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MULTISPORT ATHLETES

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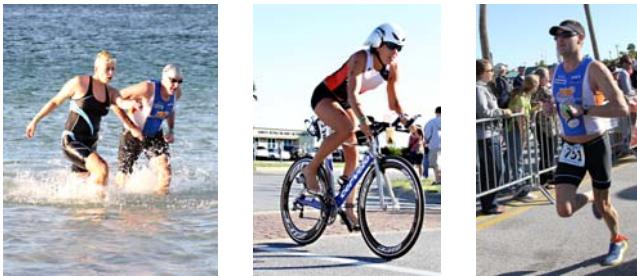
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December 2011

Wow! What a season! As we head into the holidays it's worth a summary with reports from some of the seasons biggest races. TriGulfcoast has been very well represented at everything from sprints to Ironman races. Congratulations triathletes!

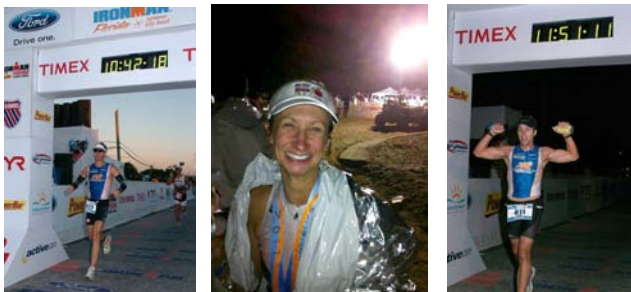
Santa Rosa Island Triathlon

TriGulfCoast made an impressive showing at our "homecourt" triathlon on October 1. Our "Mere Mortals" as well as our seasoned veterans all had excellent races. TGC members were approximately ten percent of all the entrants! We had the overall woman's winner as well as winners and places in many other divisions and categories. Congratulations! A season of hard work paid off in grand style.



Ironman Florida

TriGulfCoast was very well represented at IMFL in early November in Panama City Beach. Joe Dykes, Perry Palmer, and Melissa Hagy are our newest Iron Men while Chris Hicks, Tom Henderson, Evan Malone and Jeff Boulton had PR races and they were joined by and Bill Striebeck, and Jules Kariher. There were as many (or more) TGC and MPI members out there to cheer and support the racers. We have many members signed up to race in 2012!



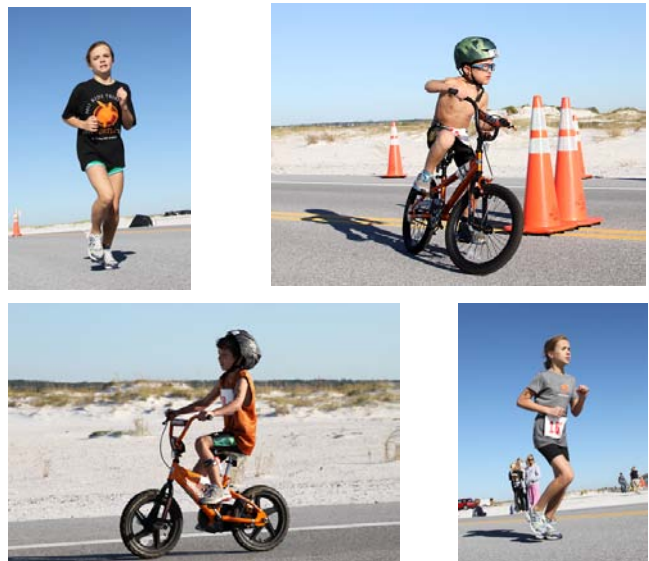
... and now a word from our sponsor

Multisport Performance Institute (MPI)

MPI wants to congratulate all the Tri Gulf Coast Triathletes for an incredible 2011! We know that there are still some races left for folks, but it's a great time to reflect on all the wonderful successes athletes have had: first time triathletes, first time Olympic distance, Half distance and Ironman distance. We had quite a few athletes who had participated in triathlons before, but only in a relays due to either not knowing how to swim or having an issue with open water. These athletes overcame so much and accomplished amazing things. Congrats!

MPI would also like to congratulate the entire Tri Gulf Coast Board for their passion, commitment and total professionalism in providing such a wonderful program all year long. We've never seen or heard of a club so well run. We LOVE triathlon. We love it, live it and breathe it. And this Board projects that same feeling. So if you get a chance, thank them again for donating so much time and being leaders in our triathlon community. Lastly, MPI has some great programs over the winter which will continue to increase, so check us out and sign up for our newsletter at www.TeamMPI.com. See the latest on next season's expanded Sunset Tri Series and clinics.

We think one of our TeamMPI Athletes put it best by saying, "Best Advice for Others -- Have a blast! Enjoy every minute of swimming, biking and running. Cheer others on! Take risks -- there is nothing like standing on the beach, teeth chattering and knees knocking as you watch the waves roll in, and then coming out of the water on the other side with a smile big as the sun knowing you have chased down a fear and WON! Encourage, Inspire and Laugh."





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The Votes are in!

Your TGC board of directors for 2012

President: Evan Malone

Vice President: Mindi Gates-Straw

Treasurer: Perry Palmer

Secretary: Jules Kariher

Member-at-large: Jim Hagy

Member-at-large: Joe Dykes

Member-at-large: Andrew Rothfeder

Kit design & orders: Chris Hicks

Newsletter: Wade Jeffrey



Members are always welcomed and encouraged to come to board meetings. Contact president@trigulfcoast.org for meeting details.

Augusta Half Ironman

TriGulfcoast was represented by a great contingency of athletes in September at what is becoming one of the best 70.3 races on the east coast. TGC members at Augusta were Elizabeth Wiese, Michelle Peck, Perry Palmer, Rainer Minard, Adam Principe, William Striebeck, Joe Dykes, Jonathan Clark, Jennifer Dutton, Jack Minard, Mindi Straw, Shandy Ashley, Michael Percy, Jim Britnell, Evan Malone Jules Kariher, Melissa Ederington-Hagy, Dustin Parrett,, Charles Phan, Jeff Boulton, John Murray, Chris Hicks, Ronald VanWormer, Jacob Smith, Joel Mathews Kurt Detzler and the relay team of Allison Jones, Millie Rice & Nancy Brashears.

Registration for 2012 is open!

Registration is now open for the Augusta Half Ironman (September 30, 2012). If you are looking to try a longer race, this is a great race <http://ironmanaugusta.com/>



Keep your eyes open for registration to open on **January 17** for the Red Hills Triathlon in Tallahassee on April 7, 2012 (<http://www.redhillstriathlon.org/>). A great way to start the season. This one always sells out fast!

Congratulations to Mark Sortino and Andrew Rothfeder for great races at the Ironman World Championships in Kona, HI. A month later, Mark killed it at Ironman Arizona!



Let's Ride!!!!

TriGulfCoast First Annual
Christmas Eve Jingle Bell Pedal
December 24 8:00 am Casino Beach

In case you missed it, the End-of-the-year party held at Lagunas's on Pensacola Beach was huge hit. Food & drinks and awards! Congratulations to Triathlete of the Year **Evan Malone**, Female rookie of the year **Dawn Sanders**, Male rookie of the year **Perry Palmer**, and Volunteer of the year **Bill Evans**.



Keep us posted on your "off-season" activities. Send us training information, useful tips, and race reports.

"Ironman Florida complete... toughest mental and physical thing I have ever done but what an amazing experience. From signing up one year ago today never doing a triathlon and not being able to swim a lap in a pool to completing Ironman one year later is a great feeling. Thanks for all of the support from my family, friends, and awesome training partners. Can't wait for IM #2." Perry Palmer



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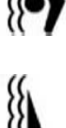
We would like to include race reports from TGC members. Here are a couple of great "first timer" reports

Perry Palmer's thoughts on his first IronMan Triathlon:

One year ago I became entrapped by watching my first Ironman competition. Without ever doing a tri I signed up for one of the most unique and memorable experiences an athlete can be apart of. Dropping \$600+ on just the entry fee is enough to motivate anyone to begin the training journey not to mention buying a new bike, accessories, coaching, etc. When signing up for IMFL I could not swim 25 meters in a pool so I knew I had a large challenge ahead of me. I surrounded myself with some of the best training partners anyone could find. These athletes helped me with my swim as well as learning all about the sport of triathlon.



The race was an experience of a lifetime. On a cool, crisp November morning several TGC members (along with 2,400 other athletes) set out for the 140.6 mile journey. The 2.4 mile swim (two 1.2 mile loops) in the beautiful Gulf of Mexico was like swimming in an aquarium. The water was perfectly calm and crystal clear with a little current and only a few jellyfish. After an awesome swim, the athletes faced a long 112 mile bike ride with a stiff headwind for the first 60 or so miles. The bike course is mostly flat with some rolling hills which allowed for some fast bike splits by several of our athletes. The ride was followed by a 26.2 mile run which is two loops out and back to St. Andrews Park. The run weaves through several Panama City Beach neighborhoods as well as through the commercial district with a lot of crowd support which is great to feed off all of the energy. One of the positives of the two-loop run course was that I got to see all of my TGC training partners and friends several times throughout the run which helped keep you going. The run went by very quickly in my mind and before I knew it my first IM experience was almost complete. As I ran down the chute to the finish line of my first Ironman I had tons of thoughts flooding through my head but one thing sticks out, if you set a goal and put your mind to it, you can do anything. The whole year leading up to Nov 5 was amazing and the day met every one of my expectations. You no doubt find out more about yourself throughout the training and on race day than you ever think is possible. The event is extremely well coordinated with tons of aid stations and loads of friendly volunteers. I know there are many TGC members, including myself, planning to compete in IMFL in 2012 so come volunteer or cheer on your friends and training partners because who knows, you may be like me and become entrapped in the Ironman experience.



Thanks to all of the TGC supporters who came out to cheer all of the athletes on throughout the day as well as to all of the volunteers who made the race go by so smoothly. Congrats to all of the TGC members who completed IMFL this year but a special kudos's to Evan Malone and Chris Hicks who had PR days.



Jehan Clark's report from the Destin Triathlon

Well I guess I should first explain how I even got to a point where I would write a race report. Most people assume I have done not only one, but many triathlons when in actuality I had never ventured into the multisport arena until this year. A good friend told me she wanted to sign up for the Santa Rosa Island Triathlon and asked if I would help her train. I agreed and we started our little routine that later turned into joining Mere Mortals. Then before I knew it there were a couple friends that I was helping, and I use that term loosely, train. Since I am on the board for SRITRI and thus have to work the event I knew I could not compete in it but was enjoying helping my friends train and getting in a little better shape in the process. Then one day I get a call from Charles Gheen who says "I think I am going to do the Destin Triathlon the weekend after ours. Do you want to do it with me?" After I got done laughing and realized Charles was serious I thought, why not, I've been training, might as well put it to use, plus I can finally have people stop asking why I haven't done a tri yet. I was in, no turning back now. So off to Destin we go, not overly excited that I will have to perform the toughest part of the sport for me, the swim, or to more properly describe what I do, the plowing of my body through water at about a 35% angle starving for O2 the whole way, but it didn't kill me in the GTC members only tri so I'll get through it somehow.



So now we get to the actual race report. When we arrive in Destin and go to packet pickup there are some rumblings that the high wind may have some bearing on if we will actually swim in the morning. Sounds like music to my ears but I am prepared to do it if we have to. A late dinner and a few liquid carbs later, I then settle in and lay out all my gear for in the morning. The alarm goes off at some horrible time of the morning and all I can think is didn't I do this 3 straight days last





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weekend, why in the world would I want to be up early again. I stumble out and start the coffee pot, no need to mess up my normal morning routine. We made the smart choice of staying in a condo on the property and conveniently about 100 yards from transition. I take off with my bike, bucket, shoes, etc and wander over to transition. Not quite the massive footprint of SRITRI but I figure I still need to give myself any advantage I can so I find a nice spot at the end of a rack so I will only have a person on one side of me. I rack the bike set out my towel and all my other gear eyeing my goggles and cap, wondering what the final decision on the swim will be. It only takes a few minutes to get setup so I look around wondering if I am missing something or have done something wrong. I know I helped a bunch of folks practice and prepare for transition at SRITRI but it just seemed too easy this morning. Oh well, maybe it will hit me after I walk back to get another cup of coffee. As I come back and walk around transition I see lots of familiar and friendly faces from all of the Mere Mortals Sundays as well as the running community. The rumblings start getting louder about the swim being cancelled as the wind has picked up even more by morning. Lots of folks seem disappointed that we might not swim. Secretly I'm smiling inside. The news hits, NO SWIM. Instead it will be a run/bike/run and we will do a 200 yard sand sprint on the beach to thin the crowd. Now I am just full on smiling, not only do I not have to swim but I get to do something that might even give me a slight advantage, running barefoot on the sand, I like it. We all head down some folks in their shoes and socks some barefoot and we all stand around on the beach waiting for our age group to be called. Looking out at the Gulf the waves are coming in at a sharp angle to the shore and they are coming in fast. The wind is whipping at probably 20mph. Several of us are talking and mentioning that it is probably a good thing they called the swim since it actually looks dangerous. As my age group lines up that race morning adrenaline starts to pump. As we take off there is a group of us acting like a pack of kids chasing each other down the beach everyone actually being very sportsmanlike and yelling out and pointing "hole" as there are several places on the beach with big sinkholes. Up a flight of stairs and onto the pavement to run probably twice that distance to get to transition. I quickly find my rack since I left a shirt hanging on the end throw on my bike shoes and scoot out. The pedal West is pretty easy with the wind at our backs, I decide I don't need to kill it since I will probably need a little reserves in the tank for when we have to make the other half of this loop head on into the wind. As I turn right heading towards 98 I am quickly reminded why that was a good idea, I'm not even head on into it yet ad it already feels like pedaling into a wall. The next right and we are head on into that wind that I was so thankful for earlier since it canceled the swim but cursing it now. Oh well, nothing to do but pick a good gear hunker down and try to keep the pedals spinning. I remembered all those times when I was training with people and each time they would start to slow down I would bark out "cadence, cadence". They hated me for it them but all said they could still hear me saying on actual race day and it helped them. I went ahead and started yelling it in my own head every time the wind started wearing me down. As I see the Outlets on 98 coming up I think I am going to finally get some relief and even be lucky enough to have the wind at my back for a while before I have to take off on the run. As I turn right and see that I only have one mile back to transition I realize that hope is shot. I roll back into transition completely winded and looking for my shirt. I don't see it but luckily remember which rack is mine and head to it without much trouble. There is the shirt, sitting in the bucket of water I had to rinse off the feet from the beach; wind must have gotten to it to. I sit down to switch shoes, still out of breath and feel like it is taking me forever. It seems like time is flying by and I am moving in slow motion. After the race when I looked at my T2 time it was actually pretty quick but at that point it seemed like it was taking 10 minutes. I tell myself to hurry up, and I can put my watch on while I run. Good thing there is only a 5k left. I'm not used to starting off a run already out of breath but I am hoping as I get into some type of rhythm it will settle down. It was a pretty cool course partially through the grounds of the resort with a few little rolling hills. A mile in I started feeling good about the event, the wind added some time to what I had projected for myself on the bike but at this point it looked like I was going to be within a couple minutes of a finish time that wanted. I hit the turn around and started to feel great knowing it is almost over. On my way back I see Charles headed towards me actually moving along pretty well for a self-labeled "old guy". Back into the resort and I dig down to see if I have something left to pick it up a bit. I can see the finish line, and then...a car, whose driver felt they needed to pull out right in front of myself and another runner; yes this was not by any means a closed course. A quick dart to the right to avoid the car, unlike the other person that got as confused as the driver and almost stopped running, there is no time to slow down now, I am in full stride to this finish line. DONE! Not the best time, but not terrible for what turned out to be my first duathlon. All in all it was a great experience and I realized if nothing else I actually like switching from one sport to the next and the little internal personal race against the clock of transition is fun. As happy as I was that there ended up being no swim, it did leave me relegated to still need to complete a real triathlon so I guess I'll be looking for one this Spring!





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“It’s not about the bike... nor the run either... “ or “How I infected my wife with ‘Tri-itis”

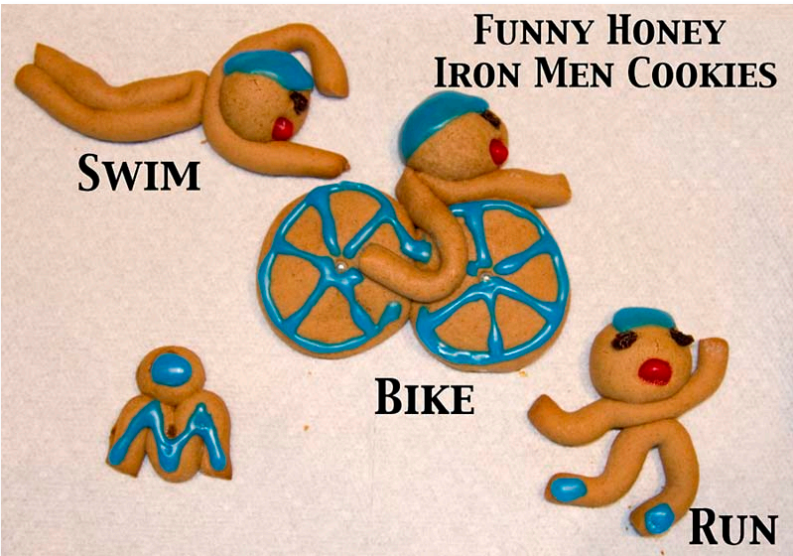
I’ve been doing triathlons since the late ‘80s (anybody else remember the “Bud Light Race Series”), and my wife, Kelly has always been supportive of it. Kelly comes from good genetics, and is blessed with being able to do MOST athletic things fairly easily. Not fast, but easily. She can run well, and has LOTS of endurance on the bike. But an incident with her older brother and a seaweed filled lake had her staying away from swimming for the longest time. Fast forward to 2010’s Mere Mortals training (which I did by myself), and Kelly expressed an interest after finding out how much FUN I was having. SO, we planned on her doing the 2011 version, and even went to swim/wade in the Sound side in June. The 2011 MM swim classes were tough for her, since everyone seemed to be a FISH from her viewpoint. Even though Kelly couldn’t swim more than 20 feet the first week, she kept at it. Tom, Coach John, and all the other lifeguards learned quickly that I would be shepherding Kelly through the water, and they kinda let us do WHATEVER she felt comfortable doing.

By early September, we had worked up to be able swim out 30 meters, where it was JUST over Kelly’s head, then swim 150 meters parallel to shore, then swim back in. One time Kelly actually made it out to the buoy, and came straight back in. But is still wasn’t the full 600 meters.

Well, race day came, and I swam “DEFENSE” for Kelly the whole way. I stayed behind here and swam breast-stroke, so anybody coming behind wouldn’t swim OVER her. When possible, I’d swim alongside her to make sure she was remaining calm, and I kept encouraging her. (That “middle” buoy sure wasn’t in the MIDDLE!!) When we headed into shore, we actually passed a swimmer that had started one wave in front of us, and that REALLY perked Kelly’s mood up. As we got to where we could touch sand, she got up and screamed “I DID IT!!!” We kissed of course, and walked into shore. We saw Coach John cheering everyone on, and Kelly told him “No life insurance claim for Kevin today”.

But the BEST moment was 200 meters into the bike, when Kelly yelled to me “We gotta find another Tri to do...THIS IS FUN!!” And that is when I knew she was truly infected with TRI-it is.

Kevin Swenson



*Season’s Greetings
&
Happy Holidays!*

...when Christmas cookies meet Triathlon

Do Scrooge’s ghosts of Christmas past, present, and future represent the first triathlon? And if so, does that mean that Jacob Marley was his TeamMPI?