

1 November 2018

Greetings!

WOW!! What a fun time at our annual End-of-the-Year Party!!! It was great to celebrate a year's worth of growth and accomplishments with our triathlon family. I am ever thankful and grateful for this community.

I want to take a moment to once again say thank you to the outgoing 2018 TGC Board. TGC is run on the commitment of those who care about this club, the sport, and this tri family. It is a commitment that is done out of passion, because let's face it, if they didn't love this club it would make waking up at 4am each Sunday (with a smile) a little harder. I could not have asked for a better team to lead this club. It was a leap of faith for some of our club members like Tom Henderson, who took on the challenge of VP after years as the voice and chair for Mere Mortals, and Danika Turner, who without pause took up the role of Mere Mortals chair sharing with members each week hints and trick to better racing and living. Change and challenges in life can be scary sometimes, but with a strong team supporting each other the journey can be an adventure in growth, strength, and laughter.



I am excited to watch as the athletes and club grow and evolve in the years to come.

As we enter into this holiday season and get a little reprieve from the demands of racing take a moment to thank those in your life who have supported you through your challenges, through your growth, and across your finish lines.

Teresa J. Hess
TGC President
& The TGC Board



Race Bandits

**Race Bandits...
Why You Should Never Do It, and It Should Never Be Tolerated**

A Race Director's definition of a *bandit* is an athlete who participates in an event without registering. It's not just about a race entry fee. Even someone that buys another athlete's bib is considered a *bandit*.

Common excuses to justify running as a bandit:

- The event was sold out; how else was I suppose to run?
- It doesn't support a charity so why should I pay?
- My friend registered, but couldn't do it so she/he gave me their bib.
- I don't think I should have to pay to run on city streets.
- It's to expensive, and I was able to find a race entry

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- cheaper on Craigslist.
- One extra runner won't hurt anything.

As a Race Director, I've heard every one of these, and none of them justify banditing a race. When you bandit, you are putting the entire event at risk. Some might only see it as a money issue, but it's so much more.

For the example below I've changed some details, and I can't name the event because of legal issues, BUT I want to illustrate the reality of what can and does happen.



Nobody ever goes into a race thinking that something bad could happen to them. Unfortunately, sooner or later bad things happen.

At an event, we had an incident involving three cyclists colliding into each other causing *John* to have a pretty bad crash with injuries including: a cracked skull, broken jaw, broken eye socket, broken clavicle, etc. It was a real emergency. As the athlete was transported to the hospital unconscious, we got his pertinent information (name, age, emergency contact) from the race bib record. The hospital asked about insurance, which we absolutely had for participants as a sanctioned race event.

Next was immediate surgery that went well. Unfortunately, after *John* woke up something was a little off. The name he gave was NOT the name we had on file. It turned out the athlete was participating using someone else's race bib.

Because he was not the person that registered for the race, he was not insured under the event insurance. The surgery far exceeded his personal insurance coverage and he was left with no other choice but to sue the event or go broke paying medical bills. After racing as a bandit, the injured bandit is left in financial hardship while the race is presented with a lawsuit, that the Insurance will not cover, and is forced to hire an attorney to defend the case.

If the race loses the case and is found liable for medical bills and legal fees, it could easily go bankrupt. Depending on how the event is organized, the Bandit athlete could also seek damages from a partnering non-profit, the race director personally, sponsors, and/or the hosting city.

This situation is a direct result of one athlete racing as a bandit.

For most small races, a situation like this would kill the event.

It is situations like this that cause a need for mandatory IDs when picking up a race packet or a required wristband after check-in. Be patient with these requirements. Even though somebody on Facebook or Slowtwitch says it is unnecessary and the race is simply being difficult, trust me, there is a valid safety reason. Most of the steps that might annoy some are there because of risk management related to past situations.

Please help us out. When you hear of an athlete looking to bandit a race, discuss the true dangers to them and the race, and encourage them to register like everybody else.

Most races have procedures in place to transfer an entry. It's really worth the extra time to do it right.



To the Start Line,
 Adam Guess
 Race Director
 Pensacola Triathlon [\(Registration is OPEN\)](#)
guess.adam@gmail.com

Ironman FL Volunteers





Unfortunately, with the hurricane and resulting location and date changes to Ironman FL, TGC will NOT be able to serve as a coordinated group transition team.

If you would still like to volunteer for Ironman FL in Haines City on Nov. 4, you'll need to [re-register as a volunteer](#).

Stay Connected



GROUP TRAINING

SWIM, BIKE, RUN

Members post their workouts for others to join at: [TGC Trains](#)

Big Dance Report

This is the follow-up to last month's article, *The Big Dance*. You can read it in the [October Newsletter](#).

Madam Pele provided us with a magnificent day, and I got to dance with the Head Cheerleader!!

Race Report: Woke up at 3:30 after numerous 20-minute naps. Slipped my timing chip on my left ankle, and started to cry. I was at the Big Dance - the IronMan World Championships at Kona, Hawaii. I had been looking forward to this for 11 years...and it was gonna happen. Thankfully, nobody else was around to see my tears, but it wouldn't have surprised anybody. I had been tearing up numerous times each day for some of the most mundane things.

After the short walk to transition, I picked up my sets of TriTats, and went to find Kelly and Kayla (who had volunteered) for my personalized body marking. Upon seeing them, I again cried. They got me marked, and after a hug and kiss, sent me on my way. Got ShaReese (my bike) all set-up, and went to get in the Port-a-potty line. Saw my brother Mark as I was waiting, and gave him cuts. Afterwards, we got his bike set-up and found some quiet seats in the far corner of the Luau area. Put on our swim skins at 6:20. Our start time was 7:05, so we had plenty of time to continue to relax.

At 6:30, they played the National Anthem, and for the 5th time, Mark and I stood at attention before a race ('07 IM CdA, '10 IM CdA, '12 IM France, '15 IM Florida, '18 IM Canada). Yes, I cried again. We started to walk over to the pier, and come up on Kelly and Kayla (who, due to their volunteer shirts, had access to a semi-restricted area). Of course, since Kayla had just finished IM Choo 2 weeks prior, she was also very emotional, and she broke into tears... which just pushed Mark and I into sobbing fits. NOT a pretty picture... but pretty damn cool!



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Swim: Mark and I waded into the water, and found a place to stand off to the side. The deep-water start is 100 meters out from shore, but neither of us wanted to tread water very long. At 7:00 we gave each other a hug, said "love you man," and swam to the swim start. My goal for the swim was to get to the far turn buoys (boats actually) before the AG Ladies got there (they started 20 minutes behind us) and to have FUN! The cannon went off, and I cried. I was racing the IronMan World Championships (presented by Amazon) at Kona!!!

Got into my swim groove very quickly, and started playing tourist. Looking at all the coral and fish, keeping people on both sides of me. I don't think I sighted more than 7 times the first 1.2 miles. It was so cool. As I started to make the turn at the Body Glove boat, there was a huge cheer from the boat occupants, and I saw a large pack of pink caps whiz on by. I made it before the ladies - it was gonna be a GREAT day - Thanks Madam Pele.

The swim back was equally un-eventful. I stayed to the left so the fast ladies wouldn't get delayed, and I found several (male) feet to follow. As I was getting near Dig Me beach and stood up, I saw that Scott Rigby (1st double below-the knee amputee to finish Kona) was on the beach pointing the way to go. I went to him and shook his hand (we had raced at IM CdA in '07, and he kicked me in the chest during the swim with his plastic-covered right stump). As a volunteer helped me up the stairs, I hugged her and started crying (shocker!!!), and she asked what was wrong - "I just finished the Kona

Swim, and am SUPER happy!" The freshwater shower felt great, and I made sure I got ALL the salt off of me.

(Time: 1:39:06 13th fastest outta 19)

Transition: I yelled "Mark Swenson" as I got into the tent, and made my way to the far end. No reaction meant Mark was either gone (probably, since he beat me outta the water by 9 minutes, 6 weeks before at IM Canada) or behind me. I made a complete clothing change with plenty of chamois cream. Wanted to make sure everything was good for the next fun-ride. I should have yelled for Mark on the way out also, because he was only 6 minutes behind me on the swim...

(Time: 10:15 14th fastest T1 outta 20)

Bike: I was scanning both sides of the road looking for family in the first few blocks, because I knew our 12 supports were there somewhere. Saw (and stopped) for everyone but Kelly. Don't know how I missed her. There is a 4-mile out/back in town before heading out onto the Queen K, and I stopped to pee at that turn around. Apparently, Mark passed me while I was "un-hydrating." The goal for the ride was to keep my heart rate below 146, and enjoy the day (knowing the cut-offs were 2:05 at the turn at Hawi, and 5:35 back to T2). Every hour, I thanked Madam Pele for all she was providing us (I believe in having as many people on your side as possible). The scenery is gorgeous. I kept an eye on my speed and HR, but tried to pay more attention to what I was riding past...this is [probably] my only time doing Kona. Yes, I cried numerous times when I thought about what I was doing, and who had supported me to get here.

Apparently, at about the third aid station, Mark had stopped to "un-hydrate," and I unknowingly passed him. Got to the turnaround at Hawi (mile 60) at 1:20, and headed back to Kona. I saw Mark less than a mile from the turn around, so he was close. Note: the ride up to Hawi is the hardest part of the course, and I was ecstatic to have gotten that far in that time. Felt very relaxed headed back to Kona, and at mile 75, I estimated that I should be back to Kona by 4:00. In the next 3 minutes, I hit a SIGNIFICANT head-wind that dropped my speed down to 12 kph/7.5 mph (yes, I ride in kilometers). I realized that I had exhibited vanity, and Madam Pele was punishing me. I apologized to her for my actions, and thanked her again for the glorious day I was experiencing. As I crested the 2-mile hill, the winds dissipated, and the rest of the ride was glorious. The last 7 miles parallel the run course, so I got to see some fast people suffering on the run. I wanted to be part of them. Yes, I cried as I came into T2.

(Time: 7:26:53 17th fastest outta 19)

Transition: Again, complete clothing change and get in and out quickly, but make sure everything is accomplished.

(Time: 14:10 19th fastest outta 20)





Run: My goal was to run smoothly for the ENTIRE 26.2...and by run, I mean move. Run or walk, it's all the same. Started the run at 4:20, and made sure to scan for supporters again, and found EVERYONE in the first mile. Stopped and hugged/kissed everyone. (And cried EVERY time - I was doing KONA!!!) Instead of running until I fell apart, I had decided to run 2 minutes, then walk 1. I've discovered I can do about 13 minute miles this way, without much degradation. Well, I got tired of looking at the watch, and went to running 4 traffic cones, then walking 1. Just having fun with those who were around me - both athletes and spectators. The sun sets about 6:30, so as I got up onto the Queen K at mile 6, it was dusk, and the temps were bearable. (I don't know how the fast guys do it in the sun/heat.) Ten minutes after the sun was down, it started to rain on the Queen K (but not in town). My feet got soaked, and small rivers were running across the road, but it was still warm. I kept up the 4 to 1 pace and was feeling GREAT. I saw Mark after the Energy Lab turn around, and he was about 20 minutes behind me. At this point, I was certain we could make the 17-hour time limit, but wanted to implement a long-time dream.

My brother got me started in IronMan, and from the first time I completed one, Kona was ALWAYS a goal. But since I didn't have the genes to qualify by speed (Thanks Mom and Dad), I would have to use a different way. There was the IM Lottery system where ANYBODY could apply for \$50 (and get a second entry for an additional \$25). 200 people would get selected from all entries, and they got to go to Kona. I paid my \$75 each year until 2012 when IM introduced the "Legacy Program" which allows athletes who have completed 12 IM to go to Kona. This meant that not only would I eventually be guaranteed a slot to Kona, but Mark would also. So plans developed in my mind about finishing Kona WITH Mark by my side. I visited/alterd this plan at various time in the last 6 years, with the final modification made in the early evening as I was run/walking on the Queen K highway. I would alter my pace, so that we would get to the finishing chute at the same time. As I got to the 20-mile point, I started to only walk, and at the beginning of the finisher's chute on Alii Drive, I found Mark's good friends (and my brother-in-law). They saw that Mark was 9 minutes back, (love the new IM Tracker), so I did what anybody would do. I sat on the curb and waited. As Mark came around the corner, I stumbled (LITERALLY) to my feet, and gave him a big hug. We walked the final 200 meters together, stopping to hug family and friends along the way. As we got near the finish line, I consciously made sure my left foot (with timing chip attached) was 6 inches behind Marks. Mike Riley announced us as the "Swenson Brothers," and said those famous words - "Mark and Kevin Swenson - You are an IronMan." Yes, I couldn't see much due to the significant saltwater dripping down my face. Thankfully nobody was coming in behind us, because we didn't move quickly. As we came done off the finish line, Daniela Ryf (Women's World Champion) was there to put our medals and necklaces around our necks. Super Cool Moment!! Mighta been 30+ minutes faster if I hadn't waited, but then WHO CARES?
(Time: 6:50:14 18th fastest outta 19)



Analysis: This was the day I had dreamt of for 11 years. Significant blisters on BOTH feet, but I was walking 6 inches above the ground...still. BEST finisher EVER!!! - BTW Mark beat me by 2 seconds!
(Time: 16:20:38 16th fastest outta 16)
(2277th place outta 2307 finishers)

Thanks to my Gulf Coast Tri Family for getting me ready for this experience.
Additional Thanks to my family for being MY family.



2018 TGC Award Winners

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Female Athlete	Male Athlete	Female Rookie	Male Rookie	Mentor	Mentor	Volunteer
Kim White	Dominick Zambrano	Lindsey Widden	Mike Boitnott	Michele Tierney	Robbie Mott	Patrick Willi

UPCOMING EVENTS



Board Meeting
November 14 (Wednesday)
Email: President@TriGulfCoast.org

COMING SOON:

- Strength Training Clinic
- Annual Pancakes & Bacon (Group Run)



Triathlons are moving South for the Winter

[Ironman Florida](#) (Haines City)
Nov. 4
Haines City, FL

[Miami Man Triathlon](#) (70.3)
Nov. 10-11
Miami, FL

[Blackwater Multisport Festival](#)
Nov. 17-18
Munson, FL

[Tri Key West Triathlon](#)
Dec. 1
Key West, FL

[Challenge Daytona](#)
Dec. 7-9
Daytona, FL



[Tampa Bay Frogman Swim](#)
Jan. 13
Tampa, FL



[Great Pumpkin Run](#)
Nov. 3
East Hill - Pensacola, FL

[Safe House Project Half Marathon](#)
Nov. 3
Pensacola Beach, FL

[Pensacola Marathon](#) (26.2; 13.1; 5K)
Nov. 11
Pensacola, FL

[Battleship 12K](#)
Nov. 11
Spanish Fort, AL

[Seville Turkey Trot](#)
Nov. 17
Pensacola, FL

[Krul Lake Half Marathon](#)
Nov. 17
Munson, FL

[Pensacola Turkey Trot 5K](#)
Nov. 22
Pensacola, FL

[Pensacola Beach Turkey Trot](#)
Nov. 22
Pensacola, FL

[Pensacola Runway 5K](#)
Dec. 1
Pensacola International Airport

[Ho Ho Hustle](#)
Dec. 8
Pensacola, FL



Weekly Rides:
[West Florida Wheelmen](#)
[Trek Store](#)
[Ride More Bicycles](#)
[Giriz Only Sunset Rides](#)
[\(On Winter Break\)](#)

Each month, we curate the above list of local events that span our membership area and beyond. Unfortunately, we cannot list EVERY race. Peruse the resources listed to the right 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



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This is your last chance to get these items before THEY'RE GONE!

Contact: ReallyCoolStuff@TriGulfCoast.org
Store: <https://squareup.com/store/tri-gulf-coast>

The remaining 2016 and 2017 Member Shirts were taken to Panama City Beach, FL and donated to those in need.



2017 Trucker Hat



2017 Headsweats Visor



2016 Headsweats Visor



2016 Trucker Hat

Stay Connected



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