



**TRIGULFCOAST**  
MULTISPORT ATHLETES

[JOIN!](#)

[YOUTH RACES](#)

[NEWSLETTERS](#)

[MERE MORTALS](#)

[CALENDAR](#)

[CONTACT](#)

30 September 2016

### Greetings!

At a half-marathon years ago, I passed a runner who was lying on the ground in obvious distress. There were a couple of people attending to him, and I figured that I couldn't do anything to help that they weren't already doing. More importantly, I was having a good race and, with just a couple of miles to go, I didn't want to give that up.

What a mistake!


I came into triathlon thinking it was about beating others, only to learn that our sport is about so much more. It is about helping those who want to push themselves realize that they can, in fact, do anything they put their mind to. It is about the reward you get from being a part of that process.

Coach John gets it, as do Cherie and Teresa. Read more about these folks in their articles below.

And make an effort the next time you are training, racing or, ideally, volunteering to help an athlete. It is so much more satisfying than any PR.

Sincerely,

*Kirwan Price*  
TGC President  
& The TGC Board

 Like us on Facebook



### The Unimagined Comes True by Coach John Murray

I recently received an email from an athlete that I coach in swimming. He is a true "numbers guy" and records many of his times from the training sessions that we swim. In his email he discussed how he has improved over time and how he would not have "made the interval" just three

### In This Newsletter

- [MPI Triathlon Advice](#)
- [Volunteers Unite!](#)
- [Endurance Athlete Survey](#)
- [From the Heart: Running Wild](#)
- [Group Training Options](#)
- [Free Gear Give-Aways](#)
- [Fenner Ride 2016](#)
- [Benefits of Sports Watches](#)
- [Tell Your Story](#)
- [Would You Sacrifice Your Race?](#)
- [Upcomng Events - List](#)
- [\\*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

months previously. He reviewed the set from a couple days ago, made historic comparisons and blamed a little peer (and coach) pressure for his success in the very tough set we had swum. As a coach I feel an enormous amount of satisfaction when I witness these improvements.



For much of our swim training we will work on proper technique through drills and focused swimming the isolates one area of our swimming. We strive to have variety in our swims to not only combat monotony but also to develop a well-rounded swimming technique that serves us well on race day. Quite regularly, one portion of our daily swim sessions will include a longer, challenging set. These "main" sets are designed to test our limits and teach us to be "comfortable with being uncomfortable." Over time, usually several months, we hone this skill and begin to amaze ourselves with our improvements.



When responding to this athlete I pointed out how he had continually departed his comfort zone to spend some time in the "pain cave." It certainly helps him to have athletes in his lane that, through a competitive spirit, push him to go just a bit

harder. He also practices consistency & frequency, a mainstay at Team MPI, by rarely missing a session.

The exuberance was felt in his email as he described in near disbelief the level of his swim prowess. I can only hope for these types of improvements & excitement with every athlete I come in contact with during my triathlon coaching career.



~ Coach John

Volunteer for the Youth Triathlon Program Events!



\$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 need Volunteers to do ALL this and more...



So the kids can do ALL this safely!



We need YOU! This is a great volunteer opportunity to give back to the sport and encourage our young athletes!

**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

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

### Endurance Athlete Survey

As a large triathlon club, Tri Gulf Coast tends to get noticed and approached by others in the triathlon and nutrition communities.

If you are so inclined, researchers at the University of Illinois are conducting a survey for athletes who have completed (or will complete) a marathon, ultra-marathon, half-distance triathlon or full-distance triathlon during 2016.

The questionnaire should take 20-30 minutes to complete. Participants are entered into a drawing for gift cards with odds of winning a \$20 gift card set at approximately 1 in 25 and a grand prize of \$75 set at approximately 1 in 500.



**This is completely VOLUNTARY.**

**TGC is NOT affiliated with the researchers or survey.**

[Click here to access the questionnaire.](https://illinoisaces.co1.qualtrics.com/SE/?SID=SV_0ie7wkukz5cUOiN)

[https://illinoisaces.co1.qualtrics.com/SE/?SID=SV\\_0ie7wkukz5cUOiN](https://illinoisaces.co1.qualtrics.com/SE/?SID=SV_0ie7wkukz5cUOiN)

### From the Heart: Running Wild by Cherie Epstein

As I pondered what to write about in this article, I was conflicted between telling you the things about [Running Wild](#) that most of you already know, will know by the end of the season, or can find online, and what is in my heart today.

**THE SWIM SHOP  
PENSACOLA**



Pensacola's Locally-Owned  
Performance Swim Store



Code T-GCT30 for 30% off  
all equipment



**About Running Wild:** If you are interested in improving your running form, we offer free clinics. We also teach free Trigger Point classes to prevent and treat most running and overuse injuries. We provide you with shoes, socks, nutrition, accessories and information. Running Wild prices are competitive with big box stores and online shopping, and there is always a sale. Our running culture is both strong and diverse through our group runs (6@6, Saturday morning long run, Phat Girlz women's only team, and coached group programs). Besides being a sponsor of TGC, we produce and/or sponsor many of the same races that you participate in, volunteer for, or otherwise support. For that we are very appreciative. It is ONLY because of YOUR support that Running Wild can support you. #fullcircleoflove



In a nutshell, Running Wild is a sponsor of this amazing organization, Tri Gulf Coast, and we have cherished that honor for the last 16 years. Most beginners are going to learn about the sport through Mere Mortals, via present and past leaders, and the many volunteers that keep the club so awesome. Sixteen years ago this month, Running Wild celebrated its birth with a brunch organized by Anne and Charlie Knight, the founders of the Santa Rosa Island Triathlon and Tri Gulf Coast. The club was so much smaller then, but the energy was not. We celebrated Michellie Jones, who brought her recently acquired Silver medal from the Olympics!!!! She competed in Santa Rosa Island Tri and was as humble and gracious about it as if she were repeating the Olympics. She finished second OVERALL at SRITRI. It was such a treat to announce our beginnings with such a great athlete and among our closest friends.

We have recently partnered with Run Pensacola to produce **the area's first Olympic Distance triathlon in Pensacola which is coming in SPRING 2017**. The original plan for this article was to write about this new event, but the event information is available at [Tripensacola.com](http://Tripensacola.com), and I know that triathletes are pretty tech savvy. Let me just say, it's going to be awesome! It is an inaugural event and an exciting one. We will be doing our share of recruiting volunteers and participants soon, but that is not what this article is about.



10% off with code: TGC MC



15% off all accessories & apparel



Discount Code: C-TRIGULF

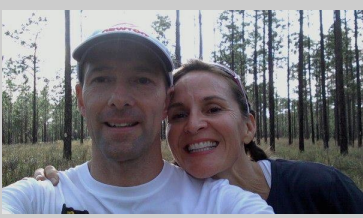
### GROUP TRAINING

#### I Hate Open Water Swim:

- Weekly on Thursday morning
- Quietwater Beach - Across from Shaggy's
- 6:45 am splash time

#### TGC Trains:

- TGC Members, Networking, & Training



**From My Heart:** We want to take the time to thank and congratulate all of you: the members of Tri Gulf Coast, the Mere Mortal volunteers and participants, and all the amazing events that the leadership has provided to our community. You are the rock

stars! The volunteers that put in 12 hour days setting up and breaking down and keeping it afloat for next week: Rock stars! The participants that feed the organization through their energy: ROCK STARS!!! There is nothing more exciting than seeing a beginner catch the fever. It is what feeds those of us that have been in the scene for 20 years. It's crazy but it's true. The newbies' enthusiasm feeds and inspires the veterans. **#fullcircleoflove**

Both Paul and I have had our Ironman experiences and seasons of leadership in this organization. We have shared that time where we could and wanted to train 10 or more hours a week in swim, bike and run. We have, somewhere in the back warehouse of Running Wild, some boxes with our hardware to prove it. We are thankful for that time in our lives, not because of the goals accomplished and forgotten, but because of the relationships that were formed in doing so... for these are the friendships that still exist today.

In this sport, barriers are broken. We all come from different backgrounds whether it is age, gender, income, or whatever. Your training partner may be 25 years younger than you in one area, and 35 years older in another area. After the season ends, they may just be your training partner to share a great cup of coffee with and talk about the next adventure.



• Facebook - [TGCTrains](#)

### 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.



## WEST FLORIDA WHEELMEN NEWS & EVENTS



Wheelmen ride all year!

[Sign up for the Annual Fenner Ride](#)

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

### Benefits of Sports Watches by Peter Neuhaus

Do I need a fancy watch to track my runs or rides? Can't I just use my phone? For running and biking, the GPS in your phone will work, but having a dedicated device makes tracking a little easier. And if you want to track swimming, or just want leave your phone at home, then a GPS sport watch is what you need. It used to be that there were smart watches, GPS fitness watches, and step or activity tracking bands, and selecting a device was relatively easy based on what you wanted it to do. However, the line is getting blurred between all three categories, and the choices can be overwhelming. Knowing what you want to use it for and how you want to use it will help narrow down the options.



One question that can narrow down the choices is, "Do you plan on using it for swimming, and is it for open water or just indoor swimming?" There are only a few watches that are waterproof enough for swimming and can also track swims. For me, even though my watch does not feature an open water swim mode, it will track an open water swim in "run" mode with enough accuracy for my needs. If you want to track your progress in a triathlon, then you will need a watch billed as "multisport." This means that with generally a simple button press, you can go from swimming, to cycling, to running, and even get your transition times.

If you don't need swimming, then you are looking for a watch that can track a run or ride, which means there are many choices. Even though a watch has GPS, it might not have a mode to track cycling, so confirm this capability if you need it. As GPS watches have gotten smaller, it is now possible to use them as everyday watches. The benefit to having your training watch be your everyday watch is that you get step and possibly sleep tracking in the same device that will track your workouts. And now, most watches feature some form of "smartness," meaning at the very least, they can connect to your phone and will enable your phone to push notifications (incoming calls, text messages, etc.) to your wrist.

If you are considering using the sports watch as an everyday watch, check on the battery life. Sport watches that come from true smartwatch parents might have beautiful screens, but they generally need to be charged every day, especially if you are using the GPS on a regular basis. Sports watches that have limited smartness and lower resolution screens have the benefit of lasting for a few days between charges.

A new feature that is becoming more common on sports watches is on-board memory for storing and playing music or podcasts. These watches connect to Bluetooth headphones, and allow you to listen to music without requiring you to have your phone. This does mean you have to plan ahead and put the music on your watch before heading out, and streaming apps won't work.

Now what good is doing a workout if you cannot share your results? Just about all new watches have Bluetooth and connect to an app on your phone. The app then pushes the data to the cloud. A few watches have Wi-Fi and can upload your workouts directly to the internet without the need to go through your phone first. But I wouldn't put too much value on this feature unless you don't use a smartphone.



So what do I use? I have the original Vivoactive by Garmin. I use it for indoor pool swimming, running, and biking. Since it is hard to see my wrist while I ride, I also have a very basic bike computer to show my speed and distance during the ride. Then I use my GPS watch data to track and review the ride afterwards. The Vivoactive is small enough to wear all the time, and I like getting notifications on my wrist, as well as tracking steps and sleep. It is also nice not having to remember to grab my watch before doing a workout since it is always on my wrist. Regardless, I am always keeping my eye on the latest products, and I regularly read the blog at <http://www.dcrainmaker.com> for in depth reviews of sports related devices.

## 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](mailto:Patrick@TriGulfCoast.org).**

## From the Desk of a Triathlete: Would You Sacrifice Your Race for Me? By Teresa Hess

There are times when you are out on the race course and you wonder if anyone would care if you just stopped right there and called it a day. Would they care if you collapsed to the ground? Would they care if your tire blew out? Would the other athletes try to help you, encourage you to keep going, or would they simply pass by and avert their eyes? In triathlon we pride ourselves on being a sport focused not only ourselves but on each other, a sport where we care what happens to the other athletes out on the race course, even though this is not a team sport. It is easy to say but are we living this "culture of kindness" in our triathlon world?

I say, "YES!!" I started to think about this recently after watching Alistair Brownlee, grab his younger brother and push him forward to the finish line in the Triathlon World Series. Alistair was in a position to give the first place finisher a literal run for his money, but when he turns the corner toward the finish line to see his brother, Jonny, stumbling into an aid station Alistair went quickly to his aid and ultimately shoved his brother across the finish line into second place, taking third himself. The Olympic gold medalist, Alistair, brought up interesting questions when he told reporters, "It was a natural human reaction... I'd have done the same thing for anyone in that position."



**First, was it a natural human reaction, would I have done it, would others I know have done it?**

**Second, would he have helped someone else, other than his brother?**

The second question we may never know the answer, and it really does not matter. Alistair Brownlee set an example—we help those in need and if we love them as our brother (or they really are our brother) maybe we help them a little more. Regardless, we help.

This leaves the first question, "Would I have helped and would those I know help?" For me it is an easy answer: I would help, but I am answering the question from the mid-to-back of the pack and that may change my view (granted Alistair was saving his brother's day on the heels of first place). In races I have given my salt away, handed out a Huma pack or two, asked if assistance was needed for a flat, and walked with the tearful athlete on the run offering words of encouragement. I don't say this to be boastful; I say it as a self-evaluation into my triathlete character.



Now, I wondered about those around me. Would they help? Again I say, "YES!!" As with all things in life there are those who will and those who won't, each having their reasons for their actions. However, I think for the most part if a triathlete feels they could help someone who was in a tough spot they would. After all, ask most triathletes about what they love the most in this sport and they will tell you it is the camaraderie on and off the race course. It is the factor that after five flat tires someone is there to hand you a sixth.

While the Brownlee brothers are a great example of the sport's culture of kindness, the stories of everyday athletes coming out of August 70.3 and Ironman Chattanooga from this past weekend have been proof positive of the helping hands out there racing beside each other. These races were tougher than many expected due to record high temperatures in the Southeast. Yet, afterwards Facebook pages came alive with "thank you" messages. Thanking others for helping with flat tires, handing off a water bottle, stopping to help after a bike wreck, and mostly for the words of encouragement, even though the speaker of these words was drained and running past empty as well.

I believe the sport of triathlon will thrive in these moments where we push, pull, and shove (nicely) our fellow athletes across the finish line. We have an obligation to our sport and to ourselves to build this culture of kindness in our training and on race day.



**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 MULTISPORT EVENTS

[Santa Rosa Island Triathlon](#) (Sprint)

Oct. 1  
Pensacola Beach, FL

[Sea Turtle Youth Triathlon](#)

Oct. 2  
Park East - Pensacola, FL

[Hub City Hustle Triathlon](#) (Sprint)

Oct. 8  
Hattiesburg, MS

[Tri the Gulf](#) (Sprint)

Oct. 15  
Dauphin Island, AL

### UPCOMING CYCLING EVENTS

[Southern Magnolia 100](#)

Oct. 2  
Saucier, MS

[Glassner Autumn Challenge](#)

Oct. 8  
Pintlala, AL

[Annual Fenner Ride](#) (Multiple Distances)

Oct. 15  
Milton, FL

[Delta States Grand Prix \(Cyclocross\)](#)

Oct. 30  
Baton Rouge, LA

[LAMB Ride \(Loop Around Mobile Bay\)](#)

Nov. 13  
Fairhope, AL

West Florida Wheelmen Cycling Club

[Ride Schedule](#)

[Trek Store - Rides](#)

[Infinity Bicycles - Rides](#)

### UPCOMING LOCAL RUNS

[Wobtoberfest 5K](#)

Oct. 1  
Pensacola, FL

[St. Rose of Lima 5K Run/Walk](#)

Oct. 8  
Milton, FL

[Rat Race 5K](#)

Oct. 8  
Pensacola, FL

[Pensacola Mud Run](#) (5K Obstacle Course)

Oct. 8  
Pensacola, FL

[Run for the Reef 5K](#)

Oct. 8  
Navarre, FL

[Bridge to Bridge 5K](#)

Oct. 15  
3-Mile Bridge - Pensacola, FL

[Gulf Coast Half Marathon](#)

Oct. 16  
Mandeville, LA

[Perfect 10 Run](#) (5 or 10 miles)

Oct. 22  
Pensacola, FL

[3rd Annual 5K Boo Run/Walk \(Clothing Optional\)](#)

Oct. 22  
Jay, FL

[Pensacola Beach Glow Run 5K](#) (Evening)

Oct. 22  
Pensacola Beach, FL

[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



[Gulf Coast Cycle and Tri - Rides](#)

[Pro Cycle and Tri - Rides](#)

[Giriz Only Sunset Rides](#)

## **UPCOMING TGC EVENTS**

[TGC Seaturtle Youth Triathlon](#)

October 2 (Sunday)

Park East - Pensacola Beach, FL

Volunteers Needed

TGC End-Of-Year Party

October 13 (Thursday)

5:00 p.m.

5 Eleven Palafox - Pensacola, FL

TGC Club Meeting

October 12 (Wednesday)

Contact: [President@TriGulfCoast.org](mailto:President@TriGulfCoast.org)

for details

I Hate Open Water Swim

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](#)

## **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



P.O. Box 544  
Gulf Breeze, FL 32562

Copyright © 2016. All Rights Reserved.