



**TRIGULFCOAST**  
MULTISPORT ATHLETES

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August 1, 2022



**OFFICIAL CLUB**

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*Greetings!*

Tri Gulf Coast is an all-volunteer organization. No one gets paid. In fact the by-laws clearly states that no board member can benefit financially from being on the board.

Everything we do runs on volunteers.

Volunteering is a way of helping others. It is freely



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giving of your time and ability to help others. Volunteering is good for you. Studies show that volunteering releases tension. Volunteering also gives you an opportunity to interact with others who are passionate about the same things you are. Volunteering will make the bonds that you already have with others even stronger.

The number one reason people volunteer is because they're asked. In fact, a U.S. study by Gallup concluded that people are more than four times as likely to volunteer when they're asked as when they're not.

So, I am asking!

We need volunteers to help with Mere Mortals every Sunday. We need people to help set everything up, starting at 5:30am and we need people to help take everything apart and load the trailer at the end of Mere Mortals, and there plenty of other ways to serve. Everyone qualifies to help. It's easy and fun to work with such wonderful people. You can sign-up on our Facebook page, the link in this newsletter, on our website, or just ask any board member.



Stronger, smarter, safer, together,

Jim Britnell  
 TGC President, 2022  
[president@trigulfcoast.org](mailto:president@trigulfcoast.org)

- Fencing



**Affiliation Sponsors:**



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**2022 MERE MORTALS SCHEDULE**

05/29	<b>Orientation</b> Drills	07/31	400 yds  16 miles  2 miles
06/12	150 yds  12 miles  1 mile	08/07	400 yds  18 miles  2 miles
06/19	<b>Swim Clinic</b>	08/14	450 yds  14 miles  3.1 miles
06/26	300 yds  14 miles  2 miles	08/21	500 yds  16 miles  3.1 miles
07/03	300 yds  14 miles  2 miles	08/28	550 yds  18 miles  2 miles
07/17	300 yds  16 miles  2 miles	09/04	550 yds  14 miles  3.1 miles
07/24	350 yds  3.1 miles	09/11	600 yds  16 miles  2 miles
<b>SEPTEMBER 18 MEMBERS ONLY TRI</b>		600 yds  18 miles  3.1 miles	



Big news TGC! Our brand-new registration page is live! You can sign up for the 2022 season now! A few important changes: Because we are using a new platform, you may need to register as a new member even if you are an existing member. We are now offering 1 and 3 day membership passes for \$10 and \$15! Tell your vacationing friends and family to join us this summer! Our annual membership option is now valid for the calendar year (January 1st- December 31st).

**H4** H4 Services, LLC  
 - Aerial Photography/Videography  
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Team Handle: TRIGULF  
 Email for Team Passcode

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Discount Code: C-TRIGULF



## VOLUNTEERS NEEDED

Help us put on our weekly Mere Mortals clinic for new athletes. Variety of tasks and times to fit your schedule!

[www.trigulfcoast.org/volunteer](http://www.trigulfcoast.org/volunteer)  
 or text Macy @ 573-631-4123



### Open Water Swim Tip of the Month

Stressing the body is a learned skill and is important in improving one's swimming beyond just technique. There are 2 dimensions associated with stress: pain and duration. Swimming hard and then switching to swimming moderate can help develop this skill. There are an infinite number of combinations. For those folks who seem stuck at a certain pace, I would suggest introducing a thousand yards of 10 strokes fast, 10 strokes moderate. If too taxing, increase the number of moderate strokes.



**Santa Rosa Island Triathlon**



## **\*\* VOLUNTEERS NEEDED \*\***

This event brings in over 700 athletes and with over 25 states represented we would love to have you volunteer to help us show all the athletes our Pensacola Pride for our hometown triathlon!

We have many opportunities to volunteer PRIOR to race day

**Packet Pick-up (Thursday/Friday)**

**Pre-Race Set-up (Friday)**

Do you have friends that love being in the water? – **we NEED water support for a few morning hours!**

Do you have a high school student looking for service hours? **We can offer LOTS of hours!**

Do you have family that wants to be part of race day? **We can make this happen!**

Signing up is easy – [Click her to volunteer.](#)

Email us at [santarosaislandtriathlon@gmail.com](mailto:santarosaislandtriathlon@gmail.com) if you have questions or a specific task you would like to do.

## **Support the UWF Men's and Women's Cross Country Teams by registering for the Argonaut 5k!**



Pensacola Runner's Association proudly presents the 2022 Argonaut 5k. Enjoy a fun and challenging 5k on the campus of UWF! Participants will receive a high-quality singlet (while supplies last). This is a fundraiser for the UWF Men's and Women's Cross Country Teams and 100% of the proceeds will be going directly to support the team this upcoming season. This race will start on the roads near Lot SP2 and will feature an Olympic style finish on the

track of UWF. Race start time will be at 7:30am and roads will be partially closed at 7:15am. Get there early and get your parking spot!!

[Register Here](#)



**In Memory of John Murray**  
**“His Legacy will never be Forgotten”**  
**June 17, 1958 - July 8, 2022**



John encouraged ALL to participate and became especially excited to see a first-time finisher come across the line. He leaves a legacy in all of us and all those who he touched through swimming, cycling, and triathlon. The community is stronger due in no small part to a foundation he set in place. A foundation which reminds us all that the “back to basics” approach portends success in execution be it on the race course, in surviving that daunting workout, or in organization and planning for a safe, welcoming, and fun event for all comers.

In addition to his own performances, awards, finishes at basically every distance of triathlon or endurance event, here is just a sample of John's numerous accomplishments and the many ways he impacted the local multisport community.

- 2010 - President TGC
- Team MPI Coaching - co-founder with Coach Mark Sortino
- 2010 - Youth events founder with Team MPI of what would later become the TGC Youth Multisport Series (Sea Turtle Triathlon, Maritime Duathlon) which continues today

- Super sprint triathlon series on Pensacola Beach at Portofino Island Resort 2011 – 2017
- Team Semper Fi and Challenged athletes Foundation - camp host, coach, and mentor for hundreds of military veterans and para triathletes
- Established and directed the TGC Weekly Swim at Mommy Beach with Mark Sortino - "I Hate Open Water Swimming"
- Iron Cowboy - June 26th, 2015 - site ambassador and coordinator for day #21 of 50 in a world record setting string of 50 iron-distance events, in 50 days, one in every state.
- Pensacola Sports Board of Directors, 2017-2018
- Tom Henderson Mentor of the Year Award Recipient, 2017
- Swim support crew of Ironman Florida multiple years
- Give It A Tri Board of Directors, 2020-2022
- Swim course director Santa Rosa Island Triathlon multiple years

Whether you came to know John as an athlete, coach, mentor, fellow competitor, race director, wingman, or volunteer.... the common denominator was he was a FRIEND providing wisdom, heartfelt advice, insight, or just raw tough love (sometimes with a smirk and a dash of sarcasm) in all those capacities.

That tough love - many realized that as Murray-isms... simple yet profound utterances:

“Get your mind right”

“Drills are fun” - wiffle balls can be humbling, one of his many ways of teaching “the catch and the roll”

“Like lambs on their way to slaughter” - commenting on athletes lined up for a time trial start swim

“Get comfortable being uncomfortable”

“The swim is a non-event, finish the swim like you are warmed up for the rest of the event”

We will miss you “Coach” – but you will never be forgotten, and we will continue to share you, your coaching expertise and your friendship with triathletes of the future.

Submitted by Evan Malone





## **RACE NUTRITION for short distance multisport events**

**By Mindi Straw, RD LD  
Registered Dietitian**

A few weeks ago, I gave a brief talk on nutrition at our Mere Mortals training and since have had many members say they didn't attend and were interested in the information. So here are the cliff notes.

**DO's and DON'Ts:**



1) *Practice your nutrition when training.*

- a. as our heart rate goes up how our GI tract works changes
- b. what works for one person may not work for another.

2) *BIG NO-NO* – don't do something new with your nutrition on race day!

3) *Pre-race dinner*

- a. Carb loading isn't necessary and effective
- b. Protein/carb/vegetables – may consider avoid fatty/spicy foods
- c. Beverages – having a cocktail before bed may be a good thing
- d. Keep hydrated

4) *Race day breakfast*

- a. Your breakfast should keep you nourished for short distance racing
- b. Not a breakfast person. Practice having something!
- c. Keep it simple and whatever you don't mind having in your stomach while racing
- d. Coffee - YES – great for a boost of energy and wake up
- e. When to eat? Up to 2 hours before race – myself 45 minutes before event.
- f. Continue to keep hydrated
- g. Poop – we all do it, know your poop routine. Triathletes love to share their poop routine...it is ok.

5) *Race Day Nutrition – short distance*

- a. Weather – going to help decide what to plan: hot, humid vs cold
- b. Hydration PRIMARILY ON BIKE is going to be main source of nutrition
- c. Options: Many options but some to consider: Scratch/Tailwind/Gatorade (most of these have carbohydrates (calories) and electrolytes)
- d. 1 bottle is sufficient for short distance events
- e. Have a drinking PLAN – every 2 miles take hydration or what works for you. (Your hydration doesn't work if you don't drink it.)
- f. Electrolytes (suggestions: Base Salt or Hammer Nutrition Enduralytes) – add to your hydration for short distance on hot/humid days
- g. If you do need extra calories: Gel/bars/blocks/waffles/real food on your bike
- h. RUN – usually fluids on run course, optional if you want to bring your own hydration.

6) *Post Race*

- a. Stay hydrated – let's talk pee (goal light yellow)
- b. Goal –
  - i. Repair muscles
  - ii. Rehydrate cells
  - iii. Refuel lost calories
- c. 2:1 Carbohydrate to protein – Good choice is chocolate milk – usually within 30 minutes post event
- d. Enjoy the afterparty!



## Three Simple Tips to Improve Your Running!



Years ago running was described to me as “standing on 1 leg, falling forward and hopping on to the other leg... over and over and over again. About 1000 times per mile!”

Let’s think about that. So even if you run 1 mile, you are doing 1000 single leg hops (or 500 per leg). In the Santa Rosa Triathlon in October, you’ll be doing about 3100 single leg hops AFTER swimming and biking!

What I’ve learned in working with hundreds of runners over the past 7 years is that if your form isn’t great at the start of your run, it usually doesn’t get much better towards the end AND often gets worse.

So what can you do to improve your running?

The best way to improve your running is to simply improve one small thing at a time, consistently.

Here are a few tips that have had the most beneficial effect with runners:

### **1) Practice Good Posture ALWAYS!**

I don’t mean doing 5 minute planks at the gym 1 time a day.

Check your body position throughout the day.

Are you ears over your shoulders, shoulder blades down, ribs pulled together, pelvis level, knees and feet pointing straight?

Are you leaning on a chair back most of the day or using your neck, shoulder and trunk muscles to keep your posture upright?

Take a deep breath and raise your arms by your ears.

If you have any difficulty, you may need to recheck your posture

If you are struggling to maintain good posture when sitting or standing during the day, then you'll struggle when you are swimming, biking, and running. And like a car that's out of alignment, you'll be working harder to move!

## **2) Practice Leaning Forward**

Try this. Stand upright and jog in place.

Where are you going? Up and down... and staying in one spot!

Now try this... take your good posture, jog in place and lean forward.

What happens? You actually start moving forward... Running!

You don't need to lean forward much, approximately 5-10%.

Will you get tired? Yes, especially if it's new to you. Take a break for a few minutes (kind of like doing run/walk intervals), then get back to it. As you practice, you will get better AND...

Here's the little secret... You'll actually find yourself running a little faster! Really! Try it on a treadmill to really experience it.

## **3) Practice a Higher Cadence**

Previous research has shown that the "ideal" cadence is 180 steps per minute. This was originally found by doing analysis of elite runners!

Now we know that cadence can be affected by running speed, leg length, experience, distance...

A general practice is to start with your current pace:

- 10 minutes per mile or more, aim for a cadence of 160 steps per minute
- Less than 10 minutes per mile, aim for a cadence of 170 steps per minute.
- Then give yourself a range of 5 steps lower (for easier runs) and 5 steps higher for faster runs

The benefit of a higher cadence is that you will typically shorten your stride/step length.

This is helpful for decreasing the amount of force that you land on the ground and helps you move more efficiently by landing more in the middle of your foot (vs your heel).

So how much should you increase your cadence?

No more than 5-10% at a time. Practice a higher cadence on your easier runs or on a part of your longer runs. You'll likely need to take breaks (similar to run/walk intervals).

## **BONUS TIP #4**

Come get a complimentary running analysis from the top local expert on running/walking mechanics!!

Why?

- Stop wasting time guessing what will work best for you
- Learn the most effective tips to improve your running now
- Partner with a fellow triathlete/runner, physical therapist, exercise specialist who understands the challenges of your time and energy

Simply [email me](#) and let's schedule your complimentary running analysis TODAY



Dr. Lynne Virant  
Owner of The Movement Clinic  
[DrLynne@GetMovingPT.com](mailto:DrLynne@GetMovingPT.com)



New in 2022- Join our Strava Club! - Search for "Official Mere Mortals 2022"

Strava is a fitness-tracking and social media app designed for swimmers, runners, and cyclists with three main features: Tracking, connecting, and competing. Users can track their fitness via GPS within the app or log their fitness manually. Strava's club feature allows members of TGC to connect and support one another.

This season there will be a monthly training challenge award, based on activities tracked on the platform. The challenge will focus on highlighting club members who excel in various metrics that are tracked by the app. Strava has a paid feature and a free option (I have been using the free option and like it just fine!)

The June Strava training challenge award winner is **Melanie Henderson!**



Coming in on the last day of the month, the sub-5-hour performance at Ironman 70.3 Maine by Melanie Henderson makes her a shoo-in for the July Strava athlete of the month!

To accomplish this amazing feat, Melanie swam over 2000 yards in less than 30 minutes, road her bike 56 miles while averaging over 20mph, ran a half marathon at 7:40 pace, and



spent less than 7 minutes total in her transitions ☑️. In a stacked field of over 1,200 participants, Melanie finished 4th in her age group, was the 14th overall female across the line, and 142nd overall. Way to go Melanie, you win a free piece of TGC merch!



**Zarzur Law  
SEA TURTLE TRIATHLON  
SUNDAY OCTOBER 2, 2022  
Just for kids! (6-15 years old)**



The Zarzur Law Sea Turtle Triathlon is a premiere youth triathlon on the Gulf Coast. The distances are designed for all ability levels. We offer 3 different distances depending on age. Custom age group awards will be given to top 3 in each age group.

Are you new to “multisport” events? Don’t worry, we have over 80 experienced volunteers assisting athletes at every point of the race. We just ask that your athlete knows how to swim, ride a bike and can run or walk.

\*Every athlete will get a technical race shirt, medal, Subway sandwich and cookie\*

# WHAT ARE THE RACE DISTANCES?

## SHORT DISTANCE COURSE

AGE 7-9 YEARS OLD

SWIM - 75 YDS

BIKE - 2.0 MILES

RUN - 0.5 MILES

## MID DISTANCE COURSE

AGE 10-12 YEARS OLD

SWIM - 150 YDS

BIKE - 3.0 MILES

RUN - 1.0 MILES

## LONG DISTANCE COURSE

AGE 13-15 YEARS OLD

SWIM - 250 YDS

BIKE - 4.5 MILES

RUN - 1.4 MILES

[CLICK HERE TO REGISTER](#)

## VOLUNTEERS NEEDED!



We are always looking for volunteers. This is an experience like no other! You will enjoy a full morning of setting up, assisting and cheering for athletes. We love our volunteers! And as an incentive we provide each of our volunteers with a custom Headsweats trucker hat!

[CLICK HERE TO VOLUNTEER](#)



Join us for our weekly morning open water swim with instruction provided by TriPossibilities Coaching!



## Where is the TGC: Weekly Morning Open Water Swim?



Photo: TGC: Weekly Morning Swim meeting location.

### Weekly swims

- Friday's morning swim location is typically at "Mommy Beach."
- This is the Sound Side beach that has a series of pavilions. There is no actual address to provide.
- The closest business is Key Sailing.
- This photo shows the entrance to the parking lot. The pink building is the public

restroom. The blue building is Key Sailing. Our normal meeting Pavilion is highlighted.

- FROM THE TOLL BOOTHS: Continue south on Pensacola Beach Blvd. for about 1 mile. Turn LEFT into the parking lot. Shaggy's Restaurant will be on the right side of the road (for reference).
- We may move to the Gulf Side Pavilion at Casino Beach when conditions are favorable. ALWAYS check the Facebook Page for updates.
- 800 yard loops
- 400 yard loops
- **New this year!** Separate instructional area in shallow swim area .

Each month there will be a different focus, for those who want instruction! (Instruction and drills provided from 6:45 - 7:15)

**If you've been practicing for the last couple months, your breathing should be normalizing. Your body position should be getting better. But maybe you're not as fast as you'd like to be....**

**The next aspect of swim speed comes from power. And power comes from good form in your arm pull.**

**This will be our primary focus for August.**

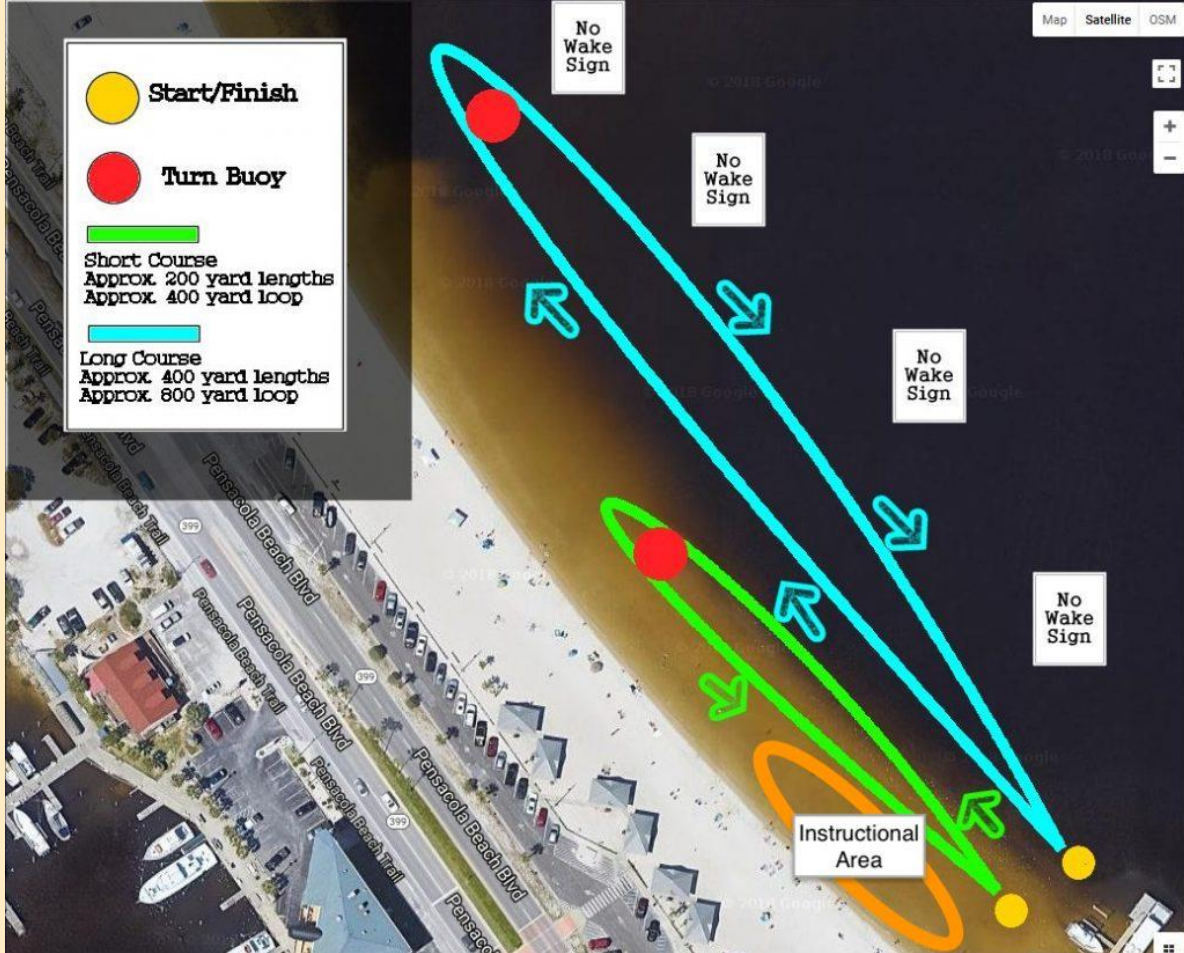
Start - 6:30 (check in 6:15)

Finish - 7:30 buoys are pulled and safety gear packed up

Check-in on TGC list Required (no text check-in this year)

Volunteers always welcome - for swim support/instruction





Have an article or idea and want to be published?  
Write for the TGC Newsletter!

[Submit an Article](#)



## Local Events

Argonaut 5K 8/20/2022 (This is a fundraiser for the UWF Men's and Women's Cross Country Teams and 100% of the proceeds will be going directly to support the team this upcoming season) [Sign Up Here](#)

Cultivation Nation Sprint Triathlon 8/27/2022 (Wiggins, MS) [Sign Up Here](#)

Brett Robinson Alabama Coastal Triathlon 9/10/2022 (Gulf Shores, AL)  
[Sign Up Here](#)

Zarzur Law Santa Rosa Island Triathlon 10/1/2022 (Pensacola Beach, FL)  
[Sign Up Here](#)

Zarzur Law Sea Turtle Triathlon 10/2/2022 (Pensacola Beach, FL)

[Volunteer Here](#)

Pensacola Half Marathon & 5k 10/9/2022 (Pensacola, FL) [Sign Up Here](#)



Check these resources for local events that span our membership area and beyond.

- [Run Pensacola](#)
- [Pensacola Runners Association Calendar](#)
- [RunningintheUSA](#)
- [TriFind](#)
- [USA Swimming](#)

Tri Gulf Coast | [TriGulfCoast.org](http://TriGulfCoast.org)

