



TRIGULFCOAST
MULTISPORT ATHLETES

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31 January 2017

Greetings!

Happy 2017!!

Just as each of you have been getting in those grueling workouts on the indoor trainer and treadmill, know that your TGC board has also been hard at work planning the 2017 schedule and working on new initiatives.

Kit Chairperson, Gary Garza, has placed the order for your 2017 Triathlon Kits and for the first time ever, Bike Jerseys. Mere Mortals Chairperson, Tom Henderson, is finalizing the 2017 Mere Mortals schedule and Vice-President Jessica Becker will be setting up the volunteer schedule in the upcoming weeks. The Board has approved the 2017 Tri Gulf Coast budget with the assistance of Treasurer Peter Neuhaus while secretary Chris Rawson is diligently keeping records of our meetings.

Mindy Straw and Jim Hagy are in the final planning stages of what is expected to be another successful Maritime de Luna Youth Duathlon. Social chairperson Dawn van den Berg continues to keep members up-to-date on Facebook while our newsletter Chairperson Sheila Fitzgerald produces informative and entertaining newsletters. Finally, board members Teresa Hess, Miles McDaniel and Patrick Wilkes are working on various projects that we will highlight in the upcoming months.

Speaking of future endeavors and first time events, our February group ride will be held at Pro Cycle and Tri on Feb 19 at 9am in Fairhope, AL and gives us an exclusive peek at the Grandman Triathlon course. We are going off-road for our group run on February 26 at 8am at the University of West Florida's Pate Road trail head.

In addition, we are working to relaunch our TGC Twitter account and Instagram page so we can

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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

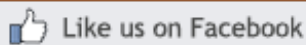


\$6 Daily Meal Deal
6" Sub-of-the-Day, Chips, and Drink

communicate and stay connected to our members. Stay tuned for updates.

In closing, **you**, the member, are the reason for this club and we don't want you to get injured. Please remember to train safely and smartly. Never tempt the weather and always wear a helmet, swim with a buddy and wear a bright swim cap, stay out of traffic when you run and never assume the driver sees you. Be well and please contact us at www.trigulfcoast.org or on our Facebook page with any questions or comments.

John Fitzgerald
TGC President
& The TGC Board

 Like us on Facebook

2017 Maritime De Luna Youth Duathlon (RUN - BIKE - RUN)

Tri Gulf Coast is proud to announce the 2017 Youth Multisport Series!! The Maritime De Luna Youth Duathlon will take place on Sunday, March 12, 2017. Kids from 6-15 years old are encouraged to join in this fun event. Please tell others about this event and consider volunteering with your fellow TGC members. You will not regret the commitment!

DATE: Sunday March 12, 2017

LOCATION: Community Maritime Park,
Pensacola

TIME: First race starts at 8:30 am

LONG COURSE: 10-15 years old
(Run .6 miles, Ride 3.2 miles, Run 1 mile)

SHORT COURSE: 6-9 years old
(Run .4 miles, Ride 2 miles, Run .5 miles)

For more information and to register, click here:
[Maritime De Luna Youth Duathlon](#)

Volunteers are needed!! Sign up here:
[Volunteer Sign Up](#)

TEAM
mpi



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.



Pensacola's Locally-Owned Performance Swim Store

Quantifying Your Swim Training & Performance by Coach John Murray

Triathlon Swimming (Part 1 of 2)

To simplify the understanding of triathlon swimming technique, breaking down each area of the stroke seems to help. Areas that will be discussed in this newsletter are **balance, long axis rotation and head position**. We will address breathing, kicking and arm movement in the March newsletter. For all of these areas, a description and explanation will be followed by some recommendations, mostly in the form of a swimming drill that can isolate the body part(s) involved.

Balance refers to keeping our entire body near the surface of the water. Since drag, created by water resistance, is 800 to 1000 times that of being on land, the swimmer must work towards decreasing as much drag as possible. This can be accomplished by modifying the "posture" in the water. Through engagement of the core and pressing the head and sternum down slightly in the water, the legs and hips will rest higher in the water thereby eliminating a large portion of resistance. Although a Pull Buoy or neoprene shorts will likely improve a swimmers balance with no change to posture, the athlete can perform a few drills that can, over time, develop a better position in the water. Practicing a static balance position, that is, a "superman" position, with arms extended out in front, core engaged (abdomen and glutes tightened), pelvis tilted forward and chest pressed downward can help athletes to allow their legs to float towards the surface.



Long axis rotation is the ability to roll the body from side to side while swimming. The head and spine should remain generally still despite the shoulders and arms pulling and recovering. This attribute is helpful for many parts of the freestyle. As arm enters out in front, that same shoulder will move down in the water, as will the flank and hips. This "rolling" from side to side makes it easier to breathe because your shoulders are turned. It also makes it easier to pull your arm out of the water at the end of the stroke because that same hip is slightly

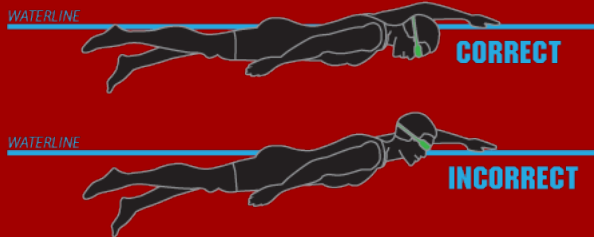


Code T-GCT30 for 30% off
all equipment



10% off with code: TGCMC

turned toward the surface. And from an efficiency and power angle, the long axis rotation allows the swimmer to recruit that movement to add strength to their pull. This is similar to a golfer or baseball player using their hips to help them hit the ball. A drill that can punctuate this movement is the one arm drill. With one arm resting by the side, the swimmer will use only one arm to swim. Pausing slightly while the working arm is out front, the swimmer takes a breath and then as the head returns to looking down, the arm pulls through the water with the aid of a pronounced body roll. If the drill is done with a suboptimal body rotation it will be very difficult to perform. Breathing can be done on either side.



Head position is for helping our swim stroke to be more efficient. Allowing the head to find its neutral buoyancy position can help immensely with improving balance. The head weighs about 10 pounds and trying to hold it above where it would naturally rest in the water can the hips and legs to sink. If an athlete is not comfortable in the water the tendency is to attempt to keep the mouth as close to the surface as possible. Over time, and with encouragement, the athlete will become more confident and will allow the head to rest slightly deeper. Movement of the head during breathing is also evaluated for unnecessary movement. A rotation on the long axis in addition to "tucking" the chin towards the shoulder can eliminate the head being picked up towards the front.

Using a snorkel designed for freestyle swimming can let swimmers work on keeping the head still throughout the stroke cycle. Another technique is to place a hand paddle on the crown of the head and attempt to push it down the pool while performing freestyle. The paddle will stay in place, even with breathing if proper technique is used.

(Stay tuned to the next newsletter for *breathing, kicking and arm movement*).

~ Coach John



Infinity Bicycles



15% off all accessories & apparel



Discount Code: C-TRIGULF

TGC GROUP TRAINING & EVENTS

Ride: Feb. 19 at Pro Cycle & Tri

- 9:00 am
- Location: 510 Fairhope Ave, Fairhope AL
- Grandman Triathlon Route

Run: Feb. 26 at UWF Pate Road Trails

- 8:00 am
- 6 mile trail run (Games side)

TGC Members, Networking, & Training

- Facebook - [TGCTrains](#)

MERE MORTALS - Volunteers

The schedule is set for 2017 Mere Mortals.

Starting May 28th, we will be back on Pensacola Beach swimming, biking, and running.

MEMBERS - Start thinking of friends and relatives who expressed an interest in the sport and making sure they know about this awesome opportunity.

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 be on the lookout for e-mails and Facebook posts with the link to sign-up.

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.

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.



WOT - Women of Tri Gulf Coast
by Teresa Hess



Last year Tri Gulf Coast began a women's initiative, as a means for women in the club to connect, educate, and support each other through what is typically a male dominated sport. Throughout 2017 we will be planning WOT events, as well as contributing to the TGC newsletter.

Now, I know some are asking why do we need a women's initiative? Many of our ladies are already out there encouraging each other, supporting each other, and talking together. In fact TGC is rare in the sport of triathlon as our club is approximately 50% women! GIRL

POWER! I say rare because in most triathlon groups and triathlon start lines, women make up only 37% of the participants and competitors.



The presence of women in triathlon has grown steadily since Lyn Lemaire cross the Ironman finish line in 1979. This followed by the iconic finish of Julie Moss in 1982 as she crawled across the Kona finish line, showing that you can fall and still, through determination, make progress. It is because of this growth that TGC wants to provide an opportunity to our female participants to be able to talk together about "lady things", to help each other train safely, and to show that while we are competitive, we are also encouraging and supportive of each other throughout our time training and racing. Through WOT we will grow as women in the sport, to encourage the next generation of women to participate in triathlon and to keep us all out on the road for years to come.



With triathlon season quickly approaching, let's talk about why triathlon is a great sport for women especially. VARIETY in the sport speaks to the multitasking female keeping our minds and body healthy. By having multiple focus areas, we get a full body workout and our bodies gain endurance but even more, we keep our minds moving from one activity to the next. This variety is mentally stimulating and helps us to be alert, energetic, and engaging when it comes to other topics and tasks in our lives. The other benefit in triathlon for many women is the flexibility. This sports does require training but training can also be fun and family engaging. You can run with your strollers, bike with your 5 year old, and teach your child to swim. The bonus here is not only time training and family time but also teaching our children to enjoy an active lifestyle.

There are many other reasons we are all out there, but ladies let's remember we are out there together. Let's support, educate, and make our presence known through our voices of encouragement.

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

[Winter Challenge Off-Road Triathlon](#)
Trail Run, Kayak, Mountain Bike
Feb. 18 - Springfield, SC

LOCAL RUNS

[Double Bridge Run 15K & 5K](#)
Feb. 4 - Pensacola, FL

[New Orleans Rock & Roll \(26.2 & 13.1\)](#)

[Maritime de Luna Du Youth Duathlon](#)

Mar. 12 - Downtown Pensacola
Maritime Park

[XTERRA Blackwater Triathlons](#)

Apr. 1 - Blackwater River State Forest
TGC will be cheering on our members.

XTERRA needs volunteers if interested!
Sign up [here](#).

**It is OFF SEASON! Unless you are
willing to go farther south...**

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](#)

CYCLING EVENTS

[NXNW Cyclocross](#)

Feb. 5 - Pensacola, FL

[Annual Battleship Ride](#)

Feb. 19 - Pensacola to Mobile and back

[Pensacola Ciclovía Open Streets Ride](#)

Mar. 25 - Downtown Pensacola

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

Feb. 5 - New Orleans, LA

[Gulf Coast Half Marathon](#)

Feb. 11 - Gulf Shores, AL

[Blackwater 50k Ultra Trail Run Challenge](#)

Feb. 18 - Blackwater River State Park

[Girl Scout's Run for the Cookies Trail Runs](#)

(5k and 1 mile)

Feb. 18 - University of West Florida

[I Pink I Can Run 4 Mile Run/Walk](#)

Feb. 18 - Flora-Bama Lounge

[Sweetheart 5k & Sea Turtle Half-Marathon](#)

Feb. 18 - Gulf Shores, AL

[Destin Beach Ultra Runs](#)

Feb. 18 & 19 - Destin, FL

[PRA Bay to Breakfast 8K Cross Country
Challenge](#)

Feb. 25 - Big Lagoon State Park

[Joe Cain Classic Run 5K](#)

Feb. 26 - Mobile, AL

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

Apr. 2

Blackwater River State Forest (Bear Lake)

TGC EVENTS

Board Meeting

Feb. 8 (Wednesday) - 6:00 p.m.

Contact: President@TriGulfCoast.org

Group Ride

Feb. 19 - 9:00 a.m.

Pro Cycle & Tri, Fairhope, AL

Group Trail Run

Feb. 26 - 8:00 a.m.

UWF Pate Road Trails

**SAVE THE DATE!! -
Spring Social**

Mar. 12 - Afternoon

**Volunteer at the Kids Duathlon and then
come socialize with other TGC Members!**

Look for Details on Facebook and in the next newsletter.

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>

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