



TRIGULFCOAST
MULTISPORT ATHLETES

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February 27, 2014

Dear Evan,

Triathlon season is just around the corner. Many of our members are busy setting up their 2014 race schedule, while others are preparing themselves mentally and physically to complete their first triathlon. TGC has a unique blend of membership, from the well-seasoned triathlete to the up-and-coming newbie. This mix of experience is something each member can benefit from. The new triathlete gaining knowledge from the experienced and the veteran gaining enthusiasm from the new energy. That's what makes TGC so successful, each one of us feels welcome and excited about the sport of triathlon.

Your TGC Board has made some great headway this Winter on "business" projects (definetly not fun stuff). The TGC Board has officially approved our first set of Bylaws on February 12, 2014. These Bylaws contain a legal description of the club, how it is organized, and how it should operate. It assures that TGC will grow in a healthy direction. As TGC continues to gain momentum (currently 325+ members strong) it is important that these Bylaws guide us in the years to come. TGC has also moved forward with changing the club tax status to a 501c3, which is a tax-exempt, nonprofit organization. After much research, TGC has decided that this status will have many benefits, especially as we have ventured into conducting Youth Multisport Events, where we ask for sponsorship from organizations which typically prefer to make a tax-deductible donation. So, enough with this business mumbo jumbo, it had to be done and we did it!

Don't forget about the exciting things TGC has going this March. This Newsletter is packed with information about activities for everyone. Just to list a few: The DeLuna Duathlon for the young athlete, TGC membership party, indoor group spin sessions hosted by Running Wild, XTERRA wetsuit fitting, TGC group ride, and West Florida Wheelman events. This is just the start of a busy season. Don't be shy, TGC is YOUR club and we welcome everyone with open arms.

Yours in Triathlon,
TGC Leadership

USAT Recognizes TGC Members

HUGE congratulations to the FOUR TGC members who earned ALL-AMERICAN honors from USAT for the 2013 season

Jared Moore - 30-34M
Jules Kariher - 40-44F
Andrew Rothfeder - 45-49M
Doug Jones - 55-59M

It is no surprise that these are also some of the perennially-involved club members when it comes to volunteering for many of the local multisport events, toeing the line at a wide variety of

local races and lending a hand at club gatherings such as Mere Mortals and the Members Only Tri. TGC is proud to have them as members of the TGC community!



inkJared Moore



inkDoug Jones



Jules Kariher

[Link](#)



Andrew Rothfeder

[Link](#)

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

With the 2014 triathlon season about to start are you still asking yourself...

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? Or, do you have any other questions about wetsuit ownership?

Well then head out to the "XTERRA Wetsuit 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. This will be your only chance this year to make an informed decision.

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
Chris Rawson at cbrawson19@gmail.com with any questions.

TRIGULF COAST
AND
XTERRA WETSUITS

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**

30 Day Return / Exchange Policy
Best in the Business

Available Exclusively At:
www.XTERRAWETSUITS.com



TGC MEMBERSHIP RENEWAL FOR THE 2014

TriGulf Coast has implemented a NEW Club Registration process. It is 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.

All memberships will be valid through May 31, 2015.

[TGC RENEWAL HERE](#)

TGC is ALWAYS looking for members who want to "give back to the sport"

As we approach Mere Mortals season we are always in need of a few extra hands. We welcome club members, family, and friends to help with production of this annual event.

TGC has many other opportunities to get involved, such as Youth Events and Social Events that we would embrace your helping hands, creativity, and enthusiasm.

Of course, all TGC Club members are welcome to attend our Monthly Board Meetings to see just how TGC operates.

Please contact Mindi Straw at president@trigulfcoast.org for details on any of these volunteer opportunities.

Lin

Team MPI Tips (by Coach John Murray)

The Beach Road Cycling Option

Many of us in Tri Gulf Coast enjoy riding on Pensacola Beach for a few obvious reasons. There is normally very little traffic on the beach, the scenery is beautiful and if you are training for SRITRI you are most likely training on the race course. But there are other aspects to take advantage of while training out there.



1. You can work on bike skills or pedaling drills on these flat, low traffic roads. Drills such as Isolated Leg Drill, Toe Touch Drill or High Cadence Drill can be done to improve your cycling technique.
2. Staying aero for a long time is a skill that is developed over time. For some the position is initially uncomfortable but there is ample opportunity to begin the process of getting used to it. A bike fit might be needed if you are unable to get comfortable while in your aerobars.
3. Constant pedaling. There are many stretches of road out there that will allow for an hour or more of non-stop pedaling. Find a cadence, hopefully in the 80's, that you can maintain for a long time without pausing to coast or rest.
4. Working on group riding skills and etiquette. The aim of group riding behavior is keeping all riders safe. The close proximity of each cyclist can increase the chance for a negative outcome. An explanation of expectations prior to each ride can remind riders of some of the group riding "rules". If you are a neophyte to the group riding scene, ask about how to ride in the group and the group leader or other experienced riders will be glad to help.
5. Riding a themed training session. With limited interruptions (like traffic signals or intersections) a ride with tempo sections, pick-ups, LOW BRO or steady states can be accomplished with ease.

A group, with a ride leader, can get in a fantastic hour or so of varying effort levels to improve their race day performance. Suffering together makes it more fun!

Certainly there are many places to ride in Northwest. Beautiful country sides, rolling hills and, of course, our scenic beaches. I encourage you to experience all of the above. But the next time you are riding on Pensacola Beach consider some of the other hidden benefits.



OFFICIAL CLUB

Athlete Profile of Kristin Langston (written by Domenick Risola)

Tell us about your athletic background prior to triathlon.

Growing up I was always very active. I guess you could call me somewhat of a tomboy; always wanting to do what the boys were doing! At around age 9, I started recreationally playing soccer and softball, leading me to play both sports in high school. It wasn't until my senior year I began swimming as a way to stay in shape and immediately fell in love with the challenge of the sport. I can remember my first week of practice like it was yesterday...I was sore in muscles I didn't even know I had! From that point on I was hooked on swimming and went on to compete at the collegiate level.

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

This is actually a tough question for me seeing as I have only done one real race, but one tri memory I will always cherish is being a spectator at Ironman Florida! It gave me perspective on the pain and gain those athletes go through and achieve. It is so inspiring!

How could they make tris more difficult?

Making tri's more difficult?! Like they aren't tough already! I guess they could make you go through the usual swim, bike, run and then have you repeat it in the reverse order; swim, bike, run, run, bike, swim. OUCH!

What's your favorite workout? Make you vomit workout?

My favorite workout is any workout I can do with a friend! Training with a buddy makes anything that much more enjoyable. As far as a make me vomit workout...I would have to say Coach John Murray's 10x200's in the pool at a decent pace with minimal rest.

What's on your bucket list?

On my bucket list as far as triathlon goes would be to do an Ironman someday, although it is not in the foreseeable future right now. As far as training, I would love to take my bike through the Cascade mountain range. And as far as life goes...BE A BETTER ME and go skydiving!

Three unique items you must have at a race?

1. I have come to love my speed laces! I do not know what I would do without them! 2. My husband who is my biggest fan and supporter. 3. Friends!

Guilty pleasure reserved for post-race?

Haven't put much thought into this, but one of my favorites even after a tough workout is a large gulp of diet coke! Something about that carbonation is so refreshing!

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

I have only been involved with triathlon about 8 months now. I started shortly after I moved to Pensacola in February 2013. When I first arrived I immediately began to search for masters swim teams in the area to join. It was at practice I met Mindi Straw and a few other seasoned triathletes and got to talking. A few weeks later I had purchased my first bike(\$300 on craigslist!) and fell in love with the sport. It is a little ironic actually because since I was around the age of 18, I always had said I wanted to compete in a triathlon before the age of 25 and shortly after moving here that was made possible!

Swim, bike, run...do you have a favorite? least favorite? and why?

Honestly I love them all! It is awesome being able to change gears and work all muscle groups. Over the past few months though I have really come to enjoy running.

What are your favorite forms of cross-training?

I would have to say hiking and snowboarding!

What are your upcoming race plans?

Stay tuned for updates on this upcoming season, it is going to be a busy one between running races and tri's. With that said, I am most excited to be racing as a part of the Zarzaur Law Girls tri team!

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

For fun when I am not training I love spending time outdoors with my husband Neal and our pup Leo. We both love to camp, hike, ski, and indulge in a few really good beers :]. If you haven't been, Bend Oregon has some of the best of all of that!

Do you have a role model in the sport; someone who inspires you?

Honestly there are so many great athletes in the sport of triathlon it is hard to only choose one. If I had to choose I would probably say Chrissie Wellington. She was the first pro female I read about who really helped plant that seed.

GROUP TRAINER FEST

Iceopolis is a distant a memory, replaced by warming temperatures and mild spring like weather. Day Light Savings is just around the corner, that will allow us to ride our bicycles after work. Time to hit the road & forget about those tortuous trainer rides we have been enduring. To quote Lee Corso "Not So Fast My Friends!" Don't relegate those devices to the garage, but embrace them as valuable tools to supplement your riding, helping improve your cycling efficiency, improving your fitness level & help set up your first race of the year.



A simple well planned out 45:00 - 60:00 trainer ride can accomplish more than one that has you driving to and from a "safe" location to ride. Its those locations where we get away form those insult hurling, texting distracted, get off MY road boxes of steel, never mind the all out sprints for your life from a dog(s) and even in some locations swerving to miss a suicidal squirrel getting hung up in your wheels.

So what does such a ride look like? Glad you asked! First locate your Pain Cave! This can be anywhere in your house. Some like access to a TV or a computer so they are able to view past TDF races, IM, or even watching Sufferfest video's. You will need to include an ample supply of water, a towel to wipe that brow, and at times a fan will be useful. Another option is to make up your own set to work on drills, improve your threshold power, or simulate a TT.

Here's a set I have used that covers just everything:

Warm UP:

5:00 spinning around 80 - 90 RPM

6:00 of Isolated Leg Spinning Drills. During this set, unclip you right foot and turn the peddle using only your left foot. The goal is to turn that crank in complete circles with no dead spot. Thats the purpose of the clip in shoes. Perfect circles equals more efficiency! The goal is 1:00, don't worry if you can only get :30. Then clip the right foot back in and recover for 1:00. Then do the right leg. Repeat this 3 times

5:00 Spinning 90 RPM

Main Set:

10:00 Steady State Spinning. This is about a 6 - 7 effort level. Like a conversational run.

10:00 Time Trail Effort Level 8 - 9. Get down in those aero bars, try to work the drills you just did.

5:00 Recovery back down to a 4 -5 level.

6:00 Hill Climb Simulation. Crank down on that resistance,get in the small chain ring in the front and middle of the rear cassette and turn those peddles around 60 - 65 RPM. A stack of books under your front wheel helps make this more realistic.

Recovery: 5:00 minutes

Cool Down: 5:00 minutes

Want to try a session like this or similar, come join me once a month as I plan on holding a trainer session until Mere Mortals starts later this season.

Next Month we discuss the different style of trainers!

Pat Kozma

Running Wlld Coach

USAT Level 1 Coach

Metabolic Efficiency Training Specialist

Let's PARTY!!!

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

WHEN: Sunday, March 9th, 2014 from 4-7 pm

WHERE: The Bridge Bar in Gulf Breeze.

It is the SAME day of the DuLuna Duathlon, so let the kids compete in the morning then come relax afterwards. Bring a dish to share. TGC will provide the plates/utensils/cake/giveaways. Sip a drink, watch the sunset and find out what the club has in store for 2014.

Bring a new member and Kirwan will wash your bike.

Contact kirwan@trigulfcoast.org with any questions.



MARITIME DeLUNA DUATHLON

The Maritime Deluna Duathlon for our youth athlete's is just around the corner!

MARCH 9th at 8 am
Pensacola's Community Maritime Park

We have well over 100 athlete's for the event and the out-pour of Volunteer support has been great. Come out and cheer on these young athlete's as many of them complete there first Duathlon!

For more information on the race
[CLICK HERE](#)

Interested volunteers can contact Jules Kariher at jkariher@me.com

Click here for [DUATHLON REGISTRATION](#)



MARCH LOCAL EVENTS

Saturday 03/01/14: Circle K Run
Pensacola Beach, FL

Saturday 03/08/14: McGuire's Run
Pensacola, FL

Saturday 03/15/14: Bayou Hills Run
Pensacola, FL

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

Saturday 03/29/14: Rock N' Fly Half
Pensacola, FL

Saturday 04/05/14: Blackwater Trail
Munson, FL

Saturday 04/12/14: Navy Fed 5K
Pensacola, FL

Sunday 04/13/14: Gulf Coast Half
Pensacola Beach, FL

UPCOMING TGC EVENTS

Sunday 03/02/14: Indoor Trainer Ride
Session at RW with Patrick Kozma
Pensacola, FL 7:30am

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

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

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

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

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

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



West Florida Wheelmen 2014...

WFW loves Tri Gulf Coast!!! A huge thank you for taking part in a collaborative project and sponsoring vinyl billboards throughout town for our "3 feet please, it's the law" billboard project for bike month in May!

Longer days, warmer weather and triathlon training season are on their way! In the meantime, keep your legs spinning by joining our Tuesday, Saturday and/or Sunday rides. Check out our calendar for start times, routes and locations. We'd love to have you join us in the peleton for an easy ride (Tuesday) or something a bit more challenging (Sat and Sunday/ moderate or fast pace options)...you choose.

<http://wfw-pensacola.com/index.php/calendar/>

WFW will be at FUNKY BIKE FEST at Devillier's Square, Saturday, March 15, from 1-5pm, promoting our Ride of Silence and cycling safety. Dress out your bike and come say hello while enjoying the festivities.

<https://www.facebook.com/events/657179794324362/>

April 12- Tour de Cure- Come join the WFW team for the fight against diabetes! If you can't ride, please consider donating to the WFW team. Even with small amounts, we can COLLECTIVELY GIVE BIG!!! LET'S ROLL!!

http://main.diabetes.org/site/TR/TourdeCure/TourAdmin?team_id=666531&pg=team&fr_id=9371

Ready to begin Triathlon Training in MARCH?

Well, then Running Wild has the program for you! Coach Pat Kozma will facilitate the "My First Tri" program. Participants learn the basics of swimming, biking and running. Athletes learn how to navigate the transition area and overcome fear of open water swimming. Each participant receives a comprehensive training schedule with specific weekly goals and regular one on one feedback with the coach. Training is 12 weeks and culminates with Grandman Triathlon.



The advertisement features a light blue background with a stylized sunburst pattern. On the left, there are three cartoon illustrations of a purple character with a yellow cap and red tank top: one running, one swimming, and one riding a yellow bicycle. To the right, the text reads: "Beginner Triathlon Training" in large, bold, yellow-orange letters; "Training starts March 10th" in smaller black text; "Complete your first sprint triathlon." in bold black text; and "Click here to learn more" in smaller black text. In the bottom right corner, there is a small logo for "MY FIRST TRI" with "Team running wild" underneath.

[CLICK HERE FOR DETAILS AND REGISTRATION](#)



Thursday "Girlz Only" Sunset Rides

Women of TGC...

The winter has been long and nasty and most of us have not been out there with our bikes as much as we would have liked, but time is about to change and we will have more daylight and hopefully better weather!!

So start tuning up those bikes because we will start the weekly Thursday Girlz Only Sunset Rides next month!

FIRST RIDE: MARCH 27th at 5pm

We will keep you posted through our Facebook page so like us "Girlz Only Sunset Cycle"

[Girlz Only Sunset Cycle](#)

See you soon !

Race Report - 12th Annual Battleship Ride (written by Tina Schmitz)

12th Annual Battleship Ride
Sunday, 16 February 2014

Donald Davis and his family hosted a bicycle ride from Pensacola, Florida to the USS ALABAMA Mobile, Alabama and back (100+ miles round trip) benefitting the Wounded Warrior Project
<http://support.woundedwarriorproject.org/individual-fundraising/battleshipride/>



At 8am on a beautiful Sunday morning, over 50 riders assembled in Pensacola, received a morning welcome that included a safety brief and National Anthem and rolled out in one of the largest pelotons I have had the pleasure to be part of. A sense of belonging and pride is apparent in such a group, as well as, cooperation and camaraderie as a group that size shares the road with each other and motorists. On our way to the first rest stop at mile 20 where we would meet with a dozen additional riders from Alabama, we rolled through the west side of Pensacola and headed north into Beulah and stayed on back roads and highways. If you have never traveled to Alabama via such a route as this, I highly recommend taking the time to enjoy it, especially by bike. The shoulders were ample if not generous. There was one area coming back that we rode amongst four lanes of traffic utilizing the I10 overpass before turning left onto a smaller highway. Other than that, traffic and the route were smooth.



Smooth riding was made possible by the support crew that consisted of Davis family members and friends who were selfless and generous with their kindness and provisions. They provided food and beverages at three different stops along the way, and they tracked riders up and down the route pulling over to offer road support or even a ride to the top for anyone who had fallen behind allowing everyone to meet at the USS ALABAMA for a photo op and fuel.

After that, it was full steam ahead toward home. Some Alabama riders broke off to head to their respective homes, and the rest of us made our way back to Pensacola. We were welcomed back at the Davis' home and enjoyed each other's congratulatory remarks and sense of accomplishment. If the memory alone is not enough to remind us of our achievement, then the commemorative medals they handed out will attest to our participation.

Our participation and financial contributions raised \$1100 for the Wounded Warrior Project. The combination of helping a worthy cause and completing a century ride, left this girl with a feeling of being part of something important and a desire to tackle it again next year.

Yours In Triathlon,



Your TGC Board and Officers



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Gulf Breeze, FL 32562

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