



TRIGULFCOAST

MULTISPORT ATHLETES

www.trigulfcoast.org



January 2012

Happy New Year!

The first Christmas Eve Reindeer Ride was a great success. Antlers were distributed and we had approximately 30 riders brave a modest NE wind for one last ride to Navarre on their old gear – before those new bikes showed up under the tree the next morning.



Mark Your Calendar

January Group Ride Sunday January 15
Casino Beach 8:00 am

February Group Ride Saturday February 11
Casino Beach 8:00 am



Keep your eyes open for registration to open on **January 17 at 6 am CST** 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!



Jocquilyn and Todd Stalnaker share a celebratory beverage with Macca (Chris McCormick) and Mike Elliot after the Key West Triathlon In December

... and now a word from our sponsor

Multisport Performance Institute (MPI)

2011 was an amazing year for TriGulfCoast: banner year for the club, amazing individual performances and a seemingly endless pool of new triathletes! As the New Year begins, athletes are planning some or all of their upcoming season, thinking about training sessions and looking into camps, clinics and the date Mere Mortals starts!

So as part of your planning, MPI wants you to consider adding one more to your list: inspiring new triathletes. Remember when you started triathlon? Remember back to a moment when an experienced triathlete offered help, gave advice, or just made you feel comfortable at a critical time? So why not start the New Year off by inspiring someone you know to try triathlon? Invite them to a ride, a run or a swim or offer help when it's obvious they need it.

One of the great things about this sport is that all its participants started at the same place: as a newbie. We didn't have any idea what clipless pedals were, what aerobars looked like and what a "brick" meant. So lend a hand in 2012 and invite a friend into this wonderful world we call triathlon!



Please join us in welcoming MPI's newest staff member.

Coach Chucky only works at night, but he'll have your heart rate maxed out as he chases you around your house.

Pensacola Beach Run

5K/10K/half-marathon
January 14th

Double Bridge Run

February 4th

Please visit the TGC website and check out the 2012 event calendar which has been updated with all local runs and tris in Florida and surrounding states. If you know of any events you would like added please contact Evan Malone.





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RACE REPORT: Blackwater Trail Half Marathon: What a fun race! Interesting new way to do a ½ marathon just weeks after doing only my second ½ ever. Going into the day, it was going to be just a fun run with my training partners Mike Vanwormer and Adam Principe. Once we lined up at the start though, Adam’s alter ego arrived with a pitter patter in his heart that told him he just had to go!

Cold temps made wardrobe selection tough since you knew it was going to be warmer by the end of the race not to mention 10 minutes after you started running. The first mile consisted of the Running of the Bulls so to speak with over 200 racers cramped into a two track with a high middle making solid footing hard to find. Passing was hard to do but since we started a little back from where we should have we had to push our way through some bodies. Race Adam, as we call him now, gave a “Heads up” as he pre-loaded a large tree branch with some tension then let it go wiping out 3 competitors in one swoop with a little giggle.

After things thinned out and about 2 miles in was the “bridge crossing”. HMMM. 4 small trees ratchet strapped together made for a “log jam” at the bridge with only room for 1 person at a time. I arrived just moments after Jules took her first spill, getting a little wet by the cool mid 50’s water. As I was just about to the other side myself another racer jumped in to avoid the log jam. Didn’t notice that it was 3 feet deep in the middle so they got a little more than they bargained for and never did pass me. I am sure they regretted the decision! Made it about 4 miles before I had to re-tie my shoes. Too loose for the footing. Mike and I were still together so I told him at the top of the next hill I would pull over. As soon as we stopped it seemed like 20 people passed us in that 30 seconds. Shot my spirit a bit, but I wasn’t racing.

Somewhere on the 6 mile loop portion we spooked a doe and she bolted across the trail thus spooking us to miss a heartbeat or two. She pounded through the woods like a train. Someone passed us and said he was doing his first ½ but rode those trails on his mountain bike often. As he was running out of sight he yells “there is a 2 mile uphill ahead.” Surely you jest! Nope..... Keep it to yourself next time dude.

Then it was a left hand turn back onto the return trip home and over the log bridge one more time. Mike and I affirmed our pact that we were not racing so as to avoid any foul play moves in the last miles. Somebody was drafting us for about a mile until we shook him! The log bridge was in much better shape for the second trip. I did however get vertigo when I stopped to cross it and fell forward having to catch myself with one hand on the logs. Whew!

Thought we heard the finish line and got excited only to find that it was the excited photo crew so our joy was short lived realizing we had a ways to go still. Made it to the finish in under our 2hr goal with no injuries but some really sore feet and knees. I honored the fact that I knew Mike could’ve left me and let him officially cross the line before me securing our 49th and 50th place finishes.

All in all, I enjoyed the race. The camaraderie before during and after was what it is all about though. Great time with the TGC crew that I knew: Adam Principe, Mike Vanwormer, Evan Malone, Perry Palmer, Jules Kariher, Chris Kariher, and Chris Hicks. Nice devotion time given by Todd Leonard, and prayer by overall winner Matt Dobson to start the day off.

Good time had by all. Highly recommend catching the next race in the series. *Kurt Detzler*

