



3 March 2017

## Greetings!

Happy March-

With the weather starting to warm up, there are plenty of events to participate in and Tri Gulf Coast is happy to be involved with many of them. First and foremost is the **Youth Duathlon** on March 12th at the Blue Wahoo's Stadium. Mindi and Jim have worked hard to put on another great event to share the sport of triathlon with our youth. Volunteers are still needed! E-mail Mindi at [mindistraw@gmail.com](mailto:mindistraw@gmail.com) to sign-up.

Once the duathlon is finished, we are switching into fun mode and moving the party over to the Bridge Bar in Gulf Breeze for **TGC's Spring Social** starting at 4 pm. Bring a friend who might be interested in multi-sport events.

Last, please join as at the [Ciclovía Open Streets Pensacola](#) event on March 25th in downtown Pensacola. This a community wide, family friendly event and we will begin the morning with a group ride with West Florida Wheelmen and other bicycle shops. TGC will also have our tent set up. Stop by and see us!

We now have an **Instagram** account! As you participate in events, please tag us on Facebook or on Instagram **@trigulfcoast**. Be well, be safe and please contact us at [www.trigulfcoast.org](http://www.trigulfcoast.org) with any questions or comments.

*John Fitzgerald*  
TGC President  
& The TGC Board



**2017 Maritime De Luna Youth Duathlon**

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## TGC Sponsors & Supporters

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Please remember to show your appreciation by considering their products and services.



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## (RUN - BIKE - RUN)

The Maritime De Luna Youth Duathlon is almost here! The event will take place on Sunday, March 12, 2017. Kids from 6-15 years old are encouraged to join in this fun event. As of February 21, 140 athletes were registered for the duathlon and more than 60 volunteers had signed up to help on race day! Thank you TGC for supporting this event! Please tell others about this event. We have more slots available for athletes.

**DATE:** Sunday March 12, 2017

**LOCATION:** Community Maritime Park,  
Pensacola

**TIME:** First wave 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](#)

If you would like to volunteer, please e-mail Mindi Straw at [mindistraw@gmail.com](mailto:mindistraw@gmail.com)



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**Quantifying Your Swim Training & Performance  
by Coach John Murray**

### **Triathlon Swimming (Part 2 of 2)**

In the last newsletter, we discussed balance, long axis rotation and head position to provide a better understanding of triathlon swimming technique. Areas that will be discussed in this newsletter are **breathing, kicking and arm movement**. 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.



Pensacola's Locally-Owned  
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### **Breathing -**

Turning the head to breathe can be very quick and "sneaky" or it can be a delayed process that negatively affects balance. Newer or less comfortable swimmers are more likely to pull their head out of alignment with each breath. Allow time for swimmers to gain confidence through frequent swim training sessions. Acceptable breathing patterns are generally every 2-3 strokes. This allows for a continuous expelling of CO2 and inspiration of O2 (21%). The debate goes on regarding bilateral

vs. unilateral breathing patterns. A swimmer may possess the ability to breath to both sides but prefers a unilateral pattern. As long as the swimmer has symmetrical long axis rotation, a unilateral pattern is fine. The ability to breathe comfortably to both sides is important in triathlon/open water swimming because weather and water conditions may dictate. Additionally, ensuring a full exhalation and inhalation will assist athletes in swimming to their potential. Occasionally changing to different breathing patterns will help develop comfort and proficiency. The practice of extended breath holding while swimming is no longer acceptable and potentially dangerous.



### **Kicking -**

The legs provide a certain amount of propulsion but at a cost. The large muscles of the legs can require a lot of oxygen and that will increase the heart rate and breath rate. In

longer races, such as a triathlon swim, athletes fair better with allowing the hips, shoulders and arms to bear the brunt of the workload and de-emphasizing the work of the legs. The legs should always remain hidden in the shadow of the body to decrease their drag liability. A light, continuous kick will help keep the legs and feet near the surface and if timed correctly can augment both propulsion and long axis rotation. Ankle flexibility is a desirable attribute.

The **arms and hands** provide the bulk of the propulsion. The arm movements are classified as the entry, catch, finish and recovery. The fingers are relaxed and the hands are an extension of the forearm. For the entry, the fingertips enter first, followed by the wrist and then the elbow. The entry point is in front of the shoulder and about



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where the wrist of the other would be extended out in front. Right after entering and extending out in front, the palm and forearm detect the weight of the water. This is the "catch". This extremely important part of the freestyle will be the basis for desired propulsion. Once the palm and forearm begin the hold on the water, that hold should be continued until the hand moves to the hip. Any lateral movement will most likely mean that hold on the water was lost. As the hand moves by the hip (the finish) the final push on the water occurs. The recovery (the arm and hand moving back towards the entry) is performed with a very flexible shoulder joint and led by the upper arm vs. the hand. Some swimmers tend to move side-to-side if their shoulder is inflexible. This can cause the upper body to move side to side in the water, creating drag. Swimmers can wear a snorkel to watch their arms/hands in the water. Sometimes wearing hand paddles can deliver valuable feedback regarding propulsive errors.

~ **Coach John**

### TGC GROUP TRAINING & EVENTS

The March TGC group ride will be on March 25th in conjunction with Ciclovía Open Streets Pensacola in downtown! We will do a Unity Ride with West Florida Wheelmen beginning at 7:30am from City Hall out to Lillian and end at the Wahoos stadium across the street from City Hall in time to cruise the open streets and enjoy the event. There are distance options of 30 and 45 miles. For those who are interested, TGC will also have a group run following the event. For more details on the event, click [here](#).

TGC Members, Networking, & Training

- Facebook - [TGCTrains](#)

### 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](mailto:Sheila@TriGulfCoast.org).



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## Tri the Island Triathlon on June 10th

In January of 2016 the Santa Rosa Island Triathlon Board of Directors decided to conduct a new event tailored to encourage athletes to participate in their first triathlon. We wanted to keep the entry fees very reasonable and still put on a high quality, very safe, very "comfortable" and very enjoyable race. At the same time we wanted to have a competition that would be attractive to experienced triathletes. We worked very hard for months and the first Tri





the Island Triathlon was held on April 23rd. The event was successful and now we look forward to the next edition of this fun race.

The distances are a 300-yard swim (in Santa Rosa Sound), a 10-mile bike leg and a 2-mile run with a time trial start. Last year we had about 100 "newbies" and 250 "alumni" participate in the event. The veteran athletes raced, the first-timers had a great experience and there was an awesome medal, shirt and after party. We barely broke even on the event, but we all had a great feeling afterwards.

In November, we discovered a conflict with our desired date. **This year's event is now scheduled for June 10 and registration is open.** We think this date will appeal to more first-timers and veteran triathletes. The water will be warmer, people will be further along with their training and it won't be THAT hot at 7 am.

So go to our Santa Rosa Island Triathlon [Facebook](#) page or [website](#) and get all the details. Tell all your triathlon friends or any athletes you know who have been wanting to try their hand at multisport and join us! We intend to have an amazing event and we think you'll have a great time on Santa Rosa Island.

**Charles Gheen, Race Director**



Tri the Island 2016

### 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.

### WEST FLORIDA WHEELMEN NEWS & EVENTS



Wheelmen ride all year!

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

Join us for the 2017 Spring Social at the Bridge Bar

**The Bridge Bar - Sunday - March 12, 2017  
4:00 p.m.**



Last year's social was a huge success and a lot of fun. Here is your opportunity to get to know other TGC members and discuss your plans for the 2017 triathlon season. No exercise required!

We'll provide hamburgers, veggie burgers, and hot dogs. (We promise that TGC President John Fitzgerald will not be behind the grill!!) Please bring a side dish, **AND BRING A FRIEND!** The Bar will be open for drink orders.

If the weather is nice, there will also be a band to keep us entertained. **WE WILL HAVE RAFFLES AND GIVEAWAYS** for members including these race entries and gear:

- Rock N' Fly Half Marathon
- Seafood Festival 5K
- Fiesta 5k
- TGC shirts, singlets, hats, etc.

The Bridge Bar is located in Gulf Breeze at the base of the Three Mile Bridge (33 Gulf Breeze Pkwy). We hope to see you there!

## 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!



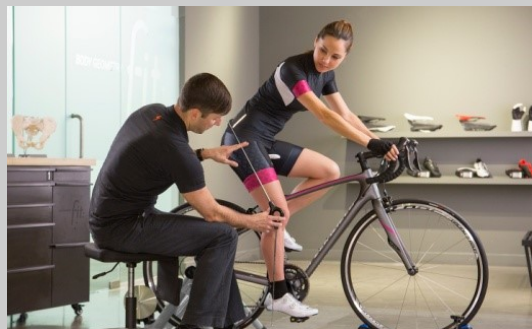
Post to the Facebook Page so we can stay connected and celebrate everyone's accomplishments.

## WOT - Women of Tri Gulf Coast Comfort in the Saddle by Teresa Hess



There are few things worse in triathlon than being out on your bike and getting that rubbing, not quite right, oh-my-goodness-how-much-further-ouch, feeling. Proper bike fit, saddle selection, biking attire, and body glides are vital for every triathlete - ladies included! Sometimes we don't like having "that" conversation at the bike shop. Hopefully, this article will help you ladies with a few pointers for keeping your derriere happy out on the road and ease your discomfort of discussing saddle soreness. This topic is an acceptable conversation in Triathlete circles!

Where to start? Everyone should have their bike fitted with ongoing adjustments assessed along the way. A correctly fitted bike puts your legs (and the rest of you) in the most efficient position. Having a good bike fit can



alleviate rubbing, pain, and make the ride more comfortable for any distance. Many people settle for good enough - **DON'T!** Make sure you communicate your individual needs to the person fitting you on your bike. Don't just agree because you think the fitter knows best. Tell them when you have a pinch or if your back

is tight. Also, know that once you take your bike on the road and ride, you may need minor adjustments to dial in the perfect position. Ladies, I encourage you to talk to the person fitting you to your bike. If your lady areas are hitting on the saddle in a really bad way or you feel pain, tell the fitter. This was one of the most awkward conversations I had (the first time). As the bike shop guy tweaked and moved my bars and saddle something was just not right. He asked if I was good and I told him no. I turned bright red when he asked what felt wrong. He immediately said, "Oh that. We can fix that." He honestly knew more about how to "fix that" than I could have imagined. Trust me ladies you are not the first lady walking into a bike shop. The conversation gets easier. It is your body, make sure it is happy.



With a fitted bike, there are a few other things that make your life better on the bike. One is the saddle. Every lady's lady parts are different, so the saddle that I LOVE may not be the saddle for you. Try out demo saddles from bike shops or other club members. Many women in this sport have saddles they didn't like sitting in a box somewhere. The nice thing about trying out saddles that a friend didn't like is that you might like it and get a great deal by taking it off their hands. You also get one step closer to what you don't like without the cash output. Saving money in this sport is rare. Once you find the saddle you like remember it may not be the saddle for every occasion. My road, tri, and mountain bike saddles

are all different; which makes sense when you think about the different ways you sit on and the purpose for each bike.

Your bike is fitted, your saddle is the perfect fit, but your butt is still feeling every rock in the road. This is when proper biking shorts can change your world! For many triathlons you will be wearing tri shorts which have less padding than the typical cycling shorts. You might think you want a thicker short while on the bike, but the fact is you are going to want a short which is breathable and dries quickly. Not all tri shorts are created equal. When looking for the right fit in tri shorts, you want to check out the padding (of course), the leg length, leg grips, compression, and pockets. All of these features come into play at some point during an event. For example, if the leg grips are not enough to keep the shorts in place they will ride up during the race leaving you with a lot of extra fabric rubbing. With compression, some ladies are a fan, some not so much. Compression shorts should not make your legs change colors or go numb in ANY WAY!! If your weight fluctuates, you may want a few different pairs on hand in varying sizes with the your favorite features.

Bottom line: things are going to rub. The act of riding a bike causes movement and friction. One way to prevent rubbing is to use glide creams. There are plenty of different brands on the market - even women specific. Again the cream you use comes down to personal choice. I say test MANY! Glides are perhaps the cheapest thing you buy in this sport and valuable in every part of the sport, from wetsuits, to bike rub, to thigh rub! Many come in test sizes so you can try them out without purchasing a full tub or jar. I personally like the Hoo Ha Ride Glide. Not only is it fun to say, it gives good coverage and doesn't leave me feeling greasy. It also has natural elements which help to protect a ladies most vital area from chaffing and/or bacterial infections.



This covers the absolute basics - get your bike fitted, tell the fitter if your lady parts are unhappy with the fit, find a saddle that works for your body, invest in tri shorts that fit, and find a glide that works!

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

### MULTISPORT EVENTS

[Maritime de Luna Du Youth Duathlon](#)

Mar. 12 - Downtown Pensacola  
Maritime Park

[Florida Challenge Triathlon - The Intimidator \(70.3\)](#)

Mar. 18 - Clermont, Florida

[Red Hills Triathlon](#)

### LOCAL RUNS

[Bayou Hills Run \(5K & 10K\)](#)

Mar. 4  
Pensacola, FL

[Ian Lockwood Memorial 5k](#)

Mar. 4  
Navarre Beach, FL

[Run Pink Pensacola \(5K\)](#)

Mar. 25 - Tallahassee, FL

### [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...**

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## **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](#)

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## **CYCLING EVENTS**

### [Tour de Fort: Archaeology and History](#)

#### [Bike Tour at Fort Pickens](#)

Mar. 4 - Fort Pickens

### [Tour de LADR Bike Race](#)

Mar. 4 - Point Clear, AL

### [Pensacola Ciclovía Open Streets Ride](#)

Mar. 25 - Downtown Pensacola

#### [Watch this Video!](#)

### [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](#)

### [Pro Cycle and Tri - Rides](#)

Mar. 5

Pensacola, FL

### [McGuire's Prediction 5K](#)

Mar. 11

Pensacola, FL

### [Blue Angel Rock N Fly \(13.1 & 5K\)](#)

Mar. 18

NAS Pensacola

### [The Spring Fever Chase 10k & 2 Mile Fun Run](#)

Mar. 18

Fairhope, AL

### [Kappa Sigma Military Heroes 5K](#)

Mar. 25

Pensacola Beach, FL

### [Run for America's Warriors \(13.1 & 5K\)](#)

Mar. 25

Flora-Bama Lounge

### [Azalea Trail Run 10K & 5K](#)

Mar. 25

Mobile, AL

### [Blackwater 10 Mile Trail Run Challenge](#)

Apr. 1

Blackwater State Park

### [Michele Hill Raider Run 5K](#)

Apr. 1

Navarre, FL

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

Apr. 2

Blackwater River State Forest (Bear Lake)

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

Apr. 8

Pensacola, FL

## **TGC EVENTS**

### **Board Meeting**

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

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

## **Spring Social**



[Girlz Only Sunset Rides](#)

**Winter Break**

Mar. 12 - 4:00 p.m.

The Bridge Bar, Gulf Breeze

**Group Ride**

Mar. 25 - 7:30 a.m.

City Hall, downtown Pensacola

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



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