

1 September 2017

Greetings!

Happy September!

All of your time, effort and training is about to pay off. The Members Only Tri is two weeks away (9/17) and then the Santa Rosa Tri is on October 7th. Believe me when I say you are ready!! I strongly encourage you to treat the Members Only Tri as the real thing. Practice your transition and wear the gear you plan to wear on race day. This is more than a dress rehearsal. Lastly, don't forget to have fun!!

If you have any questions about the race, please take advantage of our last two Mere Mortals sessions and seek help. That is why we are here and I guarantee someone can offer some sound advice.

Sunday's Mere Mortals (9/3) will be the first time we have ever partnered up with another event. We hope by working with the Board Shorts and Bikinis 5k that we can continue to encourage physical activity and introduce others to the sport of triathlon.

If you are not actively training, there are many opportunities to volunteer at upcoming endurance events. Check out the options in this newsletter.

Lastly, please remember to visit our sponsors. Mere Mortals would not exist without their generous support. We eat, get our bikes fixed, get good legal advice and get discounts on gear all because of our local sponsors. Please continue to train safely and always feel free to pass on any suggestions to us at www.trigulfcoast.org or our Facebook page.

John Fitzgerald
 TGC President
 & The TGC Board



Race Day Success in Your Wetsuit By Coach Jamie Brown

How many times have you started a race and about 300-500m into a wetsuit swim you start to have terrible feelings of claustrophobia, suffocation, fatigue, and restriction? Well if you've ever done a triathlon I imagine you have felt one or all of these at

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TGC Sponsors & Supporters

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Please remember to show your appreciation by considering their products and services.



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



some point. You may have the best swim build-up to a key race, then gun goes off....and you just feel off.

I hear this quite often from athletes and when I ask how often they practice in their wetsuit, I get a few common responses:

- I don't have access to open water
- I did this week, once or twice
- It's too hot

All of the reasons above are valid. But the regular wetsuit practice is vital for having a good consistent solid swim performance.

Here are some ways to prepare to ensure you're ready to go hard on race day with a wetsuit:

1. Use the wetsuit 10 times before the race. I know it seems like a lot but imagine using brand new shoes on race day or a different bike than you have been training with. It's the same concept here and it needs to feel comfortable.

2. If your primary and only place to swim is a pool, use it in the pool. If its too hot then only use it for a small portion of the workout, maybe 25-40%. Do drills and practice sighting.

3. Replicate a race day scenario - a very short or no warmup! Try 4-5 sets of 25 strokes hard 25 strokes easy. If you don't expect a warmup use bands with the suit on.

4. Swim at intensity using suit in weeks leading up to race. Yes, even if your only option is a pool. Don't wait till it's taper week to practice in your suit. Its important to know what your body feels like 500, 1000, 1500, 2000m, and above in a race. I like doing 2-3 1000m repeats alternating intensity hard and EZ by 100. Or doing 600-800m negative splitting the intervals.



Hopefully these little tricks will help you feel great and comfortable in your wetsuit at your next triathlon!



Coach Jamie Brown is based in Bend, Oregon and is a USA Triathlon Level I Certified Coach as well as certified by the National Academy of Sports Medicine for CPT, PES and CES. Jamie currently races in the Elite ITU Paratriathlon Series and is a two-time National Champion, two-time XTERRA World Championship qualifier and has 10 years of Personal Trainer and Strength and Conditioning Coach experience.

Jamie was also a collegiate pitcher for for Orange Coast College and Chapman University. He can be reached at jamie@teamMPI.com.



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



TGC Members Only Triathlon

The Members Only Triathlon is Sunday, Sept. 17th at 7 a.m.
* YOU MUST SIGN UP TO PARTICIPATE *



Remember:

- You must be an annual member of TGC in order to sign up.
- Registration closes at midnight on Wednesday, Sept. 13.
- We are collecting donations for the Pensacola Beach Junior Lifeguard Program. Any donation is completely voluntary.
- The event is intended for relative newcomers, but it is open to all TGC members.
- The number of participants is capped, so sign-up early.
- **We need volunteers.** Contact Teresa at vicepresident@trigulfcoast.org if you can help.

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.

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](#)".

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.

Volunteer for Youth Triathlon Program Events!



Code T-GCT30 for 30% off all equipment



10% off with code: TGCMC



15% off all accessories & apparel



Discount Code: C-TRIGULF

We need Volunteers to do ALL this and more...



So the kids can do ALL this safely!



Event: Youth Triathlon Clinic

When: Saturday, September 2, 2017
Time: 6:00 am - 10:30 am (approximate times)
Where: Pensacola Beach
Park East

Event: Sea Turtle Youth Triathlon

When: Sunday, October 8, 2017
Time: 6:00 am - 10:30 am (approximate times)
Where: Pensacola Beach
1.2 miles east of Portofino Resort



We need YOU! These are great volunteer opportunities to give back to the sport and encourage our young athletes!

How to Sign Up

To volunteer for the Sea Turtle Tri, register [here](#).

To volunteer for the Youth Triathlon Clinic, contact Mindi Straw at mindi@trigulfcoast.org.

Volunteers at the Sea Turtle Triathlon will get a custom Headsweats visor to wear!

Portofino Tri Series presented by Zarzaur Law - LADIES ONLY SPRINT TRI September 23, 2017



This will be the final race for the Portofino Tri Series presented by Zarzaur Law. The series, started in 2011, has hosted 100's of athletes from all over the US in the 35 races. We are proud to say that over 30% of racers are first timers. Along with the newbies that crossed their first triathlon finish line, we have had former pro triathletes, triathletes ranked #1 in the nation in their age groups and Kona qualifiers. It's a fun race that allows for both experienced athletes to challenge themselves with an anaerobic 35-40 minutes or two friends that talked themselves into a crazy (but doable) achievement. --If you have ever considered doing this race...here is your chance!! [Register](#) soon. This race has sold out before!

Getting Ready for the 2017 Subway Pensacola Cycling Classic



The beauty of the Pensacola Cycling Classic is that anyone can participate! With Time Trial, Road Race, Criterium, and Kid's Race opportunities, it is truly a family event that encourages exercise and healthy living. Please make plans to participate, volunteer, or come out and watch the 8th Annual Subway Pensacola Cycling Classic to be hosted on Sept 16-17, 2017.

Each year the focus is to host a competitive and well-organized stage race that attracts all levels of racers including handcyclists. Prepare for:

- 3 stages over 2 days of intense racing.
- A Time Trial held on Pensacola Beach, one of the world's most beautiful beaches!
- A Road Race held in Milton, FL that weaves through the scenic Blackwater River State Forest.
- A Criterium held in historic downtown Pensacola, FL.



URGENT REQUEST: Need Volunteers and Host Housing!

Please volunteer a couple of hours during the race – it's a lot of fun and a great way to watch the race while being involved in an exciting event. All volunteers get an exclusive Subway PCC event t-shirt, free Subway food and the opportunity to mingle with incredible athletes from all over the world. Thank you in advance for your consideration in helping support the Subway PCC.

To Volunteer, please visit [Sign Up Now](#). Once signed up, we will be sending out specific instructions for every volunteer prior to the race.

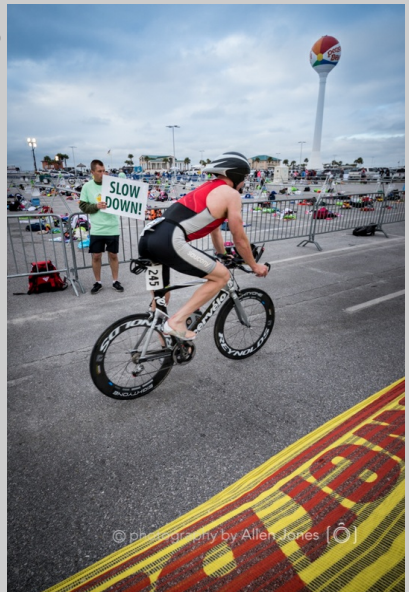
For More information, visit: <http://www.pensacolacyclingclassic.com>

The Santa Rosa Island Triathlon Needs Volunteers



The Santa Rosa Island Triathlon will be held on October 7th on beautiful Pensacola Beach. Our registration is going well and now is the time to enter the race if you have not already. Please go to www.santarosaislandtriathlon.com to join the action. We certainly look forward to all TriGulfCoast members competing in the race.

However, we understand that some people will not be able to participate due to injury, schedule conflicts or other reasons. You may be racing, but a family member or friends may want to be involved. In that case we would like to ask that you (or your family or your friends) consider being one of our valued volunteers.



We are going to have a great race once again and you can be part of ensuring that your fellow triathletes have a well-organized safe competition to enjoy. You will receive our thanks, a quality volunteer shirt and entry into the awesome post-race celebration on that day. Those who are interested should please contact charlesgheen@gmail.com or make a post on our Facebook page. We look forward to seeing you at our classic race on Santa Rosa Island.



WEST FLORIDA WHEELMEN NEWS & EVENTS

Wheelmen Ride All Year!

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

TGC Summer Social Pics - August 20, 2017



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



UPCOMING EVENTS

MULTISPORT EVENTS

2017 Portofino Tri Series A Team MPI Event

Sept. 23 - Saturday at 7:00 a.m.
** ENVIE LADIES ONLY TRI **

[Info & Registration](#)

[Brett Robinson Alabama Coastal Tri](#)

Sept. 9
Gulf Shores, AL

Email President@trigulfcoast.org for
Team Magic Discount Code!

[Beach Blast Triathlon & Duathlon](#)

Sept. 9
Mexico Beach, FL

[CajunMan Triathlon](#)

Sept. 10
Lafayette, LA

[Sandestin Triathlon](#)

Sept. 23
Sandestin, FL

LOCAL RUNS

[Argonaut 5k](#)

Sept. 2
Pensacola, FL

[Bloody Mary 5k](#)

Sept. 2
Gulf Shores, AL

[Board Shorts & Bikinis 5k](#)

Sept. 3
Pensacola Beach, FL

[Semper Fi 5k Charity Run](#)

Sept. 9
Pensacola, FL

[Simon Says Run 5.8k](#)

Sept. 9
Flora-Bama

[Rat Race 5k](#)

Sept. 16
Pensacola, FL

[Run for the Hills Haunted 5k](#)

Sept. 16
Baker, FL

[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

UPCOMING TGC EVENTS

[Youth Triathlon Clinic](#)

Sept. 2

Pensacola Beach, FL

***Volunteers Needed!**

Board Meeting

Sept. 6 (Wednesday) - 6:00 p.m.

Contact: President@TriGulfCoast.org

[TGC Members Only Tri](#)

Sept. 17- 7:00 am

***Registration Required**

[Sea Turtle Youth Tri](#)

Oct. 8 - 8:00 am

***Volunteers Needed**

TGC End-of-Year Social

Thursday, October 12

6:00 pm

Seleven Palafox

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](#)

[Pensacola Seafood Don McCloskey 5k](#)

Sept. 30

Pensacola, FL

[Dog Days of Summer Fest & Fun Run](#)

Sept. 30

Milton, FL

[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

CYCLING EVENTS

[The Nut Roll Century - Metric - Half Century](#)

Sept. 9

Albany, GA

[Subway Pensacola Cycling Classic](#)

Sept. 16-17

Pensacola, FL

[Southern Magnolia 100](#)

Oct. 1

Saucier, MS

[Tour de Foley Century - Metric](#)

Oct. 7

Foley, AL

[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

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](#)

TGC Merchandise - Singlets & Headsweats Visors & Hats

**New - Running Singlets, both Women and Men Cuts
Limited Sizes Available**

All head gear: One size fits all (or most) adults.

\$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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