



**TRIGULFCOAST**

MULTISPORT ATHLETES

www.trigulfcoast.org

Tri Gulf Coast

March 2013

### A WORD FROM YOUR TGC LEADERSHIP

Looking forward to the early-Spring racing season TGC would like to remind the members of the many racing opportunities which we are so lucky to have access to -- a race nearly every week. Take a look at the ever-growing "upcoming events" section of this newsletter to truly appreciate the many options available. In doing so, consider balancing multisport events with road racing. A significant component of having a successful triathlon experience is having an enjoyable run at the end of the event, continuing to participate in local road races is one way to couple your "tempo" runs with a racing atmosphere.

In addition to having a busy race schedule in the upcoming months, many TGC members are already signed up to volunteer for the TGC-hosted Maritime De Luna Duathlon on 03/24/13. For more details check out the information in this newsletter, TGC would like to see as many members out on raceday as possible so that this event can be successful!

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 Erika Smith's (Race Director for the Run For Their Lives 5k) athlete profile of Bill Evans and his broad experiences in the swimming and multisport worlds. You can find Bill at mostly every Mere Mortals session throughout the Summer months, stop by and say "hi" sometime!

Sincerely,  
Your TGC Board and Officers

... and now a word from our sponsor

### Multisport Performance Institute (MPI)

#### Portofino Sunset Tri Series

Team MPI is looking forward to another season of our Thursday evening race series. These super sprint distance races have proven very popular both with our seasoned veterans as well as first timers. We will offer 9 races again this year with one race being Female Only and the final race being Relays Only. The smaller number of athletes in each wave is also a plus for those that haven't mastered the art of group swimming in the open water. We are bringing back our crowd-pleasing "volunteer for 2 races and race the 3<sup>rd</sup> for free" offer. Many of our TGC members took advantage of benefit. The registration will be active soon so grab your spot soon as many of our races sold out. Below is a glimpse of some of the data from last year's races:

#### By The Numbers

- Number of scheduled races: 9
- Number of canceled races due to weather: 2
- Number of registered participants: 360
- Number of registered males: 208
- Number of registered females: 168
- Number of registered FIRST-TIME participants: 106
- Oldest registered participant: 70
- Youngest registered participant 12
- Number of States represented: 18
- Quickest time of the year: 32:39
- Longest time of the year: 1:36:49
- Quickest relay time: 30:24
- Number of races Matt Salvatore volunteered for: 9

-----  
We hope to see you out there to race, volunteer or just to cheer on our fellow triathletes as they cross the finish line.



**Maritime de Luna Du 2013**



**Maritime de Luna Du 2013**



**Maritime de Luna Du 2013**





**TRIGULFCOAST**

MULTISPORT ATHLETES

www.trigulfcoast.org

Tri Gulf Coast

March 2013

### Mark Your Calendar

- 03/16/13 Bayou Hills Run (5K/10K) 7:30am (Pensacola)
- 03/24/13 Maritime De Luna Du Kids Duathlon 8:00am (Pensacola, FL)
- 03/30/13 Red Hills Triathlon 7:30am (Tallahassee, FL)
- 04/06/13 Traditions Triathlon 8:00am (Gulfport, MS)
- 04/07/13 Gulf Coast Half Marathon 7:00am (Pensacola Beach)
- 04/14/13 TGC Group Ride 7:00am (Pensacola Beach)
- 04/20/13 Blackwater Trail Run 8:00am (Munson, FL)
- 04/21/13 New Orleans 70.3 Triathlon 7:00am (New Orleans, LA)
- 04/25/13 MPI Sunset Supersprint Triathlon 6:15pm (Pensacola Beach)
- 04/27/13 Run For Their Lives 8:00am (Pensacola Beach)
- 05/02/13 MPI Sunset Supersprint Triathlon 6:15pm (Pensacola Beach)
- 05/04/13 Fiesta Run (5K/10K) 7:30am (Pensacola)
- 05/11/13 Gulf Coast Triathlon 6:15am (Panama City Beach)
- 05/12/13 TGC Group Ride 7:00am (Pensacola Beach)
- 05/16/13 MPI Sunset Supersprint Triathlon 6:30pm (Pensacola Beach)
- 05/18/13 Pensacola Beach Triathlon 7:00am (Pensacola Beach)

### GIRLZ ONLY SUNSET CYCLE

The Thursday evening Girlz Only Sunset Cycle will be starting again very soon! Preliminary plans have this weekly event starting back up on 03/21/13. Every Thursday evening at 5:45 pm, start at Casino Beach Parking lot. The 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. Stay up to date by checking the Girlz Only Sunset Cycle Facebook page.



### TGC HEADSWEATS GEAR

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



### APRIL AND MAY TGC GROUP RIDES

Join us for a Sunday morning ride at the beach on April 14, 2013 and May 12, 2013. The plan will be to start at 7:00am 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.

### 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](mailto:treasurer@trigulfcoast.org)).

### 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 03/17/2013 (Sunday) from 8:00am until 10:00am on the Gulfside beach between The Dock and the Pensacola Beach Fishing Pier. Contact Evan Malone ([president@trigulfcoast.org](mailto:president@trigulfcoast.org)) with any questions.





**TRIGULFCOAST**

MULTISPORT ATHLETES

www.trigulfcoast.org



March 2013



**Maritime  
de Luna Du  
2013**

Contact Jim Hagy  
([jim@trigulfcoast.org](mailto: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>

### MERE MORTALS 2013 SEASON

Mark your calendars for the Mere Mortals dates for 2013. The season will begin on June 9, 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. Preliminary plans have the annual Members Only Triathlon being scheduled for 09/22/13 (Sunday) so make special note of that date. More details are forthcoming, but any questions can be directed to Tom Henderson ([mortals@trigulfcoast.org](mailto:mortals@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](mailto:vicepresident@trigulfcoast.org) with any questions.

### 2013 NEW ORLEANS ROCK N ROLL MARATHON FINISHERS

Andrew Baggett - Brett Laggan - Gretchen Rosenthal - Kirwan Price - Mindi Straw - Perry Palmer  
Sheri Hamilton - Chris Hicks - Troy Godbee - Evan Malone - Andrew Rothfeder - Jules Kariher - Sara Stackpole

### 2013 NEW ORLEANS ROCK N ROLL HALF MARATHON FINISHERS

Christy Laggan - Frenzy Moore - John Murray - Lisa May - Suzanne Turbyfill - Trish Kuhnell - Wendy Ellis  
Scott Boulton - Susan Martin - Shirley Raney

### 2013 DISNEY PRINCESS HALF MARATHON FINISHERS

Lauren Leprone - Jordan Orr - Chris Rawson

### 2013 BLUEWATER BAY DUATHLON AWARD WINNERS

Eric Larson -- 1st overall 10k - Jackie Brown -- 3rd AG 5k F 50-54 - Charles Gheen -- 1st AG 5k M 60-64





**TRIGULFCOAST**

MULTISPORT ATHLETES

[www.trigulfcoast.org](http://www.trigulfcoast.org)

Tri Gulf Coast

March 2013



## Triathlete Profile - Bill Evans (by Erika Smith)



To say that Bill Evans is a very strong swimmer is an understatement. After swimming two seasons in high school in 1965 and 1966, he returned to the sport of lap swimming in 1989, "had to learn the flip turn all over again" and has been swimming ever since. Bill's passion for swimming is so strong, he admittedly over-trains for swimming the sprint distance tri, so has picked up longer distance swims, such as the 1650 yard (mile) pool swim and open water 5k and 10k swims. He misses NASP's 1.5 mile Fort-to-Fort Swim and can also tell you the history of 5k swimming in Pensacola over the years, from the first races held at the 3-Mile Bridge in Pensacola Bay that relocated to Quietwater Beach on Santa Rosa Sound before returning to the 3-Mile Bridge location over 10 years ago. He explains that since moving to Pensacola in 1993, he's benefited greatly from coached swim workouts with local swimming legend Grace Ruckstal, Steven Fair and several other GPAC coaches over the years through the Masters Swim Program and now with Alex Gillespie at PSC. He enjoys giving back to the sport that he loves by helping "newbie" swimmers at Mere Mortals, explaining that he's learned a lot, too, from these experiences.



Bill also began running 5k's and participating in triathlons in 1989, so he's approaching his 25<sup>th</sup> anniversary of tri's (party at next year's SRI Tri?). He enjoys all three sports and the transitions between them, making triathlons a natural fit. His favorite race is the SRI Tri (is it even necessary to ask any Pensacola native to name their favorite tri? ☺), of which he has participated in ALL of this series. His other top races include the 3-Mile Bridge Swim, which he has done as a 5k swim, Aquathon (5k run followed by the 5k swim), and in 2012 his first 10k swim (yes, swimming the 3-mile bridge twice!). His upcoming race plans include SRI Tri and his second 3-Mile Bridge Swim 10k.



Bill is proud to say that he's participated in Mere Mortals every year since its inception. I'm told that he's been a very valuable volunteer, particularly with regard to all of his efforts as related to water safety and with triathletes new to swimming. During 2011, he also volunteered for all of the races in the Portofino Sunset Series. Bill was honored to have been named TGC volunteer of the year that year, as this award is named in honor of the late Charlie Knight who he admires for all that he did to support Mere Mortals and SRI Tri.



Bill grew up outside of Albany, New York and Glen Ellyn, Illinois with his identical twin brother. After spending 20 years in the Navy, he began working as a Civil/Environmental Engineer and has spent almost 20 years with the Florida Department of Environmental Protection.



When he's not swimming, Bill's still not usually too far from the water, as he enjoys walking along the beach with his family, looking for fossilized prehistoric shark teeth. Bill explains that they no longer "find as many as we used to, but we keep looking". It's no doubt that same determination and love of the water will carry him through many more distance swims over the years. So, be sure to look for him at his second 3-Mile Bridge 10k swim on May 18<sup>th</sup> and start planning now for his 25<sup>th</sup> anniversary triathlon at SRI Tri in 2014...after all, he's never missed that race!





**TRIGULFCOAST**

MULTISPORT ATHLETES

www.trigulfcoast.org

Tri Gulf Coast

March 2013

### 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 3/13/13 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/>



**10% DISCOUNT CODE**

**TGC**

*New lower prices!*

on ALL carbon clincher combos

**VIEW WHEELS**



### 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**



**KARBON SPEED**



**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>





**TRIGULFCOAST**

MULTISPORT ATHLETES

www.trigulfcoast.org

f Tri Gulf Coast

March 2013

# TRI GULF COAST

AND



## 60% off

### Select Wetsuits + Speedsuits

+Free Shipping On All  
New Wetsuits  
(US Addresses Only)

**\$120**  
Vortex John  
Reg. \$300

USE YOUR EXCLUSIVE CODE **C-TRIGULF**



**TRIGULFCOAST**  
MULTISPORT ATHLETES

30 Day Return / Exchange Policy  
Best in the Business

Available Exclusively At:  
[www.XTERRAWETSUITS.com](http://www.XTERRAWETSUITS.com)

## RUNNING WILD



ALL AMERICAN  
SWIM SUPPLY



**RoadID**  
It's Who I Am.

## ALPHA ΩMEGA

SPORTS PERFORMANCE





**TRIGULFCOAST**

MULTISPORT ATHLETES

www.trigulfcoast.org

f Tri Gulf Coast

March 2013



**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!

