



**TRIGULFCOAST**  
MULTISPORT ATHLETES

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August 28, 2014

Dear Mindi,

TGC is turning the corner into the busiest part of our triathlon season. Mere Mortals has officially completed the first twelve weeks of training and many of TGC's new triathletes are well on their way to successfully completing the Santa Rosa Island Triathlon in less than five weeks. A big pat on the back to all of you -- experienced and beginner athletes alike!

This is the peak of triathlon season. There are plenty of races in the region and throughout the country in which TGC members will be participating. Last weekend a handful of members headed to the Sandestin Triathlon and couple members also completed the very HOT Ironman Louisville in Kentucky. In the weeks to come look for your fellow TGC members to be representing at such events as Alabama Coastal Triathlon (Gulf Shores, AL), 70.3 World Championship (Mont-Tremblant, Quebec), Ironman Chattanooga (Tennessee), Augusta 70.3 Triathlon (Georgia), Ironman World Championship (Kona, HI), Miami 70.3 Triathlon (Florida), and Ironman Florida (Panama City Beach) to name a few! Stay tuned for updates and photos in future newsletters as well as on the club's Facebook page. This is also a good time to start thinking about which races you may want consider for 2015, as many of the popular races sell-out quickly.

Your Board members, Officers, and fellow club members continue to work hard at each and every Mere Mortals session. A large workforce is working behind the scenes prepping and preparing for not only Mere Mortals but for other TGC events. TGC is always looking for volunteers. For instance, the club relies solely on volunteers to conduct the Members Only Triathlon. Do you have a family member that you would like to come watch? Maybe you could encourage them to come out and help with the registration, aide station, mount/dismount line, or post-event refreshments? No experience required. TGC would value their help. Please email Tom Henderson at [mortals@trigulfcoast.org](mailto:mortals@trigulfcoast.org) if you have family or friends whom would like to help while, at the same time, spectate the event.

Once again, the TGC leadership thanks the membership for making TGC a fabulous club with an abundance of enthusiasm, energy, and motivation. TGC wouldn't be here without YOU!

Yours in Triathlon,  
Your TGC Board and Officers

!!! RACE DISCOUNT !!!

TGC members are being offered a discount between 09/01/14 - 09/03/14!

2015 Rock 'N' Fly Half Marathon  
March 21, 2015 (Saturday)

Use code TRIRNF at checkout...

For more info [CLICK HERE](#)

\* This code is for paid TGC members ONLY, please do not share this code with non-members

## LET TGC KNOW ABOUT YOUR EVENTS:

Your fellow TGC members love to know what you are up to when it comes to participation and accomplishment in any scored road races or triathlons!

Please let President Mindi Straw know what is on your docket and TGC will make an effort to share this information on the club Facebook page.



Team MPI Tips (by Coach John Murray)

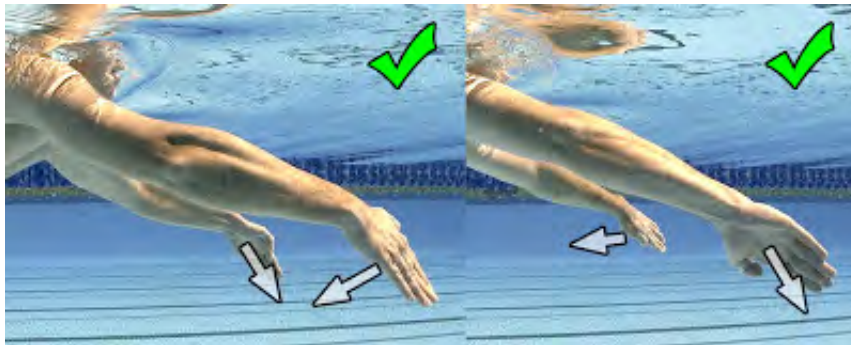
### Finding The "Feel" Of The Water

When working with new swimmers, I do a quick run through of what I think are the important elements of an efficient freestyle technique. We will discuss, among other things, balance, breathing and alignment. Last on my list is usually the propulsive movement of the arms. Not that the arm movement is ranked lower in importance than the other parts of the stroke it's just that we can make our most effective efficiency improvements by decreasing our form resistance drag.

Once we get down to focusing on the arm movement, one of the challenging and sometimes elusive pieces of the propulsion is the athlete's feel for the

water. Discovering this attribute will change the way an athlete is able to create the leverage required to move themselves through the water.

At Team MPI we use several drills to improve the awareness of the "feel" of the water. Sculling uses a movement similar to the movement of treading water. That is, using a flat hand and a slight tilting of your "blade" to create lift of the water. A back and forth sliding of your hand will create slow but steady propulsion. In the prone position, possibly with a pull buoy.



Swimmers can focus on the weight or pressure of the water against their palms and fingers. Another drill is called "short dog". This drill focuses on the early catch phase of the freestyle stroke. This

short but extremely important phase of the propulsion is, in many cases, a facet that will make the biggest difference in your power output. Short dog is performed with the head out of the water and a pull buoy. The arms will be extended out in front and one at a time a forearm press on the water (with slight outboard angle) will create a small amount of propulsion. Ensure that there very limited bend at the wrist and the upper arms stay nearly stationary. This is a slow moving drill, like sculling. Finally, the use of hand paddles can increase our awareness of the feel of the water. Use your paddles regularly, but while swimming with paddles focus on what it feels like to have the heaviest weight against your paddles. As you move your arm through the water control arm speed and blade angle for the most effective return on your workload investment.

As with all drills, be patient as you are learning and perfecting them. Allow several months of repetition to develop your strength and technique. Your improved swimming proficiency and confidence will have a great effect on your entire triathlon performance.



## Members Only Triathlon - 09/21/14

TGC leadership is excited for the upcoming, annual Members Only Triathlon scheduled to be held on Sunday, September 21, 2014. This TRAINING event is geared toward all club members and is meant to provide for a "dress rehearsal" for SRI Tri.

Please plan on participating in this event and look for informational e-mails in the coming weeks. Please note there are a few items which will REQUIRE MEMBER ACTION BEFORE THE EVENT this year!!!

A few highlights to stress are as follows:

- 1 - this is truly for MEMBERS ONLY, no guests will be allowed to participate
- 2 - members will be required to "register" for the event ahead of time, a registration link will be send in the coming weeks
- 3 - if a TGC member does not want to participate, TGC could certainly use help on the volunteer front as this event requires extra personnel when compared to a normal Mere Mortals session
- 4 - the annual TGC club photo will be captured prior to the event

### EVENT TIMELINE

6:00AM: athlete check-in begins  
> all athletes are strongly encouraged to be on-site by 6:30AM at the very latest

7:00AM: pre-event briefing

> athletes should have their transition area completely arranged by this time

7:15AM: annual TGC club photo

7:30AM: event start



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tubs  
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installation

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## 2014 Sea Turtle Triathlon

DATE: October 5, 2014 (Sunday)

TIME: 8:00AM

LOCATION: parking lot G on Santa Rosa Island (Pensacola Beach, FL)  
(1.2 miles East of Portofino Island Resort)

DETAILS: Full review available on the [TGC website](#)

WHO: youth triathletes, ages 7 - 15 per USAT age rules

COST: \$22.00 early registration through August 31, 2014

ATHLETE REGISTRATION [HERE](#)

VOLUNTEER SIGN-UP [HERE](#)





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## ATTENTION:

Due to the annual Gulf Coast Summer Fest being held on Sunday, August 31, 2014, Mere Mortals will be relocating to the SOUNDSIDE PAVILION that day!

Further, this session will be a swim > run workout only. No planned bike course for that day as traffic is expected to be heavier than normal.

If individuals elect for a bike ride please be safe and mindful of vehicular traffic!

## TGC END-OF-SEASON PARTY:

DATE: 10/23/14 (Thursday)

TIME: 5:30PM - 9:30PM

LOCATION: 5Eleven Palafox (Pensacola, FL)  
(Near intersection of Main Street and Palafox Street)  
> Look for the TGC windfeather

WHO: This is a private event for club members and their ADULT guests (spouse, significant other).

### DETAILS:

#### 5:30PM - 7:00PM: SOCIAL HOUR

The event will be catered by Nancy's Haute Affairs with adult beverages (beer, wine), soft drinks, and food which members and their guests can enjoy while socializing.

#### 7:00PM: PRESENTATION

A presentation recognizing various club members, the loyal club sponsors, and the proposed 2015 club leadership slate.

\* Limited alcoholic beverages will be included, but a cash bar (liquor) option will be available.

\*\* ADULTS only please.

## UPCOMING LOCAL EVENTS

Alabama Coastal Triathlon  
Saturday, September 6, 2014  
Gulf Shores, AL  
7:00AM

Semper Fi Charity Run  
Saturday, September 6, 2014  
Pensacola NAS, FL  
8:00AM

Pensacola Cycling Classic  
September 13-14, 2014  
Pensacola, FL

Pensacola Crmiestoppers Run  
Saturday, September 20, 2014  
Pensacola, FL  
8:15AM

Pensacola Seafood Fest Run  
Saturday, September 27, 2014  
Pensacola, FL  
7:30AM

Santa Rosa Island Triathlon  
Saturday, October 4, 2014  
Pensacola Beach, FL  
7:00AM

Riverwalk Run  
Saturday, October 4, 2014  
Milton, FL  
5:00PM

Destin Triathlon  
Saturday, October 11, 2014  
Destin, FL  
7:00AM

Bridge To Bridge Run  
Sunday, October 12, 2014  
Pensacola, FL  
7:30AM

## UPCOMING TGC EVENTS

Mere Mortals  
Sunday, August 31, 2014  
Pensacola Beach, FL  
6:00AM

RW / TGC Indoor Trainer Ride  
Sunday, August 31, 2014  
Pensacola, FL  
7:30AM

Mere Mortals  
Sunday, September 7, 2014  
Pensacola Beach, FL  
6:00AM

Mere Mortals  
Sunday, September 14, 2014  
Pensacola Beach, FL  
6:00AM

TGC Business Meeting  
Wednesday, September 17, 2014  
Pensacola, FL  
6:00PM

TGC Members Only Triathlon  
Sunday, September 21, 2014  
Pensacola Beach, FL  
6:00AM

Sea Turtle Triathlon  
Sunday, October 5, 2014  
Pensacola Beach, FL  
8:00AM

TGC End Of Year Party  
Thursday, October 23, 2014  
Pensacola, FL  
5:00PM

WOBtoberfest 5K Run  
Saturday, October 18, 2014  
Pensacola, FL  
8:00AM

WFW Fenner Ride  
Saturday, October 18, 2014  
Milton, FL  
7:00AM



## Meet Your TGC Board Members...

Alex Bell

**Board position?** Vice President

**Day job?** Finance (tax-exempt bonds)

**Why do you tri?** I train because I like food, I race because I like to see how far I can push past my comfort zone.

**Why did you join the Board?** Clubs like TGC rely on volunteers. I like what the club does, so it only makes sense that I would do what I can to keep that opportunity going for others.

**Which race gave you the biggest nerves?** Bay Swim 2011, hands down. My swim coach said I was visibly nervous and I doubted myself for the first half-mile, but at that point there was no turning back. Worst nerves turned into my biggest mental victory.

**Best time to train?** Mornings! Sunrises and big breakfasts are the best way

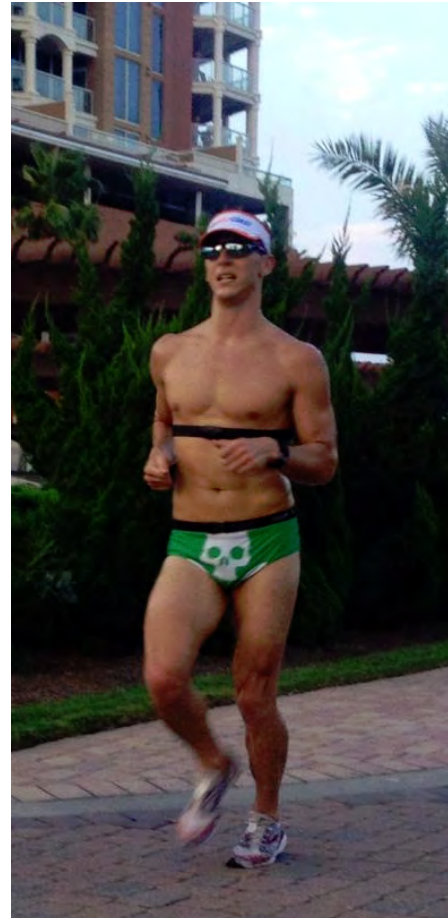


to start my day.

**Weirdest thing seen during training?** During a pre-5am long run on the beach I had a group drunk people ask me if they could come stay at my house because they didn't have hotel money.

**Non-triathlon favorite things?** Food, beer, sailing (which is just food and beer on the water), SUPing.

**Parting words?** Wear sunscreen, and not the weak stuff.



Two great WFW upcoming events...

Up first, is the exciting SUBWAY Pensacola Cycling Classic on Sept 13th and 14th, 2014. Come enjoy the beautiful Gulf Coast and compete with the best in the Southeast. This race will feature two days of intense racing. The event

includes a road race in beautiful Milton, Florida which will weave through the scenic Blackwater River State Park, a Time Trial to be held on the world's most beautiful beaches, and a Criterium which will be held in charm-filled, historic downtown Pensacola.

For more info click [HERE](#)

Next, on October 18th, 2014, join WFW in helping Big Brothers Big Sisters of Northwest Florida, Boys & Girls Clubs of the Emerald Coast, and Blackwater Heritage Trail Citizens Support Organization. This fantastically-supported, annual ride features several ride distance options for riders of all levels, as we ride in memory of Dr. Fenner McConnell and Matt Wantz. Starting from the flat, rails-to-trails 18 mile route (Blackwater State Heritage Trail), on up to 40 miles, 62 miles and 100 mile options featuring rolling hills meandering through Blackwater State Forest.

For more info click [HERE](#)



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## Sunset Supersprint Triathlon Race Report (by Sheila Harris)

My journey to becoming a triathlete started earlier this year. Having been a runner for a couple of years, I was getting a little bored with training. After snagging a great, slightly-used road bike on Craigslist, I started riding on the Blackwater Heritage Trail and started thinking about signing up for my first tri. Having never learned any swim technique or spent too much time in the water, I knew that the swim would be my biggest challenge.

My first steps to becoming a triathlete included joining Tri Gulf Coast, attending a few Mere Mortals sessions, and taking swim lessons at UWF. A couple of friends suggested that I tackle a super sprint tri before doing the Santa Rosa Island Tri to get some experience in the water. After reviewing my options, the



MPI Portofino Tri Series seemed like the perfect opportunity to "get my feet wet." I chose to do the Ladies Only event because I knew several of my running pals would be doing it and I would also feel more comfortable in a ladies only setting.



The Envy Twilight Ladies Tri was Race #6 of the series. It was held on July 31st at Portofino on Pensacola Beach. The race was scheduled to begin at 6:30pm and check-in started at 5:00pm. I made sure to leave work early that day so I would have plenty of time to get ready, drive over, and get checked in and set up well before the race start. I was

one of the first to arrive which is good for the nerves as well as picking a good spot. I had only practiced the transition area setup one other time at Mere Mortals but luckily the race volunteers and all of the other participants were more than happy to answer my questions, give me feedback and advice, and provide much needed encouragement. It didn't take long before I was ready to go. I had plenty of time to socialize with the other ladies, many of which were newbies like me, go to the restroom, and check out the online course maps.

The race director gave us good information and then we walked over to the swim start area for additional instructions and pictures. There was about sixty of us who signed up (race was full) and they separated us into two waves. I was in the second wave and we took off about one minute after the first wave.

I have to admit that I struggled with the swim. The distance was only 300 yards (which is probably laughable to most) but I think I did a cross between doggy paddle, free style, and back stroke to get back to the shore. For some reason, I could not put my head in the water like I had been practicing. When I realized that I could no longer touch the bottom, that scared me even more and I felt like I couldn't catch my breath. I had a few seconds where I actually thought about giving up but I knew that I had to finish and not worry if I was the last one out of the water. After what seemed like forever, I made it to the point where I could touch the bottom and proceeded to run/walk to shore (I'm definitely doing dolphin dives next time!).

The path from the water to the transition area was somewhat of an obstacle course, but I must say the grass in the transition area was useful for knocking off some of that sand. I was really excited to get on my bike and although most of the transition to the bike went smoothly, my bike helmet got snagged in

my hair for a few seconds. I finally got that situated and after passing the bike transition line, I hopped on my bike and took off. I struggled with some fatigue for the first few minutes on the bike but it wasn't long before I started to speed up and was able to pass a few ladies on the bike. I felt like I was flying until the turnaround point. From my experience with Pensacola Beach half marathons, I should have expected that the headwind and hills would be difficult but I wasn't prepared for the challenge of getting back. I trudged on and was very happy to see the volunteers directing me towards the transition area for the run.



Since I don't yet have bike shoes to hassle with, my transition to run was pretty smooth. I put my bike up, took my helmet off, threw on a visor, and took off. It was nice to have the run part last, and a short one at that. I was able to pass a couple of ladies here too.

I grabbed a quick sip of water at the turnaround point and headed back to the finish. The race volunteers and friends and family members did a great job of cheering us in at the finish. It felt really good to make it to the finish line.

I was much more tired than I expected to be and I was wondering what I had gotten myself into by singing up for the Santa Rosa Island Tri! When the results were posted, I was really surprised and pleased with my results.

Overall, it was a great experience for my first Tri. I took away some ideas,

lessons learned, and good memories. The location was great, weather was nice, company was fantastic, and the race was well organized and directed. I would highly recommend this Tri series in the future for both newbies and experienced triathletes.



**RUNNING WILD**



**BAGELHEADS**

## USAT AG Nationals Race OLY Report (by Adrienne Butcher)

Little did I know my road to the 2014 USAT Olympic Distance Age Group National Championship would begin on July 18th, 2013 at Race #6 of the Team MPI Portofino Sunset Tri Series. I had no idea that my finish would



qualify me for the Age Group Nationals but it was a very welcomed surprise. I had qualified for the 2013 Age Group Nationals but decided not to attend. After receiving notification that I qualified for the 2014 race I knew it was something I could not pass up again. This was one accomplishment I wanted to check off my bucket list.

The race was taking place in Milwaukee, Wisconsin for the second year in a row and I decided it would be fun to make the event into a road trip with my boyfriend Brian so that we could see parts of the United States we had

never been to before. After stopping in Indianapolis the first night we finally made it to Milwaukee on Friday at 1:00 p.m. Since the hotel was within walking distance of the race venue we decided to head there first so we could walk my bike to the race venue for packet pick-up, race expo and mandatory bike check-in. I am glad bike check-in was the day before the race; one less thing to worry about race morning and with 3,000 athletes competing, race-day transition seemed to go very smoothly.

I had prepared all my gear the night before and with no bike to contend with, the morning of the race went very smoothly. Although my swim wave didn't start until 8:55am (Wave 10 of 17) I made it to transition by 7:00am to get the rest of my gear set up before transition closed at 7:30am. It was a pretty quick setup as I have learned that you really don't need a lot of "extras" on race-day.

Brian and I then made our way to the swim start to hear the National Anthem and watch the start of the first waves of swimmers. About 30 minutes before my wave I got my wetsuit on and tried to relax and not over think any part of what was to come. The swim was held in the Lakeshore State Park Inlet.

Lakeshore State Park is a 22-acre Wisconsin state park located on the shores of Lake Michigan. It is a recreational area fronting Lake Michigan with skyline views from the walking & biking trails. There was an area marked off for swim warm-up which we were allowed to use just prior to our wave starting. The water temperature was reported at 66F one week prior to the race and although I was wearing a wetsuit I wanted to get in the water prior to my official start so that it wouldn't be an additional shock on top of race day jitters. I had a little difficulty settling into my breathing pattern on the swim but once I settled in and relaxed I really enjoyed the swim and came out of the water in just under 30 minutes. T1 was longer than in other races I've done but since I was able to get a look at it the day before, I knew what to expect. The only downside was no wetsuit strippers. I am glad I used the TriSlide when I put my

wetsuit on.

T1 went smoothly and I mounted my bike easily and headed out for the 40K loop. I knew there was a short hill to contend with around mile 3 but once I got to it, it proved to be more difficult than I expected. I tried not to get discouraged because I knew there were still 21 miles to go. After that first hill things seemed to get easier. Every time I looked down at my bike computer it registered 22mph. I kept thinking something must be wrong because I don't usually get that kind of number unless there is a tail wind. Then



next obstacle to overcome was going over the Hoan Bridge which goes over the Milwaukee River Inlet. I knew it was coming at about mile 6 and as I approached I changed gears and made my way over it trying not to expend too much unnecessary energy. The rest of the bike leg to the turn around point and back to Hoan Bridge was very fast. Again I kept checking my speed and was faster than I expected but I didn't feel like I was pushing it too hard. This time, once I made it to the top of Hoan Bridge and the end of the bike was less than 2 miles away, I took some time to look to my right and enjoy the view of Lake Michigan from the top of the bridge. I was in awe of it's size. Once down the other side of the bridge it was a quick right turn into transition and the dismount.

As running has not been my strongest of the three disciplines I was not looking forward to it. I knew I had a goal I wanted to make and the only way to do so was to put one foot in front of the other. The run course took us behind the Milwaukee Art Museum, through Veteran's Park, and Mckinley Marina and Park all along the shore of Lake Michigan. Again I made sure I took some time to enjoy and appreciate where I was. Once I made it to the final turn-around at mile four I knew my day was almost done. I used the cheering spectators to help motivate me to the finish. Once I saw the carpeted finish chute I picked up the pace and finished strong.



Overall this was a great experience! I had accomplished the goals I had set for myself: 1. finish in under 3 hours (2:54:57), 2. don't finish last in my age group (167/194), and 3. don't trip on the carpet at the finish line! I felt safe along the entire course with plenty of swim safety personnel, a very fast bike course that was manned by plenty of volunteers to aid with direction and a run course with aid

stations approximately every mile which provided adequate hydration. I would

definitely participate in another USAT Age Group Nationals event.

## 2014 TGC Headsweats Visors

The new design for the TGC visors is popular. These things are going fast! Do not miss out...

One size fits all (or, most) adults.

These are durable products you can sweat on, spill on, take to the pain cave and back, stuff in your transition bag, then head home and throw them in the washing machine or into the shower with you (allow to air dry).

Find them at the Mere Mortals sessions or other TGC events.

Questions? Contact Evan Malone at [somvdon@yahoo.com](mailto:somvdon@yahoo.com)



**PRICE: \$20**

\*\* cash or check (payable to Tri Gulf Coast) \*\*

## PRODUCT DISCOUNT

Skratch Labs has extended a 20% discount to TGC members!

Check out their website: [HERE](#)

Web orders receive a 20% discount with use of this code: `trigulfcoastclub`

Skratch specializes in all natural nutrition and focuses on the endurance and multisport athlete population when formulating some of their electrolyte-replacement products.

Additionally, TGC sponsor, Cycle Therapy is a retail outlet for these products so stop by and ask Robbie Mott about it then next time you are at Mere Mortals!



\* This code is for paid TGC club members ONLY, please do not share this code with non-

members



20% off of training gear



15% off accessories



Link

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Yours In Triathlon,





Your TGC Board and Officers



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P.O. Box 544  
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