



TRIGULFCOAST
MULTISPORT ATHLETES

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YOUTH RACES

NEWSLETTERS

MERE MORTALS

CALENDAR

CONTACT

1 May 2017

Greetings!

Oh Happy Day!!

May is here and that means Mere Mortals is just around the corner. The first session is Sunday, the 28th starting at 6:30 am. The 16 week schedule has been carefully created to prepare first-time triathletes to participate in the Santa Rosa Island Triathlon in October as well as help returning triathletes strengthen their skill-set. Also, starting with session #2 we will be offering experienced members extra time on various courses so there will be something for everyone.

Please remember, you must be a TriGulfCoast member to participate so make sure you have registered at www.trigulfcoast.org before the 28th! Plus, for your \$45, you also get discounts on gear and services from our great sponsors like Alpha Omega, Gulf Coast Cycle & Tri, Pensacola Sports Association, Ride More Bicycles, TREK Bicycle Stores, Subway, Pro Cycle & Tri, Superior Termite Pest Management and others.

Along with Mere mortals, we also have the "I Hate Open Water Swims" led by John Murray of our premier sponsor, MPI and presented by Joe Zarzaur Law. This group meets every Thursday morning at 6:15 on the sound side of Pensacola Beach across from Shaggy's.

Lastly, Mere Mortals is put on by a dedicated group of volunteers but we can always use help. Please consider signing up to volunteer at one or more sessions by completing the [Doodle Poll](#).

Be safe, have fun and enjoy all the opportunities this great sport and great group has to offer. Be sure to post your race photos and tag us on Facebook or Instagram @trigulfcoast. Any and all feedback is welcome on our Facebook page or you can email us by visiting www.trigulfcoast.org and clicking the "Contact Us" tab.

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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.



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Free phone consultations



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

John Fitzgerald
TGC President
& The TGC Board



Some Frequently Asked Swim Questions By Coach John Murray



Since very few folks in the triathlon ranks come from a competitive swimming background there is often times a knowledge deficit related to details of swim training, tactics and techniques. Based on the number of triathletes that attend our swim clinics or see me for individual lessons it's clear that this discipline can be confusing. I encourage athletes to ask questions and seek information to help them improve their swim.



Here are a few of the most common questions...

How do I structure my swim training?

Just as in the bike and run, consistency and frequency are mainstays that create the adaptation to perform well in your races. For swimming though, technique is weighted very heavily. Athletes that require swim stroke improvement will benefit from focusing on technique more than just swimming laps. Rule of thumb for Team MPI is three pool sessions and one open water session (when



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Pensacola's Locally-Owned Performance Swim Store

appropriate) per week. Spend time with technique improvement and intersperse aerobic sets. Use benchmark testing to track your progress.

What are swim drills and do I need to do them?

In order to focus on certain areas of the swimming technique we can use swimming drills as a way to isolate and sometimes exaggerate our movements. Instead of having to think of every area at once, we can target for example just our head alignment.



The correct performance of the drills will have a profound effect on areas such as efficiency and speed. I believe all drills are good for all swimmers but your stroke flaws could be whittled down just a couple areas and you could spend time perfecting the drills that complement them.

Is it necessary to worry about the swim? I mean it's such a short part of the race and I can just perfect my bike and run to make me faster.

I will agree that, ratio-wise, the swim portion is shorter. But ignoring or limiting swim training is a mistake. Let's take a middle of the pack triathlete that has been doing triathlons for a couple years. The desire to podium has grown and maybe this year is very promising. If the swim portion burns too many matches, then the bike suffers. In an effort to stay with the competition into T-1, the inefficient and breathless triathlete watches the competition ride away.



Others will benefit immensely from open water familiarization. As weather warms and it becomes appropriate to start open water swim training, find a buddy or a group and hone down the skills to be a better open water swimmer. Issues like sighting, swimming in chop or waves, or open water anxiety can be dealt with here and your race will be better for it.

In a race, should I just get out there and swim...or is



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10% off with code: TGCMC

there a strategy?

Some triathletes will show up at a race and they will have no plan for what they will do when the gun goes off...other than swim. I spend lots of time working on strategies with athletes. We rehearse and visualize so that when the actual race date arrives and they are listening to the starter count down, they have a plan. It might be where they line up on the sand or what their effort level should be at the first buoy. After several dry runs, the athletes feels like they have done the race a few times already and they are very prepared for any obstacles that may come their way.

Do we really need to learn the kick?

At Team MPI we think of the swim as an upper body evolution. In other words, everything from the hips up is mostly where we are focused. We will still have a light kick that aids a bit in propulsion and long axis rotation as well as helping to keep our legs near the surface. But an improper kick can be a liability. Poor ankle flexibility and big knee bends can cause enormous drag. Working with a coach and/or getting a swim video can help you limit the drag that your legs can be causing and make for a more efficient swim.

If you are aware of some swimming technique flaws or you have some open water swimming issues, I encourage you to contact a qualified swim coach in your area and make this the year that you improve your swim! Your training and racing will change dramatically!



~ Coach John

GROUP TRAINING:

Mere Mortals:

- Starting May 28
- Weekly on Sunday morning
- 6:30 AM start time

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"](#).



**Infinity
Bicycles**



15% off all accessories & apparel



Discount Code: C-TRIGULF

WHATEVER YOUR CAUSE IS... RACE FOR IT! ANYTHING IS POSSIBLE!

Courtesy of Chris Rawson

Superior Termite & Pest Management supports many local organizations but we have our favorites. Tri Gulf Coast of course and the Walk to End Alzheimer's. As a sponsor, we are given the space in one newsletter to write an article. We figured it was better to tell you about this great cause instead of writing an article about killing bugs. We do kill bugs with SUPERIOR customer service so if you need us call us!

BUT ON TO MORE IMPORTANT THINGS...

Chris Rawson, COO of Superior and Secretary of TGC, lost his grandfather to Alzheimer's just over a year ago. Chris races in a #ENDALZ kit bringing awareness to Alzheimer's and through the Walk to end Alzheimer's helps

raise money to cure this horrible disease. Superior Termite & Pest Management are proud to work with local not for profits like Tri Gulf Coast and the Walk to End Alzheimer's just to name a few.



More than 5 million Americans are living with Alzheimer's disease, the sixth-leading cause of death in the U.S. and the only disease among the top 10 causes that cannot be cured, prevented or even slowed. Additionally, more than 15 million family and friends provide care to people with Alzheimer's and other dementias in the U.S. In Florida alone, there are more than 520,000 people living with the disease and 1,100,000 caregivers.

The Alzheimer's Association is inviting Pensacola Bay Area residents to join the fight to end Alzheimer's by participating in the Alzheimer's Association Walk to End Alzheimer's. The Walk will take place on Saturday, October 7th at Bayview Park in East Hill Pensacola.



Register today. Sign up as a Team Captain, join team **IRON BUG MAN** or register to walk as an individual at alz.org/walk.

Alzheimer's Association Walk to End Alzheimer's

The Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. Since 1989, the Alzheimer's Association mobilized millions of Americans in the Alzheimer's Association Memory Walk®; now the Alzheimer's Association is continuing to lead the way with Walk to End Alzheimer's. Together, we can end Alzheimer's - the nation's sixth-leading cause of death.

Alzheimer's Association

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain

MERE MORTALS SCHEDULE ANNOUNCED



Hang with all the cool kids May 28!!

Date	Plan	Swim	Bike	Run
05/28/2017	Orientation & Swim	Pier repeats		
06/04/2017	1st Brick!		10	1
06/11/2017	1st time all 3!	short loop	12	1
06/18/2017	SWIM DAY!	SWIM DAY!		
06/25/2017		100y loop	14	2
07/02/2017		100y loop	12	3
07/09/2017	OFF - Blue Angels	OFF		
07/16/2017		150y loop	16	2
07/23/2017		OFF		
07/30/2017		200y loop	12	3.1
08/06/2017		300y	18	2-3
08/13/2017		200y loop	14	3.1
08/20/2017		200y loop	18	2
08/27/2017	BIG SWIM!	400y	14	3.1
09/03/2017		200y loop	40	3.1
09/10/2017		300y	14	3.1
09/17/2017		600y	18	3.1
09/24/2017	OFF	OFF	OFF	OFF
10/01/2017	OFF	OFF	OFF	OFF
10/07/2017	SANTA ROSA ISLAND TRI			

TGC Members Earn 2016 USAT All AMERICANS for Triathlon

These Tri Gulf Coast athletes killed it in 2016 and USAT took notice. Earning All-American Honors is done by ranking in the top 10% of your age group... in the ENTIRE country. WELL DONE!

Female 30-34	Tara Martine
Female 40-44	Amy Simonetta
Female 44-45	Jessica (Koelsch) Bibza
Female 44-45	Ludmila Cosio-Lima
Female 44-45	Helen Cain
Male 30-34	Aaron Widman
Male 35-39	Jared Moore
Male 45-49	Andrew Rothfeder
Male 50-54	Todd Bibza
Male 55-59	Johnny Harrison
Male 60-64	Doug Jones



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 - April 2017



XTERRA Blackwater Tri



April Group Ride - Pro Cycle & Tri



I Hate Open Water Swims Kick Off

Inaugural Pensacola Triathlon

Congratulations to the following TGC members who ran the Boston Marathon:

Helen Cain
Andrew Rothfeder

Troy Godbee
Chris Hicks
John Fitzgerald
Lesley Leonard (not pictured)



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 - Local Feel; Unrestricted Experience - Sean Martin's Double Anvil (and tapping into the vast experience within TGC)

One of the first things Tom Henderson does during a new season of Mere Mortals is ask for a show of hands of those who have done a Super Sprint Triathlon, then Sprint, Olympic, Off-Road, 70.3, 140.6, multiples of any distance, and usually a Double Ironman (281.2). This year we can add one more to that exclusive club that Kevin Swenson started in TGC.

Sean Martin conquered the infamous Double Anvil this year amid foot issues, extreme exhaustion and sleep deprivation, high and low temperatures, etc. It's a huge accomplishment that likely will not be overshadowed for many years to come. During his training, Sean ran every day for months, biked epic 12 hour rides, and concentrated on training the necessary sleep deprivation. All this while juggling family, work, and training.



He was not alone. During his training swims, runs, and bikes he was joined by friends and other TGC members. Some individuals rode a couple of hours; others the whole day. Some joined for pool swims; others for open water swims. Some ran with him while others simply pushed him out the door. Some inspired him while he inspired others. During the event Sean relied on friends and family as crew to keep him going, ice

him down, lube him up, or whatever he needed. His onsite crew was so awesome they were even able to help other athletes during the rigorous event. Without the help and encouragement of the extended crew Kevin, Jose, Johanna, Shelly and Trey, Ron, Mimi, Joey, John, Steve K., Brian, Joshua, Tom, Steve B., and Alan before, during, and after the event, Sean's race would have been significantly different.

TGC and the Mere Mortals program have an intimate small-town feel, but the experience that runs through the club hits every gambit of triathlon. When you want company or inspiration or help or advice, you can look to either side because you are within an arm's reach of people crazy enough to do a Double Anvil in less than 36 hours, experience the triathlon Mecca in Kona, HI, run ultramarathons, cycle across states, compete internationally, or open water swim 4.5 miles into Atlantic.

If you have a moment, congratulate Sean and hear about the event first-hand. His motivations, inspirations, and experience will affect you and you'll start to realize the impossible is completely obtainable in triathlon. If you have two moments, look around and meet the other individuals in the club. There are stories and experiences to last for miles.



WEST FLORIDA WHEELMEN NEWS & EVENTS



Ride of Silence
Wednesday, May 17 at 5:30-7:00 PM
Pensacola State College

Raise awareness of Cyclist and car interaction and the rules of the road. 7 mile slow ride of silence with escort.

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

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](#)

[Pensacola Beach Triathlon](#)

May 13

Pensacola Beach, FL

trigulfcoast7 for \$10 off

[Ironman Gulf Coast 70.3](#)

May 13

Panama City Beach, FL

[Portofino Tri Series Super Sprint](#)

May 20

Pensacola Beach, FL

[Xterra Oak Mountain Triathlon](#)

May 20

Oak Mountain State Park, AL

[Crawfishman Triathlon](#)

May 21

Bush, LA

[Grandman Triathlon](#)

Jun. 3

Fairhope, AL

[Jubilee Kids Triathlon](#)

Jun. 4

Fairhope, AL

Tri the Island - June 10

Pensacola Beach, FL

LIMITED TIME DISCOUNT!!!

The Santa Rosa Island Triathlon is a proud sponsor of Tri Gulf Coast and the Mere Mortals training program. Registration for our Tri The Island

LOCAL RUNS

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

May 6

Pensacola, FL

[Navarre Sunset Stampede 5k](#)

May 6

Navarre Beach, FL

[St. John Sunset Run 5k](#)

May 13

Pensacola, FL

[Everyday Hero 5k Run/Walk](#)

May 13

Pensacola, FL

[Running for HER](#)

May 20

Pensacola, FL

[St. Ann 5k](#)

May 20

Gulf Breeze, FL

[Leftover 4-Miler](#)

May 20

Pensacola Beach, FL

[PRA Membership Run 4 Miler](#)

May 20

University of West Florida

[Graffiti Bridge 5k](#)

May 27

Pensacola, FL

[Gate to Gate Memorial Run](#)

May 27

Eglin AFB, FL

[Mad Dash 5k](#)

Jun. 3

Pace, FL

CYCLING EVENTS

[Tour de Bay Ride](#)

May 7

Mobile, AL

Triathlon on June 10th is going very well and our Board of Directors is pleased to offer a **limited-time discount** (valid May 1-5) to TGC members for this event on beautiful Pensacola Beach. Register [here](#). Enter the code "TGCTENOFF" (all caps, all letters) at checkout to save \$10. The Santa Rosa Island Triathlon is a locally-owned, locally-managed, Florida not-for-profit corporation that contributes thousands of dollars to worthy causes annually.

TGC EVENTS

Board Meeting

May 10 (Wednesday) - 6:00 p.m.

Contact: President@TriGulfCoast.org

Mere Mortals

Triathlon Practice/Training

Kick off - May 28

Most Sundays - 6:30 AM

Pensacola Beach, FL

[Bike Pensacola's May Slow Ride](#)

May 12

Pensacola, FL

[Good Life Ride](#)

May 13

Baldwin County, AL

[Ride of Silence](#)

May 17

Pensacola State College WSRE Lot

Roll Out at 5:30 PM

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](#)

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 - 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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