



**TRIGULFCOAST**  
MULTISPORT ATHLETES

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1 June 2018

## **Greetings!**

*Welcome to SUMMER in Florida!!! Sure there is heat and humidity and Tropical Storms, but there is also Mere Mortals!!!! While last week we waited for wind and rain, this week we're waiting for YOU!!*

*WELCOME new members!! The TGC Board and the entire club is excited to welcome you to our triathlon community. I remember my first Mere Mortals day. I sat in the far corner and listened. Tom started off with a request for a show of hands, "Who here is training for their first triathlon?" Hands shot up and we all looked around. Then, "Who here has done a sprint distance tri?" Many hands dotted the air. "Olympic distance?" Hands started to drop. "Half Iron Distance or 70.3?" Fewer hands stayed raised. "Full Iron distance or 140.6?" The hands may have been fewer, but they were proudly held up. The looks from others seemed to express admiration and a thought of, "I'll never do that..."*

*I was one of those faces. I thought to myself, "Why? Why would someone EVER do THAT!!" But what I discovered over that first summer is that triathlon is a passion. Whether you are ONE AND DONE, A SPRINTER ONLY, or a DOUBLE ANVIL FINISHER, it is all done with and out of passion. I know what you are thinking, "I am only here because so-and-so dared me to show up." That might be your truth today, but that passion is growing deep inside, and I promise within a few weeks this idea of triathlon will begin to identify, strengthen, and empower you.*

*I come back to Tri Gulf Coast and Mere Mortals year after year because of the inspirational passion I see each week. I hope you'll see those hands raised on Sunday and talk to the people connected to them. We were all scared or worried once. We were all new to this at some point. There is so much to learn from each other.*

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**2018 Mere Mortals Registration**

## **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.



**OFFICIAL CLUB**



To our returning members when those newbies raise their hands, smile and welcome them; teach them; offer support; and let their first steps into the water reignite your passion.

We will see you all on Sunday!!!! Let's go have some fun!!!

Teresa J. Hess  
TGC President  
& The TGC Board

Stay Connected



Free phone consultations



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Two free workouts and an unlimited rate of \$110/month for Cross Fit classes.  
Youth performance training available.



### Three Things I Learned During 2018 Pensacola Triathlon

Well, year 2 is in the books and what a ride so far. First off, I have to say THANK YOU!!! Thank you to all the Volunteers that came out to cheer and help. Thank you to all the Athletes that raced. Thank you to all our Sponsors for supporting the sport locally. Thank you, thank you, thank you!



Ever wonder what a race director does after an Event? After all the athletes have left, the tear down, and saying THANKS to the crew, we go have a beer (or 2 or 3...). After all that, we go back to work.

We go back to the the very beginning when we opened

registration and analyze everything from the time we opened registration through the final athlete crossing the finish line. We look at what worked and what didn't. We look at what was a home run and what was a miss. We look at what we can improve on and what was unnecessary. We start from the beginning and figure out ways we can make next year better for the athletes, the sponsors, the city, and the volunteers.

Here are a few things we learned from this year's race:

#1: You can never have too much toilet paper. I am entertaining the idea of finding a TP sponsor to donate one roll of double ply for every athlete that we can hand out at packet pick up along with your swim cap. (and I'm not even sure that would be enough).

#2: Swim course volunteers should not be given the same color shirt as the swim buoys. Who would have thought? After working hundreds of races this thought never crossed my mind. Bright orange shirts are great for the run, great for transition, great for the bike course, but maybe not the best for the swim.

#3: Two BBQ sliders per athletes (plus bananas, bagels, and cookies) is WAY WAY TOO much food. One of the last things we want to is to run out of anything, but we over estimated way too much this go around. The amount of food we had leftover was astonishing. Even after the volunteers got to it and we gave as much as we could to the local fishermen along the pier, we had HUNDREDS of sliders left over. The good thing is, the local Loaves and Fishes were able to accept the sandwiches and distribute them to some local folks in need.

Overall, I consider the event was a success. There are always little things here and there that a race can improve on, and we continually look for those (cough, cough...timing). The goal for Paul, myself, and the entire team is to build the best possible local races and provide our local athletes a race for which they can be proud while showcasing the area for our out-of-town athletes.

We can't wait to see you at the 3rd annual Pensacola Triathlon, April 28, 2019. [Registration is OPEN.](#)



To the Starting Line,

Adam Guess  
Race Director  
Pensacola Triathlon  
[guess.adam@gmail.com](mailto:guess.adam@gmail.com)

## Thursday Morning Open Water Swims

Thursday Morning Open Water Swims are back for the 2018 Season at the Sound Side Pavilions on Pensacola Beach (Mommy Beach) with a lot of help from [Pensacola Triathlon](#), [Subway](#), [Truly Spokin'](#), and [TriPossibilities Coaching](#).

SET YOUR ALARMS!

[DETAILS HERE](#)



Team Handle: TRIGULF

Team Passcode: [Email for code!](#)

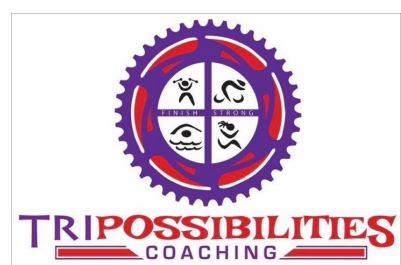




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MASSAGE THERAPY BY  
JAMES FRITSCHLE

## Tips to Gear Up Your Bike for TRI Season By Robbie Mott

### Part 2 - Professional Care

Last month's article detailed tips you can do at home to help ensure your bike performs during training rides and in competition. If you have been doing your home care and conducting regular pre-ride inspections, you become familiar with your bike. You will quickly learn when it is running well and when it is not. Consult a Cycle Therapist when things do not seem right, and to learn when more in-depth maintenance can be of benefit. I often recommend a few key steps to keep your bike comfortable and well-functioning.

1. **Replace your bar tape once a year.** Not only does it smell better, it will protect your bars from corrosion due to sweat seeping through the tape layer.



2. **Service or replace your headset and bottom bracket one to two-times a year.** This recommendation varies based on the rider and is influenced by their sweat rate and home-maintenance.



Spilling

sports drinks, gels, and other materials over these components can also raise the need for this service. (Refer back to Part 1: Tip 1.)

3. **Replace your brake and gear cables and housing.** Brake and gear cables can corrode from sweat and humidity, and suffer wear and tear from regular use, causing dragging or breakage. This can be a slow process, often "surprising" the rider at the most inconvenient moment. Proactive replacement will reduce the risk of breakage during training or competition.
4. **Have a professional look over your chain & cassette every 1000 miles.** Individuals' riding styles place varying degrees of strain and wear on the chain and the cassette, affecting how often these items will need to be replaced.
5. **Overhaul your bike every 3,000-5,000 miles.** Overhauling is a key strategy to keep your bike performing at its best. An overhaul typically entails dismantling the bike, cleaning all the parts, and then re-assembling it. Ask for ultrasonic cleaning for best results (Standard during an overhaul at Trek Bicycle Store Pensacola and Mobile).

Our staff of professionals offer educational programs about bike maintenance, traffic skills, nutrition, and other relevant topics.

[Like us on Facebook](#) and check in often for the latest schedule of programs.



**Robbie is the owner of Trek Bicycle Store  
Pensacola & Trek Bicycle Store Mobile**



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**Robbie Mott**  
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### Member's Races Interactive Calendar

We wanted to implement some technology and try to track who in the group is doing what in 2018. [If you are interested, this is a shared Google Document.](#)

List your name under the events (or add new events) you are going to attend so it's easier to connect with other TGC members at races.

### GROUP TRAINING

**SWIM, BIKE, RUN**  
Members post their workouts for others to join at  
[TGC Trains Facebook Group](#)

## "It's just a 5K man!" - Biffledinked by Kevin Swenson

The first race I ever did had a \$4 entry fee. Over the years, race entry fees have risen SIGNIFICANTLY. There are a couple of local races that I would love to do, but a \$35 entry fee for a 5K is WAY more than I want to pay.

When a friend in Virginia said they had a 5K that only cost \$6.50, I was intrigued. So I decided to do the Pro/Con thing to determine whether to register.

- **PRO:** A \$6.50 entry fee.
- **CON:** You have to register for 10 5Ks to get the cheap rate.
- **PRO:** The first 5K is 8AM on 28 April.
- **CON:** the second race is 9AM on 28 April.
- **CON:** the third race is 10AM on 28 April.
- **CON:** ALL the 5K races are on 28 April.
- **PRO:** I can do a 'run-specific' spring program (no swim or bike).
- **CON:** I had to do a 'run-specific' spring program.

Somehow, the PROs won out, and Kelly and I registered for the "Biffedinked 10X5K." Luckily we have a friend who lives nearby, so lodging was covered. Plane tickets were bought, and we developed a training plan. In order to be best prepared, we decided to do a few "trial" 5K sets. We did a set of four 5Ks on 20 Oct; five 5Ks on 17 Dec; six 5Ks on 27 Jan; and seven 5Ks on 9 Mar. I had done a 100 Runs in 100 Days Challenge in early 2017 which seemed to set me up for a productive running season, so I decided to do something similar in the 100 days before 28 April. In addition to doing my typical 16-week marathon training plan, I would run virtually every day to get my legs used to running tired. I ended up with 82 runs in the last 100 days for 479 miles.



Race day dawned in Virginia Beach as sunny and warm. 75 degrees at 8AM, but the humidity was low. The race is limited to 100 racers due to permit issues, and it had a small-town feel. There were a few guys who were racing, and the rest of us were having a blast! Everyone helped each other throughout the day because *EVERYONE would go through a bad patch\**. (**\*Important endurance event knowledge - No matter how bad it seems, don't fret...it'll get better soon.**) The "trial sets" we did showed us that a clean shirt felt heavenly each time...and that the food I would normally consume during a triathlon didn't work for this event.

With the start of the first race, I settled into my pre-determined pace (10:15s), and watched as the majority of EVERYONE ran away from me.

**#1** time was 31:41, and I was 70th outta 91. Consistency would be the key for the day, and my first five were within 42 seconds of each other (31:41; 31:32; 31:49; 31:24; 32:08).

**#6** was where things started to get hard (33:12).

**#7** was run with Melanie to get her through her tough patch (34:38). **#8** saw Melanie running away from me (36:27).

**#9** was the most painful (39:01), with a sore ankle and GI issues.

**#10** was a celebratory walk (52:31) with a few new friends.

Total time was 5:54:23 (I had hoped for a 5:30), and I was VERY pleased with the effort.

The phrase "It's just a 5K man" was uttered periodically throughout the day, and it kept everyone centered on



the task at hand. Don't worry about #7 if you are on #3...just do what you need to do RIGHT now to get to the next leg...and if this leg wasn't what you wanted, forget it, and move on. What can I do to get myself back on track for the next leg?



With proper training, I would highly recommend this event for anybody looking for a do-able challenge. "It's just a 5K man."

Kevin Swenson  
TGC Volunteer - Weekly Bike Sweep/Support

## UPCOMING EVENTS



**Board Meeting**  
June 13 (Wednesday)  
Email: [President@TriGulfCoast.org](mailto:President@TriGulfCoast.org)

**Mere Mortals**  
Most Sundays, May 27-Sept. 23  
Pensacola Beach, FL



**Grandman Triathlon**  
June 2  
Fairhope, AL

**Jubilee YOUTH Triathlon**  
June 3  
Fairhope, AL

**Freedom Springs Triathlon**  
July 7  
Marianna, FL



**Thursday Morning Open Water Swims**  
Thursdays - 6:30 a.m.  
Mommy Beach (Soundside Pavilions)  
Pensacola Beach, FL

**Annual Swim for Alligator Lighthouse**  
Sept. 15  
Islamorada, FL (Keys)



**Flag Day 5K**  
June 9  
Gulf Breeze, FL

**23rd Annual Alligator Trot**  
June 23  
Floral, AL

**Ronald McDonald House Firecracker 5K**  
June 30  
Pensacola, FL

**19th Annual Celebrate Freedom 5K**  
July 4  
Jay, FL

**Argonaut 5K**  
August 25  
Pensacola, FL - UWF

**Pensacola Seafood Don McCloskey 5K**  
Sept. 29  
Pensacola, FL



**Ride Yellow**  
June 16  
Bay Minette, AL

**Weekly Rides:**  
**West Florida Wheelmen**  
**Trek Store**  
**Pro Cycle and Tri**  
**Ride More Bicycles**  
**Girlz Only Sunset Rides**

Each month, we curate the above 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](#)  
[Pensacola Sports: Running Pensacola](#)  
[Run Pensacola](#)  
[Pensacola Runners Association - Calendar](#)  
[TriFind](#)  
[USA Swimming](#)

## Tri Gulf Coast ONLINE STORE

Is your favorite Tri Gulf Coast merchandise getting worn out?

Has your visor elastic seen better days?

Do you want to send friends or family a vintage TGC long sleeve shirt?



**WE HAVE LAUNCHED AN ONLINE STORE!**  
This is your last chance to get these items.  
Once they are gone; THEY'RE GONE!

Contact: [ReallyCoolStuff@TriGulfCoast.org](mailto:ReallyCoolStuff@TriGulfCoast.org)  
Store: <https://squareup.com/store/tri-gulf-coast>





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2017 Headsweats Visor



2016 Headsweats Visor



2017 Long-Sleeve  
Tech Shirt



2016 Trucker Hat

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