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August, 23 2013

Dear Evan,

The TGC Board and Officers hope that this tri season has treated you well. If this is your first season as you look at race #1 at SRI Tri (10/05/13) or if this is your 5th season with many, many races under your belt we hope the Summer training has been fruitful, enjoyable, and safe.

Looking forward to the Annual Members Only Triathlon (09/15/13) we ask all members to please consider participation in this event as TGC has enhanced this offering quite a bit. This year there will be timing (splits, paces) by way of timing chips which all participants will wear during the event. Beyond that many of the loyal club sponsors will be out to support this event so please consider participating, volunteering, or simply spectating on 09/15/13.

In the line of youth events, TGC is excited to be directing the Sea Turtle Triathlon this year (10/06/13). Please help to spread the word about this great event by reminding co-workers, neighbors, and friends of this opportunity for the area youth to participate in a multisport event. Registration is currently open. Follow the links on the TGC website for more information.

As the season winds down and TGC plans for 2014 all TGC members are reminded that TGC is a completely volunteer-directed group and that any and all help or assistance is welcome with any of the events and activities which are coordinated by the membership. If you would like to become more involved please do not hesitate to reach out to any of the Officers or Board Members (contact via e-mail on the TGC website).

Finally, TGC would like to thank Erika Smith for the many hours of volunteer work she has logged over the last many months in her effort to provide the membership with "member profiles" in the monthly newsletters. Erika will be relocating in the coming months so this feature of the newsletter may evolve a bit. So, if you see Erika around town before she relocates please take a moment to thank her for her great contribution.

TGC September Board Meeting

Club members are always invited to attend the TGC Board Meetings. The September meeting will be held 09/11/13 (Wednesday) at 6:00pm. Please contact Evan Malone (president@trigulfcoast.org) for details.



Team MPI Tips

Thursday Morning Open Water Swims

This season the crowd grew for our Thursday Open Water Swims. Although, for the last few years this has been a regular training session



for just a few local triathletes, this year we had consistent athlete attendance of about 30-40. The training goal for the swim is to develop open water comfort and familiarization, work on skills sighting, navigating and drafting, and finally develop your aerobic engine.



With a mindset of all-inclusiveness, we have settled in on two groups. One group swims four laps totaling approximately 1.2 miles. The other group stays a bit closer to shore and swims less. Each group gets exposure to the same training goals and with regular attendance they are becoming a better triathlete.

As a triathlon coach that helps dozen of swimmers each season, I know the challenges that many face. Whether it's technique flaws or fear of the open water, the only way to work on these issues is to tackle them head-on. A group setting, in most cases, is a desirable way to work on your issue.

As you practice your visualization of an upcoming race, most likely the Santa Rosa Island Triathlon, what do you imagine you are thinking about as you are standing at water's edge? Are you confident about your race plan execution...or does the thought of starting the race bring on anxiety and sweaty palms?

I encourage you to spend time in the open water at Mere Mortals and other training opportunities. Unmasking your swimming issues and then working on them with others will make for a more rewarding race experience and a most likely a faster time.



Athlete Profile - Kurt Detzler (written by Erika Smith)

In 2010, "a bunch of circumstances" came together and Kurt Detzler found himself competing in his first triathlon (SRI TRI). Since that time, he's completed around twenty tri's, including Ironman Florida in 2012. He explains that it all really started about six years ago when he "got serious about exercise" after learning that he would soon become a father. He began running three days per week with several members of his Sunday school class, including local triathlete, Adam Principe. Then, their Sunday school class decided to start mountain biking together. Then, they decided to ride on the roads. Then, Jeremy Lloyd informed him that triathlons have a "Clydesdale division" and he figured that if he was going to ride a road bike, he might as well have a reason to and so signed up for SRI TRI. After placing third in the "Clydesdales" at his first race, he was "hooked." Soon after, he traded in his road bike for a tri bike and just two years later found himself signing up for IMFL.



Kurt jokes that his "Ironman experience was 100% a result of peer pressure!" After facing IT band issues during training, he was "more than happy with how it turned out...my final time



was 12:29:32." After a busy 2012 race season, Kurt explains that he's planning to focus on several local tri's this year, adding that his priority is his family and that "when I went to Alcatraz to watch my friends, I got a HUGE taste of what it's like to be a Tri spouse...it ain't fun. I realized what my wife goes through every race only I didn't have a child strapped to my side." He would like to thank his wife, Toby, for supporting him through all of his racing over the years.

For Kurt, SRI TRI "will always be a favorite since its local, pretty big, well run, and a great venue!" He also looks forward to Red Hills because of his love for fresh water swimming. However, what he most enjoys is sharing race day with his friends and fellow TGC members. When I asked Kurt which "leg" of the triathlon is his favorite, he responded "I'd have to say the swim since that's what I'm best at, but I don't enjoy any of them." Instead, for Kurt, it's all about the camaraderie -

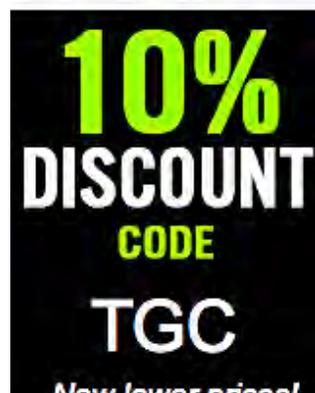
"seeing others on the course, shouting out to them, hearing them cheer you on, getting together after the race and breaking down every inch of the course and how it went the entire drive home."

Kurt was born and raised in icy cold Michigan, with "a lake in our front yard that froze over every year and hockey was very accessible." In fact, Kurt "made it up to the professional level equal to our current IceFlyers" when he played for San Diego and Anchorage in 1995-96. He continued to play in adult leagues until about 5 years ago when he became a father. He's thinking that now may be the time to "get back into it and get my son, Cooper, out there." Most recently, the two have become increasingly active in the sport of fishing.

Kurt and his wife, Toby, both natives of Michigan, are Veterans of the Navy who met on the flight line at NAS Miramar where they worked together on the Navy E2-C Hawkeye. They will celebrate their 15th anniversary in June. Kurt is self-employed as a contractor and Toby is the President of a local Non-Profit organization, Called2Rescue, which is educating and fighting against human trafficking. (Coincidentally, I met Kurt's wife Toby several months ago through our work mobilizing a community task force to address the commercial sexual exploitation and trafficking of children and she is in an amazing and warm-hearted person.) Be sure to say hello to Kurt and his family at the upcoming tri's, at 6'6 and always smiling, he'll be hard to miss.



2013 Sea Turtle Triathlon
- A TriGulfCoast Youth Event -
Presented by Running Wild





Upcoming Local Events

- 08/29/13 MPI Sunset Supersprint Triathlon RELAYS ONLY 6:30pm (Pensacola Beach, FL)
- 09/07/13 Alabama Coastal Triathlon 7:00am (Gulf Shores, AL)
- 09/21/13 Semper Fi Charity Run 8:00am (Pensacola, FL)
- 09/28/13 Pensacola Seafood Fest Run 7:30am (Pensacola, FL)
- 09/29/13 Augusta 70.3 Triathlon 7:00am (Augusta, GA)
- 10/05/13 Santa Rosa Island Triathlon 7:00am (Pensacola Beach, FL)

Upcoming TGC Events

- 09/11/13 Board And Leadership Meeting 6:00pm
- 09/15/13 Members Only Triathlon 7:00am
- 09/22/13 Final Mere Mortals Session of 2013
- 10/06/13 Sea Turtle Triathlon 8:00am (Pensacola Beach, FL)



Sponsor Spotlight - Alpha Omega Performance



TriGulfCoast announces a new partnership with Alpha Omega Sports Performance/CrossFit AOP and a special offering for all active TGC members. Visit the sports



performance training and CrossFit facility 1 block east of McGuire's on Heinberg for two free workouts and active TGC members can join for 50% OFF the unlimited rate of \$120/month for CrossFit classes as well as our youth performance training program.

Alpha Omega sets itself apart from other gyms in Pensacola with their commitment to delivering exceptional client results and education through an evidenced-based performance training methodology. Train like the pros to improve stamina, endurance, and speed with the largest and best functional gyms in Pensacola.

Their youth training programs are developmentally appropriate, enjoyable, and safe. They offer 3 levels, The Beginning - ages 7-10, The Next Step - ages 11-14, and The Next Level - ages 15+, which focus on functional movements, coordination and balance, speed and agility, as well as encouraging good habits through health and wellness.

Please see their website at www.alphaomegaperformance.com for further details or stop by and talk to Joe McCrory (850-377-1862).



Girlz Only Sunset Cycle

Reminder that the Thursday evening Girlz Only Sunset Cycle has begun! Every Thursday evening at 5:45 pm, start at Casino Beach Parking lot! 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) with any questions. Also, stay up to date by checking in at the Girlz Only Sunset Cycle Facebook page.

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My "Team" Sport (written by Evan Malone)

THIS COLUMN ORIGINALLY RAN IN THE PRA RUNDOWN PUBLICATION, PLEASE CONSIDER JOINING PRA SO AS TO ENJOY THEIR MONTHLY NEWSLETTER AS WELL!

Surely many runners and multisport athletes have all had a conversation with a family member, friend, co-worker, or neighbor describing what it is their hobby includes. Save for the eyeroll-inducing responses of "I tried running once, my knees hurt" or "I play real sports, I am not trying to be the best at exercising (Kenny Powers)," invariably, for me, it seems that someone makes a comment along the lines of: "Isn't that boring?" or "How can you run/ride for more than an hour like that?" or "I don't get how that is considered a sport, there isn't even a team or anything."

I generally don't expend a great amount of energy trying to argue these points, because it can be difficult to change that perception of running/triathlon. Rather, what I try to do with a comment as such is to twist it into a response where I showcase these sports as "community" sports. My triathlon community is my "team."

My team is the group of fellow triathletes (a broad spectrum of abilities) who jump in the pool three days a week and pound out 2,000+ yards together while stopping between sets or intervals to joke about an upcoming race, a past race blunder, the last time someone was forced to rig their goggles with a shoelace, or some other junior high humor.

My team is those of us feigning to be runners who show up before the sun rises so we can collectively finish our "long run" before the other tasks of the day bring us back to reality.

My team is the couple of other crazed individuals who post up on Monday or Tuesday morning following a long weekend of training or racing for the sometimes less-than-comfortable recovery run (i.e. joints and entire muscle groups revolting).

My team is the blend of organized and somewhat less than organized athletes who conspire to register for races in time, find the cheapest entry fees, help to find someone to split a hotel room with.

My team is sometimes the one other person with me on the run who happens to have not charged their GPS watch so now we must depend on mine alone.

My team is the couple of other athletes with the same hometown listing on the race results sheet posted on the side of the trailer after the race.

My team is the group of dedicated, triathlon-loving individuals who give back to the sport by helping to lead and direct a multisport club or event.

I could go on...

The message here is that, triathlon (and running) are "team" sports IF we allow them to be. A notion quite the opposite from what the non-triathlete and non-runner carry with them when they consider our sports. So, hold onto this idea and the next time the opportunity to be a "teammate" arises embrace it. Consider becoming more active in your respective club. Consider joining a new group workout. Consider signing up for a small, new, local event. Consider organizing a roadtrip to a destination race. How will you build your "team"?

Yours In Triathlon,



TRIGULFCOAST
 MULTISPORT ATHLETES



Your TGC Board and Officers



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