

1 June 2017

Greetings!

Happy June!

This is a great time of the year! Mere Mortals is underway and there are a lot of great events to participate in. Throughout the next few weeks and months you are going to accomplish things you never thought you were capable of doing. Along the way you can learn new skills and make some great friends.

Occasionally, you may get anxious or nervous. Getting in the open water can be intimidating. That is completely normal and almost every triathlete goes through it. I used to pray the swim would be cancelled when I first joined TGC but now I can swim over 2 miles. Trust your training and please ask an experienced volunteer or board member for advice. That is why we are here!!

Details for each Mere Mortals session will be sent out to registered members on the preceding Thursday. The schedule is also posted on our website. **If you haven't renewed your membership, please do so you can continue to participate in Mere Mortals and receive important information.**

A few things to keep in mind. Safety is always the number one priority. We will never meet if there is an active tropical watch or warning. Any kind of cancellation or change will be posted on our Facebook page as early as possible. Always have a swim cap and bike helmet. Please be on time. We start promptly at 6:30 am so please arrive no later than 6:15 am.

Lastly, have fun!! This is a great sport with lots of cool toys to play with. Plus, think of the bragging rights you will have once you complete your first triathlon or achieve that new PR.

As always, please contact us with any questions, comments or suggestions at www.trigulfcoast.org and happy training.

John Fitzgerald
TGC President
& The TGC Board



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TGC Sponsors & Supporters

Tri Gulf Coast events would not be possible without these supporters.

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OFFICIAL CLUB



Free phone consultations



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





Growing as a Triathlete By Coach John Murray

I had a wonderful conversation with an athlete earlier this week. I have worked with her on and off for 3 seasons and we have both grown in our coach-athlete relationship. Each season she learns a bit more about me and my coaching and I learn more things about her as an athlete. She was telling me about a recent race and as she was talking about her mood just prior to the start of the swim. She described in a rather nonchalant way how she was focused on her plan and how she felt good about how she would execute the plan. As I listened I was smiling inside because of the growth in her that I was witnessing. Absent were the comments regarding worry or not feeling ready or self-doubt. Instead an excited and confident athlete shared a great story of her performance.

As a coach of adult triathletes I see all different types of personalities on race day. My hope is that most of them will eventually come to the place where they are truly finding the joy in their journey. I agree that many factors play in to how we feel on race day. Although the perfect race may not come that often, how we react to the "imperfections" in our race tells the real growth in us as triathletes. Her story of that race day continued with her goggles fogging up and her vision being affected to the point she couldn't see the course. She described (with a smile) how she stopped swimming and cleared the foggy goggles. As she was clearing, the strap of the goggles came apart and she had to fix them. None of this phased her. She did what she had to do and kept going. A couple other things did not go 100% as planned but she just kept moving along. When she was finished with the story I told her how I saw a completely different athlete today than when we first started.

As we approach each race or even training session, I hope that we are moving towards that same attitude. Being happy just to be out there. Knowing that there is a good chance the perfect race might not be today, but I can react in a way that doesn't deflate me.



There are countless stories of how athletes have really grown out of the worst race days ever. I certainly don't wish anyone a bad race but I do hope that you are growing as a triathlete!

- Coach John

HAVE YOU HEARD? SECOND KIT ORDER!!!

We are excited to announce that members will have a second opportunity to order this year's TGC "bike themed" tri kit or bike jersey. Be sure to monitor Facebook and emails for details including cost and ordering deadlines.



Two free workouts and an 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







Operating Tri Gulf Coast takes support from all of us. From volunteers, to members, to board members. We all love the sport and that's why we do what we do! We at Tri Gulf Coast are supremely grateful for the support of a select group...a group that makes it possible for us to operate, to get and keep the equipment we need to run the club, to get the things we need to put on our cornerstone Mere Mortals program and to keep our membership costs affordable so we can all swim, bike, run and play....! Our Sponsors!

We love our Sponsors and are grateful to be partners with each and every one. Their expertise and know-how show us the way to be the best triathletes we can be! Take a moment and check out trigulfcoast.org. Check out our list of excellent Sponsors and visit their websites or stores. Being Sponsors and being awesome, they offer discounts to Tri Gulf Coast members too! Awesome is as awesome does.

Tell them what we tell them...*"We can't do what we do without awesome sponsors like you"...*



Code T-GCT30 for 30% off all equipment



10% off with code: TGCMC



15% off all accessories & apparel




Discount Code: C-TRIGULF

MERE MORTALS - WATER SUPPORT VOLUNTEERS NEEDED!!!

TGC is looking for volunteers to help with water safety! We need volunteers with kayaks, paddle boards, or surfboards to watch over our swimmers and provide them with an opportunity to rest should they need it. For more detailed information visit the [website](#) or to volunteer, contact Tom at mortals@tulfoast.org.

CASINO BEACH PARKING LOT - PLEASE NOTE ENTRANCE CHANGE!!!



Mere Mortals Session #2 will be held at Casino Beach. Please be aware that the only entrance into the parking lot will be from Via De Luna Drive, next to Sidelines and across the street from Flounder's. The only exit will be to Fort Pickens Rd near the Public Safety Building. **Be sure to listen to instructions regarding bike exit and entry and remember to always obey all traffic laws.**

Your Ultimate Guide to Bicycles (Part 1) Courtesy of Patrick Willi

If you are new to the sport of triathlon, you may be overwhelmed with all of the bike options out there. The intent of this article is to provide an overview of various bike types but rest assured, the bike you have now is perfect for your first few triathlons, provided it has two wheels! As you become more involved in Triathlon, I can assure you that your collection of bicycles will grow. Your first purchase will be filled with anxiety and uncertainty, but then as your athlete network grows and you become more familiar with what works best for you, you will find all kinds of bike deals and equipment that will allow your bicycle collection to grow. Heaven help you if your spouse is a triathlete or cyclist too.

I started out with a mountain bike. Then I bought a used road bike and completed many triathlons on it, up to a 70.3 distance. Next came a triathlon bike...then another road bike...then a touring bike...then a cyclocross bike...then "parts" bikes. I know people who also have added hybrids, cruisers, fat tires, adult tricycles, fixies, BMX, tandem, recumbent, etc to their collection. You invariably know these people too. Each bike type has an expressed purpose. Bike fit is different for each type. Some people swear by road bikes. Some swear by time trial/tri bikes. Some people are happy to do a 70.3 on a hybrid. You'll figure out what you like as you get more time and experience in the saddle.



Most beginner triathletes compete on a Road Bike, Hybrid, or Mountain Bike. It is most likely determined by what is readily available or affordable. Usually, a dedicated Triathlon Bike is the upgrade. Do you know the difference?



ROAD BIKE



HYBRID BIKE



MOUNTAIN BIKE



TIME TRIAL / TRIATHLON BIKE

Road Bikes are made for riding on the road. Narrow tires are a big change from your childhood Huffy. The sitting position is more upright with an option to position yourself lower on the handle bars (drops) for a more aerodynamic or "aero" position. Gearing is generally less aggressive toward speed and more toward comfort in a variety of conditions.

Hybrid Bikes blend characteristics from road bikes, touring bikes, and mountain bikes. The resulting is a general-purpose bike that can tolerate a wide range of riding conditions and applications. Most of the time these look most like a road bike.

Mountain Bikes make for a rough ride on the road. Stock knobby tires are cumbersome and heavy but the gearing on a mountain bike makes hills easy, generally speaking. If you see a Mountain bike during a triathlon know two things: This person is a beast, and there is probably a fat tire award division.

Time Trial / Triathlon Bikes are made for speed and put the rider in the most aerodynamic position possible. With shifters mounted to the end of Aero bars, the focus is on shifting while in the "aero" position to maintain speed. Brakes are typically positioned so that the rider must come out of "aero" position to engage.

When you are ready to add to your collection, be sure to visit one or more of the bike stores who sponsor and support Tri Gulf Coast. They will be more than happy to answer any questions, provide guidance or assist with a purchase.

GROUP TRAINING:

Mere Mortals:

- Session #2 June 4
- Weekly on Sunday morning
- 6:30 AM start time

Joe Zarzaur I Hate Open Water Swim Series:

- Weekly (Thursday)

- Quietwater Beach - Across from Shaggy's
- 6:30 AM splash time

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.

TGC Out and About - May 2017



I Hate Open Water Swim - May 11



TGC at Girlz Only Sunset Ride - May 11



Mere Mortals Session 1 - Happy faces!!!



Rainy Memorial Day group ride/run

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.

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

MULTISPORT EVENTS

2017 Portofino Tri Series
A Team MPI Event

LOCAL RUNS

[Legion Fitness Water Gun Fun Run 5k](#)
Jun. 3
Pensacola, FL

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](#)

[Grandman Triathlon](#)

Jun. 3
Fairhope, AL

[Jubilee Kids Triathlon](#)

Jun. 4
Fairhope, AL

[Tri the Island](#)

Jun. 10
Pensacola Beach, FL

[Freedom Springs Triathlon](#)

Jul. 1
Marianna, FL

TGC EVENTS

Board Meeting

June 14 (Wednesday) - 6:00 p.m.
Contact: President@TriGulfCoast.org

Mere Mortals

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

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](#)

[Mad Dash 5k](#)

Jun. 3
Pace, FL

[Billy Bowlegs 5k](#)

Jun. 3
Ft. Walton Beach, FL

[Flag Day 5k](#)

Jun. 10
Gulf Breeze, FL

[Gary McAdams Scholarship 5k](#)

Jun. 17
Pensacola Beach, FL

[Blueberry Bash 5k](#)

Jun. 25
Milton, FL

[Firecracker 5k](#)

Jul. 1
Pensacola, FL

CYCLING EVENTS

[Infirmary Health Ride Yellow](#)

Jun. 17
Bay Minette, AL
*Early Registration Ends June 6

[Tour De Gulfport Criterium](#)

Jun. 17
Gulfport, MS

West Florida Wheelmen Cycling Club
[Ride Schedule](#)

[Trek Store - Rides](#)

[Infinity Bicycles - Rides](#)

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

[Pro Cycle and Tri - Rides](#)

[Ride More Bicycles](#)

[Girlz Only Sunset Rides](#)

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 TGC 2017 Trucker Hat

Stay Connected



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

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