



TRIGULFCOAST
MULTISPORT ATHLETES

JOIN!

YOUTH RACES

NEWSLETTERS

MERE MORTALS

CALENDAR

CONTACT

31 March 2017

Greetings!

Happy Spring!

Things are kicking into high gear! Here's an exciting recap of the past few weeks and a preview of what is to come.

Mindi and Jim put on another fantastic youth event (recap below) and then we had a great time relaxing afterwards at the Bridge Bar for the Spring Social. Thanks to Amanda and Karen Longoria for organizing it and to Patrick Willi for working the grill. A special thanks to our sponsors (Team MPI, TREK, Gulf Coast Cycle & Tri, SRI Tri, Pensacola Tri, Superior Pest Control and PRA) that gave away a ton of door prizes! We also had the perfect setup at the Ciclovía event and it was a lot of fun sharing the benefits of TGC membership to a new audience. Thank you to all who came out!

Member registration for the 2017 season is open so please renew your memberships at www.trigulfcoast.org and click the "join" link. Tom has the Mere Mortals schedule set so begin inviting friends and encourage them to come out and train with you. If you would like to volunteer at one or more Mere Mortals sessions, please sign up and give back to the club. It is a good way learn what goes on behind the scenes.

I Hate Open Water Swims with John Murray from MPI will begin April 27th. This is a fantastic opportunity to overcome swim anxiety and work on your technique.

Finally, the Blackwater XTERRA is Saturday with the first ever Pensacola Triathlon coming up at the end of April and then Ironman 70.3 Gulf Coast in May.

So, to wrap up, the season is in full swing so get out there and tri. If we can do anything to help you, please contact us at www.trigulfcoast.org or the TGC Facebook page. Plus, make sure to post your action photos and tag us on Facebook or Instagram @trigulfcoast.

John Fitzgerald
TGC President
& The TGC Board



In This Newsletter

[MPI Triathlon Advice](#)

[MERE MORTALS - Volunteer Sign Up](#)

[Girly Only Sunset Rides](#)

[Group Training Options](#)

[Wheelmen of NWFL](#)

[Is Your Bike Road-Ready?](#)

[RECAP - Maritime De Luna Duathlon](#)

[Bike Buying for the Novice](#)

[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



The Portofino Tri Series
Presented by Zarzaur Law



This year the Portofino Tri Series presented by Zarzaur Law will celebrate its seventh season. Team MPI partners with the popular Pensacola Beach property, Portofino Island Resort, which offers a beautiful location for the races.

Originally named the Portofino Sunset Tri series, the races were exclusively held on Thursday evenings throughout the spring and summer. Traffic and safety concerns were the primary reasons for moving the races to Saturday mornings. There were some other modifications along the way, such as adding professional timing, but the triathlons still have the same relaxed and fun feel that make them so popular.



The "supersprint" course makes it more doable for first-timers as well as making it an anaerobic sufferfest for our experienced racers. Athletes start the race in the Santa Rosa Sound for a 300-yard swim. After a quick run from water's edge to T-1, the triathletes switch to their bikes for a 7.5-mile ride on the beach roads. We enjoy lighter traffic at that time of day which suits both our newbies and the ones that want to "drop the hammer". Upon return to the Portofino property, bikes are traded for running shoes and the last part of the race takes place on the running path for a 1.5 mile out-and-back run to the finish.

Over the years, we have seen hundreds of first-timers claim this race as their first. It is certainly a bragging point for us as we love to see people tackle a task that they felt was unimaginable just a few months before. We have also seen former pro triathletes, USAT All-Americans, and other accomplished and elite racers. One year we even had a triathlete celebrate her birthday with friends and family both on the race course and at the post-race shindig.

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 \$110/month for CrossFit classes as well as our youth performance training program.



Pensacola's Locally-Owned Performance Swim Store

Team MPI would love to have you join us this year for one of our four races. Dates are:

May 20, June 24, August 19.

Our final race of the season will be the crowd-pleasing Ladies Only race on September 23.

For more information contact Coach John Murray at john@teampi.com.



Code T-GCT30 for 30% off all equipment



10% off with code: TGCMC

MERE MORTALS - Volunteer Sign Up

The schedule is set for 2017 Mere Mortals.

Starting May 28th, 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/da4yzvuvwndbv2v8)
<http://doodle.com/poll/da4yzvuvwndbv2v8>

Girlz Only Sunset Rides



The weekly Girlz Ride is going again each Thursday evening!

Mark your calendars and check the Girlz Only Facebook page for weather updates and meeting location (usually either Casino Beach or Park West, the lot just before guard station/entry to Ft. Pickens).

More details are available on the [Girlz Only Sunset Cycle Facebook Page](#)

GROUP TRAINING:

Group Ride & Run (Combined):

- April 2 (Sunday) - Pro Cycle & Tri
- 510 Fairhope Ave, Fairhope, AL
- 9:00 AM - 12:00 PM
- Preview Grandman ride (20 mi) and run course (5k)
- Opportunity to learn about Body Geometry FIT

I Hate Open Water Swim Series:

- Weekly starting April 27 (Thursday)
- Quietwater Beach - Across from Shaggy's
- 6:30 AM splash time

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: Sheila@TriGulfCoast.org.

WEST FLORIDA WHEELMEN NEWS & EVENTS



Wheelmen ride all year!

Check the Wheelmen calendar for the FULL schedule and additional rides in the area.



15% off all accessories & apparel

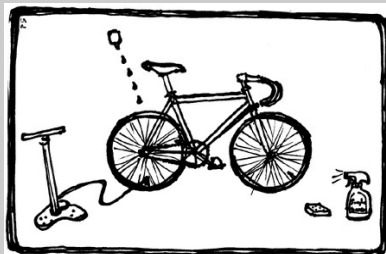


Discount Code: C-TRIGULF

Is Your Bike Road-Ready?

Tips to gear up your bike for Tri Season

by Robbie Mott, Owner, Trek Bicycle Store Pensacola and Mobile



Are you dusting off your bike after a long winter's rest? Or maybe you took advantage of the recent mild temps and now want to keep your bike in top working condition? Here are a few key tips for getting (or keeping) your bike up to speed for the upcoming triathlon season.

1. Clean your bike. It sounds simple, but this step is often overlooked - usually because the rider is headed straight to the showers. Sweat (insert irony here), sand, and salt air can all degrade the materials and components in your bike. Take five before you hit the showers to give your bike a bath. A quick rinse with clean water will do wonders to keep your bike running like a champ - but not smelling like one. Wipe it dry with a clean towel and then, while lightly gripping

the chain with a clean cloth, crank the pedals to knock off any excess dirt and grime.



2. "Moisturize" (my wife's suggestion) correctly! Keep your chain and moving hinges (on derailleurs and brakes) lubricated. In this environment, a wax-based lube is usually best to use on the chain, because it will not collect sand and grit when used correctly. A little goes a long way! Apply sparingly and wipe off the excess.

3. Pay attention to your bike. Know what sounds and feels normal so you can recognize when things are not. Every little creak, crack, or thump could cost you time. Inspect your bike before every ride, including making sure:

- Your handlebars are tight;
- Your brakes engage, brake quick releases are secured, and wheels are not dragging in the brake pads;
- Your tires are inflated to proper pressure rating;
- Your wheel hub quick releases are closed and correctly tightened; and
- Your bike appears, feels, and sounds like it is in good working order.

4. Consult a Cycle Therapist when things do not seem right, and to learn when more in-depth maintenance can be of benefit. I often recommend a few key steps to keep your bike comfortable and well-functioning.

- Replace your bar tape once a year. Not only does it smell better, it will protect your bars from corrosion due to sweat seeping through the tape layer.
- Service or replace your headset and bottom bracket one to two-times a year. This recommendation varies based on the rider and is influenced by their sweat rate and home-maintenance. Spilling sports drinks, gels, and other materials over these components can also raise the need for this service. (Refer back to Tip 1.)
- Replace your brake and gear cables and housing. Brake and gear cables can corrode from sweat and humidity, and suffer wear and tear from regular use, causing dragging or breakage. This can be a slow process, often "surprising" the rider at the most inconvenient moment. Proactive replacement will reduce the risk of breakage during training or competition.
- Have a professional look over your chain & cassette every 1000 miles. Individuals' riding styles place varying degrees of strain and wear on the chain and the cassette, affecting how often these items will need to be replaced.

Overhaul your bike every 5,000-7,000 miles. Overhauling is a key strategy to keep your bike performing at its best. An overhaul typically entails dismantling the bike, cleaning all the parts, and then re-assembling it. Ask for ultrasonic cleaning for best results (standard during an overhaul at Trek Bicycle Store Pensacola and Mobile).

We hope these tips help to make 2017 your best training and competition season yet. Our staff of professionals offer educational programs on bike maintenance, traffic skills, nutrition, and other relevant topics. Like us on [Facebook](#) and check in often for the latest schedule of programs.

2017 Maritime De Luna Youth Duathlon



Of course we all hope for "chamber of commerce" weather for race day - unfortunately the 2017 Maritime de Luna Duathlon presented by [Running Wild](#) was far from perfect weather. A cold front featuring wind and rain is what Mother Nature had to offer this day. But this did not stop the volunteers, athletes, and spectators from having a great day on the race course.

5 am came early - extra early as it was "spring forward" for Daylight Savings. As more than 70 volunteers began arriving it wasn't long before the roads and walkways were transformed into a magnificent race venue for over 180 youth athletes and their

spectators (friends and families) to relish. So much effort went into providing a top-notch experience for the athletes: a sprawling transition area with rack space for more than 200 bikes, a finish line which rivaled that of many storied adult events, bike support from our sponsors [Trek Bicycle Store of Pensacola](#) and [Gulf Coast Cycle & Tri](#), complimentary refreshments courtesy of Attorney [Stephen Pitre](#), and professional timing and scoring by [Event Technical Services](#). Additionally, we were lucky to have 40 athletes sponsored by the [Gulf Coast Tri Initiative](#) -- all of them dressed in neon yellow team shirts.

The athletes and families began to arrive by 6:30 am. Despite chattering teeth and shivering bodies, the athletes were slotted into transition and ready to race. There was plenty of excitement as family and friends began to line the race course. With seven total waves of athletes organized by age and race distance, the first wave of athletes took to the course (and challenging conditions) promptly at 8:30 am. It seems as if the weather had little impact on the athletes once they were in run-bike-run mode. In the end, the athletes received finisher medals for their accomplishment and enjoyed the many post-event refreshments provided by the loyal event sponsors and volunteers.



To add to the excitement this year, the event included a school-based team award for the school with the highest amount of points. First Place honors went to Cordova Park Elementary with Oackcrest Elementary at a very close Second Place.

Congratulations to all the athletes on their accomplishment. Tri Gulf Coast is very appreciative of all the volunteers that came together in less than desirable conditions to make the day a success!

In addition to the Maritime De Luna Youth Duathlon, TGC hosts the Sea Turtle Triathlon, a premier youth triathlon, every October.

Some Dos and Don'ts of Bike Buying for the Novice Courtesy of Kirwan Price

Obviously, you need a bike if you plan on participating in triathlons, but few of us come to the sport with the perfect ride. Figuring out which bike to start with or how much you want to spend if you don't already have a ride can be a big hurdle for those entering the sport. So, what to do?



First of all, use the bike you already have, even if it's a dunker. Before you spend any money, you want to be certain you have the dedication to train, and your old cruiser will serve that purpose just fine. Once you know you can stick to regular training and are committed to riding, do yourself a favor and buy your first bike NEW from your local shop. Gulf Coast Cycle and Tri, Pro Cycle and Tri, Ride More Bikes and The Trek Store can help you get exactly what's right for you.

There is so much to learn about a bicycle, and buying your first bike used

can be very tricky though the temptation to try and save a buck is strong. Instead, your local shop can be certain you get a bike that is the right size. Getting a bike that doesn't fit is a mistake many novice cyclists make and one that can't really be fixed without getting another bike! Additionally, you can learn from an expert about how component groups differ in performance and cost, what wheels best suit your intended riding style and what pedals work best for you. Most importantly, when you buy a bike from a local dealer, you can test ride it.

Only after you've purchased a bike new and ridden for a while would I suggest you try to buy a used bike. I bought a new bike, trained on it for many miles and eventually did triathlons using it (I had drop-on tri bars) before I bought a used bike. By then, I was very comfortable about the size and fit of the bike I was looking for. That's the most important criteria. The other things to consider in no particular order are the components, wheels, pedals and saddle you want.

Local shops offer used bikes for sale and that's your safest bet when buying a previously owned bike. The next best option is to buy your used bike from a friend - most likely someone with a very similar build to yours. Barring those choices, you'll buy your used bike from a stranger.

If that's the case, be certain you know exactly what you are getting. Oftentimes bikes are listed for sale with photos that don't match the description of the bike. Things like wheels, pedals, stems and saddles can be different so be sure to ask. You'll want to know how many miles the drive train - cassette and chain - have been ridden and how much wear the tires have. If possible, test ride the bike. Take it to your local shop and have them give it a once over. Do the math and add up the cost of all of the components to be sure the price compares favorably with other bicycles similarly outfitted. If, as I suggested earlier, you purchased your first bike from your local shop, then they'll be more likely to give you their opinion of the used bike you're thinking of buying.



Above all else, caveat emptor and remember, it's the motor not the bike that makes you fast.

TGC Out and About - March 2017



TGC Tent at Ciclovía



March Unity Ride with WF Wheelmen



TGC Volunteers at Kids Duathlon



Spring Social - Bridge Bar

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, mostly.

MULTISPORT EVENTS

2017 Portofino Tri Series

A Team MPI Event

May. 20 - Saturday at 7:00 a.m.

Jun. 10 - Saturday at 7:00 a.m.

Aug. 19 - Saturday at 7:00 a.m.

Sep. 23 - Saturday at 7:00 a.m.

**** ENVIE LADIES ONLY TRI ****

[Info & Registration](#)

[XTERRA Blackwater Triathlons](#)

Apr. 1 - Blackwater River State Forest

TGC will have the Tent and will be cheering on our members. Join us!

[Tradition's Triathlon](#)

Apr. 8

Biloxi, MS

LOCAL RUNS

[Blackwater 10 Mile Trail Run Challenge](#)

Apr. 1

Blackwater State Park

[Michele Hill Raider Run 5k](#)

Apr. 1

Navarre, FL

[I Embody All Things Great 5k](#)

Apr. 1

Navarre Beach, FL

[Aletheia Flapjack 5k](#)

Apr. 1

Pensacola, FL

[XTERRA Blackwater Trail Run \(21k & 6.5k\)](#)

Apr. 2

Blackwater River State Forest (Bear Lake)

[Coon Hill Day 5k](#)

Apr. 8

Jay, FL

[Ironman Florida 70.3](#)

Apr. 9
Haines City, FL

[Mullet Man Triathlon](#)

Apr. 22
Perdido Key, FL (Flora-Bama)

[Infirmiry Health Duathlon](#)

Apr. 22
Mobile, AL

[Capital of Dreams Triathlon](#)

Apr. 29
Montgomery, AL
***PRICE INCREASE ON APR 10**

[Beach Blast Triathlon & Duathlon](#)

Apr. 29
Mexico Beach, FL

[Inaugural Pensacola Triathlon](#)

Apr. 30
Pensacola, FL

[Pensacola Beach Triathlon](#)

May 12
Pensacola Beach, FL

[Ironman Gulf Coast 70.3](#)

May 13
Panama City Beach, FL

CYCLING EVENTS

[Tour de Bay Ride](#)

May 7
Mobile, AL

[Ride of Silence](#)

May 17 - Pensacola State College

West Florida Wheelmen Cycling Club

[Ride Schedule](#)

[Trek Store - Rides](#)

[Infinity Bicycles - Rides](#)

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

[Navy Federal's Annual 5k](#)

Apr. 8
Pensacola, FL

[Gulf Coast Half, Ten Miler and 5k](#)

Apr. 9
Pensacola Beach, FL

[AWKO Justice Jog 5k](#)

Apr. 15
Pensacola, FL

[Quentin Cooper Liver Life 5k Run/Walk](#)

Apr. 15
Gulf Breeze, FL

[Tiger Trot 5k](#)

Apr. 15
Gulf Breeze, FL

[Crawfish Fest 5k](#)

Apr. 22
Pensacola Beach, FL

[Texan Trot 5k](#)

Apr. 22
Pensacola, FL

[Fiesta 5k/10k](#)

Apr. 29
Pensacola, FL

[Scratch Ankle 100](#)

Apr. 30
Bear Lake

[Brain Tumor Run/Walk for Research 5k](#)

May 6
Pensacola, FL

TGC EVENTS

Board Meeting

Apr. 12 (Wednesday) - 6:00 p.m.
Contact: President@TriGulfCoast.org

Group Ride & Run

Apr. 2 - 9:00 a.m.
Pro Cycle & Tri (Fairhope)

Mere Mortals

[Pro Cycle and Tri - Rides](#)

[Girlz Only Sunset Rides](#)

Triathlon Practice/Training

Kick off - May 28

Most Sundays - 6:30 AM

Pensacola Beach, FL

Mere Mortals schedule will be posted to
TGC website soon!

Each month, we create 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 - EVERYTHING MUST GO!

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

\$10.00

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

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



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