



TRIGULFCOAST

MULTISPORT ATHLETES

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Tri Gulf Coast

April 2012



A WORD FROM YOUR TGC LEADERSHIP

The TGC board hopes your 2012 season is starting to take shape whether in the form of a training plan for a goal race or maybe even a docket of races you have already slated. TGC wants to be involved in your triathlon journey this season and has been working hard to try and tailor the offered programs and informational items to the needs of the members. If you have any suggestions or input please don't hesitate to submit to president@trigulfcoast.org as we really do value what the members want to get out of the club.

As multisport athletes involved in swim, bike, & run, TGC reminds you that there are some great resources in our community if you want to be involved in clubs focused on those specific disciplines. Consider joining West Florida Wheelmen if you want to be more involved in the cycling community, this club has a very dedicated leadership with tons of cycling experience -- ride with these folks and you WILL become faster on the bike. Or, reach out to the Pensacola Runners Association if you want to tap into the vast resources that fine organization has to offer. To focus on your swim, consider joining one of the many Masters swim groups which are offered in our area (refer to the TGC website for more details).

As you consideration of the other clubs in the area, remember that all TGC memberships will expire on May 31, 2012. So, if you have not yet done so, please take a moment to renew (more details in this newsletter). And, encourage any friends, co-workers, neighbors, and training partners to consider joining TGC.

With regard to the newsletter content, many TGC members have taken time to share their February and March race experiences and we thank them for these contributions. Hopefully many of you gain some insight about a particular event or distance by reading these great reports. If you would like to submit a race report in the future please contact Evan Malone (president@trigulfcoast.org).

Finally, with what has been a very popular addition to our monthly newsletter, Erika Smith (PRA member and regular contributor to The Rundown) has volunteered to profile some of the TGC members on a monthly basis. Erika has been doing a similar feature for the PRA's monthly newsletter for years now. Please enjoy the write-ups she submits as we effort to provide the TGC members a taste of what a broad spectrum of athletes we are blessed to have in our area.

Sincerely,
Your TGC Board and Officers

... and now a word from our sponsor

Multisport Performance Institute (MPI)

Although we haven't had much of a winter in our area, some of us have opted for a true offseason for triathlon training. If that's the case you are probably close to the point of dusting off your bikes and getting back in the saddle. You may even be thinking of getting back in the pool or even the Gulf! Fortunately there were plenty of 5K's and other runs available for you to keep up your running even if it was more for social than race-focused training. So now we are reinvigorated with a desire to prepare for the 2012 races. But how do you start?

The coaches at MPI believe that you can spend much of your first month just going easy... or aerobic. For the swim you can do lots of drills and other low intensity efforts. "Feel" for the water may have diminished and it will take some time for that to return. For the bike you'll need to get used to sitting on your bike seat and being in that leaned over position. The speed & power sessions will come later. Running can be tough on your feet, ankles, knees and hips when we start back into it. Use these first few weeks of running to build some lower extremity durability.

So the pressure's off, just go out and enjoy some EASY training. Meet up with your TGC friends and go for a light spin on the beach. Jump in the pool for 30 minutes of super easy laps in the pool. There will no guilt from thinking you are running or riding too slow... the coaches said it was okay!!

We'll see you out on the road!



In case you missed it- MPI put on a great DeLuna Kids duathlon last week





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Mark Your Calendar

- 4/01/12 TGC Group Ride 7:00AM - Pensacola Beach, FL
- 4/03/12 High Heels To Bike Wheels 6:00PM - Pensacola, FL (Running Wild)
- 4/05/12 Girlz Only Sunset Cycle 5:45PM - Pensacola Beach, FL (every Thursday evening, starting this date)
- 7/07/12 Red Hills Triathlon 7:30AM EST - Tallahassee, FL
- 4/14/12 UWF Reverse Sprint Triathlon 7:00AM - Pensacola, FL
- 4/15/12 Gulf Coast Half Marathon 7:00AM - Pensacola Beach, FL
- 4/18/12 April TGC Meeting 6:00PM - contact Evan Malone (president@trigulfcoast.org) for details
- 4/19/12 Portofino Sunset Supersprint Tri 6:15PM - Pensacola Beach, FL
- 4/21/12 Run For Their Lives 5K 8:00AM - Pensacola Beach, FL
- 4/21/12 Blackwater River 10 Mile / 10K Trail Run 7:00AM - Holt, FL
- 4/21/12 Tour De Cure Ride 8:00AM - Gulf Breeze, FL
- 4/22/12 New Orleans 70.3 Triathlon 7:00AM - New Orleans, LA
- 4/26/12 Portofino Sunset Supersprint Tri 6:15PM - Pensacola Beach, FL
- 4/28/12 Beach Blast Triathlon 7:00AM - Mexico Beach, FL
- 5/05/12 Fiesta Run 5K / 10K 7:30AM - Pensacola, FL
- 5/06/12 TGC Group Ride 7:00AM - Pensacola Beach, FL
- 5/10/12 Portofino Sunset Supersprint Tri 6:30PM - Pensacola Beach, FL
- 5/12/12 Gulf Coast Triathlon 6:15AM - Panama City Beach, FL
- 5/19/12 Pensacola Beach Triathlon 7:00AM - Pensacola Beach, FL
- 5/19/12 Ironman Texas 7:00AM - The Woodlands, TX
- 5/19/12 Bear Lake Challenge Run 7:00AM - Milton, FL

2012 KIT ORDER UPDATE

Orders are on schedule and TGC expects delivery of the items in late-April. Plans are to distribute kits at the 05/06/12 TGC Group Ride (7:00AM, Casino Beach lot)

RED HILLS TRIATHLON TGC PRE-RACE DINNER PLANS:

TGC has made a group reservation at Village Pizza (1400 Village Square Blvd; Tallahassee, FL; 32312; 850-668-2816) for 5:00PM on 04/06/12 (Friday). Enjoy socializing with other TGC members while you carbo-load for your event the next morning. Members are responsible for payment of their own food orders. This location is very close to all of the hotels near the race site. Contact Evan Malone president@trigulfcoast.org



GOOD LUCK TO TGC MEMBERS KICKING OFF THEIR TRI SEASONS AT RED HILLS TRIATHLON:

Nancy Brashears, Joe Dykes, Gary Garza, Taylor Knight, Brandon McFarren, John Murray, Perry Palmer, Adam Principe, Mark Sortino, Mindi Straw, William Striepeck, Tom Henderson, Jules Kariher, Evan Malone, Dustin Parrett, Andrew Rothfeder, Kurt Detzler, Mike VanWormer, James Stinson



TOUR DE CURE DONATIONS

Unable to ride Tour De Cure? TGC members can still donate to the cause. TGC has a few members who will be riding in this great event on 04/21/12. Contact Joe Dykes (joe@trigulfcoast.org)



RoadID

It's Who I Am.





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TGC BLOG

Stay updated on TGC news and events by visiting the TGC Blog frequently -- <http://trigulfcoast.org/blog/>

Tri Gulf Coast FACEBOOK GROUP PAGE

Friend the TGC GROUP Facebook page (Tri Gulf Coast) to stay updated on current TGC events.

RACE CALENDAR

Looking for a race to do? TGC has updated the race calendar on the TGC website with all local runs and all regional triathlons. Please visit the site to check it out: <http://trigulfcoast.org/calendar/>

XTERRA WETSUITS DEMO FOLLOW-UP

Thanks to all TGC members who came out for the wetsuit demo on 03/17/12. If you missed the opportunity but would still like to take advantage of the discount purchasing program that XTERRA is offering, please refer to this information:

Follow this link:

<http://www.xterrawetsuits.com/index.php/2012-CTC/>

Use the TGC Club discount code: C-TRIGULF

TGC MONTHLY MEETINGS

The TGC board members and officers encourage all club members to attend the monthly club meetings. Contact Evan Malone (president@trigulfcoast.org)
Next meeting is April 18 at 6:00 pm

RENEW YOUR TGC ANNUAL MEMBERSHIP

All TGC memberships expire 05/31/12. Please take a moment to renew by signing an updated 2012 membership waiver and pay your annual dues. More information is located on the club website: <http://trigulfcoast.org/join-tgc/>

MERE MORTALS VIDEO SERIES

Tom Henderson has taken on the project of producing short video features as we head into the 2012 Mere Mortals season. Take a moment to visit the Mere Mortals page on the TGC website to see what Tom has been up to with these videos: <http://trigulfcoast.org/mere-mortals/>

SANTA ROSA ISLAND TRIATHLON REGISTRATION

As of 3/01/12 registration is now open for the 2012 SRI Tri. This event will take place on 10/06/12. This event WILL sell out so register early to reserve your spot in the premier local triathlon AND to save money on registration fees.

<http://www.santarosaislandtriathlon.com/register/>



ENDURANCE SUPPLEMENTS

MERE MORTALS 2012 SEASON SCHEDULE

The TGC board members and officers have been working hard on planning the upcoming Mere Mortals program. Mark your calendars for Sunday mornings through the Summer months. The first Mere Mortals session is slated for 06/10/12. All Mere Mortals sessions will be held at Pensacola Beach, FL. Stay tuned for more details as plans become more firm.



USAT ANNUAL MEMBERSHIPS

Planning on doing at least a few events this season? If the answer to that question is "YES" then you may as well join USA Triathlon (USAT). You will end up breaking even (or even saving money) on the \$12 raceday license fees you have to pay if you are NOT a USAT member. Further, you don't have to fill out the extra paperwork at packet pickup the day before

<http://www.usatriathlon.org/membership-services/benefits.aspx>





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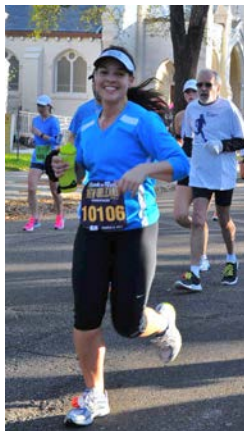
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RACE REPORT: New Orleans Rock n Roll Marathon

Have you ever been caught in a moment where you are about to accomplish a task that you never thought would come to fruition? Regardless of the reasons or excuses, you just imagined that goal out of reach. Well, March 4th, I was in that moment at the New Orleans Rock-N-Roll Marathon. My hometown and my old stomping grounds...I had come back home to finish a journey I started in Pensacola with my friend, Liz.

It was my first marathon and I felt so empowered by having had an adventurous summer and fall of cycling, followed by 18 weeks of marathon training. I felt fit. I was ready to complete a 26.2 mile run with my running buddy, my two brothers and my sister-in-law. It was a first for all of us and quickly became a family affair. What a moment! The excitement was overwhelming at the starting line. As we moved forward, corral by corral, the music got louder, the butterflies in my stomach got crazier and the adrenaline flowed freely through my system. I found myself literally jumping up and down, pumping my fist in the air with each countdown, sporting a smile from ear to ear, and ready to burst from all this energy that I had building inside of me. It was finally our turn to start and off we went! I felt like I was running at my normal pace, effortlessly. I soon realized I was running much faster than my plan, but it felt great! I struggled with the thoughts of my much more experienced running friends who had given me wise advice about this little phenomenon. Run at your preplanned pace, even if you feel good, make sure you pace yourself each mile. I slowed down a little but quickly decided to just run at what felt comfortable, even if it was faster. I started having thoughts that I would be able to go home having finished my marathon in less time than planned. I could do this! It was going to be beautiful, and so the first half was glorious.



The second half...the ugly half...the half that saw my lofty goal time slip away, and then my back-up (but more reasonable) time also disappear, just like my energy did at mile 17. The following miles turned into slow, just wanting to survive and finish, type of miles. Lots of questions went through my head. I wasn't terribly sore, or cramped, or out of breath...I just didn't have the energy. I burned through it all during my speedy first half. My nutrition and hydration had been followed exactly as I had during my longer runs and training. I drew on memories of my hill repeat sessions...at least I wasn't hurting like that. I thought about the fact that I was out there running and so blessed and fortunate. Watching the much faster and elite runners head back to the finish, I was in awe of what the human body could do, of what my body was doing. I wanted my kids to see me finish...and I did.

So now, I think of all the things I've learned from my first. I made mistakes, but I'm glad I experienced them. It wasn't all about this one race. The whole training journey changed my outlook on running...and so, I look forward to the next one. *(Trish Kuhnell)*

TGC MEMBER RACE DATABASE - SUBMIT YOUR RACES YOU HAVE COMPLETED

Club member Kevin Swenson has volunteered to compile a database of destination races and endurance events which club members have completed. This endeavor is meant to serve the club as a for any club member who is interested in learning more about any particular race. For example, interested in Iron Man Canada (travel, race course, etc...) contact Kevin and he would refer to his database. The interested member would then touch base with those club members who have completed that race and see if those respective members could answer questions. This has real potential if the club can build a substantial database to refer to. However, in order to build said database Kevin needs input from YOU!

Follow these SIMPLE steps to send your race data to Kevin:

- (1) In an e-mail, list these items for each destination race (any distance) or endurance race (half marathon or longer):
 - (a) Race name & location (city, state, country); (b) Event distance (i.e. 13.1, 26.2, 70.3, etc...); (c) Year you completed this race; (d) Would you go back? YES or NO; (e) Rate your experience: 1 – 5 (1 = horrible, 5 = superb); (f) OPTIONAL – short blurb about the event (1 – 2 sentences)
- (2) – Send your e-mail to Kevin at racessdone@trigulfcoast.org

You DO NOT need to a formal race report, just these simple data points. This will be a way in which club members can take advantage of the experiences of other members when it comes to for race planning.

An example of an event Evan Malone personally submitted to Kevin is as follows: Great Floridian Triathlon (Clermont, Florida); Ironman; 2010; yes would go back; "no pressure" kind of a day with challenging bike course and good multi-loop run for course support; rate = 4





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Race Report: Bluewater Bay Duathlon

The Emerald Coast Triathlon Club (ECTC) was established late last summer in Niceville and has since grown to over 70 members. It was a substantial undertaking to build a solid new organization, but President Dori Spaulding and her Board were up to the task. Then they went much further and determined they would hold a duathlon in February 2012. I decided to register for the race to support the new USAT member club and their ambitious efforts.

The Bluewater Bay Resort area served as this year's site and has growth potential for the future. Transition was set up in the parking lot of the Lil Schooner's restaurant off Ward Cove and the course stretched out through the surrounding neighborhoods. The organization of the staff and volunteers was impressive at the Packet Pick-up/Expo and again on race day. There were plenty of safety personnel on each leg and a USAT official also worked the race adding to the formal structure and feel.

Fortunately, the early-morning drizzle and fog lifted and it was not as cold as predicted for the start. The course was mostly flat with one deceptively tough hill on the bike and eventually turned out to be 2.2 miles longer than the advertised 3K/15K/5K. This afforded us somewhat more of a challenge than initially planned.

Taylor Knight blazed through the course in an hour to win the race and several other TriGulfCoast members won or placed in their age groups. Nearly 200 athletes registered and 165 ultimately finished. Personally, I realized there is work to do. I'm looking at this effort as setting a baseline and I have a lot of improvement ahead of me.

My synopsis for the first Bluewater Bay Duathlon: it was a fun event and a good opportunity for an EARLY season competition. The ECTC obviously spent a lot of time putting it together – they had a good tech shirt, a great medal and a waterfront post-race party that I enjoyed. They have already distributed a post-race survey and have gotten significant feedback. They plan to enhance the event in 2013 and I'll certainly return to race again. *(Charles Gheen)*



Tri Top



ALL AMERICAN SWIM SUPPLY



Front

Back



This is a TGC club racing kit

Tri Short



This is not...



Coming Soon!





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Athlete Profile: James Stinson

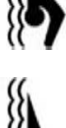
Rumor has it that James Stinson has likely competed in more triathlons than any other athlete in our area. Since 1997, he's participated in 132 triathlons and counting! His first, the popular Santa Rosa Island Triathlon, came after reading an article on triathlon competition just three weeks prior to the race. He jokes that, at that point in time, he "wasn't even sure that I could bike 18 miles, much less swim and run." He's completed every SRI TRI since. Now that he has logged 132 triathlons, James has recently submitted his application to the USAT Century Club.

James explains that most of his triathlons have been completed at local races and throughout the Southeastern United States. Like many Pensacola area residents, the SRI TRI is among his favorites, particularly because he most enjoys sprint distance races. However, he likes to challenge himself by participating in events of all distances, including completing Ironman Florida in 2006. Another of his favorites is the Waterfront Triathlon in Chattanooga, Tennessee, especially because every few years, this race falls on his birthday and "that's always a special day when you can race on your birthday!" When asked about his PR's at various distances, James explains that for him, "It's all about the journey, not so much about the results. I'm looking at every race is a PR these days." Now, that's impressive!

James next race is Red Hills in Tallahassee. His 2012 race plans also include competing in most of the local events, including The Santa Rosa Island Tri, Grandman, several races in Destin and a few of the Sunset Series sponsored by Multi Sport Performance. He's also considering Augusta 70.3 in September, as he likes to add a new race venue to his schedule every year. James says that biking is definitely his favorite and probably his strongest event, but that 2012 is "the year of the run."

James is no stranger to athletics; He was raised in nearby Dothan, Alabama and spent a lot of time participating in sports, such as water skiing, fishing and motocross, while he was growing up. He was given his first motorcycle at age 11, started racing motocross during his teenage years, and raced throughout most of his adult life, until he traded in that bike for another. For cross training, James has recently taken up not only paddle boarding, but paddle board racing. He can also be found working out at the gym several days per week and riding at UWF during the off-season.

James requests to thank "all the Race Directors, Club Board members and volunteers. They are the ones who do all of the work to allow us to show up and race and train! Also, thanks to his wife Kathy Stinson, Tri Gulf Coast, West Florida Wheelmen, Team Subaru, Mere Mortals, MPI, Blackwater Cyclists, Running Wild and any other groups or individuals that have allowed me to swim, bike or run with them over the past 14 years." He explains that competing in triathlons "has definitely enriched my life. I've met so many friends over the years through training that have inspired and motivated me." His hope is that "somewhere along the way, I inspired someone to get involved in triathlons." I've heard that he definitely has.





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Race Report: Olympic Distance, Lake Manatee State Park, Bradenton, FL

Plan/Preparation: First tri of the season, pool swimming (Masters class), lots of trainer rides and spin classes, about 3 long rides and lots of running during the winter. No goals, just finish with a smile! Race Day: 69 degrees, WSW winds 10 mph, water temp 74 degrees (wetsuit legal...yeah), thunder storms and raining (ughh!)

Nutrition plan: since I am a Dietitian I take this pretty serious, eat for metabolic efficiency. Race morning Oatmeal with almonds and honey, 1/2 banana. Bike: 20 oz Infnit, Run: G2 and shot blocks as needed. Also endurolytes every hour (if I remember).

Arrive at transition at 6 am, no lights in transition, good thing for my flashlight! Set up my stuff in plastic bags (raining). Got my new sleeveless wetsuit (thanks Xterra), cap and goggles and headed to the swim start. A little nervous, breathe deep and relax...swimming with gators has left me uneasy! The gun goes off, start off easy and get into my rhythm. The water is pitch black so I guess I won't see the gators! The rain picks up making it hard to site, but I finish in 22 minutes.

My transition is uneventful and I am off on the bike. Its still raining and I really didn't know what to expect when the race director said "the course is not closed, there will be vehicles, but the bike lane is wide." I won't go into details, but being buzzed by semi's was not fun and being that it was raining I was doused with sand and water each time. I was able to maintain 18-22 mph. Drank my 20 oz of Infnit, completed the ride in 1:18:00 and couldn't be happier to get off the bike!

Back in transition, legs feel strong, gear up and proceed out of transition only realize I forgot my G2 and shot blocks, but after being told I was in 2nd place I decided to proceed without it and use what the course offered. The sun is now out, plan to start at 9:20 min mile and hopefully have negative splits, goal to finish at 8:20 min mile, finished in 52:50 min.

I came in 2nd Overall Female with a time of 2:37:26. Overall, enjoyed the Olympic distance, elements were challenging, wasn't thrilled with the organization and safety of this race, but was happy to bring home some hardware!

(Mindi Straw)



GIRLZ ONLY SUNSET CYCLE

Spring is HERE and so is time for our Thursday evening Girlz Only Sunset Cycle! First ride will be Thursday, APRIL 5th at 5:45 pm, start at Casino Beach Parking lot! Our usual route is to Ft. Pickens and back (20 miles). All abilities welcome! Bring your Park Pass if you have one! Helmets required! Contact Mindi Straw vicepresident@trigulfcoast.org





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RACE REPORT: Disney Princess Half Marathon

In early February, Angela Huntsinger and Elizabeth Wiese invited me to go with them to Orlando to participate in the Disney Princess Half Marathon held on February 26, 2012. I jumped at the opportunity! I wish I could tell you every little detail of our trip, but I'm limited to space. Here are the facts of the race... We arrived in Orlando on Saturday February 25th and attended the Disney's Fit for Fitness Expo. The expo was amazing! The packet pick up was simple, and we explored the expo for a few hours browsing vendors and collecting samples. The race started on the outskirts of the Disney campus, followed through the roads leading to Disney, proceeding through a portion of the park (including the castle) and ending in Epcot. 13.1 magical miles!

Race day (and I say "race", very lightly)... We were told to be at Epcot at 4 am, one hour before the race. Well, we didn't need to be there that early. I would have to say that was our only complaint. The race actually started at 6 am and we could have arrived at 5 am with no problems, but I guess with over 20,000 runners, they needed to prepare you for the worst. There was plenty of course support, water stations, medical stations, porta potties, and friendly Disney staff to help with picture taking.

I couldn't tell you how many corrals there were but for some reason Elizabeth was assigned to a corral with the approximate finish time of 2:45. We laughed but all piled in Elizabeth's corral since we could only move down in corrals. If you know anything about our running history, our individual half marathon times range from 1:40 to 2:10.

Some quick fun highlights of our race...

- Dressing up as our favorite Disney characters (Cinderella, Tinker Bell, and Snow White)
- Fireworks as our corral proceeded through the start line
- Elizabeth tripping over the official PA system for the event (no injury though)
- Elizabeth losing her crown when she tripped over the PA system
- Going back to the start line (yes we turned around in a half marathon) to find her crown (success!)
- Stopping at the first available porta potty
- Arriving at mile 1 in 34:15
- Posing at each mile marker (included stretching, pyramids, yoga)
- Taking lots and lots of pictures along the way with Disney characters,
- Collecting ditched tutus, bows, magical wands, ribbon, crowns and piling them on Elizabeth and Angela
- Playing Marco Polo (that is how they were able to keep up with me)
- Elizabeth sprinkling her homemade pixie dust on other runners
- Angela stealing Prince charming from Cinderella
- Meeting "oh so perfect Miss USA"
- Seeing water tables broken down (we were still running the race)
- Receiving a sweeper warning
- Seeing amazingly hot Nascar guys
- And finally all of us skipping to the finish line and Angela and Elizabeth doing cart wheels across the finish lines

Recommendation: Yes, I 100% recommend this half marathon, but not as a race but as a fun magical journey through the grounds of Disney. That's how we accomplished it with a final time of 3:52:02, knowing for once it wasn't the finish time it was the journey! Dreams do come true running the Disney Princess half marathon. Pixie dust, fairy tales, and magic wands....(Dawn Sanders)



RUNNING WILD





RACE REPORT: FLORIDA DOUBLE IRON



PREPARATION: The months leading up to the event were typical.....kinda. I swam at Lake Monona for IronMan Wisconsin on 11 Sep, and then didn't swim again until 25 Jan.....so my swimming was a bit short. Biking was just a LITTLE better - I rode 22 times in Oct-Jan, compared to 16 times last July.....so my cycling was ALSO a BIT short. Running was the one area that I have been excelling: 130 miles in Oct, 109 in Nov, 176 in Dec, and 189 in Jan. So if I survive the swim, and don't crash in the dark on the bike, then the run should be a piece of cake. Mentally I was in GREAT shape. Very relaxed, and looking forward to a LONG training day.



SWIM (4.8 miles/7.6 Kilometers): The swim was done at the Tampa New Family YMCA 50 meter pool. Yep, 76 laps (152 lengths) in a chlorinated pool with a wetsuit on. The Y management did turn the heaters off the previous afternoon, so it was ONLY a balmy 76 degrees. We started with 33 participants. I swam the first 10 laps (1,000 meters) in 20 minutes, the second 1,000 in 24, third in 24, fourth in 23, fifth in 23, sixth in 23, and the seventh in 26. Stopped for gel/water or Gatorade/water every eighth lap....stopping for 20 seconds, 20 seconds, 57 sec, 32 sec, 55 sec, 19 sec, 27 sec, 16 sec, for a total resting time of a little over 4 minutes. (Wonder what I was doing on those longer breaks??? UN-hydrating!!) During lap 68, a snapping turtle sauntered across the pool deck and dove into lane 6 with us...but the Life Guards got him out BEFORE any fingers were lost. I struggled outta the water at 2:58:59 (23rd place overall), and sat on the pool steps for a minute. Spending 3 hours horizontal is NOT conducive to running vertical right away. **GRADE: A+** (The goal had been to get outta the water at 3:30, and be on the bike before the 4 hour point.)



Transition 1: Since I was gonna be riding for a while, I did a FULL clothing change to biking gear in the Y locker room... actually took a shower to wash the chlorine off the wetsuit AND off of me. AF Cycling bibs, socks, gloves, and Team GrumpyPa jersey. The time for T1 is included in my bike time, but it was about 15 minutes from getting outta the pool to leaving the parking lot. **GRADE: A** (I wasn't fast, but today wasn't gonna be about how fast a person could go...it was about surviving enough to enjoy the day.)



BIKE (224 M/361K): Rode from the Y to the back entrance of Flatwoods Park. Started the first of 31 laps (about 7 miles) around the park. I covered 30.9 K in the first hour, 32.0 in the second, 29.9 third, 31.0 fourth, 29.8 in fifth, 29.9 in the sixth, then the sun went down. Never saw my bike computer again. My lights SUCKED, so I would ride 20 meters behind ANYBODY who had bright lights. In the dark I saw two bunnies scurry past my lead biker, and one armadillo sauntering on the side of the road. My support krewe did a FANTASTIC job of getting me EVERYTHING I wanted/needed. Ate lots, and drank as much as needed. I did stop to "UN-hydrate" three times after dark. Bike time was 13:01:09 with nine stops and my T1 time. **GRADE: A++** (The goal had been to do it in 13 hours.)



Transition 2: As I finished, I was feeling kinda good (REALLY tired, but good), so I got off Sherri, and sat down. Had trouble getting my shoes off (feet had been kinda numb the last 6 hours), and DIDN'T want to leave that chair. Kelly helped me into clean clothes (there are SOME things a Support Krewe SHOULDN'T have to do!!), and I made sure my socks were properly on, and the shoes were tight enough. T2 time was 14:57 - Kinda slow, but I needed a short STOP! **GRADE: B** (Actually started the run in 6th place over-all, having moved up 17 places on the bike.)





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April 2012



FLORIDA DOUBLE IRON (con't)



RUN (52.4M/84.4K): The plan was to walk the first half-lap to get the legs relaxed, then run to the turn-around, then walk 30 steps, the repeat 58 more times (30 laps total) On the third lap, I decided to alter the plan, and walk from the RV to the far turn-around (about .6 miles) then run from the turn-around to the start/finish, then run to the RV (about 1.1 miles), get what I need (since I'd tell them when I ran by) and WALK. Everything went fine with us (a SANE support Krewe person ran with me EVERY step of the way) running about 10:30 miles when we ran, and walking at about 16 minute miles. Went past the first half-marathon (7.5 laps/21.1Km/13.1 miles) in 2:45. I NEVER thought about what mile I was on, nor did I look at the time. I knew there were 30 laps, and if I was on lap #9, I was coming up on 30% complete. I tried to keep playing mental games, but the wheels started to fall off my bus at lap 15. I couldn't get myself going after a run, so I stopped and sat down at the RV. Ate a piece of pizza that I HOPED would give me a lift. NOPE, it just sat there in my gut. Got up and started to walk after 7 or 8 minutes. My feet hurt BAD, but I had to get moving. My daughter was walking with me now, and she helped time fly. The sun came up, and I was happy to have completed more than one marathon in the dark, but the idea of doing 14+ more laps depressed me LOTS. Kept walking, doing about a lap every 30 minutes. I got REALLY depressed/pissed-off with 12 laps to go. My wife was walking with me, and I surprised her by starting to jog...then speeding up to 10:10 miles. It hurt like hell, but the pain in my legs was different than the pain in my feet, so I kept going. Managed to do this for 3 laps until the foot pain got to be too bad, and I had to stop at the RV. It was painful to continue, but I had given my Support Krewe STRICT instructions that I shouldn't be allowed to quit (turn-in my timing chip) unless I was PHYSICALLY hurting myself by continuing. I had to use THEIR best judgment, since I was kinda out-of-it mentally. A few times, they actually shook my arm when talking to me, because I wasn't responding as we were walking. I was asleep! I was mentally TOAST with 4 laps to go – the idea of walking with blistered/sore stubs for feet for the next 2+ hours wasn't setting well in my mind, and I DESPERATELY wanted to turn-in my chip. All six of my Support Krewe joined me for the final (torturous) lap, and they tried to joke with me to keep me going, but I wasn't catching the jokes quick enough. As I crossed the finish line, they played the National Anthem, and I instantly sprang into Military mode, and snapped to a pretty darn good salute. (And cried my eyes out behind my sunglasses). Totally overcome with emotions for having survived what is now known as "The STUPIDEST Thing I've EVER Done". Run time was 14:53:38 (first marathon was 6:00:05 and second was 8:53:33). **GRADE: B**



Overall: The goal had been to finish within 29 hours (4+13+12). Final time was 31:09:43 **GRADE: B+** (I didn't meet my ambitious goal, but I did manage to continue when I DIDN'T want to.) I had horrendous non-blister (sore/blistered skin, but no puss underneath) on the balls of my feet (also had this after a couple of IMs), and was VERY tired. I also had NOTHING in me nutritionally....but also wasn't hungry at all.



Aftermath: The fact that I complete this event still isn't fathomable. I have NO intentions of EVER doing it again. Although the swim was actually good, and I had a BLAST on the bike, the run (and I use that term VERY loosely) was just miserable. Maybe my nutrition wasn't right, but maybe I'm just not engineered to do things physically for more than 24 hours. I'm VERY happy to have survived, and not injured myself badly, and I'm starting to get the bug to work out again. IM Nice. France is only 104 days away!!! (Kevin Swenson)



BAREFOOT RUNNING STUDY

Researches at the Andrews Institute are seeking runners to participate in this study.

Qualifications: ages 18-50, run 5+ miles per week barefoot or in minimal footwear, no current running injuries

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