



**TRIGULFCOAST**

MULTISPORT ATHLETES

www.trigulfcoast.org

Tri Gulf Coast

June 2012

**A WORD FROM YOUR TGC LEADERSHIP**

TGC Triathletes,

As we look forward to the start of the annual Mere Mortals training program the TGC leadership reminds you to spread the word on what TGC has to offer athletes of every ability level. TGC is excited for the upcoming Mere Mortals season which promises to bring a mix of new and renewing members to Pensacola Beach every Sunday morning.

For those experienced athletes, the racing season is underway. Please enjoy some of the race reports which some of our dedicated members have taken the time to share. Use this information when you are trying to decide on future races or if you need some motivation or strategic raceday advice.

Finally, our monthly member profile is Taylor Knight. Erika Smith was able to get to know Taylor and has shared some of his thoughts and experiences in the sport of triathlon. Taylor has already logged some impressive race results while representing Running Wild (one of our club sponsors) as well as TGC. Make sure to cheer him on if you see him at your next event.

Sincerely,  
Your TGC Board and Officers

**Mark Your Calendar**

- 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**
- 06/16/12 My First Triathlon 6:45AM - Eglin AFB, FL
- 06/21/12 Portofino Sunset Supersprint Triathlon 6:30PM - Pensacola Beach, FL
- 06/23/12 Blueberry Bash 5K 7:00AM - Milton, FL
- 06/30/12 Firecracker Run 7:30AM - Pensacola, FL
- 07/04/12 Freedom Springs Triathlon 7:00AM - Marianna, FL

... and now a word from our sponsor

**Multisport Performance Institute (MPI)**

DNF?

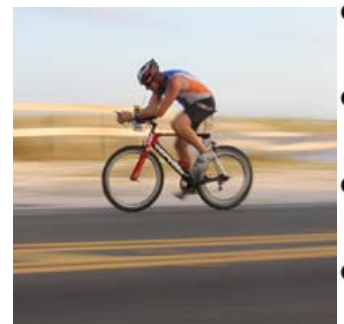
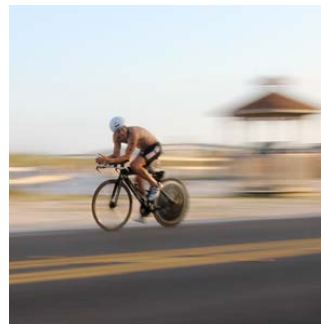
Recently, talk of DNF (did not finish) has increased in our triathlon circles. The tough conditions at Gulf Coast Triathlon caused a number of athletes to choose to "not finish" the race. Ironman Texas had an 11% DNF rate. The race season is in full swing and some of us unfortunately may not finish.

One of the athletes from the Gulf Coast Triathlon contacted us after the race to discuss training/coaching options. During her swim in the rough Gulf of Mexico she became anxious and made the tough decision to end her day there. She did not view her DNF as a failure but instead as a motivator for improvement.

During Ironman Texas another athlete succumbed to the oppressive heat and humidity of the day and was brought to the medical tent for IV fluids and monitoring. His race day ended there. Outpourings of concern and well wishes were sent his way. Even Mike Reilly posted on Facebook, "You are an Ironman!" He has since signed up for Ironman Kentucky later this year.

I also had the chance to talk with a beginner triathlete after the 3 Mile Bridge Swim. She is very new to the sport and working hard to conquer her open water fears. In an attempt to face them head on, she signed up for the 1 Mile race. Unfortunately the current wore her out and she opted out of the race at about the halfway point. Talking to her afterwards she was upbeat and positive. She certainly didn't feel like a failure.

We have chosen a tough sport. A sport that tests our limits. There is a myriad of reasons to DNF, from mechanical to nutrition to injuries and more. So as we toe the line at our next race let's plan on having fun, racing hard, and finishing. In the event that finishing doesn't happen know that our friends, family and training partners already consider us winners and an inspiration just for trying the sport of triathlon.



**RUNNING WILD**





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**IRONMAN TEXAS (The Woodlands, TX)**

TruGulfCoast members who finished:  
Mark Sortino • Brett Laggan • Ty Turbyfill  
Kirwan Price • David Barnhill • Evan Malone  
Steven Orr

**BEACH BLAST TRIATHLON (MEXICO BCH, FL)**

TruGulfCoast members who finished:  
Dawn Sanders • Eddie Bauer,  
Jared Tyler • Scott Boulton

**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 June 20 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.

**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/>

**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



OFFICIAL CLUB

**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.asp>





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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)



## 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/>



## PENSACOLA BEACH TRIATHLON

### TGC BRINGIN' HOME THE HARDWARE!

- Andrew Rothfeder — 2nd overall male
- James Elliott — 3rd male 20-24
- Perry Palmer — 2nd male 25-29
- Adam Principe — 1st male 30-34
- Joe Dykes — 3rd male 30-34
- Mike VanWormer — 1st male 35-39
- Jim Hagy — 2nd male 40-44
- Chris Hicks — 2nd male 45-49
- James Stinson — 1st male 50-54
- Todd Stalnaker — 2nd male 50-54
- Doug Jones — 1st male 55-59
- Robert De Verona — 2nd male 70+

- Jules Kariher — 2nd overall female
- Nancy Brashears — 1st female 35-39
- Suzanne Robbert — 2nd female 35-39
- Tracy Gilbert — 2nd female 40-44
- Mindi Straw — 2nd female 45-49
- Donna Becker — 2nd female 50-54



### TGC MEMBER FINISHERS

- Christopher Rawson • Brad Conti • Christopher Kariher
- Andrew Baggett • Scott Brown • David Toellner
- Michael Percy • Tom Clark • Tom Henderson
- Tom Carlos • Angela Huntsinger • Sarah Horn
- Dawn Sanders





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...and now a word from another sponsor

### ZARZAUR LAW

Hydration. It's critical to performance. This spring and early summer, temperatures are already pushing 90 degrees. That's why Zarzur Law is helping Pensacola's pavement-pounders replenish their electrolytes.

It started with the 38<sup>th</sup> Annual Fiesta 10K on Cinco de Mayo. Zarzur Law, a proud sponsor of TriGulfCoast Multisport Athletes, was out on one of the best point-to-point running courses in the country. The Zarzur team, including Joe Zarzur himself, provided water and Gatorade for hundreds of runners winding their way through downtown Pensacola on race day. So, why stop there?

Zarzur Law recognized a need to keep athletes fueled up during one of Pensacola's most popular running events each week: the McGuire's Running Club. There was no opportunity for runners to hydrate on the course, and that's where the Zarzur Hydration Station came to the rescue. Runners can now grab a quick drink as they complete their weekly race, right at the corner of Romana and Palafox Streets outside the Zarzur Law Office.



Zarzur Law is also quenching a different kind of thirst – whetting the appetites of aspiring artists at Downtown Pensacola Gallery Night. Legal Graffiti is taking off as one of Gallery Night's most popular hot spots. Legal Graffiti gives everyone the opportunity to create a unique masterpiece, all ages and all artistic levels welcome. We've got the canvas on the side of our building and all the spray paint – you provide the artistic inspiration. You can check out pictures and video from the May 18th Legal Graffiti at Gallery Night on:

[www.facebook.com/legal-graffiti](http://www.facebook.com/legal-graffiti). [The next Gallery Night and Legal Graffiti us July 20th.](#)

Joe Zarzur is also teaming up TriGulfCoast President Dr. Evan Malone to start providing legal and medical advice in a high-tech way. Zarzur and Malone will be sharing their expertise on a variety of issues ranging from personal health and fitness, medicine and the law, and your rights as a patient. It will all be as easy as quick click on YouTube as part of a regular video series. Joe and Evan have worked together on dozens of cases, and they'll be giving their insights into a wide-range of issues that affect athletes and average joes – breaking down complicated issues in an easy to understand way.

Whether it's staying hydrated, creating a work of art, or keeping you up to date real-life concerns, expect Zarzur Law to be out in full force in the Pensacola area demonstrating a community commitment with an Ironman determination that multisport athletes can appreciate the most.





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### GIRLZ ONLY SUNSET CYCLE

Reminder that the Thursday evening Girlz Only Sunset Cycle is gaining momentum! 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

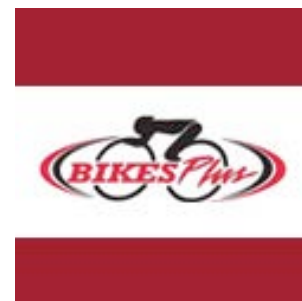
[vicepresident@trigulfcoast.org](mailto:vicepresident@trigulfcoast.org) with any questions.



TGC at the Pensacola Beach Triathlon



The key to a great race – Proper nutrition



### 2012 Gary McAdams Sandshaker 5k Run/Walk

The 17<sup>th</sup> Annual Gary McAdams Sandshaker 5k is fast approaching and we would like to invite you to a beautiful course and a great post-race party. This event will be held Saturday, June 9<sup>th</sup> at 7:30AM. The race begins at the Pensacola Beach Pavilion and runs along Via de Luna before turning and running parallel with the beach and then returning back to the Pavilion for the finish. The post-race party includes drinks, plenty of food and live music while you are catching-up with friends prior to the awards ceremony. Aside from having a great time you will also be helping to support a great cause. Each year, for the past 17 years, the proceeds of this race along with the help of our great sponsors have been awarded to two Pensacola-area high school athletes for college. Each of the scholarship winners have overcome adversity to excel in their sport and academics. These individuals are truly deserving and are an inspiration to their peers.

We look forward to seeing you out at the beach!

Online and paper registration can be found at [www.pensacolarunners.com](http://www.pensacolarunners.com).

For other information please contact Courtney Peterson at [mcadams5k@pensacolarunners.com](mailto:mcadams5k@pensacolarunners.com) or 850-221-1810.





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### RACE REPORT: ST. ANTHONY'S TRIATHLON, St. Petersburg, FL (by Bill Striepeck)

The day before the race, St. Petersburg weather was as nice as to be expected, and featured before packet pickup was the St. Anthony's "meek and mighty" triathlon for first timers and kids divisions. The race gave beginners something to work for and definitely invited a diverse number of people to the sport. In fact, the local news and paper was featuring the weekend races as the "place to be" in the Tampa/St. Petersburg area. It certainly felt that way. Plenty of athletes(over 3,000), pro and elite competition, and popular vendors at the expo, which was right on Straub Park overlooking Tampa Bay. Speaking of popular, I ran in to our own Evan Malone during the bike check-in who assured me this was going to be a busy race. With 29 swim waves, it would be beneficial to start in the first few waves, and Evan was able to do just that. I was not as fortunate, as my wave was "lucky" number 13. At least it wasn't last. With one last look at the forecast, I realized that this race would be almost perfect conditions and there was nothing left to do but enjoy!

Getting to the transition area Sunday morning turned out to be pretty tricky. With only 5 minutes before transition closed, I was able to find my bike and prep my area. I know, way to wait til the last minute! But I had an hour drive to the venue (from North Tampa), and with my wave not starting for another hour, I was in in no rush to get my gear on the towel. However I definitely cut it too close(even for me) as the transition volunteers were kindly telling me to finish up and leave the area. I totally could have forgotten something important then. What was I thinking? This was my first mistake. My second was not thinking I would need a wet suit. The water was very tolerable(77.8-barely wetsuit legal), and the swim was my strongest event. Yet I didn't realize the time advantage that a wetsuit provides. The added buoyancy would give a significant time advantage over an Olympic swim distance, enough to overcome any foreseen problems with removing the wetsuit in transition. Hindsight is 20-20. As one elite athlete told me after the race, "if you want to compete at this sport, you have to wear a wetsuit if it's award legal." Thank you, Kyle. Where were you when I was packing my car for this thing?

The Pro start was incredible, as you were able to watch them make their way around the buoys with what looked like effortless strokes. This was a very competitive race that at this point was up for grabs. I would see the pros again, only as I was biking out of transition and they, on their way in for the run. The swim started in the water at the first buoy just off of North Shore Park, swim south parallel to the shoreline until reaching the north side of Vinoy Park(transition), an almost 90 degree turn out to sea for almost a quarter mile followed by an obtuse right turn back toward transition to finish up the 1.5K swim. The transition was very tolerable, and in no time I was making my way onto Bayshore Dr. to start the bike. The cobblestone road wasn't the smoothest ride I've been on, however I received no flats, and I was on smoother road before you could say "ON YOUR LEFT!" Yes, there were a lot of bikers to maneuver around and there were many a turn and roundabout. However, this made the ride very exciting and broke up the monotony of the aerobars and kept you pushing forward to keep your speed up. I had to be ever vigilant of my spacing, as it was easy to find yourself drafting off of others unintentionally and the referees were out with force. The last mile of the bike took you back onto Bayshore and an exciting pedal through the downtown St. Petersburg scene. Another smooth transition to the run, and I'm making my way on North Shore Drive and soaking up the scene. The temperature had crept up a bit as well as my own body temp. I was already feeling overheated at the start of the run, so it was important to get myself some ice and slow down my pace a bit to acclimate. Luckily, there were enough stations through the run to get some ice water on my head and visor. As my comfort level grew, I picked up my pace at the turn around and was able to keep it to the finish chute. My family was waiting at the finish line to cheer me on, so I slowed down to slap hands and smile for the camera. A race to remember!

My wife was the first to let me know(via text) I had placed in my age group, and at that point I decided to stick around for the awards. A podium finish for your age group means automatic qualification to the Hy-Vee championship in Des Moines, IA. Even Evan won his division(Charity!). The question is, will there be a Mid-West triathlon adventure in our near future? Only time will tell...





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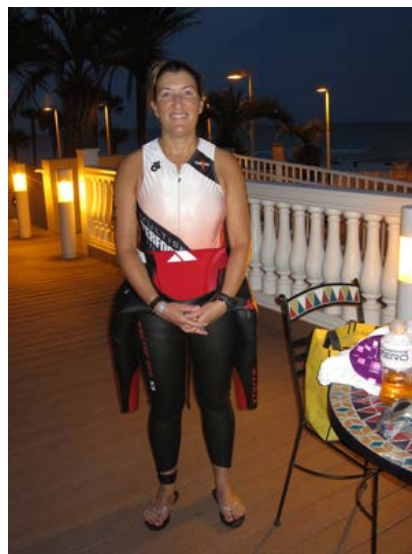
## Gulf Coast Triathlon 2012 Race Report

Well, there is a first time for everything.... and there were a lot of firsts for me at this race. This is my first race report, my first long distance triathlon, my first time having my Dad be able to make it to one of my big racing events, my first long distance run using Yanks instead of laces for my running shoes, my first long distance run without music, AND my first time using Extreme and Accelerade for liquid nutrition. You will see later why this may have been crucial in how I felt during the run. My preparation for this race started 3 months prior to the race by engaging the Multisport Performance Institute (MPI) coaches to help me prepare for such a long distance race. My primary goal was to be able to finish the race (which I did), but mostly to make sure I got out of the water safely. I have never swum in open water for that distance and quite frankly I was a little nervous with the undertaking. But thanks to many coaching sessions with Coach John Murray and the help of an open water swim buddy (Andy), I was excited and not very anxious on the morning of the race.

Well, I was excited coming into Saturday morning that the morning Gulf waters had been flat and crystal clear and the water temperatures had been low enough that I believed it was going to be a wet suit legal race. Of course, Saturday morning the weather gods had something else in mind for us. During my early morning pre-race swim I noted that the waves were coming in at an almost 45 degree angle to the beach and NOT in our favor. I was still not discouraged because I made a plan to swim past the second turn buoy and then let the waves take me in. Unfortunately, the wave height really picked up while I was on the swim course and at one point knocked my goggles off and I never got a great seal again. But I just kept telling myself to get to the next buoy. I learned that trying to sight on the bottom of the wave wasn't going to work either as the wave height was higher than the buoy. Anyways, my plan didn't work out to "ride the waves" in, but I made it safely to the beach to see my Dad cheer me on and headed to Transition #1. At this point, I am feeling good and learned a few things about changing clothes in transition while you are wet. But on to the bike ride....

The weather is overcast and not raining and not too windy, YET. I am feeling good on the bike and making progress passing some people and getting passed by the men coming behind me (their swim waves were after the females--although several had already passed me in the water). I am halfway through the course when I start feeling the wind picking up and getting a little nauseous, but nothing I can't handle. When I made the final turn to come in toward the end of the bike ride (which is the *first* time I ever rode 56 miles), the head wind was incredible and I was starting to talk to myself that my previous goal of 3 hours was now out of the question and just don't get off your bike or stop like you are seeing other people do. I see my Dad again (yeah!!). I am almost off this bike! I made it to transition #2 feeling not too bad. Did much better on my time in this transition. BTW, it must have rained because my things are wet, but I never actually got rained on during my ride. Thank goodness.

I head out for my run and realize I should have used the port-o-pottie. Uh oh. Well I am in luck, because I see one at the one mile rest area!! I am getting my legs back, although going a little slower than I would like and start to pick up my pace. I want to get in close to 7 hours total. My legs comply, but the nausea kicks back in at mile 3 and by mile 4 I am having right piriformis muscle pain and right foot neuroma making me feel like my foot is ON FIRE. Yikes! And the sun is starting to come out and it's getting warmer AND no music to drown out my pain. On top of that, mentally, I was prepared for 2 loops thinking it was 2 short loops, but I figure out at mile 4 that it is one long loop. Don't know what I was thinking, but now I am worried since I told my Dad it was 2 loops. I start to have to walk and run trying to figure out how to beat my ailments and while I was in the park and feeling a little disenchanted with my body... I run into another runner (Jodi Archer) having the same issues. I ask her if she would mind trying to walk/run together and she agrees!!! This was the blessing I was asking for. She and I helped each through the nausea and it made the second half so much more enjoyable. We worked on getting from one mile to the next by looking forward to the volunteer stations. As we get to the last mile, I am actually FINALLY starting to feel better and we decide to run the majority of it. I can see my Dad at the finish line waiting for me and we start waving and hollering. I am soooooo excited I almost can't breathe. We crossed the finish line together and I am euphoric! I have just finished my first Half Ironman Triathlon!!!





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Just like the author of a book, I need to acknowledge some very important people. First my family, friends, coaches, Greg, Jodi, and especially my Dad for making the trip at the last minute to be with me on my big day. Oh, and what about all those AWESOME volunteers!!! It is impossible to estimate how much each and everyone of you made it possible for me to have a great race day, even with all of the elements that were out of my control. I am already looking forward to my next half Ironman triathlon in November. I have my list of things that I feel I did right and things I would like to improve on for next time. Hope to see some of the Tri Gulf Coast and MPI athletes in Miami. Meanwhile, I will be seeing you at Mere Mortals in preparation for the SRI TRI.

**Other TriGulfCoast members who finished the GulfCoast Triathlon:** Todd Stalnaker • Taylor Knight  
Adam Principe • Bill Striepeck • Mike VanWormer • Mike Elliott • Kevin Swenson • Evan Malone



## PENSACOLA BAY SWIM

**10K FINISHERS** -- Bill Evans

**5K FINISHERS** -- Todd Stalnaker • Alex Hernandez • John Murray  
Tom Henderson • Todd Timko • Jeff Boulton • Jack Minard  
Joel Matthews • Angela Maples • Matt Salvator • Christopher Kariher  
Domenick Risola • Charles Phan,



ENDURANCE SUPPLEMENTS







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## Athlete Profile: Taylor Knight (by Erika Smith)

Local triathlete Taylor Knight had an impressive 2011 season, including several overall wins, but his phenomenal performance at Beach 2 Battleship, held in Wilmington/Wrightsville Beach, North Carolina last November during horrible weather conditions, was perhaps his most impressive. At that race, Taylor found himself pushing through rain, sleet and a 20-30 mph headwind for close to 80 miles of his time on the bike. Taylor laughs as he recalls, "I have never wanted to quit something more in my life." But, instead, he persevered, "suffering through that ride" and following it up with a 3:32 run for a 9:46 total and "the most satisfying feeling I've had in any athletic event." Furthermore, he finished 15<sup>th</sup> of over 500 participants and recorded a well-earned PR!

Although Taylor grew up swimming with GPAC here in Pensacola and enjoys running during training, his favorite leg of the triathlon is the bike. His favorite triathlons include the Sandestin Tri because of the scenic course, particularly the run through the resort, and the SRI TRI, which he describes as "a great local race with a big race feel." Taylor expresses his gratitude for living in an area with so many great races held right here in our own "back yard." Some of his PR's include 2:07 at the Olympic Distance (Alabama Coastal) and 9:46 Ironman (Beach 2 Battleship). Also of note is his 2nd overall finish in 1:16:54 during the 2011 SRI TRI. Taylor explains that he enjoys racing various distances because of the competitive nature of the sport and the training required to perform well, but especially because "the triathlon is more of an inner battle with yourself to see how fit and fast you can become" and how hard you can push yourself, both physically and mentally.

Taylor recently completed the Gulf Coast Half Ironman in 4:34, placing him 6<sup>th</sup> overall with an age group win in tough conditions, including "the most difficult swim I've done and some of the hardest wind I've ridden in." He's already made plans for the remainder of the season, including Grandman, a handful of the MPI Super Sprints, Alabama Coastal, Sandestin, SRI TRI, and possibly a return to Beach 2 Battleship (hopefully with better weather!). Taylor will be representing Running Wild at all of his races this year, spreading the word about our local running store and all of the great programs they offer for athletes.

When he's not training, Taylor enjoys spending time with his wife, Shannon, and their three children. Taylor jokes that he substitutes cross training "with trying to keep up with my twin 5 year-old boys, Will and Drew, and 1 year-old boy, Bennett." You can find them playing sports in their front yard and riding bikes around their neighborhood.

Taylor was born and raised right here in Pensacola. He attended college at Samford University in Birmingham, Alabama and after graduation was accepted into the Navy's flight program. Following various moves to different training bases and several deployments to the Persian Gulf, he returned to Pensacola and became a flight instructor. It was at that time that he reconnected with his lifelong buddy, Jared Moore, another accomplished local triathlete, and the two have been training partners ever since. For Taylor and Jared, "training" involves early morning work-outs 7 days a week, every week, with weekend long rides and Thursday long runs beginning at the painful hour of 4:30 AM, so as not to take away from spending time with their families. Taylor jokes that if you "see two idiots riding in the dark early Saturday or Sunday morning, then you know who it is." Thanks, Taylor, for giving us a good laugh and for being such a great asset to our athletic community.





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## **MERE MORTALS STARTS JUNE 10!!**

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!!!

