

**TRIGULFCOAST**  
MULTISPORT ATHLETES

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May 5, 2014

## 04/29/2014 STORM IMPACT

**While putting the finishing touches on the May Newsletter, the greater-Pensacola area unexpectedly fell the victim of an epic thunderstorm which caused serious flooding throughout our community. Many of our TGC members, families, and friends were directly impacted by this storm. The photos and stories have been heart-wrenching, but what is amazing is that our community has reached out to those in need. Just seeing our "TGC family" on the front line helping others dig out, clean up, and start the "rebuild" process has been incredible. For those members that have had storm damage, TGC supports you in weeks and months ahead.**

Dear Evan,

The past few weeks are starting to feel like the beginning of race season. In the last few weeks we have had six regional triathlons, one duathlon, seven different road races and over fifty TGC members representing the club at these events. All of this on the heels of the 118th Boston Marathon this past Monday where TGC had seven athletes participate. WOW... just wow! It is so exciting to see all the smiling faces, fun pictures, fantastic medals, and great weather for these events! Keep up the good work and know that your TGC leadership works very hard to acknowledge the club members in these races! It's supportive for the members, good for the club, and great for the sport.

TGC is currently within one month of the beginning of the annual Mere Mortals program. While there are not many huge changes in store there are should still be some noticeable improvements as far as the athlete support and volunteer coordination of these weekly events.

As like last year, TGC strives to conduct a brief informational talk followed by beginning the swim session by 7:00am. The TGC leadership and Mere Mortals volunteers encourage all members to arrive early to get themselves checked-in and get their gear arranged. As always, the Mere Mortals program is designed for the "new" triathlete, but TGC loves to have the seasoned members participate as well. The new members thrive on the enthusiasm, energy, and knowledge of the loyal and experienced members.

TGC is always looking for volunteers, all members are encouraged to become involved with the operations of the club be it Mere Mortals or any one of the variety of other events throughout the year. For Mere Mortals, you may want to volunteer as water support, become active with the TGC leadership for helping with check-in duty, or assist with set-up/break-down of the bike racks.

Whatever it may be, TGC welcomes you. Feel free to contact [president@trigulfcoast.org](mailto:president@trigulfcoast.org) for

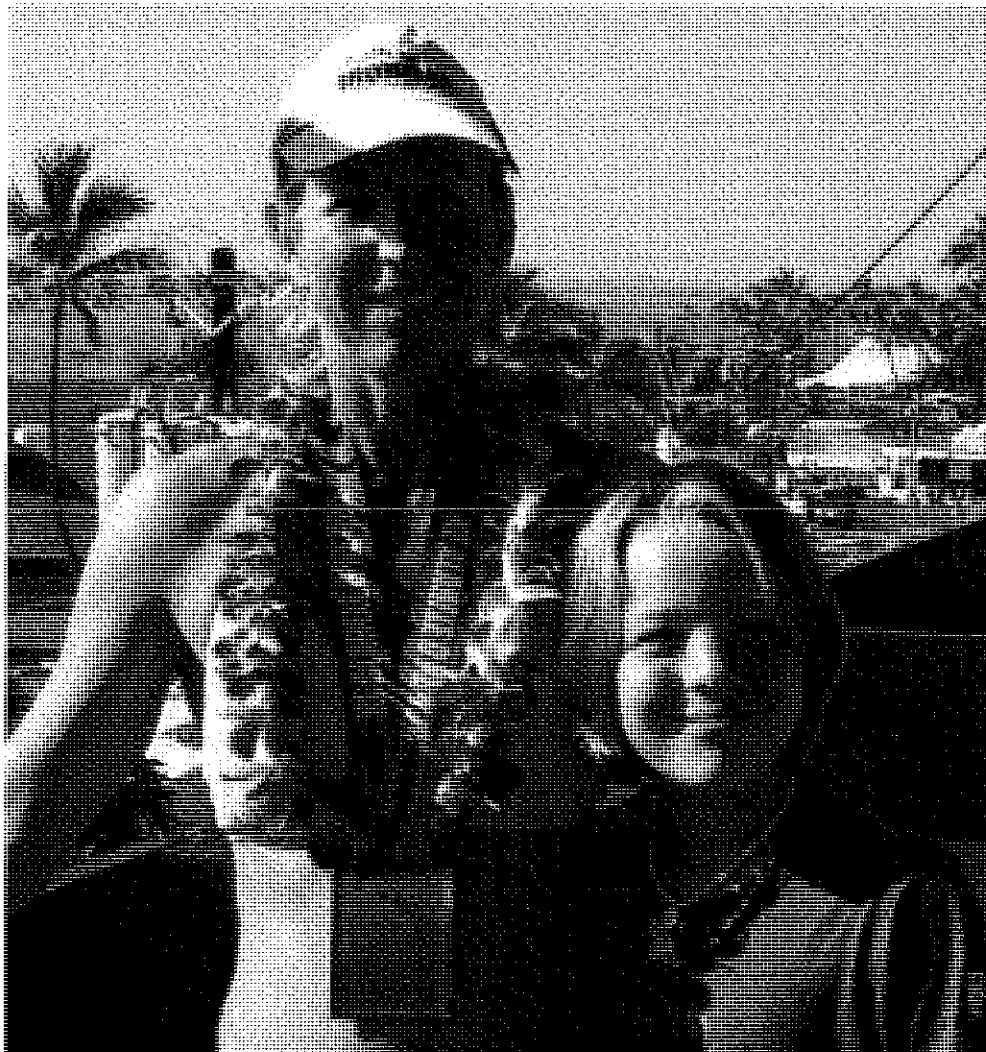
more information.

See everyone soon. Your fellow members and TGC leadership look forward to meeting all the new triathletes and helping each one of you achieve your triathlon goals!

Yours in Triathlon,  
TGC Leadership

### Profile of Jessica Koelsch (written by Domenick Risola)

I would like to introduce you to Jessica who just won back to back races at Mullet Man & St. Anthony's. She is a Biologist who works for the National Wildlife Federation & recently moved here from St. Petersburg.



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

Don't laugh but I was absolutely the "last kid picked in gym class" - no hand-eye coordination and no natural athletic ability. Freshman year of college I watched the rowing team in awe and sophomore year I ignored the laughter from my friends and joined. And discovered I LOVED IT!! I used my college graduation money to buy a rowing shell (no car or trips overseas for me) and continued to row competitively for several years (3x FL state champ). I also started paddling, backpacking, doing spin classes, and more, In 1999, a friend talked me into trying an 3-6 hr long Adventure Race. That first race (Hi Tech in Miami) was the most fun I had

ever had working out and I was hooked!

**2. If forced to retire from triathlon today, what one Tri memory would you cherish?**

Kona! And many, many memories from there: hugging my Dad as I left T2, having my niece run alongside me for 100 yards, seeing Macca fly past me on his way to the finish as I started the run - it was all like a dream! While out on the run course, about mile 10, the course leaves Ali'I Drive and goes up onto the Queen K Hwy and I started thinking, "ugh - I still have 16 miles to go??" Then I stopped myself and realized, "I'm at THE Ironman World Championships! I am running on THE Queen K Highway. There is NOTHING about this moment that sucks!!!" It totally shifted my perspective (and physical and emotional state). Never has an Ironman marathon been so fun!

**3. What's your favorite destination event?**

Kona & St. Croix!

**4. How could they make triathlons more difficult?**

Train and race totally by yourself. I love the energy of training and racing with my fellow athletes.

**5. What's your favorite workout? Make you vomit workout?**

I actually love doing power-based workouts on my trainer. The feedback from the power meter makes the time go by so fast and you know when you are hitting your makes. I also love RBRBR workouts (don't do them enough).

**6. What's on your bucket list?**

Escape from Alcatraz.

**7. Do you have a guilty pleasure reserved for post-race?**

I don't wait til post race :-)

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

I did St Anthony's in 2007 because I got a free entry. I went back in 2008, and tried a "half" (Miami Man) at the end of the year. After that, I was committed to trying to qualify for the World Champs. First Clearwater, then Kona.

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

I used to say swimming was my least favorite, but thanks to the UWF Masters Group, I am FINALLY feeling like I'm making progress (6 years later). To all you non-swimmers: Don't give up!! Stay with it!! It WILL click one day. Also, I really enjoy cycling. Have you seen my bike?? She is so pur-ty! She rides herself and makes riding a true joy!

**10. What mistakes have you made, or what would you have done differently?**

I wish I had starting swimming as a kid. Since I can't change that, I just keep going. I've done plenty of little stupid things (leaving T1 without bike helmet, leaving T2 WITH a bike helmet - two different races). But bigger challenges are learning how to deal with injury or adversity. When you get injured or plateau, focus on the positive. And DON'T rush recovery if

you're injured. A minor niggle turns into a nagging injury and can turn into a season-ender if you don't recover properly. Everyone has minor injuries - this was the 1st season I started going to PT (PT Solutions) and it made a HUGE difference and got me back in the game a lot quicker.



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

Mountain biking, trail running, paddling - going back to my adventure racing roots!

**12. What are your upcoming race plans?**

Mt Tremblanc 70.3 World Champs, and Ironman Chattanooga.

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

Training IS fun! But in addition to that, I have really enjoyed discovering all Pensacola has to offer: Wahoo games, Ice Flyer games, Mardi Gras, Galley Nights, trails at UWF, the beach (day or night), Blackwater Forest - Pensacola is really a great place. If only it were 10-15 degrees warmer!

**14. Do you have a role model in the sport, or someone who inspires you?**

For years it was Lance. As far as his dedication to racing and training, he is still the model of fierce competition. Chrissie Wellington is also a great role model - "Smile like Chrissy" I tell myself when I'm in a rough spot. Chrissy, Rinny, Crowie, Andy - so many of the pro triathletes are so kind and friendly and take the time to chat with age groupers. I don't know of many other sports where "weekend warriors" can chat up the World Champion.

**15. What is your personal motto?**

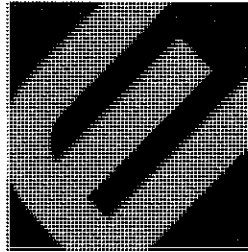
I don't have one motto but I like to pick "theme songs" that I play in my head (racing and training too). Girl on Fire, Roar, Stronger - there are a lot of good ones!

**16. Describe ONE race that stands out in your mind as a favorite, most challenging, or most memorable.**

St Croix was a great location, Louisville is special since that's where I qualified, and of course Kona - it truly is the "Mecca" of the triathlon world.

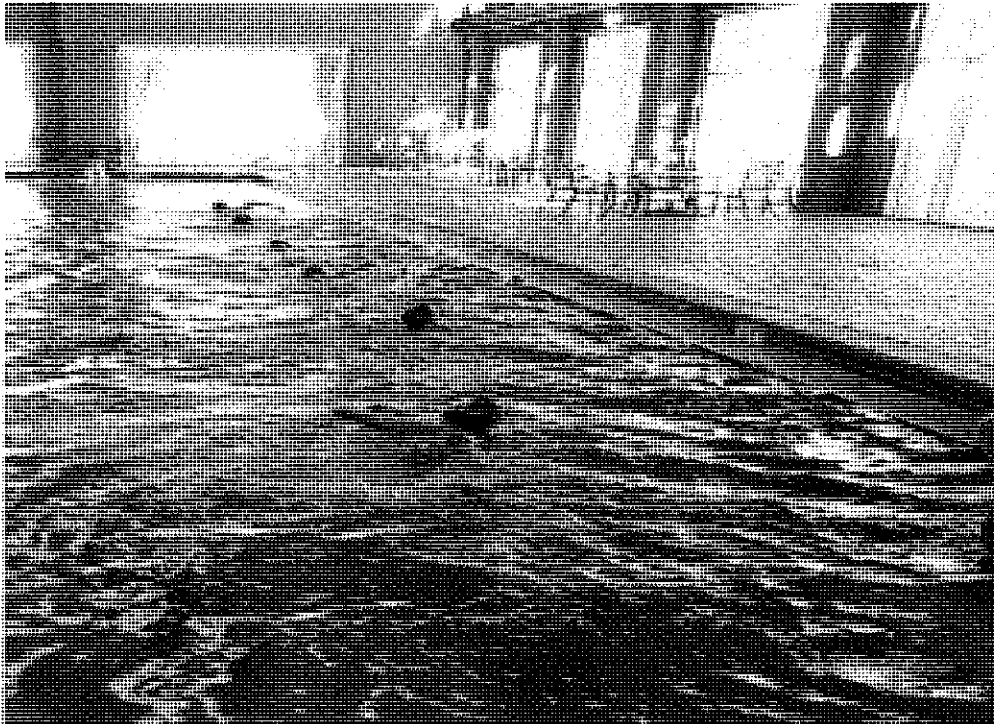
**17. What's the craziest thing you've done during a race?**

Its not crazy, but I love chatting with other people on the course. Words of encouragement on the bike, chit chat on the run - I think I feed off positive energy and find the more of it I give, the more I get back in return. Some would think that makes me a weak competitor, but I think it has to be fun too!



Team MPI Tips (by Coach John Murray)

## Beginner Triathlon Swimmer



Each week I see many triathletes who come to me for help in improving their swim. Although each athlete has developed his or her own way of swimming there are

common threads within the technique flaws. Here are 5 areas of improvement I see often and some remedies I recommend.

1. Swimming flat - Using our hips to aid in propulsion is essential, especially when swimming the long open water distances associated with triathlon. My goal for the new triathlete is to develop a long axis rotation that will eventually decrease their workload by increasing their efficiency. Think swimming on your edge. This "body roll" can also relieve shoulder discomfort during your arm recovery.
  - Drills- side glide, pause drills. These drills are designed to isolate the body's rotation and develop muscle memory that will become part of their everyday swimming.
2. Ineffective or absent "catch"- As our hand and forearm enters the water we want to begin our positive propulsive phase early. Using a high elbow/low fingertip position, the swimmer tries to feel the pressure of the water and then "hold the water" throughout the arm stroke. Learning to develop an early, definitive "catch" of the water is one of the quickest ways to find some swimming speed. Some coaches have used the term "reach over the barrel".
  - Drills- Fist, Dog Paddle, Swimming with paddles. These are just a few drills used to isolate the feel for the catch.
3. Overzealous kicking- Triathlon swimming should rely primarily on the arms, core & hips for propulsion. Our kick will be used to help us keep our feet near the surface as well as augmenting our body rotation. If we employ our legs to make our triathlon swim faster chances are we will fatigue very quickly.
  - Drills- Swimming with a pull buoy, kicking (with or without fins)
4. Buoyancy balance issues- Swimming against the resistance of the water is inevitable but finding ways to minimize the drag can decrease the your effort significantly. Ideally we are on the surface of the water from our head to our toes (similar to what happens to us when we put on a wetsuit!). When hips, knees and feet are sinking under the surface our workload is dramatically increased.
  - Drills- Balance drills, Head position drills. These drills will help you keep you spine aligned, get your hips to ride higher and teach you to have good posture in the water.
5. Crossing over- As the fingertips enter the water try to keep your hand out in front of your shoulder vs. crossing over the midline. The sweet spot of our strength in freestyle arm propulsion is in line with our shoulders. When our hands cross over during entry we lose strength and this could even explain why we can't swim in a straight line.
  - Drills- Catch -up, one arm drill. These drills are focused on the proper hand entry.

Triathletes should consider having a qualified swim coach take a look at their stroke. A swim video analysis will also help to point out any areas that need improvement. Be

patient as you make the changes to your stroke as you have developed muscle memory in your personalized technique.



## TIME TO RENEW YOUR TGC MEMBERSHIP!

Don't PROCRASTINATE...it is time to renew your TGC membership. We ask that all TGC members that plan to participate in Mere Mortals on June 1st to REGISTER prior to this event.

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



**\$5 Daily Meal Deal**  
6" sub of the day, chips & drink for \$5

Two free workouts and 50% OFF for the unlimited rate of \$120/month for CrossFit classes as well as our youth performance training program.

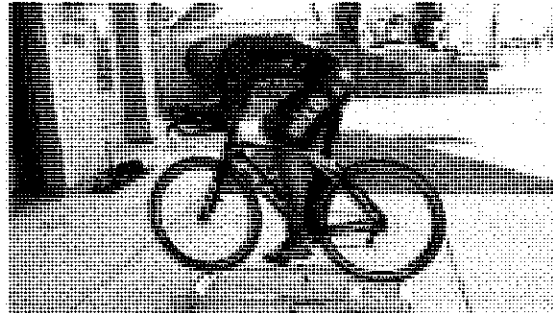
10% off pool care supplies  
\$50 off Primo/Bull grills  
\$150 off @home hot tubs  
\$500 off new pool installation

## Coach Pat's Corner

Rollers, Trainers, & Kickr's OH MY! Much like any other product in multi-sport, there are several types and manufactures to choose from. Which is the best? That will depend on what YOU are looking for the trainer to do and how much money YOU want to spend. Let's discuss a few of the more popular styles of trainers.

### Rollers:

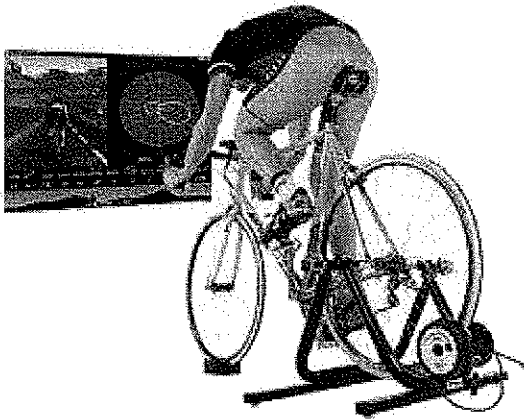
While not for the faint of heart or those with a fear of clip in pedals, rollers have the ability to turn you into a competent rider. If you are wanting to improve your balance, riding in a straight line all while improving your pedaling efficiency then rollers are the tool for you. AS you can see from the picture below its very simple to use & no tools or parts have to be removed. All you



have to do is set your rear wheel in between the two rollers, place the front wheel onto of the single roller and start pedaling. EASY RIGHT? Newbies may want to take advantage of a narrow hallway at first!

### Resistance Trainers:

When looking for a resistance trainer, I would suggest that you look for one that has a cable that will clip onto your handle bars. This will allow you to adjust the tension of the fly wheel without getting off your bike. While you will not have to remove your rear wheel, it is suggested that you change out the rear quick release skewer with the one provide, so as to not damage it. Most trainers have a round attachment that does not fit properly with the skewer on our bikes. I would also suggest purchasing a block or riser for the front wheel. This will level the bike so as not to feel as if you are riding down hill.



### Virtual Trainers:

For those looking for a more realistic ride or simulating courses that you maybe racing on, but do not have the ability to travel to before race day, I would suggest virtual trainers. With the advent of Strava, its as simple as searching for your race location, find someone who has ridden the course, enter the segment number into your ipad and BHAM your riding anywhere in the world. For example say you are rolling

along a flat section and then you start climbing a hill, the tension will automatically increase, as the grade increases, so does the tension. Some of the more advanced models will even allow for wind resistance.

Next month we discuss pre-riding your race course on your trainer.



Patrick Kozma  
USAT Level 1 Coach  
Metabolic Efficiency Testing Specialist



## TGC Indoor Trainer Ride/Brick Workout

05/25/14 (SUNDAY)

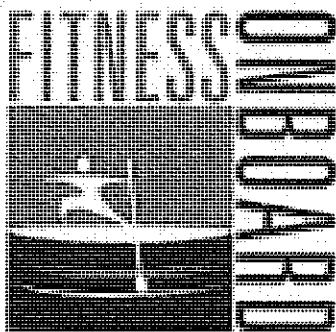
TGC Indoor Trainer Ride/Brick Workout

7:30am SHARP

60:00 trainer ride > 3 mile run

One week out from Grandman, will be a great tuneup for members.

Pat Kozma is the contact with questions: [kozma99@me.com](mailto:kozma99@me.com)



15% off one-hour SUP rentals



Free phone consultations

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MANAGEMENT

15% discount for any new treatment or service

### UPCOMING LOCAL EVENTS

Gulf Coast Triathlon  
Saturday, May 10, 2014  
Panama City Beach, FL  
6:25 AM

### UPCOMING TGC EVENTS

TGC Board Meeting  
Wednesday, May 7, 2014  
Pensacola, FL  
6:00 PM

Pensacola Beach Triathlon  
Saturday, May 17, 2014  
Pensacola Beach, FL  
7:30 AM

Bear Lake Trail Challenge  
Saturday, May 17, 2014  
Munson, FL  
8:00 AM

Pensacola 3 Mile Bridge Swim  
Sunday, May 18, 2014  
Pensacola, FL  
7:30 AM

Ride of Silence  
Wednesday, May 21, 2014  
Pensacola, FL  
5:30 PM

Gate to Gate Run  
Monday, May 26, 2014  
Eglin AFB, FL  
7:00 AM

Grandman Triathlon  
Saturday, May 31, 2014  
Fairhope, AL  
7:00 AM

Jubilee Kids Triathlon  
Sunday, June 1, 2014  
Fairhope, AL  
7:30 AM

Contact [president@trigulfcoast.org](mailto:president@trigulfcoast.org) for details

Group Indoor Trainer Ride  
Sunday, May 25, 2014  
Pensacola, FL  
7:30 AM

Mere Mortals 2014 STARTS  
Sunday, June 1, 2014  
Pensacola Beach, FL  
6:00 AM

TGC Members Only Triathlon  
Sunday, September 21, 2014  
Pensacola Beach, FL  
6:00 AM

TGC End Of Year Party  
Thursday, October 23, 2014  
Pensacola, FL  
5:00 PM



## TRANSFORMATIONS

### Kelly Agall

- I weighed 137 at my heaviest. I dropped down to 110 at first. Now I weigh in at 125 ( but increasing due to my strength training and muscle growth )
- I lost my weight by cutting out fast food and soda's. Started portion control and measuring out my foods. I got into a bad habit of eating Whataburger at 10 or

11pm then going to bed. Eating fast food for breakfast and lunch. I also used to drink almost a 12 pack of coca cola a day, breakfast, snacks, lunch and dinner. Pretty much I ate a bunch of crap. The only fast food I will eat now is the occasional Chick Fil A (I love that place). I make sure I eat a healthy balanced diet and make sure I get enough carb intake since I run and now do strength training. Don't get me wrong, I definitely like the occasional cookie and I am a sucker for some brownies. Got to treat yourself every now and then.



- What inspired me.. I went through an extremely bad breakup and was extremely depressed. I decided to make life changes vs drinking or shopping. So I decided to go run and I just kept running. I started watching what I ate and found running to be my distraction. I had a lot of people tell me I wouldn't succeed, I had a lot of people tell me I sucked. I had lots of people tell me I can't. But, I kept trucking along. Slowly, I got over things and lost my weight and realized what all of this was giving back to me. It was giving me life again. Then one day I woke up and realized how much I fell in love with this sport. The more recent inspiration I find is from Lori Eddins, whom also lost a lot of weight and is now a triathlete. She is who introduced me to TRI's. I don't have inspiration all the time, and I sometimes have to remind myself I love this sport. But, yea.. Once I thought my world was ending and found a sport to give me life again. I haven't hit my prime yet, but I will one day. "If it does not challenge you then it will not change you." -- one of two of my favorite quotes. I do try and constantly push beyond what I've done and strive to improve. Like accomplishing my first TRI (all hurricanes please stay away).
- Other benefits I've gotten from my weight loss. I have more energy. I have people tell me, I inspire them from where I started and where I am now and how I continue to seek new challenges. Never thought that I would inspire someone. And that right there makes me smile, because this hasn't only benefited me, I am inspiring someone else to make life style changes and become more involved and active. I love having an active lifestyle. This whole experience since I started has brought my family closer. My dad runs races with me now and mom goes to the gym and walks every night (I am working on getting her to do her first 5k). I love all the new people I've met with Tri Gulf Coast, and love surrounding myself with other athletes. Elite athletes , beginners, leaders and some people twice my age still so active. It just amazes me every day and inspires me to keep going.
- Advice .. join Tri Gulf Coast. If I can do it, you can do it. Just put one foot in front of the other and keep moving forward. I am here to talk and/or inspire. I may not be an elite athlete or really good. But I can give inspiration and I can help you on

your journey. The journey wasn't easy. Far from easy. It involved lots of tears, lots of sweat and blood (I got bit by a dog on a run once. Back of my knee blood streaming down my leg... but I finished my 16 mile run then went home and cried and cleaned up my leg. Then called the DR) in the end it's all worth it.

"You gain strength, courage and confidence by every experience in which you really stop and look fear in the face. You must do the thing you think you cannot do" - Eleanore Roosevelt

If you have a "transformation" & would like to share with the group please email me at [domenick@trigulfcoast.org](mailto:domenick@trigulfcoast.org)

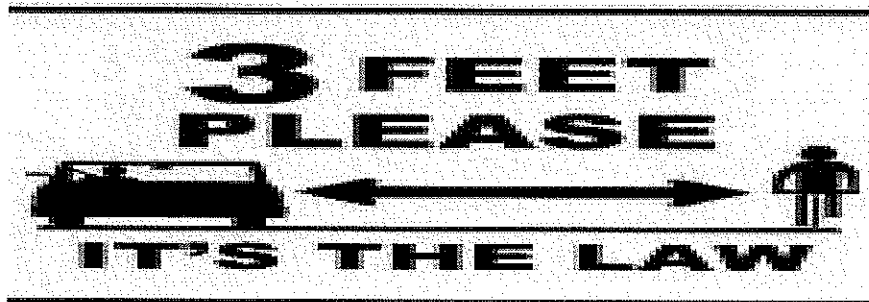


## WFW AND YOU! JUST A SNEAK PEEK AT WHAT WE ARE WORKING ON!

Coming at the end of April (25th) and during May (bike month) WFW along with the help of anonymous donations, TGC, PORC and Lamar advertising, will sponsor billboards promoting "3 feet please...it's the law" to the public. Having this law does not provide us with any benefit unless the community knows and is aware of it. This billboard campaign is the beginning towards that public education here in Pensacola. We will have a digital billboard at Underwood and 9th Ave (just north of Pensacola State College) as well as 3 other vinyl billboards throughout all parts of town.

With all of this safety advocacy going on, it is imperative that we, as individuals and a club, remember the rules of the road and ride accordingly. If there is a bike lane (lane with bike symbol on it- not just paved shoulder), use it (unless safety calls for riding out of it temporarily, such as with debris). We cannot show disregard for the rules, i.e., running lights or stop signs, if we expect to be taken seriously and respected on the road. It is a mutual effort.

Lastly, WFW thanks our wonderful sponsors, TGC, PORC and LAMAR and every member for your support. Your dollars go towards helping to make projects like this possible. Not only do we want to have fun riding, but let's work on making it safer for all of us.



## RIDE OF SILENCE

**Wednesday May 21, 2014**

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Please come and join West Florida Wheelmen, Inc. at Pensacola State College, Lou Ross Center (WSRE Parking Lot) for the first annual Pensacola Ride

of Silence to honor those who have been killed or injured by motorists while riding their bicycle and to bring awareness of Sharing The Road.

In 2013 the Ride of Silence had 372 events in 50 states throughout the United States and 26 countries around the world with over 12,374 riders.

\* Sign-up at 5:30 p.m. & roll out at 6:00 p.m. sharp with Police Escort

\* Mayor Ashton Hayward to address group

\* 7 mile Route at 10-12 mph somber pace around Airport Loop

\* Event is open to the public and no charge

\* Helmets are mandatory

\* Donations accepted to promote bicycle advocacy

\* Additional Information on Facebook: Ride of Silence Pensacola

<http://www.rideofsilence.org/main.php>



### Thursday "Girlz Only" Sunset Rides

Every Thursday evening at 5:30 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!

Also, stay up to date

by checking in at the *Girlz Only Sunset Cycle* Facebook page.

<https://www.facebook.com/pages/Girlz-Only-Sunset-Cycle/214575815231952>



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### Boston Marathon Race Report (By Mindi Straw)

My road to the Boston Marathon began on April 15th, 2013 while I was a spectator and cheerleader. I knew I would be returning to Boston in 2014 as a runner. After the emotional experience of the being there during the Boston Bombings I was even more determined than ever that I would be toeing the line in 2014.



This is my journey.

I ran my Boston qualifying time at the New Orleans Marathon in February 2013. I then spent a good portion of 2013 recovering from not one, but two different stress fractures. Yes, my glorious "boot" for a total of 3 months. I was able to continue to swim and cycle on a trainer. I also had lots of time to think about my "broken foot." After the first stress fracture I simply went back to running - same shoes, ramped up mileage and speed. But after the second fracture I realized something had to change to prevent the possibility of future fractures. My plan was to 1) get custom orthotics (love them, love them, love them), 2) change my running shoes (after about 5 different shoes I finally found my match), 3) change my stride and running technique ( I was a heel striker and long stride) now I mid foot strike ad small stride, 4) lastly, slowly ease back into running (after a fracture, the foot and muscles are atrophied and sore, controlling distance and pace helps the foot get stronger and prevent further stress on the bones/muscles).

A lot of my training revolved around my "foot" and preventing further fractures. I had trained for past marathons with higher mileage plans. But this training was going to be the "stripped" down version to take the impact off my foot. I opted for a 12 week training plan. My plan is very simple -- 3 days of running : 2 mid-week days of 6 miles and my long run on the weekend. Many of these long runs revolved around the so-called hills we have in Pensacola. My "peak week" mileage was 35 miles TOTAL. I would swim 3 days per week to keep my cardiovascular strength up. I threw in 2 days of strength training at the gym - weight and bands to keep the legs strong. AND of course Trigger Point and some yoga. That's it!

I knew I would be going to Boston for the "experience." Not for setting a PR or having an epic race, but rather to soak in the atmosphere, energy, emotions and excitement. Boston loves there Marathon and as a spectator I realized "wow...nothing could be

more awesome than running 26.2 miles with the streets filled with spectators cheering you on." My goal -- a 4 hour marathon give or take. I wanted to show up in Boston with no pressure.

From the moment I arrived in Boston I could feel the "Boston Strong" spirit from everyone. The taxi driver wants to know your story, the hotel staff thanks you for coming, and every person in the elevator asks "are you running?" The city is in high-gear with Marathon mania. The nostalgic finish line on Boylston Street is filled with spectators snapping photos and many taking a moment to embrace the memorial that remember the 4 people that died in last years bombings. This year has been more emotional as many charity organizations are giving scarfs, flowers, and mementos to the "runners." There is no doubt that Boston loves their marathon and they love the runners that come from all over the world.

Being the oldest marathon in the USA, I guess after 118 marathons, the BAA is a well-oiled machine at orchestrating a marathon. I would say the BAA does an incredible job of "herding cattle". EVERYTHING runs perfectly. Even with the heightened security they were able to effectively transport 36,000 athletes 26.2 miles with all the necessary course support.

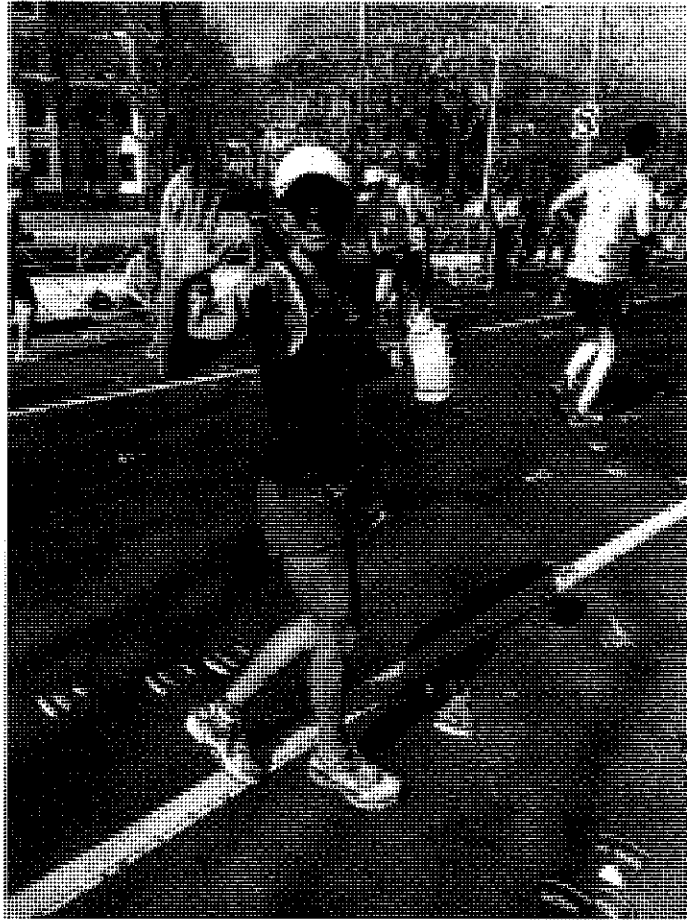
We jumped on the bus for our ride to Hopkington, which was roughly 1 hour. All the athletes are joyful and excited for this year's marathon. Each one of them wanted to share their story of getting to this race, as many were 2014 runners that got stopped on the course. Each story made the Boston experience all that more exciting.

I decided I would move back to Wave 4 to run with my training partner, Perry Palmer. Although I said I was going there for the experience, the thought of being alone in the corral gave me anxiety. We would start running at 11:30am.

As expected we started promptly at 11:30. The gun goes off and we are on our way. The weather is a bit warmer than I anticipated, probably mid-50's so I was in shorts and tank top. Now I can give you a mile-by-mile account of MY race, which no doubt was the hardest 26.2 mile course of my life, but the fact is I went there for the experience..so here it is:

- I felt like a rock star for the entire 26.2 miles.
- I have never seen so many spectators in my life, the streets were lined at least 5 deep through each of the 8 towns on the course. They cheered, held signs, and high-fived all the runners!
- At Wellesley College I "kissed" 2 girls - they were twins (I am a twin).
- I cheered all the wheelchair runners...truly inspirational.
- I proudly walked up the Newton and HeartBreak Hill but I high-fived all the kids on the hill and took all the ice cubes that were offered.
- The smell of beer at Boston College was actually appealing after drinking so much Gatorade on this very hot day.
- I have never been so excited to see my "cheerleaders" at mile 24.5, they gave me the energy to finish the last 1.5 miles.
- The final left turn onto Boylston is electric. It's loud, it's emotional, it's painful and it is the longest 4/10th's of mile you will ever run!

I finished at 4:15:11 and am proud to say I am a Boston Marathoner! At a personal level, this is one of the most epic experiences of my life. I consider myself blessed to have been a part of the 2014 Boston Marathon. The runners, spectators, and City of Boston showed the world that the finish line will never be taken away from athletes.



## 2014 TGC HEADSWEATS VISORS

The ever-popular Headsweats brand visors are back!

The TGC leadership has been working with the design crew at Headsweats to deliver a fully-sublimated and customized product for the TGC membership this season.

One size fits all (or, most) adults.

These are durable products you can sweat on, spill on, take to the pain cave and back, stuff in your transition bag, then head home and throw them in the washing machine (allow to air dry).

These will first be available at the Pensacola Beach Triathlon (05/17/14) so head on out to the beach to participate or spectate that event and pick up a visor while you are at it.

Following that, find them at the Mere Mortals sessions beginning 06/01/14!

Questions? Contact Evan Malone at [somvdon@yahoo.com](mailto:somvdon@yahoo.com)



**PRICE: \$20**

\*\*\* cash or check (payable to TGC) \*\*\*



### RACE DISCOUNTS!

We have secured a \$10 discount for our members to both the **Pensacola Beach and The Destin Triathlons**. Thank Sean McSheehy when you see him. Please register online [HERE](#) & use the code triclub007 at checkout

\*\* This code is for paid TGC club members ONLY, please do not share this code with non-members.

We have secured a \$10 discount for our members to the **Springhill Medical Center Grandman Triathlon**. Please register online [HERE](#) & use the code trigulfcoast2014 at checkout

\*\* This code is for paid TGC club members ONLY, please do not share this code with non-members.

The discount for individuals is \$20 off an XTERRA Championship distance triathlon or \$25 off the Sprint distance.

The discount for the relay team category is \$30 off the Championship and \$35 off the Sprint.

Here is our complete list of event discounts for 2014.

Please share with your club members!

### TRI CLUB DISCOUNT CODES:

Here are the PIN codes to be applied during online registration, along with the links to the race page.

These discounts are for online registration only, they will not be honored onsite for walk-ups.

When selecting your "entry type" make sure to select the category of race you want with "Tri Club" in the title. (ie: "XTERRA East Championship - Tri Club - Individual")

West Championship & Sprint on April 13, 2014 at Lake Las Vegas, NV

VEGASCLUB14

[www.xterralakelasvegas.com](http://www.xterralakelasvegas.com)

Southeast Championship & Sprint on May 17, 2014 in Pelham, AL

PELCLUB14

[www.xterrapelham.com](http://www.xterrapelham.com)

USAT Off-Road Nationals - XTERRA East Championship & Sprint on June 16, 2014 in Richmond, VA:

RVACLUB14

[www.xterrarichmond.com](http://www.xterrarichmond.com)

Mountain Championship & Sprint on July 19, 2014 in Beaver Creek, CO:

BCCLUB14

[www.xterrabeavercreek.com](http://www.xterrabeavercreek.com)

XTERRA Utah: Long or Short on September 20, 2014 in Ogden, UT:

XTCLUB14

[www.xterrautah.com](http://www.xterrautah.com)

Raena Cassidy

XTERRA

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Phone: 1-310-601-0322

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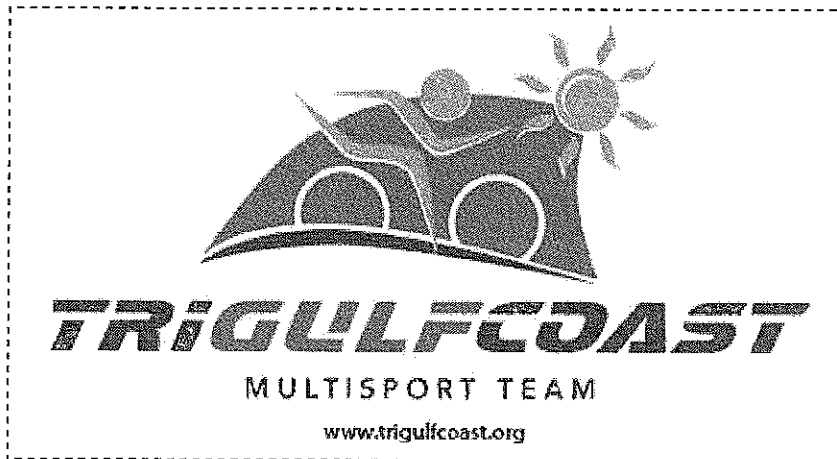
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Your TGC Board and Officers

