

1 July 2017

Greetings!

Happy Summer!

Mere Mortals is in full swing and we hope you are learning a lot about this great sport. We continue to try and make each session as close to the real thing which is why we've added the roped-off transition area and cut-off time. You will experience a similar set up at the Santa Rosa Island Tri and we will continue to adjust each session as necessary.

While you're training, make sure to take advantage of all the knowledge around you. Many of the TGC volunteers and participants have completed several races and are happy to share their suggestions with you. You can learn as much from these conversations as you can from the actual workouts.

Also, as you prepare for the big race in October, make sure you continue your training throughout the week. Sundays are designed to be the backbone of your preparation but you certainly need to be training Monday through Friday. We offer the Thursday morning I Hate Open Water Swims sponsored by Joe Zarzaur Law and led by MPI's own John Murray. If you need other tips, find me or another board member and we can help you out. Generally speaking, you should be practicing each discipline twice a week.

Things to look forward to... The first-ever TGC "Beach Day" will be held after the Mere Mortals session on July 16th. Gear Swap and Summer BBQ will be on August 13th. And finally, the 2017 Sea Turtle Youth Triathlon will be held on October 8. As always, please feel free to contact us with any comments or suggestions at www.trigulfcoast.org or on our Facebook page. Be safe and have fun.

John Fitzgerald
TGC President
& The TGC Board



Growing as a Triathlete
By Coach John Murray

In This Newsletter

- [MPI Triathlon Advice](#)
- [Group Training Options](#)
- [Sea Turtle Youth Triathlon](#)
- [Second Kit Order](#)
- [Art of Sheltering in Place](#)
- [TGC Out and About](#)
- [Upcoming Events](#)
- [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



Two free workouts and an

When I first started coaching a Masters-based triathlon swimming group I was hesitant to spend much training time on competitive pool swimming skills, such as flip turns, etc. My thinking was that triathletes that did not come from a competitive swimming background had their plates full with just learning the correct technique of efficient freestyle. Over the years, I have slowly changed that idea. For a couple different reasons, it now makes sense to me to get swimmers to have fast turns, great push-offs, breakouts and finishes. Also, learning the other strokes can help swimmers improve their freestyle.

For my newer swimmers or those who are in need of significant stroke modifications, I delay spending too much time on the pool stuff and stick to the "low hanging fruit" of better balance or improved "catch". But eventually my swimmers will hear those corrections being called out..."Swim all the way to the wall!", etc.

One reason to hone our pool-swimming craft is that triathletes are inherently competitive. Whether the rival is the clock or the swimmer in the next lane. Learning how to use the wall in your favor can drop a second or more from each length of the pool. Push off about 2 feet underwater to avoid the turbulence on the surface. Push-offs should be explosive and "snappy". Think of a box jump. We are traveling our fastest when leaving the wall so a tight streamline is essential. Squeeze your arms together and "stack" your hands. Your upper arms will be squeezing your head just behind your ears. As you explode off the wall, point your toes and glide until you just start to slow down. The freestyle breakout starts with the first arm pull. If you are slightly on your side, the lower arm pulls first. Also, you are a bit too deep, that first pull can propel you not only forward but up toward the surface. Practice good push-offs and breakouts on EVERY turn!

Flip -turns are fun to do and can save time. I encourage swimmers to begin to learn this skill. However, while they are still deliberating whether or not to try the flip turn, I will help them learn a better open turn. A very well executed open turn can rival or beat a less-than-stellar flip turn. Swim hard into the wall and only touch the wall/gutter for a brief split second...push off as above.

Learning other strokes can be fun but may take away time from needed improvements in freestyle. Butterfly and breaststroke are short-axis strokes and can be tough on the shoulders(butterfly) and knees(breaststroke). However, backstroke is a long axis stroke and can help improve a swimmer's freestyle. Attributes like balance and body rotation can translate directly to freestyle. Also, mixing up your strokes can be a monotony breaker.



So, in the future, when you are swimming next to someone that is always beating you by a second or two, consider some faster pool techniques and see if you can edge them out!

~ Coach John

unlimited rate of \$110/month for CrossFit classes. Check out the youth performance training as well.



15% discount for any new treatment or service



Pensacola's Locally-Owned Performance Swim Store





Tri Gulf Coast is happy to announce BEACH DAY!

When: Following Mere Mortals on Sun, July 16

What: Throw your beach chairs and gear in your car. We will move the tent down to the beach for some shade and have a good time getting to know our members.

Who: TGC Members and their Friends/Family

If you can't make Beach Day, we will have our Summer BBQ Social on August 13. More details to come!

**GEAR SWAP DAY
WILL ALSO BE HELD ON AUGUST 13**

GROUP TRAINING:

Mere Mortals

Triathlon Practice/Training
Most Sundays - 6:30 AM
Pensacola Beach, FL

Joe Zarzaur I Hate Open Water Swim Series:

Open Water Swim Practice
Weekly (Thursday)
Quietwater Beach - Across from Shaggy's
Splash Time - 6:30 AM

For additional group training options, check out the Facebook group "[TGC Trains](#)".

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.



Code T-GCT30 for 30% off all equipment



10% off with code: TGCMC



15% off all accessories & apparel



Discount Code: C-TRIGULF

Registration for the
2017 Sea Turtle Youth Triathlon
Presented by Zarzaur Law
Opens July 1!



WHEN: Sunday, October 8, 2017, 8:00 AM
WHO: Athletes 7 to 15 can participate. Age is as of 12/31/2017 (END of this year).
WHERE: Park East, Pensacola Beach, FL

RACE DISTANCES:

Age 7-9: (Hatchlings) 75 yd gulf swim, 2 mile bike, 1/2 mile run.
Age 10-12: (Loggerheads) 150 yd. swim, 3 mile bike, 1 mile run.
Age 13-15: (Leatherbacks) 250 yd swim, 4.5 mile bike, 1.4 mile run.

NEW in 2017: We added a longer race course for our oldest athletes and eliminated the excruciating break between long-course and short-course starts.

For more information, see <http://trigulfcoast.org/sea-turtle-triathlon>. See our [VIDEO](#) of the 2015 Sea Turtle Youth Triathlon

Do not wait to [register!](#) Participation is limited to 225 athletes. The event has previously sold out as early as September 1.

TGC Youth Triathlon Clinic: We will also be hosting a 2-hour Youth Triathlon Clinic on Saturday, September 2, at 8:30 AM **at the race venue**. You must [register](#) in advance to participate. Participation will be limited to 50 athletes.

USAT Membership - All athletes participating in the Sea Turtle Triathlon or the TGC Youth Triathlon Clinic must be USAT Youth Annual Member on the date of the event. We suggest that you update your membership at [USAT Triathlon](#) prior to registering.

Volunteer Opportunities: Our success depends on our outstanding volunteers, **many of which are TGC members!** Have a great time being a part of this fantastic youth event by volunteering.

To volunteer for the Sea Turtle Tri, register [here](#). To volunteer for the Youth Triathlon Clinic, contact Mindi Straw at mindi@trigulfcoast.org.

Sponsors: Thank you to our presenting sponsor, [Zarzaur Law](#), our major sponsors [Running Wild](#) and [Subway](#), and our other outstanding sponsors, including Alpha-Omega Sports Performance, Bank of Pensacola, Blackwater Multisport Festival, Gulf Coast Cycle and Tri, The Mark Lee Realty Team, Sandy Sansing Automotive, Santa Rosa Island Triathlon, Stephen A. Petri, Attorney at Law, Three-Sixty, Inc, and The Trek Store of Mobile and Pensacola.

2nd KIT ORDER OPPORTUNITY
Order your Tri Gulf Coast Kit before July 16

This will be your last opportunity to order this year's kit. The kits will be delivered before the end of August, in time for Alabama Coastal Tri, the Members Only Tri and Santa Rosa Island Tri. To place your order, click on the links below. The deadline is July 16 at midnight.

Tri Kits:

<http://www.vder.com/custom/ordering/li/18078>

Cycling Kits:

<http://www.vder.com/custom/ordering/li/18080>



Tri Gulf Coast will also be placing an order for a singlets. **If you are interested**, check your email and respond to the survey. No payment is needed at this time. Only indicate your interest if you will be purchasing a singlet.

Hats and visors are also available for purchase at Mere Mortals for \$15.



Art of Sheltering in Place Courtesy of Patrick Willi



There was a time in my life when my idea of relaxing involved a couch. Through the prodding of my wife and newfound friends in the triathlon community, that idea has slowly morphed into the appreciation of "the OUTSIDE." Like many we prefer to run on the road or trail, bike anywhere BUT on a trainer and swim in open water. While all these activities have inherent risk, the most unpredictable is Mother Nature. Nature is a fickle mistress.

One morning, we decided we wanted to ride from Casino Beach to Navarre. It's a common route with some sand and wind, a few cars, and the beautiful Gulf. As we unloaded our bikes, we could see a storm system on the horizon. We pushed on and started our ride. As we headed East we could see the system coming closer to shore. It was darker. We pedaled faster. The tailwind was nice. The sky was bright as we approached Navarre beach and made our right turn toward the pier. Then we noticed the BLACK that was behind us. No sooner had we pulled under a pavilion by the bathrooms, the clouds caught up with us and unloaded with buckets of rain, howling wind, lightning, and thunder. And there we sat for two hours.



We had some food and water. We were safe, visible, comfortable, prepared, and patient. So we sheltered in place until we felt we could safely trek back to Pensacola Beach. There is an art to surviving "the OUTSIDE." Mostly it involves some planning before-hand and staying calm in the moment. As your cycling distances increase, these are the things you should be thinking about **prior** to a ride.

- For this (10, 15, 25, 55, 100 mile) bicycle ride, what is my route?
- How long should it take?
- How much nutrition do I need?
- Where will I refill my water or get additional hydration?
- Is my cell phone charged? Will the battery last the entire ride? What are my charging options?
- What is my emergency plan?
- What is my weather plan?
- What additional supplies would I need if I have to pause for weather?
- Who is my emergency contact? Have I told them my route, timeline, etc.?
- Do I have flat tire changing tools and tubes?
- Can I change my own tire and/or make simple roadside repairs?
- Who is riding with me?
- Am I visible to motorists (clothing/lights)?



These same concepts are applicable for swimming, running, biking, or ANY outdoor activity.

For the purposes of Tri Gulf Coast and Mere Mortals, we strongly recommend everyone be able to identify when it is necessary to shelter in place (LIGHTNING). While we monitor the weather and conditions closely, it is impossible to plan for EVERY contingency in EVERY situation. It's Florida and our weather can change fast. Know your limitations, know the area, and be able to stay calm. In any situation that involves a serious injury, the first step is to call 9-1-1.

As you leave our Mere Mortals Transition area on the bike, at a minimum have:

- Helmet
- Your cell phone and a TGC contact phone number (check the dryboard)
- Spare tube and inflator
- Hydration
- If GOING LONG, inform Registration Volunteers, they have a list and be aware of the cut-off time for the morning workout.

Remember, it takes some really horrendous weather for ANY race to be cancelled completely. It's important to train in as many of these conditions as safely possible. Know how to stay safe and enjoy rain, wind, sand, heat, cold, etc.



WEST FLORIDA WHEELMEN NEWS & EVENTS

Wheelmen Ride All Year!



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

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.

TGC Out and About - June 2017



Grandman Tri - June 3



I Hate Joe Zarzaur Open Water Swim - June 15



TriStates 100 Century ride - June 3

**We want to see YOUR race and training pictures!!!
Share them by tagging us on Facebook and Instagram @trigulfcoast.**

UPCOMING EVENTS

MULTISPORT EVENTS

2017 Portofino Tri Series

LOCAL RUNS

[Firecracker 5k](#)

A Team MPI Event

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

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

** ENVIE LADIES ONLY TRI **

[Info & Registration](#)

[Freedom Springs Triathlon](#)

Jul. 1

Marianna, FL

[Tri For Ole Glory](#)

Jul. 1

Huntsville, AL

[Sunfish Triathlon](#)

Jul. 8

Meridian, MS

[In Hot Pursuit Duathlon](#)

Jul. 8

Bay St. Louis, MS

[Beaches Fine Arts Series \(BFAST\) Tri](#)

Jul. 8

Jacksonville, FL

[Clermont Triathlon/Duathlon](#)

Jul. 8

Clermont, FL

[Renaissance Man Tri](#)

Jul. 9

Florence, AL

[Jacksonville Triathlon](#)

Jul. 15

Fernandina Beach, FL

[Bring It to the Bay Tri](#)

Jul. 15

Bay Saint Louis, MS

[Heart O' Dixie Triathlon](#)

Jul. 22

Louisville, MS

[Top Gun Triathlon](#)

Jul. 22

Fort DeSoto Park, FL

[Mountain Lakes Triathlon](#)

Aug. 5

Guntersville, AL

TGC EVENTS

Board Meeting

July 12 (Wednesday) - 6:00 p.m.

Contact: President@TriGulfCoast.org

Jul. 1

Pensacola, FL

[Celebrate Freedom 5k](#)

Jul. 4

Jay, FL

[Shark Run](#)

Jul. 4

FloraBama (Orange Beach)

[Color Me American 5k](#)

Jul. 15

NAS Whiting Field (Milton)

[Bushwacker 5k](#)

Aug. 5

Gulf Breeze, FL

CYCLING EVENTS

Pro Cycle & Triathlon - [Goat Path Time](#)

[Trial](#)

Jul. 30

Fairhope, AL

West Florida Wheelmen Cycling Club

[Ride Schedule](#)

[Trek Store - Rides](#)

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

[Pro Cycle and Tri - Rides](#)

[Ride More Bicycles](#)

[Girlz Only Sunset Rides](#)

SWIM CLINIC OPPORTUNITY

UWF Summer Swim - Small Group Clinics

July 31 - August 10

Limited Participation

Check out [flyer](#) for details

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](#)

[Pensacola Runners Association - Calendar](#)

[TriFind](#)

[USA Swimming](#)

TGC Merchandise - Headsweats Visors & Hats

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)
We now take Credit Cards!!!**

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



The TCG 2017
Headsweats Visor



The TCG 2017 Trucker Hat

Stay Connected



Tri Gulf Coast | president@trigulfcoast.org | <http://www.trigulfcoast.org>

P.O. Box 544
Gulf Breeze, FL 32562

Copyright © 2016. All Rights Reserved.