



**TRIGULFCOAST**  
MULTISPORT ATHLETES

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January 29, 2014

Dear Evan,

It appears that a chilly Winter has gripped most of Pensacola for the start of 2014! Despite the harsh conditions, it has been nice to see that our members are finding ways to get in a workout. There have been a few days of reprieve and it is good to see our athletes enjoying these days.

Your TGC leadership is hard at work preparing for the 2014 season. Chris Hicks and Gary Garza are moving swiftly on finalizing our club kit order. Our new look and design was popular, as we have seen a record amount of orders. We look forward to having these distributed in mid-March. Our Youth Race Director, Jim Hagy is busy orchestrating with the City, sponsors, traffic engineers, and community to make the Maritime de Luna Duathlon a premiere youth multisport event in NW Florida. Our Vice President, Alex Bell has been pounding away at our new TGC Bylaws and the necessary process to convert TGC to a 501c3 Tax Exempt status. Tom Henderson, Mere Mortals Chairman is already getting the permits for use of Casino Beach for each Mere Mortals session. Past Prez, Evan Malone, and TGC member Chris Rawson are coordinating the Xterra Wetsuit fitting for our athlete's in March. And yes, your current President, Mindi Straw, has already booked our 2014 End of Season Party! Plenty happening with the leadership, but of course it is the support of our TGC members that keep us motivated and moving forward. Thank you to each one of YOU!

One other TGC project is the TGC Club Membership renewal process. Come May, 2014 membership renewal will start. We have changed the registration process and will be using only online registration for ALL new and renewing members (no more paper/mail-in registration). This new process has many benefits and we look forward to utilizing the many benefits offered by Get Me Registered. Members are welcome to renew at anytime for the 2014-2015, just follow the link on the club website ([www.trigulfcoast.org](http://www.trigulfcoast.org)). Of course, feel free to share this with prospective members as all memberships will be good through May 31, 2015.

Hopefully these cold days will be behind us soon and we can get back to our lifestyle.  
Swim. Bike. Run

In Triathlon,  
Your TGC Leadership

## 2014 XTERRA Wetsuits "Test Drive" Event

Date: 03/16/14

Time: 8:00am - 10:00am (following the 7:00am TGC Group ride that morning)

Location: Pensacola Beach Gulfside Pavilion (adjacent to The Dock bar/restaurant, look for the TGC tent and windfeather)

Who: Open to any TGC members and their guests

What: XTERRA hands-on trial of wetsuits, speedsuits, transition backpacks

Do I need a wetsuit? What size should I purchase? What is the difference between a sleeveless and a full-length wetsuit? What is the difference between the models? Are they all \$1,200? How can I expect to take the suit off so quickly when it took me ten minutes to put it on?

Have any other questions about wetsuit ownership? Well, head out to the "test drive" event TGC will be hosting on 03/16/14 (Sunday) from 8:00am to 10:00am. TGC will meet on the beach at the Gulfside Pavilion, adjacent to The Dock. XTERRA Wetsuits will be supplying the club with a variety of wetsuit/speedsuit models and sizes for members to try on, take a test swim in, etc...

As XTERRA Wetsuits is offering the club a discount code for members to make purchases with, you will not have the opportunity to make an informed purchase shortly following the "test drive" but you will also be saving money at the same time. Additionally, some of the trial wetsuits will be available for purchase at a deep discount. With either of these purchase methods the members of TGC can have the opportunity to get their wetsuits before the tri season begins. You will surely want a wetsuit for any of your April and May events.

Bring: cap, goggles, swim attire. You may consider wearing your race kits as this is what you would be wearing under your wetsuit on raceday, so it makes sense to try these wetsuits on with your kits to make sure the fit is ideal.

For those wishing to make a purchase on-site please bring your checkbook, wetsuit prices start as low as \$60 and brand new transition backpacks will be selling for \$40!

Or, if you want to ponder the purchase a bit, you can still take advantage of club pricing by following this link:

<http://xterrawetsuits.com/index.php/slp/2013-CTC2>

Use C-TRIGULF as your discount code at checkout when purchasing XTERRA products for significant savings on their products. Up to 60% on featured wetsuits and speedsuits!

Contact: Evan Malone at [somvdon@yahoo.com](mailto:somvdon@yahoo.com) or Chris Rawson at [cbrawson19@gmail.com](mailto:cbrawson19@gmail.com) with any questions.

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IT'S ALMOST TIME TO RENEW YOUR TGC MEMBERSHIP FOR THE 2014 SEASON...

TriGulf Coast has implemented a NEW Club Registration process. Be assured... it is very quick, simple, and easy. An important part is EVERYONE must renew ONLINE. NO more paper registration, waivers, or bringing your check or cash to the first Mere Mortals.

TGC has selected GetMeRegistered as an online registration provider. TGC has customized the club's online registration form. And, by taking advantage of the versatility of GetMeRegistered, this will allow the club leadership to best serve you, the membership. Again, EVERYONE must register through this process.

You can renew for the 2014-2015 year. All memberships will be valid through May 31, 2015. Just follow the link below:

[CLICK HERE TO RENEW](#)

### HOW ABOUT A GROUP INDOOR SPIN?

DATE: Sunday, February 16, 2014

LOCATION: Running Wild (3012 East Cervantes Street; Pensacola, FL)

TIME: 7:30am

BRING: bike, BIKE TRAINER, cycling outfit, two bottles of water, a towel (maybe 2), your sense for adventure, and a little imagination

WORKOUT: 60:00 - 75:00 session planned which will include warm up & cool down, drills, tempo riding & the occasional hill climb

New to TGC, have a bike trainer, but haven't used it much (or at all!) No WORRIES, come on down & we'll show you how to take advantage of that trainer! All abilities are welcome!

Please make sure to arrive early enough to get your spot & ready to ride @ 7:30 PROMPTLY!

There will be plenty of parking available behind the store in the grassy area, which will provide easy access to the rear room where this event will be held.

CONTACT: Pat Kozma ([kozma99@me.com](mailto:kozma99@me.com)), please let him know if you intend on participating!

### Team MPI Tips (by Coach John Murray)



Jump Starting Your Season

I am writing this a few hours after registering for my first triathlon of 2014, Red Hills Triathlon in Tallahassee. There were a flurry of texts, emails and Facebook posts this morning as everyone was jubilant about signing up for the race. Once the dust settles many triathletes will come to realization that they need to do a few things before they hit the water on April 5th. Although the distances are a bit on the short side for a triathlon, it's still a triathlon and one needs to begin the process of preparation. Many in our club have kept active with some type of triathlon fitness regimen and can segue into a triathlon training build-up with no issues. But then there are some that have enjoyed a restful few months of football and feasting. Have you have fallen off the training wagon? Has the reality of signing up for a triathlon that's only 8 or 9 weeks just slapped you in the face?

I encourage to ease back with the Team MPI mantra of consistency & frequency. Start off with a regular routine of some short runs and rides. Avoid the panic-stricken first weekend brick of a 90 minute bike followed by a 30 minute race pace run. Many times training sessions like this are done to prove that we can still "do it". But these overachieving efforts can lead to discouragement and even worse, injuries. You still have time to craft a sensible build-up that will get you to the starting line healthy and to the finish line smiling.

So start your 2014 season off on the right foot and I'll see you at Red Hills!



#### Athlete Profile - Pat Rowland (written by Domenick Risola)

I would like to introduce Pat Rowland, one of our great members who is a Real Estate Broker with Gulf Coast Realty. He's been in sales all his life; started with motorcycles, then cars, then on to real estate.

1. Tell us about your athletic background prior to triathlon.

I raced motocross in high school and a few years after. Then it was on to super bikes for about 6 years. That's when I started riding mountain bikes to keep in shape for the super bikes. I got to



the point where I would rather mountain bike than go racing. Lol.  
I have run as long as I can remember. I love to golf, but only go a few times a year now.

2. How much weight have you lost since starting Tris?

I lost about 15 lbs last year, but it seems to have found its way back .

3. If forced to retire from triathlon today what one tri memory would you cherish?

My first tri was in Gulf Shores where all my fears were washed away. I was worried about the swim and saw that everyone just tries to get through the best way they can. I was worried I would be the fattest guy there, but there were many larger than me. I was worried I would be slow, but there were many slower than me. I survived and was hooked!

4. What's your favorite destination event?

Not sure that I have a dream destination event, I want to do an Olympic distance this year. I have signed up for one in Montgomery where I can swim with the current in the river. Lol  
I also want to sign up for one in Georgia at Chateau Elan.

5. How could they make triathlons more difficult?

They aren't difficult enough????

6. What's your vomit workout?

Long swims

7. What's on your bucket list?

I would like to work up to a Half Ironman

8. Guilty pleasure reserved for post-race.

Beer!! And lots of it

9. How long have you been participating in triathlons and how did you get involved in the sport?

I started in 2012 when a friend talked me into it. I did three that year and finally got her to do one with me in Destin at the end of the year. lol



10. Swim, bike, run...do you have a favorite?

least favorite? and why?

The swim has become my favorite, because it's just not as scary as you think it would be. Least favorite is the run, because its hard on us big guys.

11. What are your favorite forms of cross-training?

Mountain Biking

12. What are your upcoming race plans?

Double Bridge, Gulf Coast Half, Rock n Fly Half, Red Hills Tri, Capitol of Dreams Tri, Pensacola Beach Tri, Santa Rosa Tri, Fiesta 10K, Destin Tri and whatever else I can afford. Lol

13. What do you enjoy doing for fun when you aren't training?

Golfing or selling beach property

14. Personal motto?

Keep going...Beer is near!!



## 2014 TGC WINTER SOCIAL

What's the best way to get the 2014 tri season started? With a party, of course!

**DATE:** Sunday, March 9, 2014

**LOCATION:** The Bridge Bar in Gulf Breeze

**TIME:** 4:00PM - 7:00PM

**BRING:** a dish to share and any prospective new triathletes and club members

That's the day of the DuLuna Youth Duathlon, so let the kids compete in the morning then come relax afterwards. Bring a dish to share and we'll provide the cake and utensils. Cash bar and lots

of club goodies. It's a great opportunity to find out what your fellow members are planning this year (like which weekend Evan might take off) and to introduce prospective members to who we are. So bring them, too.

I'll give my wedding dress to the member who signs up the most recruits.

Contact Kirwan Price [kirwan@trigulfcoast.org](mailto:kirwan@trigulfcoast.org) with any questions



### Youth Races - VOLUNTEERS NEEDED!

Calling all volunteers! The Maritime Deluna Duathlon for youth will be held on March 9th, 2014 and we need your help! The race consists of a run-bike-run held at Pensacola's Maritime Park.

For more information on the race:

[CLICK HERE](#)

To register as a volunteer:

[FOLLOW THIS LINK](#)

If you have questions, contact Jules Kariher at [jkariher@me.com](mailto:jkariher@me.com)

Thank you for considering giving back to the sport of triathlon and the kids in the community.

Race Registration is available at <http://www.imathlete.com/events/DeLunaDu>

### UPCOMING LOCAL EVENTS

Saturday 02/01/14 Double Bridge Run  
Pensacola 7:00am

Saturday 02/15/14 Run For The World  
Gulf Breeze 8:00am

Saturday 02/22/14 PRA Bay To  
Breakfast Cross Country 8k Run Big  
Lagoon State Park 7:30am

Sunday 02/23/14 Gulf Coast Half  
Marathon Series - Gulf Shores  
Gulf Shores, AL 7:00am

Saturday 03/15/14 Bayou Hills  
Run Pensacola 7:30am

Saturday 03/22/14 Azalea Trail Run  
Mobile, AL 7:30am

Saturday 3/29/14 Rock N' Fly  
Pensacola 8:00am

### UPCOMING TGC EVENTS

Sunday 02/09/14: Group Ride  
Pensacola Beach 8:00am

Sunday 03/09/14: Maritime de Luna  
Duathlon - VOLUNTEERS NEEDED!!!  
Pensacola Beach

Sunday 03/09/14: TGC Social (The  
Bridge Bar) in Gulf Breeze 4:00pm

Sunday 03/16/14: Group Ride  
Pensacola Beach 7:00am

Sunday 03/16/14: XTERRA Wetsuit "Test  
Swim" Pensacola Beach 8:00am

Sunday 04/06/14: Group Ride  
Pensacola Beach 7:00am

Wednesday 05/21/14: Ride Of Silence -  
presented by WFW (details  
soon) 5:30pm



West Florida Wheelmen 2014...

West Florida Wheelmen is sprucing up and getting ready for cycling season. We have made a few changes to our rides and routes to be able to try new roads away from "town traffic" and by having a moderate paced group option.

Check out our calendar for more details at <http://wfw-pensacola.com>

Start getting those base miles in now by joining us:

Our first official ride event of the year is Don Davis' 12th Annual Battleship ride on February 16th. This is a well-supported century ride to the USS Alabama Battleship in Mobile and back. Do the whole distance or just half if you like. More information on <https://www.facebook.com/TheAnnualBattleshipRide> or <http://wfw-pensacola.com/index.php/2014/01/12th-annual-battleship-ride/>

>> Membership to WFW is required in order to be covered with our accidental insurance.

>> Membership applications available on the website.

See you out on the road!  
WFW

Linda (Trish) Kuhnell

We look forward to riding with you and having you join the WFW. Check out the website at: <http://wfw-pensacola.com/> for club and membership information



### Race Report - Jacksonville Bank Marathon (written by Lesley Keck)



Seven weeks prior to running the Jacksonville Bank Marathon, I ran the Pensacola Marathon with a BQ goal (Boston Qualifier). I had trained throughout the summer and early fall with Running Wild for the marathon as well as with Tri Gulf Coast for the Santa Rosa Triathlon. After gutting out the Pensacola Marathon in the heat and hitting a PR but missing my BQ goal, I was looking for a fast and flat course to take me to Boston. I felt as if I was in great shape to qualify, and my friends and family were very supportive of just a FEW MORE WEEKS of training! After meeting with Paul Epstein and recovering for a week, I resumed marathon training and we made plans to extend our Christmas vacation in Atlanta with a stop in Jacksonville.

#### PRE-RACE

I checked historical weather conditions several weeks before the race and saw that highs ranged

from 50 to 80 in the five previous years - large range, just like any winter race in Florida. As the race day grew near, I became obsessed with the Weather Channel and saw the forecast temperatures rise each day with increased likelihood of rain. We spent our vacation in Atlanta, where my last two training runs were in 30 and 40 degree conditions, and where I came down with a cold two days before the race - FUN. As we prepared to leave Atlanta, I debated opting out, but I just don't have much "quit" in me when I have made a commitment to a race. I looked at the forecast one last time on Saturday morning: low 70 and high 72 with rain/thunderstorms. Multiple packet pickup locations made it easy to select the site closest to the partner hotel. When we arrived, we drove to the start to find parking and were happy to find four access points to the course where my biggest fans could cheer for me. The hotel accommodations were wonderful, including transportation to the start and an early morning food/coffee service for the runners. Race morning came and I was pretty nervous, but that's usual for me. Parking at the start was easy, and I had plenty of time to relax (ha!) before race time. We heard a lot of announcements prior to the start, including a guy on the PA system directing traffic to the port-o-lets - Yes, REALLY. No one dared to try cutting in line for a bathroom! Every detail seemed to be covered.

### THE START

Signs on stakes directed runners to pace groups, and the pacers were easy to find, both Galloway and steady pacers. The announcer cautioned us that if we saw lightning we should take cover, but that the race would continue - not comforting to hear! Nothing out of the ordinary about the start, and the rain was holding off...for a while.

### THE RACE

The course was about as flat as it could possibly be - no hills, no elevated bridges, no overpasses. I had pictured a scenic course in my mind, because on paper most of the roads generally follow the shoreline. However, we were in largely residential areas with no open and unrestricted views of the water. If you're looking for picturesque scenery while you run, this really isn't the race for you.

I ran with my pace group for at least 3 miles, but I felt a bit confined because it was a really large group, so I eventually eased out of it and ran by myself. Water and Powerade were available every two miles, and three stops had Powergels. I had decided in advance to walk through every water stop to grab both water and Powerade to try to stay hydrated, and I stuck to my plan. Around mile 8 - you guessed it - the rain began. It wasn't unwelcome at that point due to the heat, but by mile 15, I had been in two hard rains, the streets were full of puddles, and my shoes and socks were sloshing. Through it all, the volunteers were GREAT...all the water stops were fully manned even through the rain and they filled water bottles as needed. Quite a few of the homeowners toughed out the weather as well to cheer us on, one group even making margaritas (not appetizing at mile 19)! As the rain continued through the last 11 miles, I gave up the BQ goal and just concentrated on a strong finish and conserving energy. I seemed to find a good nutritional balance, because the cramping that can be problematic for me only occurred for a brief period.



### THE FINISH

The last 0.2 mile included running through a soccer field and around a school's track to the finish line. With all the rain and foot traffic, the soccer field had become a muddy mess, but the track run was a great finishing touch. There was a lot of food, including sandwiches and fruit, as well as massages; however, all I could think of was taking the wet shoes and socks off and getting back to the hotel for a hot shower before checkout. I finished with another PR, shaving 4 minutes of my Pensacola time, but of course BQ still eluded me. Would I run it again? Absolutely...In fact, I will try one more time for Boston 2015, and if I don't qualify, I will likely be in Jacksonville again next

December!

Yours In Triathlon,



Your TGC Board and Officers



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