



**TRIGULFCOAST**  
MULTISPORT ATHLETES

JOIN!

YOUTH RACES

NEWSLETTERS

MERE MORTALS

CALENDAR

CONTACT

1 May 2018

## Greetings!

*WOW, is it really already May?? It sure is, which can only mean one thing--- TIME TO RENEW YOUR TRI GULF COAST MEMBERSHIP!!! Many of you have already renewed and several seem to be bringing a friend with them this summer and that is great! As my phone was lighting up with membership renewals I got to thinking, "Why am I a member of Tri Gulf Coast?"*

*On Sunday's 10K, as a part of the Pensacola Triathlon, I was reminded why I'm a member. I am a member because as much as triathlon is an individual sport we are all out there together. It was nice to see the 2018 kits (ready for pick up) dotting the course, but also years of TGC kits were spotted around turns, on the tops of hills, and rising from the waters. We were all out there covering these same miles. The cheers from other athletes push you to step faster and dig deeper. The high fives and smiles pull you back from any negative self talk pinging in your mind as do the fellow athletes who cheer you on those last few steps across the finish line. Those moments are why for 5 years I have been a proud member of Tri Gulf Coast. This is not just a club but a community. A community that helps to lift us up to whatever challenge we face; a community that believes in us when our own faith waivers; a community that builds us stronger both physically and emotionally. I will be happy to renew my membership to this community, to this club, to this family.*

*Through the years, I have seen many athletes come into this sport and TGC has been their to support them with the help of our sponsors. While we are welcoming several new sponsors this year we are also saying goodbye to a long time sponsor, Team MPI. Coach John and Coach Mark have encouraged our athletes to reach for their goals and gain so much more. Thank you to Team MPI for their ongoing support as TGC continues to serve our triathlon community.*

*Last thing I would like to mention is that May is National Bike month!! As we are celebrating cycling in our community we also remember those whose lives were lost*

## In This Newsletter

- [MPI Triathlon Advice](#)
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- [\\$5 Long-Sleeve Tech Shirts](#)



## 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**



doing what they loved. Tri Gulf Coast is honored to be a part of the Ride of Silence in Pensacola on 05/16/2018. Please find the full details below. We hope to see you out there for this moving tribute that helps bring awareness to cycling safety in our local, national, and global communities.

Thank you to all our sponsors and athletes for your ongoing support as our triathlon community grows. Here's to the upcoming start of Mere mortals and the on going passion of this club!

Teresa J. Hess  
TGC President  
& The TGC Board



Stay Connected



### Where It All Began...

The story of how Team MPI began (back then we were known by our full name only, Multisport Performance Institute) is interesting and fun to recall, and it occurred simultaneously with both John Murray and myself volunteering to be on the board of Tri Gulf Coast. We, along with the rest of the new Board Members had our first meeting in the beginning of 2010. Back then I think we had around 60 members. The Club had a wonderful reputation of having nice folks involved, but it hadn't made the "jump" to keep up with the ever-increasing popularity of Triathlon. The small group of us set about to create a club that served not just current local triathletes, but all athletes in the larger area - especially those who hadn't done a triathlon yet. We created a brand new website, new logo (still used today) and a calendar full of FREE events for members.

It was a true passion for all of us as we all loved triathlon and felt fortunate to live in such a wonderful place to train. Throughout that year, the club grew in membership, events increased and a real excitement was felt by all. At the same time, John and I finally got a small startup loan and quit our jobs full time to run Team MPI. As much as we LOVED working for Tri Gulf Coast, we could never (nor would we ever) promote our company while we were on the board - and we desperately wanted to. So at the end of 2010, we handed over the reigns to folks a lot smarter than us who then took the club to the real "next level." The rest is history.



Free phone consultations

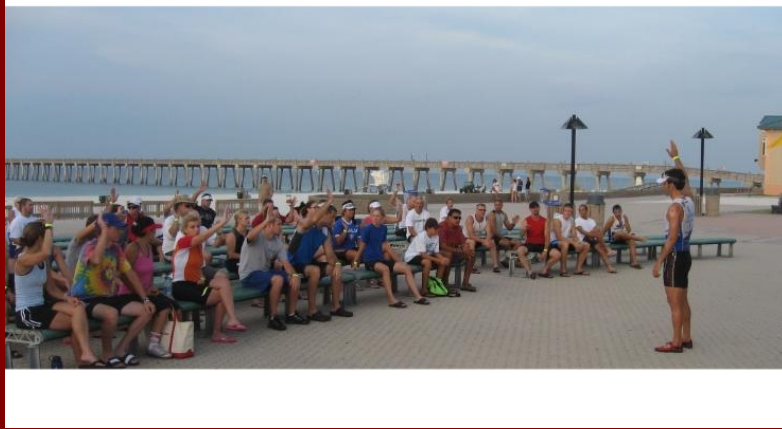


\$6 Daily Meal Deal  
6" Sub-of-the-Day, Chips, and Drink



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





*Mere Mortals circa 2010*

Why is Tri Gulf Coast so important? Because it provides a safe place for adults to attempt to do very challenging athletic endeavors. It provides a group, or tribe, for new athletes to join and feel welcomed and accepted - no matter what age, ethnicity, religious beliefs, income level, etc. It's a community that willingly and aggressively "believes" in people and what they can do. And that, my friends, is GOLD.

I, and I'll speak for Coach John here as well, feel proud and honored to be at that "new beginning" of the modern day Tri Gulf Coast. John and I created Team MPI from our hearts and with the fundamental goal of always "doing the right thing". That was how we also approached running Tri Gulf Coast. To see it now and what it has become is amazing. No matter what, KEEP IT GOING. You all are changing people's lives.

Team MPI is ending our Premier Sponsorship this month after seven years (I think?). I encourage those interested to continue to follow us and our continued growth and love for endurance sports at [TeamMPI.com](http://TeamMPI.com) and sign up for our newsletter. I believe most of you know that Coach John retired last year, but you may not know that he now has a Blog - yes, hard to believe - at <https://jokervlife.wixsite.com/website>.



Thank you Tri Gulf Coast and keep doing great things!

Coach Mark Sortino  
CEO and Owner Team MPI  
[Mark@TeamMPI.com](mailto:Mark@TeamMPI.com)

## Thursday Morning Open Water Swims - ARE BACK!

It took a lot of work, coordination, determination, and NEW sponsors to bring the weekly, Thursday Morning Open Water Swims back for the 2018 Season.

Seriously, this would not be possible without [Pensacola Triathlon](#), [Subway](#), [Truly Spokin'](#), and [TriPossibilities Coaching](#). We are set for the season, but this additional weekly event can only continue past 2018 if there is consistent participation. Set your alarms!

[DETAILS HERE](#)



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





10% off with code: TGCMC



15% off most items  
Excluding Garmin, Stages, & Favero

[Email for code!](#)



MASSAGE THERAPY BY  
**JAMES FRITSCHLE**



## Is Your Bike Up-To-Speed? Tips to Gear Up Your Bike for Tri Season By Robbie Mott

### Part 1 - Home Care

Are you dusting off your bike after a long winter's rest? Or maybe you took advantage of the season's cooler temps and now want to keep your bike in top working condition? Here are a few key tips for getting (or keeping) your bike up-to-speed for the upcoming triathlon season.

**1. Clean your bike.** It sounds simple, but this step is often overlooked - usually because the rider is headed straight to the showers. Sweat (insert irony here), sand, and salt air can all degrade the materials and components in your bike.



Take five before you hit the showers to give your bike a bath. A quick rinse with clean water will do wonders to keep your bike running like a champ - but not smelling like one. Wipe it dry with a clean towel and then, while lightly gripping the chain with a clean cloth, crank the pedals to knock off any excess dirt and grime.

**2. "Moisturize" (my wife's suggestion) correctly!** Keep your chain and moving hinges (on derailleurs and brakes) lubricated. In this environment, a wax-based lube is usually best to use on the chain, because it will not collect sand and grit when used correctly. A little goes a long way! Apply sparingly and wipe off the excess.

**3. Pay attention to your bike.** Know what sounds and feels normal so you can recognize when things are not. Every little creak, crack, or thump could cost you time. Inspect your bike before every ride, including making sure:

- Your handlebars are tight
- Your brakes engage, brake quick releases are secured, and

wheels are not dragging in the brake pads

- Your tires are inflated to proper pressure rating
- Your wheel hub quick releases are closed and correctly tightened
- Your bike appears, feels, and sounds like it is in good working order

We hope these tips help to make 2018 your best training and competition season yet.

### Coming Next Month: Part 2 - Professional Care



**Robbie Mott**  
(850) 912-6858

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



### Annual Ride of Silence - Pensacola



**Wednesday, MAY 18, 2016:** A silent bike ride to promote public cycling awareness and honor those who have been killed or injured while riding.

The ride starts and ends in the WSRE parking lot on PSC Campus. The 7 mile route takes the group around the airport via Langley, Spanish Trail, Summit, and 12th Ave/Tippin at a comfortable pace.

[This is our local ride which is coordinated with the National event.](#)

**TRIGULF COAST**  
AND  
**X-TERRA WETSUITS**  
**60% off**  
Select Wetsuits  
+ Speedsuits  
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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

[Thursday Morning Open Water Swims led by TriPossibilities](#)  
6:30 a.m.  
Mommy Beach / Pensacola Beach  
Sound Side Pavilions

**MERE MORTALS**  
Sunday Mornings starting  
May 27  
Pensacola Beach

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

# MAY IS BIKE MONTH



With so many reasons to ride, what's yours?

#BIKEMONTH BIKELEAGUE.ORG/BIKEMONTH

## UPCOMING EVENTS



### [Parking East Snorkeling Reef Open Water Swim](#)

May 6 (Sunday)  
Pensacola Beach, FL

Board Meeting  
May 9 (Wednesday)  
Email: [President@TriGulfCoast.org](mailto:President@TriGulfCoast.org)

[Ride of Silence](#)  
May 16 - 5:30 p.m. (Wednesday)  
WSRE Parking Lot - Pensacola, FL

[Mere Mortals](#)  
Most Sundays, May 25-Sept. 23  
Pensacola Beach, FL



[Gulf Coast Half Ironman 70.3](#)  
May 12  
Panama City Beach, FL

[Crawfishman Triathlon](#)  
May 20  
Bush, LA

[Crystal River Triathlon Series Sprint #1](#)  
May 26  
Crystal River, FL

[Grandman Triathlon](#)  
June 2  
Fairhope, AL



[PRA's Fiesta of Five Flags 5K/10K](#)  
May 5  
Pensacola, FL

[Sunset Stampede 5K](#)  
May 5 (Evening)  
Navarre, FL

[St. John Sunset Run 5K](#)  
May 12 (Evening)  
Pensacola, FL

[Leftover 4 Miler](#)  
May 19  
Pensacola Beach, FL



[PRA Membership Run \(Trails\)](#)  
May 19  
UWF Campus  
Pensacola, FL

[St. Anne 5K Run/Walk](#)  
May 19  
Gulf Breeze, FL

[Gate to Gate Run](#)  
May 26  
Eglin AFB - Fort Walton Beach, FL

[Graffiti Bridge 5K](#)  
May 26  
Pensacola, FL





[Thursday Morning Open Water Swims](#)

Thursdays - 6:30 a.m.  
Mommy Beach (Soundside Pavilions)  
Pensacola Beach, FL

[Osprey Open Water Swim](#)

May 5  
Ocean Springs, MS

[Annual Swim for Alligator Lighthouse](#)

Sept. 15  
Islamorada, FL (Keys)

[Bike Pensacola May Slow Ride](#)

May 12  
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](#)

## TGC Merchandise - Headsweats Visors & Hats

**SUPER SALE** on 2016 visors, hats, and orange long-sleeve tech shirts.  
2017 visors and hats are available.  
Limited sizes available. First-come; first-serve.

Contact:

[ReallyCoolStuff@TriGulfCoast.org](mailto:ReallyCoolStuff@TriGulfCoast.org)



2016 Long-Sleeve  
Tech Shirt

**\$5.00**

Woman's V-neck options  
Unisex Crew Neck options



2016 Headsweats Visor

**\$10.00**



2016 Trucker Hat



2017 Headsweats Visor

**\$15.00**



2017 Trucker Hat

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

P.O. Box 544  
Gulf Breeze, FL 32562

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