



**TRIGULFCOAST**

MULTISPORT ATHLETES

www.trigulfcoast.org

Tri Gulf Coast

May 2012

**A WORD FROM YOUR TGC LEADERSHIP**

The 2012 triathlon season is under way. Many members have competed in some of the early-season events throughout the month of April and some of our club sponsors have started with their triathlon programs (MPI's Sunset Supersprint Tri series, Running Wild's "My First Tri" program). If you are a new athlete now is a great time to consider becoming involved in programs like these. Even if you attend for the purpose of absorbing information and meeting some more experienced athletes this can be very beneficial.

Related to the start of tri season, keep in mind that there are many great Spring and early-Summer road races in our area. These can be a great opportunity to substitute an individual tempo run for a structured, social event. So, consider participating in any of the local 5k or 10k road races we have available to us.

The TGC Board and Officers have been working hard to develop the 2012 Mere Mortals season. Please encourage any family members, friends, or acquaintances who may be interested in our collective hobby to attend the first few Mortals sessions if they think they may want to join the club.

In this month's newsletter we again are fortunate enough to have members willing to share their race experiences. Enjoy these and use them as a way to collect information on specific events, distances, challenges.

Finally, with that mention of Mere Mortals, please enjoy the write-up that Erika Smith has prepared for us as she had the great opportunity to spend some time with Ann Knight. Ann is one of the pillars of the triathlon community and she had much to do with the development of TGC as well as Mere Mortals.

Sincerely,  
Your TGC Board and Officers



... and now a word from our sponsor

**Multisport Performance Institute (MPI)**

Preparing to Get Ready to Start your Triathlon Season

Some triathletes are year-round enthusiasts but many triathletes are seasonal. They take the winter off to enjoy other hobbies or just enjoy a more relaxing few months. With the weather warming up, Mere Mortals just around the corner and races on the horizon, preparations should be made to start your season off on the right foot. Here's a partial list of things you can do to prepare for training & racing in 2012:

- Register with USA Triathlon- although it's not a requirement to become an annual member, it may save you money in the long run. Each USAT-sanctioned race requires either a one-day or an annual membership.
- Evaluate your bike for readiness- check your tires and lube your chain. Give it a thorough once-over. Maybe you aren't mechanically inclined or familiar with bike maintenance; bring it to your local bike shop for a pre-ride check-up.
- If you are shopping for a new bike to make your races faster this year, consider a bike fit before purchasing. Having the right size frame is crucial for comfort and power.
- Plan your racing season. Pick races based on your ability and goals. Some triathletes may be attempting their first triathlon so shorter distances races will be appropriate, others will be looking for destination races or longer distances.
- Re-connect with triathletes from last year. You can keep up with the goings-on through the TGC Facebook page or TGC website. Spring training groups have been sighted out on Pensacola Beach!
- Get back in the water. Have you taken a hiatus from swimming? It's time to return to the pool or open water. Not only do we need to re-develop our fitness but also we may have lost the "feel" for the water. Start off with short distances and build slowly.
- Inventory the rest of your gear. There's goggles, swim caps, running gear, heart rate monitors, helmets, etc., etc. Triathlon equipment needs to be checked and replaced, if necessary. Dust it off and get it ready.
- Finally, create a training plan. This doesn't have to be elaborate. It can just be a way to be accountable to ourselves to swim, bike and run a little each week as we move towards our first race.

So you've self-committed to the 2012 triathlon season, your equipment is ready, you've even checked Facebook for the next group ride, and the weather looks great this weekend! No excuses... we'll see you out there!





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*And now a word from another sponsor...*

**BIKES PLUS IS ON THE MOVE**

We have had a lot of exciting changes at Bikes Plus. First to mention is our new location in Milton at 5262 Stewart St. We are backed up right next to the Blackwater Heritage State Trail. Inside the new store we will also have a coffee shop that will carry espresso, latte, iced coffee, pastries, smoothies, as well as nutritional drinks.

We have also moved our Barrancas Ave. store to the downtown area located on 194 N. Palafox St. We are really excited to have moved into the downtown area, with the improvements downtown and new plans to make the downtown area more biking and runner friendly we thought it was an ideal time.

We have also brought in a new bike line to Bikes Plus. Scott bikes are now available at all three stores and they have a great lineup of bikes. We will also have alot more triathlon specific gear coming into the stores as the year goes on.

We look forward to Mere Mortals and the triathlon season this year and want to remind everyone that we do offer 10% off for all Tri Gulf Coast members. Thank you so much from all of us at Bikes Plus!

**TGC BLOG**

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

**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/>



**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. And you don't have to fill out the extra paperwork at packet pickup the day before. <http://www.usatriathlon.org/membership-services/benefits.aspx>

**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/>

**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](mailto:president@trigulfcoast.org))  
Next meeting is May 23 at 6:00 pm

**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 DISCOUNT CODE**

Follow this link:

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

Use the TGC Club discount code: C-TRIGULF





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## MERE MORTALS 2012 SEASON UPDATE

The weather is warming up and some of the early season races are already upon us! That means that Mere Mortals training is right around the corner! It's going to be another great year on Pensacola Beach, with training starting on June 10th. Here's some of what you can expect for Mere Mortals 2012:

- More swimming! Every year, our athletes tell us that they love the opportunity to do open water group training, so this year each and every mere Mortals session will include a swim (weather permitting, of course).
- Compact schedule with earlier finish times: We're reducing the amount of activities prior to the workout, so you'll be out on the water and road earlier! Our goal is to complete our workouts in the 9am to 10am time frame each Sunday. We'll start at 6:30 am on the dot each day, so be sure to arrive and set up prior to that time.
- Meet our sponsors! Each week, we'll have one of our wonderful Tri Gulf Coast Sponsors out to introduce themselves. Be sure to say hello and thank them for their support.
- Something extra: It's always been a challenge to provide workouts for our intended audience -- new triathletes -- and still supply a sufficient challenge for our more experienced athletes as well. Stay tuned this year as we experiment with providing optional extra workouts, particularly in the swim portion of our training.

Don't forget, we need your help! by far the biggest source of referrals for new attendees at Mere Mortals has been word of mouth, and that's because you, our great members, have been telling your friends and neighbors to join us in this wonderful sport. Keep it up! Please send your questions and comments to [Mortals@TriGulfCoast.org](mailto:Mortals@TriGulfCoast.org)

### Tentative Schedule (Subject to Change) for 2012

Date	Group Workout	Notes/Comments
06/10/12	Swim – Quietwater Pier	Welcome
06/17/12	Swim 4x150, Bike 12	Bike Safety/Etiquette Presentation
06/24/12	Swim (beach starts), Bike 10, Run 1	
07/01/12	Swim 4x150, Bike 12, Run 1-2	
07/08/12	Swim 3x200, Bike 14, No Run	
07/15/12	OFF	Blue Angels Weekend
07/22/12	Swim 4x150, Bike 12, Run 2-3	
07/29/12	Swim 4x200, Bike 16, Run 1-2	Transitions
08/05/12	Swim 6x150, Bike 12, Run 3.1	
08/12/12	Swim 3x300, Bike 18, Run 1-2	
08/19/12	Swim 6x150, Long Bike, No Run	Long bike day
08/26/12	Swim 4x200, Bike 18, Run 3.1	USAT Rules Briefing
09/02/12	Swim 3x300, Bike 16, Run 2-3	
09/09/12	Swim 3x400, Bike 10, Run 2	
09/16/12	Swim 600, Bike 18, Run 3.1	Members Only Triathlon
09/23/12		OFF- Deluna Fest
09/30/12		OFF
10/06/12	Swim 600, bike 18, Run 3.1	SRI TRI RACE DAY!!!





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## RACE REPORT: Red Hills Triathlon, Tallahassee, FL (by Mike VanWormer)

With last year being my first season in the sport of triathlon, this year is the first year that I get to compare myself to last year's performance. I have been waiting for this for a long time. After every race last year I would tirelessly look thorough the splits, T times, overall rankings, and age group rankings for ways to shave seconds, or even minutes off my overall time. This is the year I get to gauge my fitness and, potentially, see all of the fruits of my labor displayed in a series of numbers that, hopefully, are lower than the previous year. That first comparison was Red Hills 2012.

The race site on Saturday morning was calm and cool with a fantastic fog coming off the water. As I set up I noticed that transition was well populated with both Tri Gulf Coast and MPI athletes, including my racing buddies; Kurt Detzler and Adam Principe. As luck would have it, Adam and I were in the same swim heat which allowed for a game of "King of the Hill." Given that Kurt weighs in at about 200 lbs & 1 once, he began 12 minutes behind us in the Clydesdale division.

The execution of my race was as flawless as I could have ever hoped to plan. I did not destroy the swim but did no worse than the year before. Adam and I both stood up at the same time and came out of the water, essentially, shoulder to shoulder. We raced together into T1 and I flew through it, getting out ahead. The bike felt strong, much stronger than the year before but not strong enough to put any distance between myself and Adam. We entered T2 together and the race between us was, essentially, over. Adam runs like a gazelle and I run more like a very fast turtle, but I still had my age group to think of. I ran hard and felt great. I had no idea where I was in comparison to the rest of the field but I knew I was well ahead of last year. I got passed by one person in my age group at about the 2 mile mark and didn't have the legs to hold him. I came across the finish in 1:15, a full 7 minutes ahead of last year and good enough for 2<sup>nd</sup> in my age group; my first podium in any triathlon and a proud day. I also was awarded the numbskull of the day award for being one of only 4 people to receive a penalty. Luckily, it did not affect my placement. Apparently, I was not the only one to have a great day. The podium was overwhelmed by representatives from Pensacola and the surrounding area. The area brought home 12 pieces of hardware and further cemented the fact that Pensacola is a great place to live, train, and compete.



### TGC BRINGIN' HOME THE HARDWARE!

- Mark Sortino – 1st Overall
- Jules Kariher – 2nd Overall
- Bill Striepeck – 1st 30-34
- Taylor Knight – 2nd 30-34
- Mike VanWormer – 2nd 35-39
- Mindi Straw – 3rd 45-49
- Kurt Detzler – 1st 40+ Clydesdale

### TGC MEMBER RED HILLS FINISHERS

- |                  |               |
|------------------|---------------|
| Nancy Brashears  | Evan Malone   |
| Perry Palmer     | James Stinson |
| Brandon McFarren | Gary Garza    |
| Adam Principe    | John Murray   |
| Joe Dykes        | Tom Henderson |





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### GIRLZ ONLY SUNSET CYCLE

Spring is HERE and so is time for our Thursday evening Girlz Only Sunset Cycle! Every Thursday evening 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](mailto:vicepresident@trigulfcoast.org)



### 2012 KIT ORDER UPDATE

Orders are on schedule and TGC expects delivery in time for the May TGC group ride. Plans are to distribute kits at the 05/06/12 TGC Group Ride (7:00AM, Casino Beach lot)



### UWF REVERSE SPRINT TRIATHLON

Congratulations to TGC members who completed the 2nd annual reverse triathlon at UWF on 04/14/12. This unique event features a 3 mile run followed by a 10 mile bike ride and finishing with a 400 meter pool swim. TGC members who finished the event include: Mike VanWormer, Evan Malone, Kurt Detzler, David Toellner, Domenick Risola, Angela Huntsinger, Gary Garza, Jack Cerone.

# RUNNING WILD



## American Diabetes Association. **Tour de Cure**

The Tour de Cure is a fundraising event put on by the American Diabetes Association to fund research for and deliver services to those affected by diabetes. This year's ride on Saturday, April 21, included a few hundred participants, including TGC members Joe Dykes, Joel Matthews, Wade Jeffrey, Meri Asmar, Anna Frey, Elizabeth Wiese, Angela Huntsinger, Stephanie Jarmul, Jacob Smith, Ashlynn O'Connor, and Matt Salvator, who together raised well over \$1,500. The Tour de Cure has a distance for everyone as it offers 22, 42, and 62 mile routes and this year we were treated to slightly windy but favorable weather the day of the race.





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**The 38<sup>th</sup> Annual Fiesta 10k Run and 5k Run/Walk** is fast approaching. The race will be held on May 5<sup>th</sup>, 7:30am with the 10k starting at PSC on Airport and the 5k starting near Cross and 12<sup>th</sup> Ave. Have you signed up yet? If not, you better hurry.... you sure don't want to miss the fun and festivities! We are going all out to make this a race to remember!! We have high quality tech shirts, beautiful 2.5" 10k finisher medals, and prize money for the top three male and female 10k runners, really unique Age Group Awards. Do you need more of a reason to run? Well...not only will you be running a beautiful point to point course, the post race party and awards ceremony will be held in historic Seville Square. We have a great band, ClassX, lined up to play, lots of food and drink and your race bib will give you free same day entry into the Pensacola Crawfish Festival! For more information you can go to the Fiesta event page at [www.pensacolarunners.com](http://www.pensacolarunners.com)



**Registration:**

<http://www.imathlete.com/events/38thAnnualFiesta10k5k?z=1332092649098>

Like us on Facebook: <http://www.facebook.com/fiesta10k>

**PRA BEAR LAKE TRAIL CHALLENGE**

**JUST SAY NO** to hot asphalt, exhaust fumes and traffic....and say **YES** to a run through the trails around beautiful Bear Lake on Saturday, May 19. The fresh air, wildlife and tree shaded route is the perfect backdrop for the challenging 4 mile loop. This race offers plenty of competition for the racers and the perfect route for the casual runners and walkers. While the runners enjoy varying terrain, up and down hill, across bridges, over streams and swamps, the volunteers will be barbecuing up hotdogs and hamburgers for the post-race party, along with all of the fixings and dessert. During the post-race party, new board members will be elected and runners will receive their much-deserved awards in each of the age-group award categories. Runners can also participate in a couple silly, competitive games for prizes and bragging rights.

Don't hesitate! The first 250 runners to be registered will receive a custom cinch pack with the Pensacola Runners Association's logo. Send us your entry today and join us in enjoying the beautiful weather, fresh air, scenery, and comradery that only the PRA can offer!

<http://www.imathlete.com/events/BearLakeTrailChallenge?z=1334426712677>



**NEW ORLEANS 70.3 TRIATHLON**

Congratulations to TGC members who braved high winds and a unique format of a 2 mile run, 52 mile bike, and 13.1 mile run in New Orleans on 04/22/12 as the swim leg of the event was cancelled due to dangerous surf in Lake Pontchartrain due to the 25+ mph winds. Members who completed the event include: Andrew Rothfeder, Perry Palmer, Evan Malone.



ENDURANCE SUPPLEMENTS





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## RACE REPORT: GULF COAST HALF MARATHON (by Charles Baisden)



On the morning of my 30th birthday, I looked in the mirror and did NOT like what I was seeing. My cholesterol was out of control, I was WAY overweight, and I realized I had wasted my 20's being unhealthy. I started with the overdone idea of a New Year's Resolution. Maybe it was the fear of getting older... but whatever the reason, this one stuck. Over the last year & a half, I've been on a personal journey to lose weight and get healthy. Starting from my highest weight of 355 lbs, I've lost 117 lbs total! Since February 2011, I've been slowly building from simple walks to a short jog/walk to sustained double-digit distance running. The goal of running started out simply as a tool to lose weight. But somewhere along the line... well... I actually started getting this weird idea of WANTING to run. I added a virtual running coach at the end of last year to keep me running injury-free and accountable (you can follow his blog at <http://www.theboringrunner.com>) Adam, my "coach" helped me transition through all the "newbie" questions, and is building the tri activities into my training plan as well.



This race was a huge milestone for me because it was my very first half marathon and my very first ANYTHING with the word "marathon" in it. My goal was two-fold - (a) no walking, (b) a goal time of 2:20:00. Finishing was a given. My previous "long race" was the 15K Double Bridge Run, so pushing out to the half marathon has been an extra challenge! I managed to get to the race completely healthy, and I credit my coach for that 100%.



My morning started pretty well - a small bowl of Cheerios just like my training runs. Race materials were already packed & ready to go. I left for Pensacola Beach at 5:45am, and arrived right around 6:00am. The parking lot wasn't crowded yet, and I found a spot right near the porta potties. In order to achieve my goal of no walking, I stopped taking in water at 5:45am in order to give my body time to process everything. At 6:15am, I had a granola bar, and at 6:45am, I had a Powerbar Gel just to give myself a little boost coming out of the gates. So far, so good.



The race started right on time, and the wait to cross the timer was only about 2 minutes. The crowd felt manageable. I was definitely running in a pack, but didn't have to do any side-to-side maneuvering to hold my goal pace. The pacing plan was to be around 10:30 to 10:45 for the first six miles, and then push to my full race pace of 10:00 to 10:10 by mile 7 and try to hold that to the finish. I started hydrating from my Amphipod as soon as I started the race, and grabbed water from every aid station I passed. I added a second gel pack at mile 4.5, and my final gel pack at 7.5. From the turnaround and following, I started grabbing Gatorade at the aid stations to support the increased pace.



Everything was right on schedule until I got to mile 10. I had successfully consumed my aid station water on the run, and I was feeling good! But at Mile 10, my water bottle was completely empty already, and holding my goal pace was already taking it's toll. I dropped back to around 10:45, and stayed with that through Mile 11.5. That's when things started to unravel a little. I started feeling really crampy. My right side had stomach cramps, and everything felt tight across the torso. Between 11.75-12.00, I finally discovered what runners call "the wall." Everything in my body was screaming "STOP!" I felt nauseous, I was a little dizzy, and I wanted to quit. This was the moment where I had to talk myself off the ledge, drop back to my low gear, and just keep pushing. I slowed my pace down even further to around 13:00/14:00 in order to sustain my run. I actually think that walking would have been more effective in terms of allowing my body to catch up with itself, but a goal is a goal. Even if it cost me time, I didn't want to stop running. I finally felt my heart rate slowing down, and my pace started picking up again. By Mile 12.5, I was back up to 12:00 per mile, and managed to hold that to the finish line. I finished just short of my goal with a time of 2:22:41!



As far as race planning, the day was more humid than I expected. I've never consumed my entire water bottle on ANY of my training runs, so that was a surprise. For future races, I think I'll carry the hand held water plus a belt pack for backup. With more water, I might have been able to dampen some of the effects of my Mile 12 breakdown... but then again, this was my first time pushing my pace quite this fast, and my first time crossing over the 12 mile threshold. But those are small adjustments that will improve with more experience.



All things considered, this is the greatest accomplishment of my life physically, and I could not be happier! The race was superb - small crowd, out & back course, excellent timing results, and an awesome race medal! This one will be a regular on my annual race calendar! See you next year!





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## Member Profile: Ann Knight (by Erika Smith)



It was Columbus Day weekend in 1996 when Ann Knight and the Santa Rosa Island Authority (SRIA) held the first annual Santa Rosa Island Triathlon on Pensacola Beach. Shortly before, Ann was recruited by the SRIA during a Race Director's Seminar that she was facilitating for the Pensacola Runners Association to organize a triathlon at our beach to increase tourism during the off-season. Ann gladly accepted this challenge and was mentored by successful business partners Joe Fernandez and Fred Rzymek, who are known for establishing the sport of triathlon in the Tampa/St. Pete area. (SRIA fun fact: Fred Rzymek is the uncle of current TGC President, Evan Malone. Fred is credited with bringing the sport of triathlon to Florida from California years ago.) Ann's husband, Charlie, a retired Navy pilot, and Janet Boylan, an active member of our running community, excitedly joined Ann in organizing the inaugural tri. During the second year of the event, Ann and her team began the popular Mere Mortals training program, thus named by Janet. Ann and her husband worked tirelessly developing this event and in just ten years, the race grew from approximately 475 participants to a field of 1,300+ (the year that it was cancelled due to Hurricane Ivan).



Sadly, Ann's husband passed away shortly before the tenth anniversary of the SRI TRI. The following year, she turned the event over to an associate in Louisiana, Bill Burke, who directed the race for the next two years. She then brought the SRI TRI back to its roots in Pensacola, serving on the board for the next two years and appointing Charles Gheen as President and Race Director; he continues to carry that torch today. In 2004, two years prior to Charlie's death, the Santa Rosa Island Authority erected a monument to honor Ann and Charlie in appreciation for their efforts in founding and organizing the SRI TRI. (You'll recognize this monument as the starting line for many races in the Casino Beach parking lot!)



Although Ann grew up with a passion for swimming in the Gulf, she began running and cycling later in her life. Ann explains that she became a runner at the age of 44 in order to lose weight and to improve her fitness level after she stopped smoking. She laughs as she recalls learning to run "by running half a mile from one telephone pole to the next." She ran her first marathon, Marine Corps, in 1992. Her second was the inaugural Disney. At the age of 55, she completed her first tri, Billy Bowlegs. Then, at the age of 66, she competed in her first Half Ironman as a team with local swimming legend, Grace Ruckstuhl and her athlete husband, Ted Ruckstuhl.



About three years ago, Ann became very ill and was told that she had little time to live. Thanks in large part to the efforts of her brother, Geary, a retired Army pilot who arranged for her to be flown to Shands Hospital, she was able to complete a lung biopsy which showed that she has "a rare lung disease, treatable, but not curable", and was able to begin receiving the appropriate medical treatment. She describes her comeback as nothing short of amazing. In fact, her treatment team explained that it was her physical fitness and good health that "saved my life." Upon her return home, her first goal was "to walk to the end of the house and back." After she accomplished this, she worked hard to resume swimming and cycling, which she had been doing regularly until her cycling accident about six months ago. After spending four months in treatment at the local Wound Center, she participated in water aerobics for one month, then swam and aqua jogged for one hour last week for the first time since her accident! It certainly sounds like another comeback is in store for Ann, a wonderful inspiration to everyone whose lives she touches. She loves mentoring young athletes, joining them at Mere Mortals for their first bike rides and swimming with new triathletes who are fearful to swim in the gulf. She is also a recipient of the PRA's Lou Gregory Award, given annually to "a runner who has demonstrated great leadership and enthusiasm in helping to promote and maintain the sport of running in the Pensacola community."



Ann is a native of Pensacola who is proud to have become a "Navy Wife," moving around the country with her husband and 7 children before retiring here in Pensacola. She and her husband, who played football at UNC prior to joining the Navy, raised a family of athletes. For example, her daughter, Mary, is a phenomenal runner who twice competed in the Olympic Marathon Trials. Her son, Charlie, an avid surfer, designs the impressive, hand-crafted "palm tiki" awards given at the SRI TRI. Her youngest daughter, Cindy, recently completed Ironman Florida at the age of 50, improving her time by 1 ½







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hours in just three years. (Her other adult daughters, all married with families, are successful business women living in Atlanta and St. Pete). Her oldest granddaughter, Sara, a 2X Ironman finisher, is currently in the process of organizing a bike and running relay from NOLA to Pensacola Beach, entitled "Gulf Coast Interstate Relay," which will be held next April. Her grandchildren are also involved in triathlons. I bet her great grand-children even have little bikes at home! Ann shares how grateful she is for having such a wonderful and supportive family who enjoy being active together. She, her daughter, Cindy, and Cindy's daughter, Katie, competed for four years as a team at the St. Anthony Tri. In fact, Triathlon Magazine featured a half-page article on their three-generation team in April 2004.

After accompanying Ann on a short stroll around her comfy home, it's apparent that she has enjoyed a "good life." Photographs of her family, children, grandchildren, and great grandchildren line the walls. Framed posters from the first two SRI TRI's hang in her garage, beside her marathon posters and just above a new Cannondale bike and cute Trek beach cruiser. Her house is filled with shells that she has collected herself from Pensacola Beach and Palm Island in South Florida. She explains to me that she loves knitting, travelling, and spending time with her family and friends.

If you haven't yet met Ann Knight, I hope you'll have the chance to soon. She is one of the most interesting and inspirational athletes I've had the pleasure of meeting. In the words of one of her grandchildren, "Grammy was never one of those Grandma's who sat in a rocking chair. She was out doing things."



### Mark Your Calendar

- 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
- 5/28/12 Gate To Gate Run 7:30AM - Eglin AFB, FL
- 6/02/12 Grandman Triathlon 7:00AM - Fairhope, AL
- 6/02/12 Billy Bowlegs Midnight Run 10:30PM - Fort Walton Beach, FL
- 6/07/12 Portofino Sunset Supersprint RELAY Tri 6:30PM - Pensacola Beach, FL
- 6/09/12 Gary McAdams Sandshaker Run 7:30AM - Pensacola Beach, FL
- 6/10/12 Mere Mortals Kick-off 6:30AM - Pensacola Beach, FL**



**TGC GIVES BACK!** If you ran the Pensacola Beach Half Marathon you saw the coolest tribal water station in the race staffed by TGC members and their families. Next time there is a race and you aren't competing, take the time to volunteer and have fun! Who knows, you might even get Jules to paint your nipples.





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Tri Gulf Coast

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## Member Profile: Joe Salter (by Erika Smith)

On Saturday, April 21, 2012, Joe Salter made history when he became the *first* person to complete a triathlon while juggling. That's right – he juggled the entire three legs of the popular Flora Bama Mullet Man triathlon (swimming ¼ mile while juggling three balls, biking 17 miles while juggling two balls, and running 4 miles while juggling three balls.) Joe spent nearly one year training for this feat and completed the tri in an impressive time of 1:57. Furthermore, he turned the challenge into an opportunity to raise funds for Ronald McDonald House Charities of Northwest Florida.

Joe's father, a professional entertainer and musician, taught Joe how to juggle when he was only 8 years-old. Little did his father know at that time that Joe would grow up to become a competitive juggler (that's jogging and juggling). In fact, in 2009, Joe became the only known person to joggle a marathon in Vibram FiveFingers when he juggled the Philadelphia Marathon in 3:31.

So, how did Joe become involved in juggling? Seeking "something to do for stress relief and exercise," he began running in 2005 while a graduate student at the University of West Florida. Following graduate school, he began training for his first marathon, the 2008 San Francisco Marathon, and soon after read about "juggling" for the first time on the popular juggling website "justyouraveragejuggler.com," organized by his now good friend and accomplished juggler, Perry Romanowski. Joe explains that when he began juggling he was "instantly hooked once I got it down and realized how magical, synchronized, energizing, and relaxing it was." Pretty soon, Joe preferred juggling all of his runs.

Endurance running and juggling is what appeals most to Joe. Thus, "The triathlon juggling world record was a one time deal. I wanted to do it well and then move on." His favorite local races to joggle include the Pensacola Marathon and the marathon juggling PR of 3:31) and the San Francisco Marathon. His strategy for every race is to just enjoy the experience and share the joy of juggling with others.

Joe explains that although it may initially sound strange, juggling and running actually go extremely well together because of the rhythm and timing that both running and juggling share, making juggling "a mind-body movement that once practiced becomes very fluid and effortless." According to Joe, "juggling really heightens your sense of awareness, vision, relaxation and alertness." He shares that juggling has been referred to as a moving meditation and that it puts him "in a Zen-like state of mind." Joe has spent the past 15 years studying and practicing many diverse physical/mental disciplines ranging from yoga and meditation to team sports "and everything in between." Joe explains that over time, he's discovered that "juggling brings the best of both worlds" and he encourages every athlete to give it a try. Also, simply put, doesn't juggling just sound like a lot of fun?

When he's not juggling, you can find Joe enjoying the simple moments in life with family and friends, gardening and working in his yard, completing building projects, travelling, cooking, and seeking out good deals at yard sales. However, not surprisingly, Joe's "number one hobby" is juggling.

Let's give Joe a few months to kick-back, relax, and soak in the joy of his hard-earned world record and then I think we'll see him begin training to complete his first ultra while juggling!

