floor. Your upper leg on the lead foot, should end up about parallel with floor. Once in this position, push hard off the lead leg and resume the standing position.



Lunge

The last exercise is the sit-up/leg lift combination. I encourage this abdominal exercise because it works both the upper and lower abs. Begin by lying face up on the floor. With both legs straight, roll up until your upper and lower back are off the floor. Once in the seated position, lower yourself back down until you are flat again. Next, keeping your legs extended, raise your legs off the floor until they are perpendicular with the floor. Once in this position, simply lower them back to the floor in a controlled manner. That's one repetition.



Sit-up/Leg Lift Combo

To complete a circuit, start with the jump squats and do as many as you can for minute. Rest briefly, then do as many chin-ups as you can for a minute. Continue in this fashion until you do each exercise in the order listed above. Shoot for three circuits but always maintain good form.

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.

MULTISPORT EVENTS

Ironman Florida 140.6 (**TGC Tailgating**)
Nov. 5
Panama City Beach, FL

[BrewTallaty Off-Road Duathlon & Home Brew Festival](#)
Nov. 19
Tallahassee, FL

[Chattahoochee Challenge Adventure Race](#)

LOCAL RUNS

[Jazz Half Marathon and 5K](#)
Oct. 29
New Orleans, LA

[Bogeyman 5K & 10K](#)
Oct. 29
Pensacola Beach, FL

[McGuire's Halloween Run \(5K or 10K\)](#)
Oct. 29
Destin, FL

[Run to Margaritaville 5K and Half Marathon](#)
Oct. 30
Pensacola Beach, FL

Whitewater, Zipline, Run/Hike, Bike
Nov. 19
Columbus, GA

[Great Pumpkin Run 5K](#)
Nov. 5
Pensacola, FL (East Hill)

CYCLING EVENTS

[Delta States Grand Prix \(Cyclocross\)](#)
Multiple Dates: Oct, Nov & Dec 2016
Baton Rouge, LA; Monroe, LA; Natchez, MS;
Ridgeland, MS; New Orleans, LA

[LAMB Ride \(Loop Around Mobile Bay\)](#)
Nov. 13
Fairhope, AL

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](#)
Winter Break

TGC EVENTS

TGC Club Meeting
Nov. 9 (Wednesday)
Contact: President@TriGulfCoast.org

TGC Group Ride
Nov. 12 (Saturday)
Gulf Coast Cycle and Tri - 7:30 am
Two groups. Two routes.

TGC Group Run
Nov. 20 (Sunday)
Kirwan's Run for Bacon - 8:00 am
Kirwan's Home - President@TriGulfCoast.org

I Hate Open Water Swim
Every Thursday - 6:30 am
Sound Side Pavilions, Pensacola Beach

Winter Break

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](#)

[Cottonmouth 100](#) - Ultramarathon
Nov. 12
Munson, FL - Bear Lake Recreation Area

[Pirate Dash 5K](#)
Nov. 12
Fairhope, AL

[Pensacola Marathon & Half Marathon](#)
Nov. 13
Pensacola, FL

[Battleship 12K](#)
Nov. 13
Eastern Shore, AL

[Timberlake Half Marathon](#)
Nov. 19
Fort Walton Beach, FL

[Blackwater Half Marathon Trail Run](#)
Nov. 19
Milton, FL

[Seville Turkey Trot](#)
Nov. 19
Pensacola, FL

[Thanksgiving Day 5K](#)
Nov. 24
Pensacola, FL

[Pensacola Beach Turkey Trot](#)
Nov. 24
Pensacola Beach, FL

[Mississippi Coast Marathon](#)
Nov. 26
Stennis Space Center, MS

[Coastal Half Marathon](#)
Nov. 26
Orange Beach, AL

[Pensacola International Airport Runway Run 5K](#)
Dec. 3
Pensacola, FL

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>

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Gulf Breeze, FL 32562

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