



TRIGULFCOAST
MULTISPORT ATHLETES

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June 29, 2014

Dear Evan,

Mere Mortals is moving full steam ahead!

As the club approaches the fifth week of training the leadership has been overwhelmed with both the great weather (knock on wood) and the energetic membership participation at these weekly sessions.

TGC's sponsors have been involved by sharing a wealth of knowledge and supporting the club in a number of unique ways.

Finally, the TGC volunteer crew has been incredibly generous with their time in support of these events: water safety, set-up, break-down, refreshments, etc...

Let's keep this ball rolling... That said, TGC has plenty of fun activities for the month of July!

First, SRI TRI is sponsoring a VIP night at Evenings In Olde Seville. TGC, West Florida Wheelman (WFW), and Pensacola Runners Association (PRA) will have VIP seating for all club members and their guests as well as "refreshments" as provided by loyal club sponsor, Santa Rosa Island Triathlon. This was a successful event last year - so come join the fun!

As well, TGC is hosting the 2014 Summer Club Social at the Naval Live Oaks - this is a family friendly event.

Looking forward to October, TGC is proud to announce the opening of registration for the 2014 Sea Turtle Triathlon - this is the only Youth Triathlon in Pensacola and is conducted the day after the SRI Tri every year. Last year this triathlon sold out and TGC expects the same this year! If you have a young athlete it would be a great opportunity for them to participate OR if you are interested in giving back to the sport this is the perfect opportunity to volunteer!

The details for all these events are contained in this newsletter, so read on...

Finally, and yet again, the leadership would like to thank the TGC membership -- "WE" are 350+ members strong! It is both the membership and sponsor support which keep this enthusiastic club moving forward. Thanks to each one of you!

Yours in Triathlon,
Your TGC Board and Officers

!!! RACE DISCOUNT !!!

TGC has secured a 15% discount for TGC members to both the Brett Robinson Alabama Coastal Triathlon (1.5k Swim / 40k Bike / 10k Run) and the Coastal Tri-It-On Triathlon (300yd Swim / 10mi Bike / 2mi Run)

Use code trigulfcoast2014 at checkout:

[OLYMPIC DISTANCE](#)

[SUPERSPRINT DISTANCE](#)

For more info [CLICK HERE](#)

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

EVENINGS IN OLDE SEVILLE SQUARE SOCIAL:

DATE: 07/10/14 (Thursday)

TIME: 7:00PM

LOCATION: Seville Square (Pensacola, FL)

(corner of Alcaniz Street and Government Street)

> Look for the TGC, WFW, SRI Tri, and PRA windfeathers

DETAILS: The boards of directors of the [Santa Rosa Island Triathlon](#) and Evenings In Olde Seville will host a social gathering for Tri Gulf Coast, Pensacola Runners Association, and West Florida Wheelmen members and their guests at this renowned, weekly concert series. The 2013 version of this social event for TGC was a huge success!

As a proud sponsor or affiliate of these local non-profit clubs, SRI Tri invites the membership to enjoy the evening in the VIP section with beer/wine provided courtesy of SRI Tri.

Come out to join and socialize with other local athletic club members for a night of great music featuring the Swingin' Dick Tracys!

WHO: Club members and their family/friends

BRING: lawn chairs, blankets, snacks, adult beverages beyond beer/wine

MORE INFO: <http://eveningsinoldesevillesquare.com>

TGC Member Profile (by Mindi Straw)

Couples Athlete Profile - Aaron and Jeannie Runyon

Meet the Runyon's - Aaron, Jeannie and their handsome 18 month old side-kick Jonas. The Runyon's have been TGC members since 2013 and can generally be recognized at weekly Mere Mortals with all there tri-gear and a trusty jogging stroller to share in their Sunday morning workout.



The Runyon's are a family that do just about everything together - this includes both work and play! Both Aaron and Jeannie are middle school teachers in the Santa Rosa School District.

Aaron and Jeannie are celebrating 10 years of marriage. The uber elusive, mysterious and very quiet Aaron mustered up the mental energy to ask Jeannie on a date while both were graduate students at FSU. It wasn't long before they realized they would be sharing their lives together, within a year they were married.

Both Aaron and Jeannie have laid down some stellar road race results in the Pensacola area, but neither were competitive runners in either high school or college. Aaron played the typical team sports (soccer and football) and Jeannie dabbled in cheerleading and the usual recreational gym classes. They started running together in 2006 and their very first race was the Pumpkin Run - from that day forward they were "hooked" and running become their "quiet time away from the classroom and constant noise of middle school" as well providing "mental and physical" well-being. Within 5 years of starting running Aaron had dropped 10 min off his 5K time and Jeannie has shaved off 8 minutes.

In 2011 the couple had an impressive #1 (Aaron) and #2 (Jeannie) Overall Winners at the Miles of Memories 5K.



Triathlon has always been an interest for Aaron, he loved running and cycling, and liked swimming despite claiming to be "horrible at it." It took 6 years to convince Jeannie to join him (her fear of the swim kept her hesitant). Aaron states "I knew if I did it and loved it that we then wouldn't be doing them together, so I just waited for her to be ready." Jeannie claims she just "caved" and gave in since Aaron mentioned it several times. Now they are both passionate for triathlon and feel that

"summertime exercise is so much more enjoyable when you spend some of your time on a bike and in the water."

The Runyon's do all of their training together. If they aren't training on the same discipline they are at least training at the same time. They typically do all their running together. They both have a favorite couples workout, Aaron prefers the short intervals, saying it is a challenge to chase down his wife. Jeannie enjoys the long runs, despite pushing the stroller with Jonas napping or babbling it is their time for "60-90 minutes of uninterrupted adult conversation."



The Runyon's both agree their most memorable event, hands down was the Mercedes Marathon in 2010 where they finished holding hands AND the race was on Valentine's Day - both had sub 4 hours for the 26.2.

With a busy life chasing down a toddler, training, and working the Runyon's have put aside any "bucket list" races for the time being, they mainly get excited when they can find an amazing race, sign up and do it!

The Runyon's have a handful of races on their agenda for 2014. Aaron has already done one of the MPI Sunset Tri's - he finished 1st Overall. They also travelled to Fairhope for the Grandman Triathlon. Jeanie will be doing the GirlZ Only Sunset Tri in July. Both are signed up for the SanDestin Tri and the Santa Rosa Island Tri.

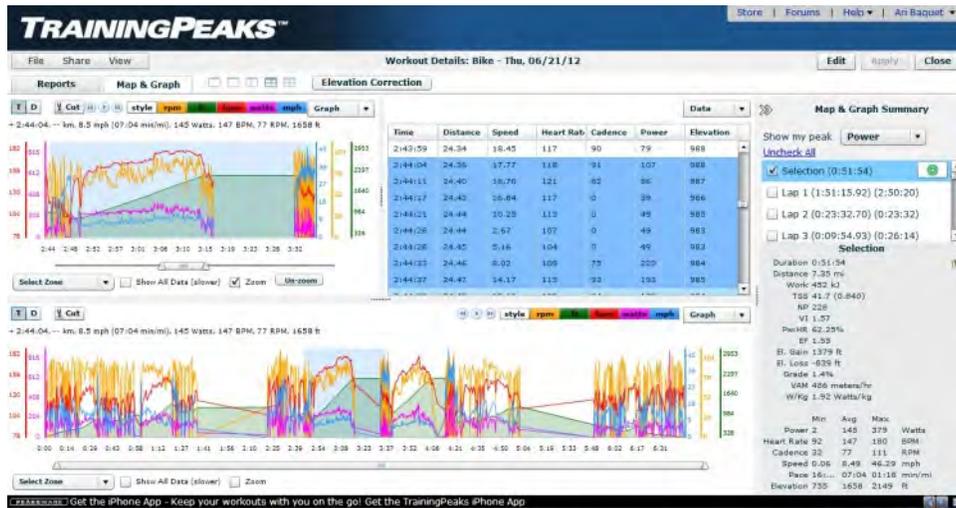
As for advice for couples that share the passion for triathlon? "Train together, communicate, make it fun, and make it a lifestyle." Jeannie adds "respect each other's training, unless it is something you have previously agreed upon your partners training is just as important as yours!"

No doubt, the Runyon's live by the saying "Couples that train together, stay together."



Team MPI Tips (by Coach John Murray)

The Post-Workout Data Dump



We are now in the age of profound data collection for our triathlon training. There are many options out there - power meters, heart rate monitors, and cadence sensors. There are GPS devices that measure speed, distance, elevation and so much more. Once a training session is complete, the athlete can upload this data to a plethora of websites and possibly to a coach. Over a period of time, trends of improvement or periodization can be gleaned that will allow the triathlete or coach to make adjustments or track the desired adaptation.

The data dump does not tell the whole story!

At Team MPI we encourage athletes to report to the coaches how they feel during the session. This extremely valuable data can be tracked and used to adjust training in the same way that the computer information is processed. An athlete may simply attach a value for their Rate of Perceived Exertion or they may expound in detail regarding their training experience. The coach may deduce from the extra, equally important information that training is tracking along as expected or possibly the athlete is "over reaching" and some decreased training or rest is needed.

Post-activity comments

I flew through this, feels like I am firing on all cylinders!

Post-activity comments

Legs felt heavy and I was not able to maintain the same paces as last week.

As triathletes mature in their training regimens, their experience in how they feel will be as valuable and in some cases, much more valuable, than what the computer is telling them about themselves.



OFFICIAL CLUB

TGC Partnering With PSA



Sports.....More than just a Game.

TGC has joined forces with Pensacola Sports Association (PSA) for 2014!

PSA is a private, not-for-profit agency and one of the oldest sports commissions in the country. The association fosters and encourages professional and amateur sports as well as physical fitness in Northwest Florida. Some of the key annual events include the Double Bridge Run and Pensacola Marathon as well as many other events in the community.

TGC believes that collaborating with PSA will be win-win for both TGC and PSA in promoting and growing the multisport community in Pensacola.

Check out their website for more information: [HERE](#)

Last call to renew your membership...

...expired 2013 members, RENEW YOUR MEMBERSHIP NOW!

ON JULY 5TH, if you have not renewed your membership your contact information

will be removed from the TGC database. This means you will no longer receive emails, updates, or this newsletter.

TGC has implemented a NEW club member 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 Mere Mortals.

All memberships will be valid through May 31, 2015.

[RENEW 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

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2014 Sea Turtle Triathlon

DATE: October 5, 2014 (Sunday)

TIME: 8:00AM

LOCATION: parking lot G on Santa Rosa Island (Pensacola Beach, FL)
(1.2 miles East of Portofino Island Resort)

DETAILS: Full review available on the [TGC website](#)

WHO: youth triathletes, ages 7 - 15 per USAT age rules

COST: \$22.00 early registration through August 31, 2014

ATHLETE REGISTRATION [HERE](#)

VOLUNTEER SIGN-UP [HERE](#)



15% off one-hour SUP rentals



Free phone consultations



15% discount for any new treatment or service

ATTENTION:

Due to the annual Pensacola Beach Air Show there will be no Mere Mortals on Sunday, July 13, 2014!

If members elect to utilize the Island for any individual workouts that weekend please be mindful of the vehicular traffic.

TGC SUMMER SOCIAL:

DATE: 07/20/14 (Sunday)

TIME: 2:00PM

LOCATION: Naval Live Oaks; National Seashore Trail (Gulf Breeze, FL)
(Northside of Highway 98, 1.30 miles East of the Pensacola Beach Blvd. overpass)
> Look for the TGC windfeather

DETAILS: Take a nap after Mere Mortals then bring your family and friends to hang out Soundside with your fellow club members. We'll have food (hot dogs, hamburgers, chips) and soft drinks so no need to bring anything other than a side dish to share and your own adult beverages.

WHO: TGC members and their family/friends

BRING: side dish to share, chairs, adult beverages, outdoor toys for the kids, anything else you would like to cook on the grill, water toys (SUP's, etc...)

* In honor of our special event, John Murray will keep his shirt on, Tom Henderson will remain silent, and Mindi Straw will eat a hot dog

UPCOMING LOCAL EVENTS

Firecracker 5K
Saturday, June 28, 2014
Pensacola, FL
7:30AM

Portofino Sunset Tri - Race #5
Thursday, July 17, 2014
Pensacola Beach, FL
6:30PM

Portofino Sunset Tri - Race #6
Thursday, July 31, 2014
Pensacola Beach, FL
6:30PM
!!! LADIES ONLY !!!

Bushwacker Run
Saturday, August 2, 2014
Pensacola Beach, FL
7:30AM

Portofino Sunset Tri - Race #7
Thursday, August 14, 2014
Pensacola Beach, FL
6:30PM

Portofino Sunset Tri - Race #8
Thursday, August 21, 2014
Pensacola Beach, FL
6:15PM
!!! RELAYS ONLY !!!

PRA Membership Run
Saturday, August 23, 2014
Pensacola, FL
8:00AM

Sandestin Triathlon
Saturday, August 23, 2014
Destin, FL
6:30AM

UPCOMING TGC EVENTS

Mere Mortals
Sunday, July 6, 2014
Pensacola Beach, FL
6:00AM

TGC Club Business Meeting
Wednesday, July 9, 2014
Pensacola, FL
6:00PM
(president@trigulfcoast.org for details)

TGC / WFW / PRA EIOSS Social
Thursday, July 10, 2014
Pensacola, FL
7:00PM

RW / TGC Indoor Trainer Ride
Sunday, July 13, 2014
Pensacola, FL
7:30AM

Mere Mortals
Sunday, July 20, 2014
Pensacola Beach, FL
6:00AM

TGC Summer Social
Sunday, July 20, 2014
National Seashore, Gulf Breeze, FL
2:00PM

Mere Mortals
Sunday, July 27, 2014
Pensacola Beach, FL
6:00AM

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

TGC End Of Year Party

Thursday, October 23, 2014
Pensacola, FL
5:00PM



Sports.....More than just a Game.

TGC Member Transformation (by Matt Salvator)



Anyone that knows me can vouch that I truly enjoy the sport of triathlon and road races. However, my biggest problem is that I also enjoy eating. I won't be the one staring at the walls at McGuire's...I will be the one inhaling a bacon cheeseburger. My thought pattern has been if I ran a 5k or biked 100 miles I should reward myself with eating large quantities of food.

Truth is, I had let myself go too far for too long and I had to do something. I have tried every diet pill, program, fad diet, and increased my exercise and the weight wouldn't come off. My weight peaked at 234 lbs.

Back in January I came across an App called MY FITNESS PAL. I made an agreement with my good friend that everything I ate I would record. All I can say is WOW, I truly had no idea I was eating close to 3,000-4000 calories per day. I was consuming lots of fast food. Basically I was eating for pleasure and comfort. I learned based on my activity level I only needed 1800-2500 calories per day and realized I was eating "empty calories." So after 1 week recording my food intake with the App I realized I needed to cut back and eat foods that better fit the lifestyle I wanted - that would fuel my body to perform at my best.

My plan included cutting out fast food, white food products (bread, potatoes, pasta, and soda products.) The hardest part was giving up pizza, which was a

staple of my diet.

From there it was like a snowball rolling down hill. The first 10 lbs nobody noticed, but I did. Running became slightly easier, I dropped a notch in my belt, and I had more energy.



Then another 10 lbs came off and others started noticing and would say "Matt, you losing weight?" This gave me self-confidence and the motivation to "not cheat" and go back to my old ways. People that hadn't seen me in awhile claim they barely recognized me. By April I had dropped close to 30 lbs of body fat, my swimming, biking and running have improved significantly and I just feel better. Those that haven't



But I am not finished, I am currently 198 lbs, but keeping this weight off is going to be an ongoing battle. The everyday reminder of how good I feel and perform will be the motivation to keep the weight off and eat healthy for life.

If you have a "transformation" to share with the group please email president@trigulfcoast.org



West Florida Wheelmen News (by Trish Kuhnell)

Even though Bike month is over, WFW have been at work continuing to educate both cyclists and motorists regarding Sharing the Road.

This time we are hitting "the summer crowd", tourists and locals along Navarre and Pensacola Beach. Check out this ad in Emerald Coast Visitor's Guide, page 38.

15,000 free, colorful, oversized copies will be distributed along with the online version.

A big thanks to the West Florida Wheelman, and especially Kathy Stinson, for getting projects like these going!



Thursday "Girlz Only" Sunset Rides

DATE: Every Thursday evening

TIME: 5:30PM, sharp

LOCATION: Casino Beach parking lot (Pensacola Beach, FL)

> Look for the group of ladies with bikes near the Beach Ball Water Tower

DETAILS: Usual route is to Ft. Pickens and back (20 miles)

WHO: Ladies only, ALL abilities welcome

BRING: Helmets (required) and Park Pass if you have one

MORE INFO: Stay up to date by checking in at the Girlz Only Sunset Cycle

Facebook page: [CHECK IT OUT HERE](#)



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Grandman Triathlon Race Report (by Stephanie White)



At first, I said "no way" when my swim buddies suggested I do a tri. I didn't have a bike and the only reason I was swimming was because I was injured and couldn't run. But the more I swam, the more I fell in love with the sport. I looked forward to my Monday, Wednesday, Friday swim days and seeing the new friends I had met. After a few months of swimming and hearing Mindi, Tracy, Evan, and Perry talk about the fun of riding and doing tris, I thought "well, I just might try one." I started looking for a used bike and signed up for the Santa Rosa Tri for October 2013, even though I had never ridden a bike, didn't have clips, nor had swum in open water. Unfortunately, SRI TRI was cancelled but fortunately, for me, I gained a little more time before my first tri, Grandman, to learn how to ride a bike!

The first few times I was on the road, I was a nervous wreck. I had fallen over twice just trying to clip in. But then I told myself, that if all my friends could figure out clips, then by golly, so could I! Plus, Running Wild asked me to be on their tri team...I had to represent them well! My training buddy, Nicki, and my good friend, Jules, showed me how to clip in my bike. On my third ride, I clipped in and rode 30 miles...and LOVED it!!

The Grandman was my first tri, the second time I had ridden with clips, and the second time I swam in open water. While I was nervous, I had no expectations. My friends told me to have fun and enjoy myself. And I did! I loved every minute of it -



the challenge, the variety of three sports, the camaradery of the athletes - all convinced me that tris are fun and exciting. I can't wait to participate in another one...I am hooked!!



2014 TGC Club Tri-Tops And Tri-Shorts



The kits have been ordered and are expected to be in by the third week of August!
More information will be available as the order ships.

2014 TGC Headsweats Visors

As you may have seen, the ever-popular Headsweats brand visors are back!

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 or into the shower with you (allow to air dry).

Find them at the Mere Mortals sessions or other TGC events.

Questions? Contact Evan Malone at somvdon@yahoo.com

PRICE: \$20

** cash or check (payable to Tri Gulf Coast) **



PRODUCT DISCOUNT

Skratch Labs has extended a 20% discount to TGC members!

Check out their website: [HERE](#)

Web orders receive a 20% discount with use of this code: `trigulfcoastclub`

Skratch specializes in all natural nutrition and focuses on the endurance and multisport athlete population when formulating some of their electrolyte-replacement products.

Additionally, TGC sponsor, Cycle Therapy is a retail outlet for these products so stop by and ask Robbie Mott about it then next time you are at Mere Mortals!

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





20% off of training gear



15% off accessories



Link

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X TERRA WETSUITS

60% off
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