



TRIGULFCOAST

MULTISPORT ATHLETES

www.trigulfcoast.org

Tri Gulf Coast

February 2013

A WORD FROM YOUR TGC LEADERSHIP

As TGC looks forward to the 2013 season it is a great chance for all club members to consider their respective training strategies and race plans for the upcoming season. One of the benefits of being a member of TGC is that there is a vast resource available to YOU -- the knowledge and experience of your fellow club members. Do not hesitate to reach out to your fellow club members to tap into this resource. And, if you have some knowledge to share, please feel welcome to chime in at the TGC club gatherings (group rides, Mere Mortals (June 2013), and the like). Related, please take a moment to look at the MANY race opportunities available to us. There are tons of road races and multisport events in our region. In this newsletter there is a listing of the perennial local favorite events. If you have any questions please contact any of the members of the club leadership. That said, TGC would like to welcome the 2013 Officers,

Board Members, and Chairpersons:

- Evan Malone - President
- Mindi Straw - Vice President (President Elect)
- Perry Palmer - Treasurer
- Jules Kariher - Secretary
- Joe Dykes - Board Member At Large
- Tina Schmitz - Board Member At Large
- Tracy Gilbert - Board Member At Large
- Jim Hagy - Events Chairperson (Duathlon)
- Wade Jeffrey - Newsletter Chairperson
- Chris Hicks - Kit Chairperson
- Tom Henderson - Mere Mortals Chairperson

TGC reminds club members that now is the time to start sending in your renewal forms and payments for club membership as all of the 2012 memberships will expire on May 31, 2013. This is also a great time to spread the word about our club and invite your family, friends, co-workers, and neighbors to join us! More information about the upcoming Mere Mortals season will be forthcoming in the next month or two.

Finally, please enjoy the Erika Smith's athlete profile of Sonnie Maughan and the race reports a couple of your fellow members submitted for this issue of the newsletter. This is a great way to share in someone's race experience and extract something you may consider in your race strategy and planning.

Sincerely,
Your TGC Board and Officers

... and now a word from our sponsor

Multisport Performance Institute (MPI)

It was great to join the TriGulfCoast group for what was my first ride of the year. Many of the Team MPI coached athletes are busy training for early season races so they have been hard at it throughout the past few months. But many others have been enjoying a bit of down time from their triathlon-focused world. Maybe the many months packed with training and racing deserved a month or two of other activities. The busy holidays with family visits or even a ski trip provided a welcome excuse from the demands of aerobic fitness. However, no excuse is needed as downtime or recharging is a prescription for the majority of triathletes.

It was great pre-ride entertainment listening to the stories of "I hadn't ridden since SRITRI" or "I still have my race number on my bike from IMFL"(hopefully 2012). But these athletes were out there making the statement that the off-season is officially over and here I am! Predictably everyone's pace was easy and the ride had more of a social flair than a training-focused affair.

So we only had about 20 riders. Personally I think that's a good start to the year. I encourage everyone to consider starting your training season now. The groups are fun and social. And we know that a long, gradual base training regimen will benefit your race goals for later in the season. I predict that the next TGC group ride will have double the numbers from the first ride of the year. I'll be there counting!

TGC HEADSWEATS GEAR

Visors, winter beanies, and winter earmuffs are now in stock! \$20 cash or check. To arrange a purchase of one of these items please contact Evan Malone president@trigulfcoast.org or Mindi Straw vicepresident@trigulfcoast.org



Always wear a helmet
No excuses!





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Mark Your Calendar

- 02/02/13 Double Bridge Run 7:00am (Pensacola, FL)
- 02/17/13 TGC Group Ride 8:00am (Pensacola Beach, FL)
- 02/23/13 Run For The World 8:00am (Gulf Breeze, FL)
- 02/23/13 UWF Reverse Sprint Triathlon 7:30am (Pensacola, FL)
- 02/23/13 Bluewater Bay Duathlon 8:00am (Niceville, FL)
- 03/03/13 TGC Group Ride 8:00am (Pensacola Beach, FL)
- 03/03/13 XTERRA Wetsuit TGC "Test Swim" 9:00am (Pensacola Beach, FL)
- 03/09/13 McGuir'es Prediciton Run 9:00am (Pensacola, FL)
- 03/16/13 Bayou Hills Run 7:30am (Pensacola, FL)
- 03/24/13 Maritime De Luna Du Kids Duathlon 8:00am (Pensacola, FL)
- 03/30/13 Red Hills Triathlon 7:30am (Tallahassee, FL)
- 04/07/13 Gulf Coast Half Marathon 7:00am (Pensacola Beach, FL)
- 04/27/13 Run For Their Lives 8:00am (Pensacola Beach, FL)

FEBRUARY TGC GROUP RIDE

Join us for a Sunday morning ride at the beach on February 17, 2013. The plan will be to start at 8:00am SHARP! 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.



MARCH TGC GROUP RIDE

Join us for a Sunday morning ride at the beach on March 3, 2013. The plan will be to start at 8:00am SHARP! 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.

XTERRA WETSUIT TGC "TEST SWIM" EVENT

Just as in 2012, TGC will be hosting a wetsuit trial event where XTERRA wetsuits will be sending the club a variety of wetsuit models/sizes for club members to take for a "test swim" in the Gulf of Mexico. This event will be held on 03/03/2013 (Sunday) from 9:00am until 11:00am on the Gulfside beach between The Dock and the Pensacola Beach Fishing Pier. Contact Evan Malone (president@trigulfcoast.org) with any questions.



DISNEY MARATHON 2013 FINISHERS

Angelika Cope • Gary Garza -- Goofy Challenge • Steve Harris • Sam Lawrence • Adam Principe -- Goofy Challenge
Mark Morris -- Goofy Challenge • Christa Ruber • Kammi Tibbs • Adrienne Butcher • Wayne Peacock -- Goofy Challenge

DISNEY HALF MARATHON 2013 FINISHERS

Seth Durko • Gary Garza -- Goofy Challenge • Adam Principe -- Goofy Challenge • Jocquilyn Stalnaker • Tiffany Trooper
Mark Morris -- Goofy Challenge • Ronnie Tibbs • Wayne Peacock -- Goofy Challenge





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**Maritime
de Luna Du
2013**

Contact Jim Hagy
(jim@trigulfcoast.org)
with any questions

CALLING ALL VOLUNTEERS!

Please help spread the word that TGC is looking for volunteers for the TGC-directed Maritime De Luna Du Kids Duathlon Presented By Running Wild which will be held on 03/24/2013 (Sunday). TGC needs help with the preparation for this event as well as race-day logistics. To register as a volunteer please follow this link:

<http://www.imathlete.com/events/DeLunaDuVolunteer>

ENCOURAGE YOUR YOUNG ATHLETES TO BECOME MULTISPORT ATHLETES!

Want to get your children (or neighbors, students, grandchildren, siblings, children of co-workers) involved in multisport? Encourage them to register for the 2013 Maritime De Luna Du Kids Duathlon Presented By Running Wild. Follow this link:

<http://www.imathlete.com/events/DeLunaDu>

RENEW YOUR TGC MEMBERSHIP THROUGH 2014

TGC encourages current club members to renew their membership to the club for the 2013-2014 season. The club website has been updated and TGC welcomes early-renewals. If a member renews, his/her membership will be extended through May 31, 2014. Link:

<http://trigulfcoast.org/join-tgc> Questions can be directed to Perry Palmer (treasurer@trigulfcoast.org).

TGC 2012 TECH SHIRTS AVAILABLE

If a club member did not claim a long-sleeve tech shirt this past season there are still some remaining shirts (limited sizes/gender fit) available. If a member already claimed their shirt but they want an extra shirt the shirts are available for purchase (\$5 per shirt), TGC has a record of the shirts claimed. If interested contact Mindi Straw vicepresident@trigulfcoast.org with any questions.

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. See the EC Tri Club website at www.ectriclub.org





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RACE REPORT DISNEY MARATHON 2013 (Adrienne Butcher)

After a 3:00 a.m. wakeup call, I was transported to the start area of the 20th Anniversary of the Walt Disney World Marathon. I made my way through the 20,500 plus participants to my assigned corral, Corral B. With a 4:15 to 4:30 finish time goal I found the 4:15 pace runner. My goal was to keep him within sight so that I could stay on pace. After Mickey's countdown the race began with a spectacular display of fireworks at the start Banner. Each corral had its own fireworks display at the start. Once I began the run I tried to stay relaxed and not let adrenaline take over. I felt really good the first few miles on our way to Magic Kingdom. Once there, we ran down Main Street, U.S.A. where Cinderella's Castle came into view, entirely draped in lights. Seeing it in the early morning hours took my breath away. We then ran through Tomorrowland toward the back of the castle where I stopped to get my picture taken with Ariel then through the castle!

After leaving Magic Kingdom we made our way to the Walt Disney World Speedway. As we were approaching the speedway there was a sign that read "Caution: Steep Hill Ahead." We were between miles 8 and 9 and all I thought was "not a hill" but then I realized we were actually going to run on the speedway. Once we made our way onto the raceway I was again amazed at the sight. There were people who had come out with their cars and were lined up on the track. There were classic cars and trucks, a Lamborghini, both old and new Corvettes, a Ferrari, and several NASCARs. Mater and Lightning McQueen were there as well!

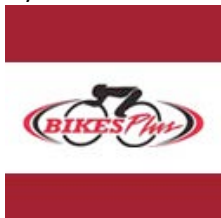
The course then took us to Animal Kingdom, where we were greeted by animal keepers with a variety of animals, then past Expedition Everest and on to the halfway point. By now I had lost sight of the 4:15 pace runner but did not let that discourage me from reaching my goal. I had picked up a 4:15 and 4:30 pace wrist band that I would use to help keep me on pace for the rest of the race.

After leaving Animal Kingdom we were headed to the ESPN Wide World of Sports Complex we ran past the soccer fields and on to the track for about 3/4 of a lap, then onto the baseball field where we ran the outer perimeter warning track. Our image was projected on the jumbo screen and our name announced as we crossed behind home plate, all while being cheered on by lots of spectators in the stands of the stadium. This took us to mile 20 and under a 20th Anniversary Banner where I stopped to have my picture taken with Minnie, Mickey and Goofy.

I had made it to mile 20! The longest distance I had ever run. Only 6.2 miles to go! Next up was Hollywood studios where we ran past the Sorcerer's Hat and were cheered on by all the visitors that had come to the park. Once I made it through Hollywood Studios I knew Epcot was next and my marathon was almost complete.

In Epcot we ran past the United Kingdom, France, America, Italy, Germany, China and finally Mexico, again being cheered on by park visitors. Having visited Epcot the previous day I knew that Mexico was the last country we would run by so it was a welcomed sight. Once Spaceship Earth came into view I knew I didn't have much further to go! We ran past the fountain in front of Spaceship Earth then around the right side of the huge sphere and there was the "400 yards" to go sign! With hundreds of spectators cheering us on I crossed the finish line with a time of 4:30:45. Only 45 seconds past my goal! As the finisher medal was placed around my neck I couldn't help but become overwhelmed with emotion as I realized what I had just done. I had completed my first marathon!

This was truly an unforgettable lifetime experience! I am glad I chose the Walt Disney World Marathon for my first marathon!





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Athlete Profile: Sonnie Maughan (by Erika Smith)

It all started on a hike during the first weekend of fall 2010 in beautiful Breckenridge, Colorado. Upon sharing the breathtaking slopes and sights with her co-workers, Sonnie "vowed then and there to get back into shape." She returned to Pensacola and immediately joined the popular Tuesday night McGuire's running club for a dose of camaraderie and motivation. She jokes that she also finally started using her gym membership, diving into an array of group fitness classes, including Body Pump and Spinning. Through spinning, she heard about SRI TRI and Mere Mortals and the rest, as they say, is history.

This year marks Sonnie's second season of participating in triathlons. The 2011 SRI TRI was her first. She explains that competing in tri's never would have been possible without the help of Mere Mortals. She relays that the training program "is the only thing that gets me out of bed before 6 am and on the weekends!" She also describes her appreciation for the unwavering support that she's received from her Mere Mortals family over the years, voicing that this is especially important to her in the challenges that she faces in training as the single mother of an energetic 5 year-old son. Her friends at Mere Mortals can be found taking turns playing with Morgan on the beach while she swims, bikes, and runs. Sonnie is an inspiration to all parents, particularly single mothers and fathers who face balancing their training schedules with childcare and their children's activities.

Sonnie competed in Grandman for the first time this year and loved every minute of it, but SRI TRI remains her favorite. She also completed her first Century ride in October (Fenner Mc-Connell). Her upcoming race plans include competing in a half marathon and a few more sprint distance tri's. When she's not spending time with her son, she enjoys combining exercise with time with friends. For example, in November, she and four other members of Mere Mortals joined team "Flat Tires" for a 2-day, 165 mile ride from Miami to Key West, raising over \$13,000 for thesmartride.org which funds community organizations in South and Central Florida that support women, men, and children living with HIV and AIDS. She describes the ride as "AMAZING" and jokes this was despite her team holding true to their name "with six flat tires along the way, including the bell cart at the hotel on Saturday after the ride."

Sonnie describes herself as a "military brat, born and raised who landed in Pensacola in 2001" when she began working in the hospitality industry. After planting roots for the first time, she's come to love Pensacola "and can't see myself ever leaving." Following a welcome career shift that has allowed her more time to train and to spend with her son, she's now employed as a marketer for a forensic engineering firm. Now days, she's "hooked on triathlons and will participate for as long as I can." Not surprisingly, she's also already planning a Team Flat Tires reunion for 2013 and would love for you to contact her if you're interested in joining the team!



FIRST LIGHT HALF MARATHON 2013 FINISHERS

Cherie Epstein - First Overall Masters Female • Sheri Hamilton

HITS NAPLES OLYMPIC TRIATHLON 2013 FINISHERS

Jeff Boulton - 2nd 45-49 Male • Scott Boulton



MARATHON MOBILE • ALABAMA





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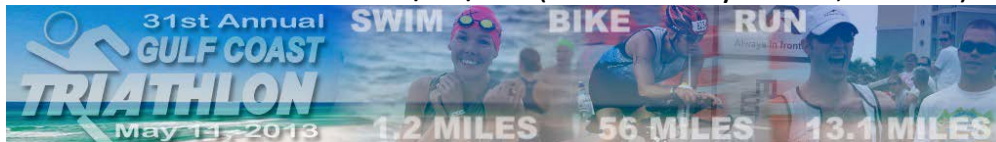
PERENNIAL RACE FAVORITES FOR TGC MEMBERS

Which races will you find multiple TGC members competing for the 2013 season? Ask around at any of the events or training sessions to see what all members will be attending and remember to wear your TGC gear so we can all cheer for one another. Here is a sampling of events which are part of the perennial circuit so make your plans early as many of these events do sell out:

Red Hills Triathlon 03/30/13 (Tallahassee, Florida)



Gulf Coast Triathlon 05/11/13 (Panama City Beach, Florida)



Grandman Triathlon 06/01/13 (Fairhope, Alabama)



Sandestin Triathlon 08/24/13 (Destin, Florida)



Alabama Coastal Triathlon 09/07/13 (Gulf Shores, Alabama)



Augusta 70.3 Triathlon 09/29/13 (Augusta, Georgia)



Santa Rosa Island Triathlon 10/05/13 (Pensacola Beach, Florida)



Destin Triathlon 10/12/13 (Destin, Florida)



Ironman Florida 11/02/13
(Panama City Beach, Florida)





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RACE REPORT: IRONMAN COZUMEL 2012 (Steven Orr)

Ironman Cozumel was my second full Ironman with my first being IM Texas last May. I had not planned on doing two full events this year, but Texas did not go as planned. I finished but I struggled with my nutrition and really fell apart on the run. After I recovered for a couple of weeks I started looking to attempt another. My goal for Cozumel was to beat 13hrs.

Traveling to Cozumel was expensive. I flew directly into Cozumel. I could have gone to Cancun and taken the ferry over for almost half the price. I just didn't know how much of a hassle that would be carrying all of my luggage and my bike on the ferry. Plus I was nervous about the race and didn't want the added stress. After talking with other athletes who flew into Cancun I will definitely go that route next time.

I had heard that the swim in Cozumel was great and I would be much faster than I was in Texas. Well there was a bit of a cold front moving through and the water looked very rough. At the practice swim, the current was very strong! In fact some people were actually going backwards while trying to swim. The water was rough as well, but after 20 minutes or so I figured out how to deal with the waves and how to make forward progress. I did that and headed back to the resort knowing that if the conditions were the same tomorrow I may have trouble with the swim cutoff.

The swim: I am a really bad swimmer anyways and the conditions were rough. Mark Sortino, my coach from Team MPI, gave me some good advice to swim to the far right on the out bound leg. My time goal was 1:40; again I am a really bad swimmer. The water in Cozumel is unbelievably clear, you can see everything. It really is so beautiful that you almost forget what you are doing at times. I saw huge rays, a shark, and many other types of sea life. That would normally really freak me out, but for some reason it didn't bother me at all. What did bother me was the fact that I could see that I wasn't moving very fast. I realized I was going to have to use more effort or I wasn't going to make it. I finally got to the turn where I could swim with the current for a while. It felt like I was going fast but the water further away from the shore was very rough. Every breath it seemed a wave would crash down on me, I drank more than my share of salt water. I finally made it to the last turn, I took a look at my watch for the first time -- 1:37, uh oh! The current had picked up even more and I was swimming but not moving forward. I was giving it everything I had which I thought was a bad idea and might hurt me later in the race, but if I did not beat the swim cutoff my race would be over! I finally made it back to the dock no knowing for sure if I had made it or not. My time was 1:52:08, whew! I made it but I was tired.

The bike: I had trained more on the bike and I had improved greatly over the last six months. My goal was 5:45 for the bike, I thought I could easily do that and not be too worn out to run. The bike course was three loops around the Island. On the back side of the island the wind was really blowing. I tried to keep focused on being consistent and not using too much energy. The first lap was not too bad, but the wind was picking up as the day went on. Midway through my second lap I realized that I would have to lower my effort level or I would not be able to run. I knew I was going slower, but it was the right idea as the wind was killing me. The course was basically flat and had aid stations every 10mi. I finally arrived back into town and completed my final lap; time was 6:12:02. That's a long time to be on the bike and I was starting to worry that I may not make my goal of 13 hours.



The run: The run is what I feared most about this race. I felt like I may not have spent enough time training on the run, and the run is what killed me at IMTX. My goal for the run was 5 hrs. I was already behind my goal time for the swim and the bike. At this point I said to myself don't worry about any goals, just stick to the plan and finish the best you can. I planned to start out at a 10 min per mile pace for the first two miles. It was really hard to go that slow at first because once I came out of the transition tent I was amazed at all the people. There were bands playing, people lining the streets, even a few people flashing their breasts! I thought I was in New Orleans for Mardis Gras. I ran my first two at the 10 min pace and then dropped it down to 9:30; at this point I was feeling good. I started to see a problem, I was sticking to my nutrition plan but after ten plus hours I just couldn't eat the same thing anymore. At mile 14 on the run I just couldn't stand to drink anymore Gatorade either. I thought to myself that I only had 12 more miles to go so don't worry about it. I started just taking some water and nothing else. That was a mistake as I started to lose energy at mile 20 and all of the water was just sloshing around in my stomach.





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IRONMAN CONZUMEL (con't) At mile 22 I had to stop. All of that water that was sloshing in my stomach had to come out. I got sick a few times and then started running again. At this point I had fifty minutes to run 4.2 miles in order to beat my goal, I knew it would be close. Luckily the crowds coming back into town were fantastic and very motivating. I felt like if I stopped to walk I would be letting all of them down. The last half a mile before the finish was unreal. The crowd was so thick that you could only run single file through it. It reminded me of some of those Tour De France races, the people were just everywhere! It really lifted my spirits and I ran hard to the finish. I crossed the line at 12:55:38! Beat my goal by over four minutes.

Ironman Cozumel really was a fantastic event. It was well supported and the people were super friendly. I can't wait to go back although it may be a few years as it is fairly expensive.

PENSACOLA BEACH RUN HALF MARATHON 2013 FINISHERS

Jules Kariher - 1st Overall Female Masters • Kirwan Price - 1st 45-49 Male • Chris Hicks - 2nd 45-49 Male
Mindi Straw - 3rd 45-49 Female • Mike Kohler - 2nd 40-44 Male • Evan Malone • Bruce Barillas • Mike VanWormer
Jim Hagy • Charles Phan • Troy Godbee • Joe Dykes • Brandon McFarren • Jason Vaughn • David Barnhill
Kevin Swenson • Perry Palmer • James Stinson • Tina Schmitz • Chris Rawson • Michael Percy • John Vaughn
Nancy Brashears • Matt Harrison • Gabriela Gasque • Luke Winter • Dale Brewer • Sheri Hamilton • Taylor Lewis
Andrew Baggett • Rainer Minard • Jennifer Murray • Pat Rowland

MERE MORTALS 2013 SEASON

Mark your calendars for the Mere Mortals dates for 2013. The season will begin on June 2, 2013! Plan to attend every Sunday though mid-September with the exception for July 14th which is the Blue Angels weekend on the beach so NO MERE MORTALS that weekend. More details are forthcoming, but any questions can be directed to Tom Henderson (mortals@trigulfcoast.org).

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>





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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.

TGC MONTHLY MEETINGS

The TGC board members and officers encourage all club members to attend the monthly club meetings. Next meeting is 2/13/13 at 6:00PM. Contact Evan Malone (president@trigulfcoast.org)

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 BLOG

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



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**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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USA TRIATHLON

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!

