

1 November 2017

**Greetings!**

*The weather is finally getting cooler which usually signals the end of triathlon season. We had a great wrap up at the End-of-the-Year Party and it is always fun to see everyone with their clothes on. A huge "thank you" to Mindi Straw for putting on another great event.*

*Congratulations to our award winners and another huge "thank you" to all off our fantastic sponsors.*

*Just because the triathlon season is slowing down doesn't mean you should. As our own Dominic Zambrano discusses in this newsletter, there are plenty of other activities to get involved in. Plus, traditionally the off-season is when we work on our weakest discipline. So, perhaps for most of us, that means some extra pool time working on our swimming technique or doing speed work on the track. Don't neglect the gym. Triathletes can get great benefits from weight training.*

*So, stay active and stay in touch. Post your activities on Facebook so everyone can see what you are doing and, as always, be safe and look out for each other.*

John Fitzgerald  
TGC President  
& The TGC Board



**The What, Why, When, and How of Plyometric Training  
(Part 1 of 3)  
By Coach Manuel Delgado Gaona**

You've probably heard of plyometrics. Perhaps you've looked up videos of plyometric drills because somebody told you they would increase your running speed. You begin to perform them - sometimes before a running workout, sometimes after, or even on non-running days. However, using plyometric exercises incorrectly will not only fail to bring about the expected benefits, but could leave us prone to injuries.

In order to know WHY we should include plyometrics in our triathlon or running program, let's start with WHAT is a plyometric exercise.

"Plyometrics exercise refers to those activities that enable a

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6" Sub-of-the-Day, Chips, and Drink



Two free workouts and an unlimited rate of

muscle to reach maximal force in the shortest possible time."<sup>1</sup>

In practical words, the goal of a plyometric exercise is to increase the power of a subsequent movement using muscles and tendon's elastic components and the stretch reflex.

We can explain it in a functional way. When we run or jump, the energy produced due to the impact of the foot against the ground is loaded by the musculotendinous components of the foot and leg in form of elastic energy. If this phase is immediately followed by a muscle action like a stride or rebound, the elastic energy stored is released adding up to the total force production (force of muscle contraction + elastic energy stored and released = total force production). This is the **mechanical model** of the plyometric exercise.

The **neurophysiological model** involves the stretch reflex that includes the proprioceptive organs of the muscle fiber. The proprioceptive organs are stretch-sensitive and produce a reflexive muscular action after a quick stretch of the muscle - the impact of the foot against the ground is an example. You can also think of the reflexive action when you touch a hot surface. This reflex will increase or potentiate the muscular activity of the muscle in use. Both the mechanical and neurophysiological models require an immediate muscle contraction after the stimulus in order to be effective. If there is too much time between the stimulus (stretch) and muscular contraction, the potentiating effect will disappear and the elastic energy stored will be dissipated and lost as heat with a potential adverse effects over the adjacent tissues.

This series of events is named the Stretch-Shortening Cycle (SSC) and is enlisted in three phases:

**PHASE 1: Eccentric Phase** - Preloading of the muscle, storage of the elastic energy and stimulation of the muscle spindles.

**PHASE 2: Amortization Phase** - This is the elapsed time between the stimulus and the reaction. The time is crucial, so the shortest time elapsed in this phase the greater power production.



Short amortization phase

Overstride running and heel strike can increase the amortization phase avoiding the potentiate effect of the SSC, because of the excessive time the foot is in contact with the ground. Adding in the absorption of the impact by the joint, there is the heat produced by the elastic energy that is not unloaded. This increasing the probability of injury, not only to the cartilage due to the impact, but to the soft tissues surrounding the joint due to increased heat.



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



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Pensacola's Locally-Owned Performance Swim Store



Overstriding. Note the excessive amount of time the foot is in contact with the ground, losing the potentiate effect of SSC.

**Phase 3: Concentric Phase** - This phase includes the muscle action plus the unloading of the energy plus the action of the stretch reflex. Plyometric exercises or drills produce a high musculotendinous stretch rate which produces a greater muscle recruitment and activity during the SSC concentric phase.

Plyometric training allows us to increase not only the power of the muscular contraction but the muscular recruitment as well, increasing speed and improving efficiency of our movements and other functional capabilities.

*To be continued...*

- Coach Manuel, [manuel@teamMPI.com](mailto:manuel@teamMPI.com)

#### References

<sup>1</sup>Thomas R. Baechle, Roger W. Earle, Essentials of Strength and Conditioning. National Strength and Conditioning Association. Third Edition.

### Never Stop Exploring

As an athlete, it's important to be willing to grow. Sometimes this means taking chances and stepping out of your comfort zone. TGC's Dominic Zambrano did just this when he stored his tri bike and hit the trails to train for the Barkley Fall Classic. Here's what he had to say...

Here's a new sentence. I am an ultra marathoner. No photograph can adequately describe the brutality of the Barkley course and its unforgiving nature. I was led by impulse and naivety to sign up for this race and was rewarded with doubt, pain, self-discovery, and ultimately joy. Thank you for the countless messages of support and encouragement from everyone who reached out. I leaned heavily on those thoughts in the dark times of this adventure of 41+ miles and 21,000+ feet of elevation change.

Never stop exploring.



Code T-GCT30 for 30% off all equipment



10% off with code: TGCMC



15% off all accessories & apparel



Discount Code: C-TRIGULF

### GROUP TRAINING:

SWIM, BIKE, & RUN:

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





**West Florida Wheelmen  
Ride All Year!**



**Check the Wheelmen calendar for the FULL schedule and additional rides in the area.**

**TGC Volunteers UNITE  
Call for Transition Area Bike Handlers**



Tom from Mere Mortals has worked with the Ironman Florida bike handlers in transition for years with 2017 as his third as Captain. This year, we have a goal of turning the Ironman Florida Transition area into Tri Gulf Coast territory!

**What's a bike handler?**

During T1 bike handlers assist the athletes in locating their bikes and getting out of transition and onto the 112 mile bike course. The during T2, volunteers "catch" the bikes near the dismount line and re-rack them so that the athletes can move on to run their Marathon!

If you ever wanted to make a difference in an athletes day and cheer them on up close and personal, this is the place to do it! If you hope to attend to cheer on a friend or family member who is racing, transition is the best seat in the house.



And finally, if you've thought about trying out an Ironman race yourself, you will have a great learning opportunity by seeing what works and doesn't work for these athletes as they make their way through the course.



**November 4, 2017**

**In order to turn transition into TGC territory, we need at least 40 volunteers.** We also want to hear from you on how you'd like to make this fun for all of our members as well! Should we have a tent on the course? Pre-race get together?

For more information about bike handler volunteers, or any other questions you may have, email [tom@trigulfcoast.org](mailto:tom@trigulfcoast.org).

Sign up as a bike handler (either or both shifts) [here](#) but be sure to **let us know** if you registered to volunteer.

**2017 TGC End-of-Year Award Recipients**

It is the 2017 TGC Board's pleasure to present our 2017 TGC End-of-Year Award recipients.

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Male Athlete of the Year

**Anthony Guarini**



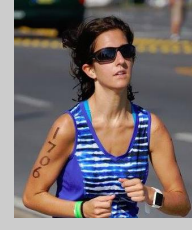
Female Athlete of the Year

**Helen Cain**



Male Rookie of the Year

**Deen Flores**



Female Rookie of the Year

**Victoria Wonson**



The Charlie Knight Volunteer of the Year

**Charles Bone III**



The Tom Henderson Mentor of the Year

**John Murray**

## TGC Out & About (Photos)



We had a photo booth and cake.  
What could go wrong?

Photographic proof of a great party await on the official [Tri Gulf Coast Facebook Page](#)

## UPCOMING EVENTS

### TGC EVENTS

[Ironman Florida](#) (Transition Volunteers)  
Nov. 4 (Saturday)  
Panama City Beach, FL  
CONTACT: [Tom@TriGulfCoast.org](mailto:Tom@TriGulfCoast.org)

Board Meeting  
Nov. 8 (Wednesday)

### RUN EVENTS

[Great Pumpkin Run 5k](#)  
Nov. 4  
Pensacola, FL

[Sasquatch Trail Run at Bear Lake](#)  
Nov. 4  
Munson, FL

## MULTISPORT EVENTS

### [Ironman Florida](#)

Nov. 4  
Panama City Beach, FL

## CYCLING EVENTS

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](#) (On Hiatus)

Each month, we curate this list of local events 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](#)

### [Pensacola Marathon](#)

Nov. 12  
Pensacola, FL

### [Battleship 12K](#)

Nov. 12  
Daphne, AL

### [Seville Turkey Trot](#)

Nov. 18  
Pensacola, FL

### [Blackwater Trail Run](#)

Nov. 18  
Munson, FL

### [Thanksgiving Day 5k](#)

Nov. 23  
Pensacola, FL

### [Pensacola Beach Turkey Trot](#)

Nov. 23  
Pensacola Beach, FL

### [Kaiser Coastal Half Marathon, 5K, or 1 Mile](#)

Nov. 25  
Orange Beach, AL

### [Pensacola International Airport Runway 5K](#)

Dec. 2  
Pensacola, FL

### [Ho Ho Hustle](#)

Dec. 9  
Pensacola, FL

### [PRA Christmas Dash Mile - Evening](#)

Dec. 9  
Pensacola, FL

## TGC Merchandise - Headsweats Visors & Hats

All head gear: One size fits all (or most) adults. \* Cash or Check (payable to Tri Gulf Coast)  
**We now take Credit Cards!!! Merchandise Questions or Ideas? Contact [John](#)**

# \$15.00



The TGC 2017  
Headsweats Visor



The TGC 2017 Trucker Hat

Stay Connected



Tri Gulf Coast | [president@trigulfcost.org](mailto:president@trigulfcost.org) | <http://www.trigulfcost.org>

P.O. Box 544  
Gulf Breeze, FL 32562

