



**TRIGULFCOAST**

MULTISPORT ATHLETES

www.trigulfcoast.org

Tri Gulf Coast

December 2012

## A WORD FROM YOUR TGC LEADERSHIP

As the triathlon season has officially come to a close here in NW Florida, we should all be looking forward to our off-season plans, road races (i.e. runs), and perhaps what our respective 2013 season race schedules look like.

The TGC leadership would like to remind all club members that we will be doing our best to hold monthly group rides based out of the Casino Beach lot at Pensacola Beach. All members are welcome as these events are a good bridge between the on/off season and also serve as a great social outlet.

Beyond that, please keep in mind all the great road races we have available in our area. If you do make it out to one of these events make it a point to sport some of your TGC gear.

Speaking of gear, TGC has recently stocked up on Headsweats visors, earwarmers, and beanies. All these items are \$20 and can be purchased by contacting: [president@trigulfcoast.org](mailto:president@trigulfcoast.org) [vicepresident@trigulfcoast.org](mailto:vicepresident@trigulfcoast.org)

Finally, please enjoy reading through the many accomplishments of your fellow club members (included in this newsletter) as well as an inspirational athlete profile as written by PRA's Erika Smith. We all share a sport and common interest which has the ability to bring a sense of community. Be proud of your fellow athletes and endeavor to be an ambassador for our sport!

Sincerely,  
Your TGC Board and Officers

*... and now a word from our sponsor*

## Multisport Performance Institute (MPI)

### TriGulfCoast's End-of-the Year Party (from where I sat)

First off, thanks goes out to the TGC Board for their hard work and dedication throughout 2012. Everything this year has been spot on... and the party capped off the year very well. The venue for this year's party was "off the chain!"

Really? Was that the club's photo gallery playing on the Big Screen at The Blue Wahoo's Stadium? I think we just got spoiled! The list of party positives was long. There was great food & drink. There was silliness and laughs in the photo booth. We all enjoyed a beautiful water view and sunset. And from where I sat the awards ceremony was emotional and memorable.

The number of triathletes at the party is evidence that our local triathlon club is thriving! Our club members showed that not only did they enjoy socializing, but also they were faithful at training and racing. Our members competed in a staggering number of triathlons not just locally but around the world!

The other positive that remains is the satisfaction of the club members... or should I say the absence of dissatisfaction. Talking to others at this year's gala revealed that everyone was pleased with their club and all that it offered. The Board's commitment to growing the club through well-thought tactics has kept everyone involved and eager to tell friends and co-workers to come out and join them.

As the season winds down I am already looking forward to what's in store for TGC 2013!



## Mark Your Calendar

- 01/01/13 Polar Bear Plunge, 2:00 pm Paradise Lounge, Pensacola Beach, FL
- 01/12/13 Pensacola Beach Run 7:30am Pensacola Beach, FL
- 01/13/13 Gulf Coast Half Marathon 7:00am Gulf Shores, AL
- 01/20.13 TGC Group Ride, 8:00 am Casino Beach, Pensacola Beach, FL
- 02/02/13 Double Bridge Run 7:00am Pensacola, FL
- 04/04 - 06/13 Gulf Coast Interstate Relay
- 04/06/13 Tour de Cure, Gulf Breeze, FL

**ACCELERATION**  
SPORTS PERFORMANCE





**TRIGULFCOAST**

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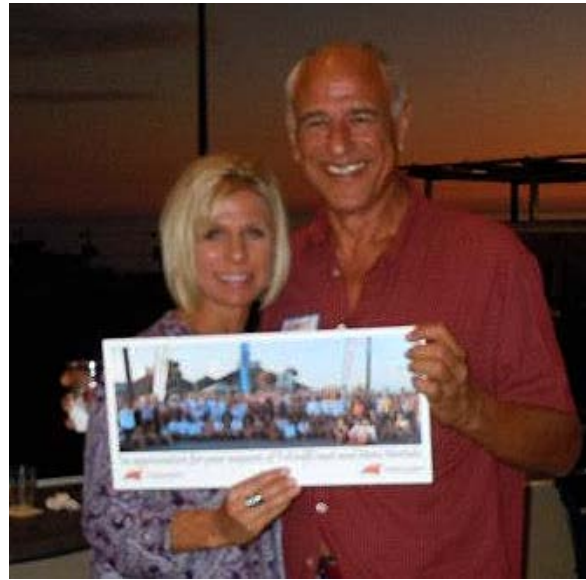
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## TriGulfCoast End of the Year Party

Congratulations to the 2012 TGC Award Recipients: TGC is proud to have these individuals as members. They are assets to the club and fine ambassadors of the sport!



**Robert de Varona**

Charlie Knight Volunteer of The Year



**Sara Stackpole**

Female Rookie Of The Year



**Jason Vaughn**

Male Rookie Of The Year



**Mindi Straw**

Triathlete Of The Year









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## Bluewater Bay Duathlon -- February 2013

The 2nd Annual Bluewater Bay Duathlon at LJ Schooner's will be on February 23rd at 7:30 am. The 1 mile run, 13.5 mile bike, and 5k run will begin at LJ Schooner's at the Bluewater Bay Marina, go to the EOD Memorial and back. Last year's event was a huge hit & we plan to make this year's event even better. Registration opens on Oct. 1st. All proceeds go to charity, supporting the EC Tri Club, the Wounded EOD Warrior Foundation, the EOD Memorial Foundation, and the Airman's Attic. Entry into the race comes with a technical shirt, finisher's medal, lunch, and a beer (if you are over 21). Last year's event drew serious athletes and newbies from Louisiana to Tallahassee, as well as from a few other states up North. We would love to see you out on the course this year! If you have any questions, please e-mail [ectriclub@ectriclub.org](mailto:ectriclub@ectriclub.org). [www.ectriclub.org](http://www.ectriclub.org) for more details



### January TGC Group Ride

Join us for a Sunday morning ride at the beach on January 20, 2013. The plan will be to have 2013 elections at 7:30am followed by a group ride to start at 8:00am. We will meet at the Casino Beach lot (Gulfside Pavilion). Plan on riding toward Navarre Beach and back. Distances and speeds will be as per individual choice. Helmets mandatory.



### USAT Century Club

TGC member, **James Stinson** was recently recognized by USA Triathlon as a member of the Century Club. This club is meant as a way to recognize athletes who have completed 100+ multisport events in their career. James is one of ~130 members of this club nationwide. Congratulations James!







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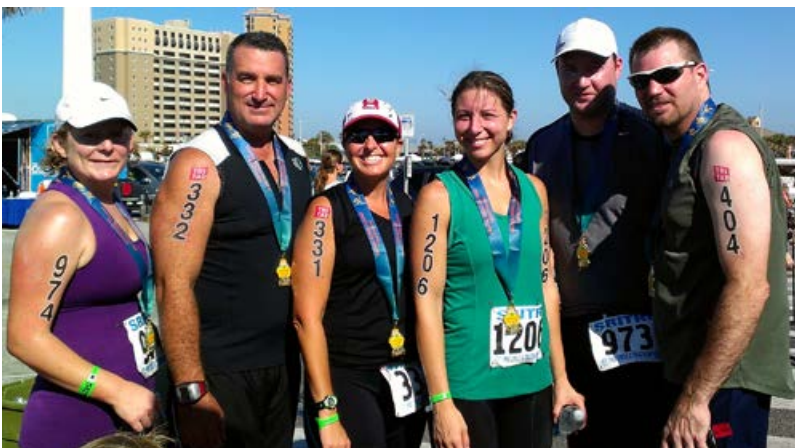
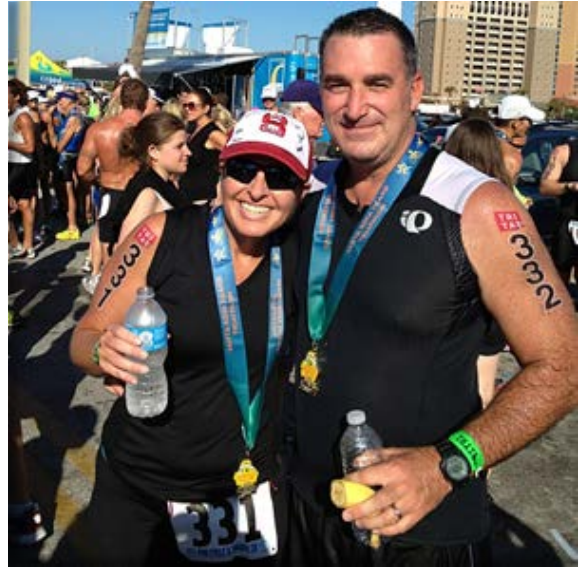
## Athlete Profile - Kimberly Fitzgibbons by Erika Smith

On June 26, 2011, at the age of thirty-eight, one of my dearest friends, Kimberly (Kim) Fitzgibbons, suffered a still unexplainable Subarachnoid Hemorrhage (SAH), or bleeding brain aneurysm. She spent 12 days in the Neuro ICU at Shands Hospital in Gainesville, Florida, of which she has complete memory loss for the first 9 days. The following 2 weeks involved recovering at her home and in less than 2 months, she had resumed her full-time work schedule. At her follow-up visit 7 weeks after the aneurysm, the Neurosurgeon informed her that she didn't have any limitations or restrictions and that she "should just get back to enjoying life". She went running the next day!

Just one year later, Kim "decided I needed to do something big and bold for turning forty." Although she'd been a runner for 15 years, she describes her "learning/comfort curve" for swimming and cycling as "very steep – both physically to do the activities and mentally to do them in a crowd." As someone who loves pushing herself to new limits, Kim decided that a triathlon would be a great way to "plunge" into 40. Because Kim lived in Pensacola for over ten years (and continues to consider Pensacola "home" although she and her husband moved to Jacksonville in 2004) and has many close friends in our area, she chose SRI TRI as the perfect triathlon for her first tri.

Kim's enthusiasm is contagious! She soon had her husband as well as groups of friends in both Jacksonville and Pensacola training for their first triathlons! She even set up a website so that her friends could share their training tips as well as their up's and down's. This wasn't the first time that Kim had inspired her friends to tackle an athletic endeavor. In 2004, Kim motivated me to join her and our good friend, Lori, to train for a 15k (the Double Bridge Run) as my first race. Less than one year later, she convinced a large group of our girlfriends to join several of our friend's who were veteran marathon runners to train for and run our first half-marathon (the Jacksonville Bank Half Marathon) wearing matching headbands and celebrating post-race in matching pink t-shirts.

In addition to adding cycling and swimming to her running routine, Kim continued to enjoy yoga, spinning, weight training, and paddle boarding/kayaking while training for SRI TRI. Some of the other sports that she participates in include whitewater rafting and skiing, and she's even tried snowmobiling. She jokes that she loves trying new activities, "which in the end I'm usually not very good at, but fortunately that doesn't matter to me as long as I'm having fun." In addition to her sports-related hobbies, she also loves reading (her favorites include teen/adult vampire series and cooking magazines), organizing and participating in group events/trips, and enjoying a nice glass of wine.



Kim laughs as she explains that when she began running, she thought that she wasn't a "true runner because I ran so slowly." Then, she completed the McGuire's 5k Prediction Run in 1997 and was motivated by the realization that "runners come in all speeds, shapes, and sizes." The McGuire's 5k has always been one of her favorite races as well as the Double Bridge run. She also enjoys the Marine Corps 5k held in Jacksonville, Florida for different reasons. This 5k has twice been her "welcome back to running" race after major life events, including the birth of her son and again on October 1, 2011, as her first race





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### Athlete Profile - Kimberly Fitzgibbons (continued)

following the brain aneurysm which had occurred just three months prior.

Kim was raised in Winston-Salem, North Carolina and earned her B.S. in Marine Science from near-by Coastal Carolina University. She then moved to beautiful Pensacola in order to complete her M.S. in Biology/Coastal Zone Studies at the University of West Florida. She's been in environmental consulting for 16 years and is currently a Project Director in Environmental Sciences for Atkins (an environmental and engineering consulting firm).

It goes without saying that Kim finished her first triathlon with a huge smile on her face. She's already looking for more triathlons to add to her race schedule and plans to build up to the Olympic and Half-Ironman distances over time. Kim explains that her son Quinn, age 6, "is a huge motivator for me. I want to show him that you don't have to come in first place to do something; that 'slow and steady' can win (finish) the race, too."

Kim shares that she is "thankful every day to my husband, family, and close friends for being there for me" following her aneurism. Kim is one of the most optimistic, fearless and amazing people who I have ever met. She and her husband, Steve, are two of the friendliest and most giving athletes who you could ever encounter (and they throw the best parties, too!). Kim smiles while explaining that bringing her friends and family together for the SRI TRI made for "the best 40<sup>th</sup> birthday weekend" that she could ever imagine.

### Girlz Only Ride 2012 Season Officially OVER

The Thursday evening Girlz Only rides have officially ended for the 2012 season. The ladies were able to celebrate the end of the season with a social at Hemingway's on the Island. Stay tuned for updates on when the 2013 season will kick off!



### From the home offices of TGC in Pensacola Beach, FL; Top 10 phrases overheard at Mere Mortals this season...

- 10 - This is like a nightclub -- wait in line to get in, wristband, about to get hot and sweaty wearing tight-fitting clothes...
- 9 - We have to cancel due to weather, again?
- 8 - Why can't triathlons start at noon? I swear I just went to bed.
- 7 - How many of these small muffins equal a big muffin? Because I just ate seven of them.
- 6 - Triple venti nonfat wet cappuccino.
- 5 - Someone call 911, there is about to be a gunfight in the parking lot!
- 4 - Nice rack, room for me on there?
- 3 - Please no sharks, please no sharks, please no sharks.
- 2 - Did you know I officially have more bike water bottles than glasses at home?

And, the number 1 phrase from Mere Mortals this season...

- 1 - My brick is bigger than yours.







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### 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/>

### TGC MONTHLY MEETINGS

The TGC board members and officers encourage all club members to attend the monthly club meetings. Next meeting is 10/23/12 at 6:00PM. Contact Evan Malone ([president@trigulfcoast.org](mailto:president@trigulfcoast.org))

### TGC BLOG

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



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### SKIN SAKE ATHLETIC DISCOUNT CODE

For those TGC members who would like to take advantage of 10% off any purchases from Skin Sake Athletic (skinsake.com) and use this code at checkout: **LJTRI10**



**USA  
TRIATHLON**



**OFFICIAL CLUB**

### USAT ANNUAL MEMBERSHIPS

Planning on doing at least a few events each 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>





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### BIKE FOR SALE: \$750.00

2008 model, blue Cannondale put together new out of the box in May 2010. Retailed for \$1,349.95. Excellent condition, has a carbon-aluminum frame, model #six13, frame size 40, wheel size 650, a Cateye Strada Double Wireless cyclocomputer CC-RD400W, rear view mirror, and bottle cages.

Purchase includes double bike rack (1 1/2 inch hitch) Any TriGulfCoast member interested may take it home and try it out for a few days. Ann Knight (the seller) will give the club a \$50.00 donation if a club member purchases the bike.

Contact: Ann Knight 850-434-1922 or 850-384-6063



### TGC Trailer Needs A Makeover

Any TGC members willing to help the club with a makeover for the trailer we acquired this past season? We need help with stripping the old paint and logo and then a brand new logo needs to be crafted. Contact Perry Palmer at [treasurer@trigulfcoast.org](mailto:treasurer@trigulfcoast.org)



### Running Wild Training Programs

**Kicking off the New Year early, set a new goal with a training program and stay accountable!**

**My First 5k** started Mon DEC 17 and meets M/W at 5:30 p

**My First 10k** started Thurs DEC 20 and meets Tues/Thurs at 5:30 p

Training includes:

Professionally fit pair of running shoes

Team Jersey

Entry into the race

Trigger Point coupons

Two coached weekly sessions and a daily workout schedule

Monthly seminars and more

**Gulf Coast Half Marathon Training started Tues, DEC 18**

All participants need to be running at least 15 miles per week for the previous six weeks prior to the first day of practice.

Tons included in the program!

**RUNNING WILD**







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# GCI RELAY

*run OR ride*



April 4, 2013 will mark the inaugural Gulf Coast Interstate Relay. Two separate races in one weekend – a cycling relay and a running relay. It is the longest relay in the South and the only relay in the country to cross four states. Cyclists and runners complete the same course – 263 miles from New Orleans, LA to Pensacola Beach, FL.

Dates: April 4, 5 & 6, 2013

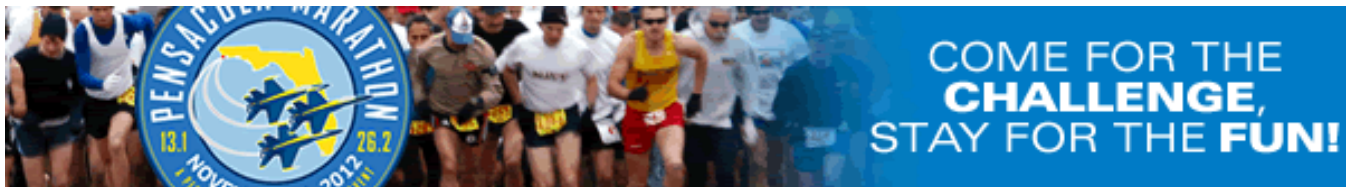
Teams: Participants can be on a cycling team OR a running team, but not both. It's run or ride.

Race Course: The course is 263 miles from New Orleans to Pensacola Beach. Total ascent of 2,126 feet and maximum elevation of 233 feet. Lots of beach and back country roads. Over 22 bridges!

<http://www.gulfcoastinterstaterelay.com>

## Pensacola Marathon Finishers

Chris Hicks • Freny Moore • Trish Kuhnell • Gary Garza • Sheri Hamilton • Mark Morris • Charles Phan • Domenick Risola  
Kevin Swenson • Mark Wilson • Wayne Peacock (2nd M65-69)



## Pensacola Half Marathon Finishers

Jack Cerone • Gabriela Gasque • Jim Hagy • Evan Malone -- 3rd M35-39 • Andrew Rothfeder • Tina Schmitz  
Ronnie Tibbs -- Male Grandmasters Champion • Adrienne Butcher • Geoff Cook • Chris Rawson • Patrick Kozma  
James Stinson • Todd Brandt • Donna Becker -- 3rd F50-54 • Andrew Baggett • Charles Baisden  
Bruce Barillas -- 3rd M45-49 • Nancy Brashears • Joanne Chakowski • Cedric Durre • Jennifer Dutton  
Ferris Fox -- 3rd M65-69 • Tracy Gilbert • Steve Harris -- 1st M30-34 • Julie Hatten • Scott Hatten • Mike Kohler  
Brett Laggan • Steve Miller • Mark Porter • Stacy Porter -- 3rd F35-39 • Gretchen Rosenthal -- 2nd F40-44  
Mindi Straw -- 1st F45-49 • John Vaughn • Kyle Watson





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### Ameliaman Olympic Triathlon Finishers

Michael Kohler — 1st Military Division  
James Stinson — 3rd Male 50-54  
Mindi Straw — 1st Female Masters Overall



### Ironman Florida Finishers

John Murray •  
Evan Malone •  
Jack Minard •  
Perry Palmer •  
Matt Harrison •  
Brandon McFarren •  
Adam Principe •  
Mike VanWormer •  
Kurt Detzler •  
David Barnhill •  
Joel Mathews •  
Todd Timko •

### Atlantic Coast Triathlon Finishers

Jared Moore — 1st Overall  
Taylor Knight — 1st Male 30-34  
Adam Principe — 2nd Male 30-34  
Andrew Rothfeder — 1st Male Masters Overall  
Chris Hicks — 2nd Male 45-49  
Brett Laggan — 2nd Male 40-44  
Evan Malone — 3rd Male 35-39  
Perry Palmer — 3rd Male 25-29  
Ty Turbyfill  
Steven Orr  
Chad Rich



### Destin Triathlon Finishers

Andrew Rothfeder — 1st Male Masters Overall • Evan Malone — 2nd Male 35-39  
David Barnhill — 2nd Male 40-44 • Chris Hicks — 1st Male 45-49 • James Stinson — 1st Male Grandmasters Overall  
Kammi Tibbs — 1st Female 50-54 • Diane Martinez — 3rd Female 35-39 • Charles Gheen — 3rd Male 60-64 • Perry  
Palmer — 2nd Male 25-29 • Ronnie Tibbs — 1st Male 50-54 • Morgan Tibbs — 1st Female 20-24 • Luke Winter •  
Lauren Leprone • Mark Porter • Jehan Clark • Tobias Cahoon • Jason Vaughn

### Great Floridian Triathlon Finisher

Kevin Swenson



**In the off season, we suggest cross training.**  
For instance, add some variety and new incentives to your runs. Short sprints with a 1000 lb bull breathing down your back is great motivation to increase speed and reaction time.

Jumping for your life will add power and endurance to your legs... and if your heart can survive this, an Iron Man will be a walk in the park.







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# CLUBS BECOME AN ANNUAL MEMBER TODAY

## BENEFITS OF USA TRIATHLON ANNUAL MEMBERSHIP INCLUDE:

- Inclusion in the USA Triathlon annual rankings and the chance to earn All-American honors
- Being a part of the multisport community and the U.S. Olympic Movement
- Participant accident insurance coverage
- Educational resources such as webinars, camps and clinics
- Weekly Multisport Zone e-newsletter, plus newsletters for coaches and race directors
- *USA Triathlon Magazine*
- Eligibility to compete in USA Triathlon National Championships
- Exclusive sponsor discounts
- Chance to qualify for Team USA and compete at ITU World Championships
- Opportunity to compete in USA Triathlon-sanctioned events
- ... and no more one-day race fees!

