

1 October 2017

## Greetings!

Happy October!

First off, what a great Members Only Triathlon!!! Tom, Danika, Kirwan, Peter and Teresa (with all of her volunteers) put on a super event. It ran very professionally and all participants put in a great effort. The months of training clearly paid off. A big "congratulations" to all and especially to those first-timers. I look forward to seeing many of you successfully complete the Santa Rosa Island Tri on October 7th!

Secondly, please be sure to attend the End-of-the-Year party at 5eleven on October 12. Mindy has planned a great event with photo booth, food and an open bar. If you have not yet RSVP'd, please do so ASAP. We want to see everybody there. If, for some reason you did not receive your invite, please let me know and I will send you out another one. We will also recognize our fantastic sponsors and give out a few awards.

Lastly, speaking of sponsors... Please remember to thank these businesses for their support and contributions. Be sure to scroll down and view the right side of your newsletter for a full listing of sponsors (some even list discount info!). Without them, we would not exist. Besides supporting Tri Gulf Coast, they also have families and businesses to operate, as well as keeping up with their own training. So again, please support them.

Please continue to train safely and always feel free to pass on any suggestions to us at [www.trigulfcoast.org](http://www.trigulfcoast.org) or our Facebook page.

*John Fitzgerald*  
TGC President  
& The TGC Board



Tri Gulf Coast & Team MPI  
By Coach John Murray

Team MPI has enjoyed 7 years as the premier sponsor of

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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



our local club. It certainly has been one of our smartest use of advertising dollars. And wise spending of our money in the early days was, many times, a big challenge for us out of the gate.

To go back and review history, Mark Sortino and I became friends from spending time in local triathlon training groups. After a couple years of training with the same friends, we decided to offer help to Tri Gulf Coast by volunteering for positions on the board of directors. While on the board we saw, even closer, the need for a strong, robust local triathlon club. It was only one year but we learned a lot. Mark and I were also in the beginning months of Team MPI. It's easy to say that our triathlon involvement skyrocketed in that first year. One way was through the club helping a non-profit thrive and the other was trying to start a for-profit business as it was our new livelihood. In order to remove any conflict of interest in either arena, we resigned our position after one year. However, we still maintained a desire to have the club grow not only in numbers and in programs that benefited triathlete growth and knowledge.

We knew our sponsorship was an opportunity to make our brand more visible and give us the chance to get in front of many athletes. But we also knew that our sponsorship dollars were going to a club that was smart about growing triathlon in the community. Easily a win-win situation that rings of a smart business deal for an upstart company.

Two other decisions that made perfect sense for us was to turn over a couple races that we had started. The Sea Turtle Tri was a fairly successful kids' triathlon for us but it was beginning to move us away from our evolving business model. Additionally, Tri Gulf Coast took over the Maritime DeLuna Du and now both races are performing extremely well. For both Mark and I, there is great pleasure in seeing the continued success of these Team MPI-born events.



As my wife and I move on to a new chapter and leave Pensacola for points unknown, we know that the club and those races are still going to grow and be a great opportunity for both experienced triathletes and the first timers!

Late breaking news...as of a month ago, Team MPI signed a new coach from Mexico. In our first video, Coach [Manuel Delgado Gaona](#), mentioned that he is actively considering relocating to a city within the US. I briefly mentioned that I was leaving Pensacola, but that was as far as that went. Last week he informed me that he would like to start his city search in Pensacola. So,



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



tomorrow I will meet Coach Manuel here in Pensacola for a tour of the city. It's a bit early to say where he will choose to live but it just might be here.

I would like to thank all of the club members and past and present board members for making our club one of the best in the country. Keep growing, racing and getting faster!!

- Coach John



### GROUP TRAINING:

**Only four open water swim sessions left!**  
**Note change in time**

#### Joe Zarzur | Hate Open Water Swim Series:

Open Water Swim Practice  
Weekly (Thursday)  
Quietwater Beach - Across from Shaggy's  
Meet at 6:45 AM - Splash Time 7 AM

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

### The 2017 Fenner McConnell & Matt Wantz Blackwater Heritage Century Ride

The 2017 Fenner McConnell & Matt Wantz Blackwater Heritage Century Ride will be held on October 21 in Milton.

Now part of the [Alabama Backroads Century Series](#), this annual event draws a huge turnout from Gulf Coast area cyclists and helps fund the amazing work of **Big Brothers Big Sisters of Northwest Florida**.

This is a special event for the owners and staff of Ride MORE Bicycles as they shut down the shop on a Saturday (oh, no!) to celebrate the joy of cycling, the beauty of life and the spirit of giving. We encourage all of our friends and fellow cyclists to make this event a highlight of the 2017 season.

Ride 18, 42, 62 or the full 100- this event is expertly organized and wonderfully staffed. The beautiful roads of Blackwater are lightly traveled, well maintained and teeming with natural beauty.

For more information about 'The Fenner' or to learn more about the other rides in the Alabama Backroads Century Series click [here](#).

Early registration ends 10/18 - <http://www.alabama-backroads-cycling.com/>

Sign up soon and let's make it a day to remember!

Travis Coleman, Owner  
Ride MORE Bicycles



Code T-GCT30 for 30% off all equipment



10% off with code: TGCMC



15% off all accessories & apparel



Discount Code: C-TRIGULF



## Sponsor Spotlight - Pensacola Sports & The Pensacola Marathon Presented by Publix

### EXPERTS AT SPORTS AND ATHLETICS SINCE 1955



Pensacola Sports are Florida's first and oldest sports commission. Their history dates back to 1955 when they led efforts to manage local and national golf tournament events right here in Pensacola.

Since then, their reach has grown to encompass more than golf. Today, Pensacola Sports reaches over 25,000 people across a variety of sport events, activities and initiatives, including baseball, basketball, football,

running, soccer, tennis, triathlon and more.

Pensacola Sports is a private 501(c)4 not-for-profit agency primarily funded from revenues generated from membership and events. Their focus has and always will be on education, inspiration and participation in various team, individual, amateur and professional sports activities. Learn more about what Pensacola Sports offers or meet their leadership team.

Jason Libbert has been instrumental in Pensacola Sports supporting TriGulfCoast for many years now. TriGulfCoast is proud to be partners with such a long standing and health conscious organization. Check out what they're up to and the Community Calendar at [Pensacolasports.org](http://Pensacolasports.org) and...

Be Moved!

### PENSACOLA MARATHON

The only full marathon in the Pensacola area since 2005, the Pensacola Marathon Presented by Publix replaced the Blue Angel Marathon after the Pensacola Naval Air Station MWR (Moral, Welfare and Recreation) discontinued the event after Hurricane Ivan.



Since Pensacola Sports' management of the event in 2008, the race has grown in size and stature. The event, which coincides with Veteran's Day Weekend, now features a full marathon, half marathon, 5K, and kids race. The post-race party has grown to feature a "Tasting of Pensacola", to include BBQ, peel and eat shrimp, red beans and rice, and even oysters, something not usually seen at a marathon post-race party. The race begins and ends at Veteran's Memorial Park on the Bayfront, then winds its way through the city including historic neighborhoods, downtown, bands, and Pensacola landmarks. The finish line is next to Wall South, the Nation's only replica of the National Vietnam War Memorial in Washington, D.C. The Pensacola Marathon is a Boston Marathon qualifier.

[More Information & Registration HERE](#)

Quick Hits:

- Race Date - Sunday, Nov. 12, 2017
- Expo / Packet Pick-Up - Saturday, Nov. 11 @ the Pensacola Grand Hotel
- Full, Full Push-Rim Wheelchair, Half, Half Walker, 5K, Kids Event



- Race Begins at 6:30 a.m. - 6 Hour Time Limit
- On-Course Entertainment Featuring Live Bands, Drum Lines, Cheer Groups, and more!

Race Records:

- Female: Anna Hallex (2009) - 2:58:25
- Male: Matt Dobson (2007) - 2:33:02

Defending Champions:

- 2016 Female Champion - Kelley Bahn
- Five-Time Defending Male Champion (2012-2016) - Brent Schneider



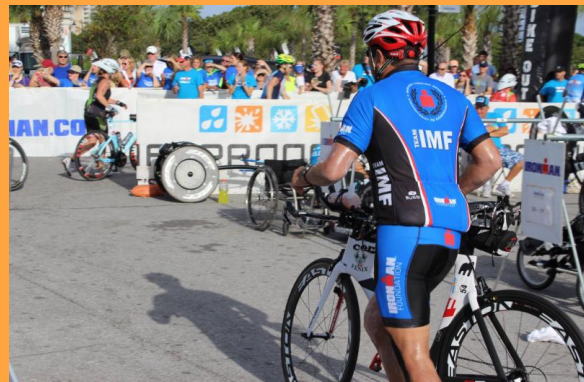
### Ironman Florida Call for Transition Area Bike Handlers

This year, we have a goal of turning the Ironman Florida Transition area into Tri Gulf Coast territory! Tom from Mere Mortals has been working with the Bike handlers in transition for a number of years now, and this year will be his third as captain of the Bike Handlers. This year, we thought it would be fun to support all of the athletes doing IMFL from inside transition as a club!

What's a bike handler? Well, 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, we "catch" the bikes near the dismount line and re-rack them so that the athletes can move on to run their Marathon!



**November 4, 2017**



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! And what better way to urge them on than by sharing the energy of the best Triathlon club in the country! If you hope to attend to cheer on a friend or family member who is racing, there is not a better seat in the house that you'll have in transition.

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.

**In order to turn transition into TGC territory, we'll 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 on the bike handler job, 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.



Nearly 120 members participated in our Members Only Triathlon (MOT) on September 17 sponsored by Ride MORE Bicycles. The MOT is the culmination of the Mere Mortals season. The goal is to prepare new triathletes for the Santa Rosa Triathlon held in early October on Pensacola Beach.

Tri Gulf Coast tries very hard to make the MOT as real as possible. We have the marked off transition area, Jay serves as the USAT referee and Pat Fox with Gulf Sport Timing provides results. Lastly, the course is nearly identical to the Sri Tri course. Through this event, we hope to build up each triathlete's confidence so they can successfully complete the Sri Tri.

To give you some insight into what goes into this production, we hire two police officers to provide traffic safety, have roughly six kayakers, in addition to in-water safety personnel. Additionally, we have five ham radio operators assigned to the race director and various personnel to keep tabs on the participants and provide "real time" updates. We get permits from the Santa Rosa Island Authority to hold the event and additional extra-special permission to hang a flag off the fishing pier so we can properly set the swim buoys. We work with our sponsor, Subway, to provide sandwiches and cookies for over 150 people and also purchase Gatorade and sodas. TREK provides emergency last minute bicycle services like you would find at any triathlon and, this year, event sponsor Ride MORE Bicycles led the bike leg. Finally, we coordinate over 30 volunteers to lead and direct the athletes on the course.

All this is done to ensure a safe, quality race at no additional cost to our members. We hope this was a benefit to each member and we hope you find the time to serve and volunteer in future MOT's. Be sure to check out the MOT results provided by Gulf Sport Timing and Pictures:

**[Gulf Sport Timing Results Link](#)**  
**[Members Only Tri Pictures Link](#)**

## WEST FLORIDA WHEELMEN NEWS & EVENTS

Wheelmen Ride All Year!



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

## Members Only Tri - September 17, 2017





To view more awesome pictures from the MOT, visit the [Facebook](#) album.



## UPCOMING EVENTS

### MULTISPORT EVENTS

[Santa Rosa Island Tri](#)

Oct. 7  
Pensacola Beach, FL

[Sprint on the Flint Triathlon](#)

Oct. 7  
Bainbridge, GA

[Hub City Hustle Triathlon](#)

Oct. 14  
Hattiesburg, MS

[Tri the Gulf](#)

Oct. 21  
Daulphin Island, AL

[Ironman 70.3 New Orleans](#)

Oct. 22  
New Orleans, LA

[Ironman Florida](#)

Nov. 4  
Panama City Beach, FL

### UPCOMING TGC EVENTS

[Sea Turtle Youth Tri](#)

Oct. 8 - 8:00 am  
**Come Cheer on our Youth Athletes**

**Board Meeting**  
**Oct. 11 (Wednesday) - 6:00 p.m.**  
**Contact: [President@TriGulfCoast.org](mailto:President@TriGulfCoast.org)**

**TGC End-of-Year Social**  
Thursday, October 12  
6:00 pm  
Seleven Palafox

### CYCLING EVENTS

[Tour de Foley Century - Metric](#)

Oct. 7  
Foley, AL

### LOCAL RUNS

[Pensacola Mud Run](#)

Oct. 7  
Cantonment, FL

[Honeybee Festival 5k](#)

Oct. 7  
Robertsdale, AL

[Bridge to Bridge 5k](#)

Oct. 14  
Pensacola, FL

[St. Rose of Lima Catholic Church 5k](#)

Oct. 14  
Milton, FL

[Run for the Reef](#)

Oct. 14  
Navarre Beach, FL

[Breast Cancer Awareness 5k Around the Lake](#)

Oct. 14  
Jay, FL

[Northshore Half Marathon & 10 Miler](#)

Oct. 15  
Mandeville, LA

[Pensacola Perfect 10 \(5 or 10\) Miler](#)

Oct. 21  
Pensacola, FL

[Making Breast Cancer Walk the Plank 5k](#)

Oct. 21  
Navarre Beach, FL

[Paws for Veterans 5k](#)

Oct. 28  
Pensacola, FL

[McGuire's Halloween 5k & 10k](#)

Oct. 28  
Destin, FL

[Glassner Autumn Challenge](#)

Oct. 14  
Hope Hull, AL

[Remembering Roger Ride](#)

Oct. 14  
Gulf Breeze, FL

[Bike the Big Easy](#)

Oct. 14  
New Orleans, LA

[Fenner Ride](#)

Oct. 21  
Milton, FL

[Delta States Grand Prix \(Cyclocross\)](#)

Oct. 22  
Baton Rouge, LA

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)

[Run to Margaritaville](#)

Oct. 29  
Pensacola Beach, FL

[Great Pumpkin Run 5k](#)

Nov. 4  
Pensacola, FL

[Sasquatch Trail Run at Bear Lake](#)

Nov. 4  
Milton, FL

[Pensacola Marathon](#)

Nov. 12  
Pensacola, 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](#)

[Pensacola Runners Association - Calendar](#)

[TriFind](#)

[USA Swimming](#)

**TGC Merchandise - Singlets & 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@trigulfcoast.org](mailto:president@trigulfcoast.org) | <http://www.trigulfcoast.org>

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