



**TRIGULFCOAST**  
MULTISPORT ATHLETES

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May 29, 2014

Dear Evan,

With Memorial Day weekend winding down and the kids beginning summer break that means time for our Mere Mortals program to start. Your TGC Board has been working hard getting ready for the start of Mere Mortals. The process starts early in the year by getting the necessary permits from the SRIA, determining event dates, obtaining necessary water safety, deciding on weekly workouts, coordinating dates for weekly Featured Sponsor and so much more. We are just now putting the finishing touches on the program to provide all of our members with an exceptional triathlon training program.

We are proud to say that currently we have about 100 new members and future triathletes. This is both an exciting and nervous time for them. TGC welcomes all of you with open arms - your fellow 'seasoned' members and TGC Board are here to make your experience successful. We hope to provide you with the tools and information to make your goals a reality. We encourage questions at Mere Mortals and of course you are welcome to email us.

Many members have started there triathlon season. We try to stay abreast of the local and popular regional races by posting results and pictures, but if members are racing elsewhere, let us know prior and we would love to share results and pictures via Facebook. This has been a great avenue to give credit, cheers, and possibly insight into those destination races that other members may consider for future years race schedules.

Once again, welcome to our new TGC members! You will not be disappointed by the enthusiasm and energy that TGC has to offer.

Yours in Triathlon,  
TGC Board

Profile of Wayne Peacock (written by Domenick Risola)

I would like to introduce you to Wayne who exemplifies that age is just a number!



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

I don't have an athletic background. I ran my first marathon and, also, did my first sprint triathlon at age 61.

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

My first triathlon was the Flora-Bama Mullet Man. I didn't have a clue what I was doing. The swim was in the Gulf on a cold, windy day. I used every stroke known to man and invented a few of my own to finish the swim. I was asked a couple of times by the safety personnel if I was okay and I told them I was and that I would finish. It was a wetsuit legal swim but I didn't have a wetsuit.

3. What's your favorite destination event?

I don't really have a favorite destination event.

4. How could they make triathlons more difficult?

For me, it would be to increase the swim distance -- that would do me in. I had a shirt that read "If triathlons were easy, they would call it football".

That sums it up for me.

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

My favorite workout is long runs. Just thinking about doing swim intervals makes me want to vomit.

6. What's on your bucket list?

I will turn 70 next March and I would like to do the 50-mile run around Lake Martin as a birthday gift to myself. If anyone in the Club has done this event, I sure would like to talk to them.

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

Just a few cold beers.

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

I did the Hot-to-Trot Duathlon at the Flora-Bama in 2005 and decided the following year to add the swim and do the Mullet Man Sprint Triathlon. I use to scuba dive so I thought I knew how to swim. Man was I wrong!

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

My favorite is the run; that part of the tri is about me. I always feel I have the tri in the bag at this point. My next favorite is the bike. On the bike I am dependent upon a mechanical machine where things can go wrong. Swimming is my least favorite. I have taken lessons but still have not become very efficient in the water.

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

I would have begun taking swim lessons at the point I started doing triathlons.

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

Core workout with bands.

12. What are your upcoming race plans?

I have registered for the following events: Blue Angels Rock-N-Fly Half Marathon, (Pensacola Beach) Gulf Coast Half Marathon, Beach Blast Olympic Tri at Mexico Beach, the Gulf Coast 70.3 in Panama City and the SRI Tri.

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

Playing the piano.

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

No but I read a lot of books on professional athletes, especially those who do ultra events like the Badwater Run, the Western 100, Ultra Ironmans, etc. These type events goes way beyond physical training, it's a mind game that one has to be really good at to compete.

15. What is your personal motto?

"You may out run me but you won't out last me"

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



This would be the 2012 Augusta Ironman 70.3. I had some friends who came to the event and there were a lot of Gulf Coast Tri Club members there, also. Evan took us out for a swim the day before, which really helped me. Race day was beautiful. I never had any problems with the swim, bike or run. For me, it was the perfect race.

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



When I first started doing triathlons, I didn't know what a tri kit was so in T1 I would put on a bike jersey. Putting a tight bike jersey on a wet body is almost impossible. Friends would look at my T1 time and ask what in the heck I was doing in transition so long. The Tri Club and Mere Mortals have taught me a lot. Without the training and support of the Gulf Coast Tri Club, I would not be doing triathlons today.



Team MPI Tips (by Coach John Murray)

Open Water Drills in the Pool



At Team MPI we want you to swim in the open water regularly, but we also understand that there are circumstances that will prevent some triathletes from participating in frequent and consistent open water swimming.

Some of the skills needed for your race day swimming can be simulated in the pool and becoming familiar with these can make the start of your triathlon much better.

- Sighting- the ability to minimally disrupt your swim stroke while looking where you are going is very important. We encourage athletes to take a quick peek and then get their head back in the water so that optimal balance can be maintained. This technique can be practiced during pool swims. Place a chair or other object at the end of your lane and sight every 2 or 3 strokes as you swim towards the end. Another drill you can try is Alligator eyes...swim the entire length with eyes just above the surface. Breathe every 3-5 strokes.
- Swimming in a crowd- Every so often our training group of 10 or so will all crowd into one lane and circle swim for about 10 minutes. The purpose is to swim close to others, practice passing and occasionally experience bumping into each other. For those that are not accustomed to this situation it can sometimes produce anxiousness or distress. Developing a tolerance for this close-quarters swimming can help on race day.
- Drafting- although not an absolute necessity, this skill can come in handy from time-to-time. Practice swimming directly behind a swimmer and try to feel the effect of being caught in their slipstream. The workload will diminish somewhat for the swimmer behind. Another option is to swim to the side of the swimmer in front and stay near their hip. The front swimmer creates a bow wave of sorts and the drafting swimmer can save energy there.

These techniques can be introduced and improved in the pool. Once in the open water continue to work on your skills. Race day jitters will fade as you become a more confident swimmer.



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## OFFICIAL CLUB

### RENEW YOUR TGC MEMBERSHIP NOW!

TGC asks if you plan to participate in Mere Mortals that you RENEW YOUR MEMBERSHIP before our first event on June 1, 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.

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

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### Coach Pat's Corner

So far we have discussed how we can utilize our trainers to supplement our outdoor rides and reviewed the different types of trainers available. In this final issue, we are going to discuss how we can use our trainers to prepare for an upcoming race.

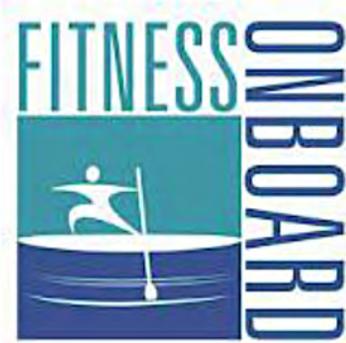
We are fortunate to live in an area with plenty of opportunities for multi sport events all within short driving distances, including Pensacola Beach, Fairhope, Gulf Shores, Panama City, Augusta, and NOLA. We've raced all or most of these using J. Earle Bowden Way from Ft. Pickens to Navarre and back or enjoyed the rolling hills of The Blackwater State Forest. However what if you are like one of my coached athletes, TGC Club Member Laura Henson, and decide to travel to a destination race and test yourself at Ironman 70.3 Silverman just outside Las Vegas? What happens if instead of pancake flat or small rolling hills your bike profile looks like this?



Where and how do we have an opportunity to consistently train in terrain as this? This is where with your trusty ole trainers, a little social media research, and the option of a coach to help you with a time line you'll be able to conquer these hills like a native of the area.

If you are not a member of Strava, Map my Ride, Map my Run, or Garmin Connect, then it's time to jump in! These sites give us the ability to review valuable course information such as grade percent of each hill and the distance of each hill. For example, by viewing the information on Strava, you can learn that the climb around mile 40 is a little over 2.5 miles at an average of 3% grade. With this information, you can set up a session on your bike trainer to include some time doing high tension and slow peddle turns to simulate climbing this hill. Want to get more realistic? Search Youtube for a video of the course. You can review the entire course, then use visualization during your climbing session. Sounds complicated and confusing? That's where a USAT Coach comes in! We are here to help you be successful.

Pat Kozma  
USAT Level 1 Coach



15% off one-hour SUP rentals



Free phone consultations



15% discount for any new treatment or service

### UPCOMING LOCAL EVENTS

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

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

Portofino Sunset Tri - Race #3  
Thursday, June 5, 2014  
Pensacola Beach, FL  
6:30 PM

Heatwave Classic Triathlon  
Saturday, June 7, 2014  
Ridgeland, MS  
7:00 AM

Billy Bowlegs 5K  
Saturday, June 7, 2014  
Ft. Walton Beach, FL  
10:30 PM

Ride Yellow

### UPCOMING TGC EVENTS

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

Mere Mortals  
Sunday, June 8, 2014  
Pensacola Beach, FL  
6:00 AM

Mere Mortals  
Sunday, June 15, 2014  
Pensacola Beach, FL  
6:00 AM

TGC Club Meeting  
Wednesday, June 18, 2014  
Pensacola, FL  
6:00 PM  
Contact [president@trigulfcoast.org](mailto:president@trigulfcoast.org) for details

Mere Mortals  
Sunday, June 22, 2014  
SWIM CLINIC  
Pensacola Beach, FL

Saturday, June 14, 2014  
Bay Minette, AL  
7:00 AM

Flag Day 5K  
Saturday, June 14, 2014  
Gulf Breeze, FL  
7:30 AM

LuLu's Hot Trot for ARC  
Saturday, June 14, 2014  
Gulf Shores, AL  
7:30 AM

Dragonfly Triathlon  
Saturday, June 14, 2014  
Sardis, MS  
8:00 AM

Portofino Sunset Tri - Race #4  
Thursday, June 19, 2014  
Pensacola Beach, FL  
6:30 PM

Gary McAdams 5K  
Saturday, June 21, 2014  
Pensacola Beach, FL  
7:30 AM

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

6:00 AM

Mere Mortals  
Sunday, June 29, 2014  
Pensacola Beach, FL  
6:00 AM

TGC Summer Social  
Sunday, July 20, 2014  
National Seashore, GB  
2:00 pm  
(more details to follow)

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

Gary Garza

In 2011 I weighed 187 pounds and decided I was not healthy or happy. I had played soccer for 30 years by then and while I retained the eating habits I had during those years my exercise level went from playing 5-6 hours a day to 1-2 hours a week. Many calories in, few calories out. Before I realized it, I was overweight.

I now weigh 157. I Made a conscious decision that I needed to be more healthy to be around longer for my children. I ate fruits and vegetables and followed an exercise program of running and riding for 5 months. I also dabbled with "P90X" and "Insanity" programs. Dedication and commitment was the big key. Deciding to be determined.

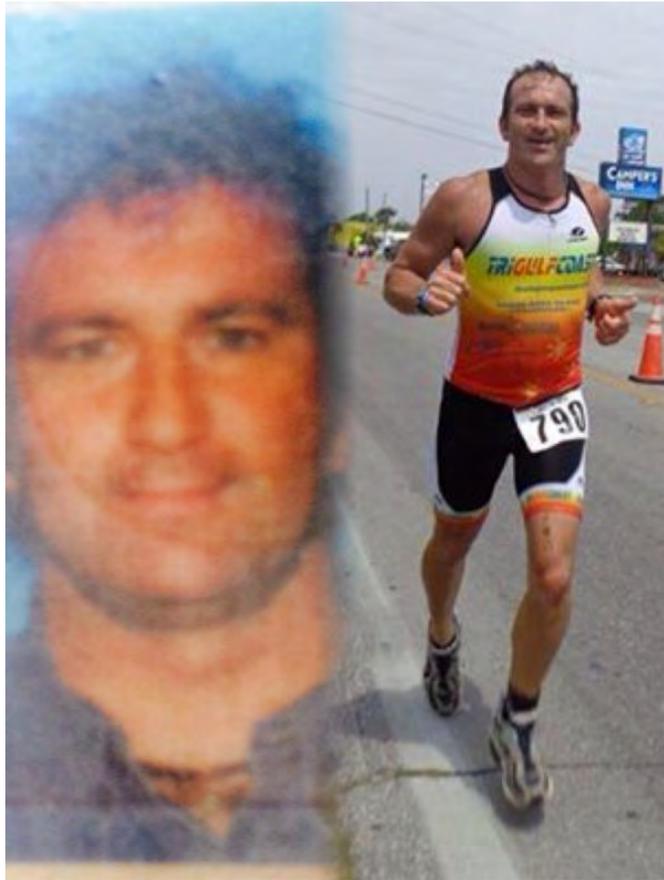
My family was a big factor in my decision and knowing that being healthy meant feeling healthy.

It's a lot easier these days to feel good. I love triathlon. It has been a big part of maintaining my health. Feeling good migrates to all the areas of your life & your attitude is directly affected by your moods and overall well being....so naturally, when you feel good it's easier to keep a good attitude and with that you can overcome most anything.

It's no secret that eating right and exercising are healthy habits. Get out there. Get some fresh air! Triathletes are some of the coolest individuals I know! I have meet some amazing people since joining...and all the while getting healthy and happy.

Life is better when you Tri!

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



RIDE OF SILENCE

THANK YOU...for coming and showing your support of Sharing the Road and to honor

those killed in motor vehicle accidents. You helped make Pensacola's first Ride of Silence a success. 171 riders strong with representation from all area local clubs, our city government, as well as concerned citizens wanting safer roads. Please continue to educate yourselves and others in order to provide a safer environment for all of us on our shared roads. You can visit our website for links to cycling safety and laws at

<http://wfw-pensacola.com>

While you are there, check out the ride calendar for one that's right for you.



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### 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>



## Xterra SE Championship - Race Report (By Scott Boulton)



This is the 3rd year I raced the Xterra Triathlon at Oak Mt State Park in Pelham AL. The race is comprised of a 1500 Meter Swim, An 18 mile Mt Bike and a 10 K trail run. There is also a shorter Sprint Race that is about half of these distances. When I tell folks about Xterra racing I like to tell them there are no slouches at Xterra. They are basically all bad-ass athletes. At this event, The Southeast Championship, there are very few folks from AL or FL. Most are from places like CO, CA, VT, NY, Mexico & Brazil -areas where riding and running on mountains and hills are regular things. Last year I got passed by a lady with a 55 on the back of her leg at the top of the biggest climb. That was kind of hard for me to take, this year she passed me BEFORE the climb! (I'm getting used to it).

The best part of Xterra racing is training for Xterra racing. I get to ride my Mt. bike! Hours and Hours of boring straight roads and Aero Bars are replaced with exciting single track - hills, turns, drops, bumps, jumps, mud, and river bottoms. A couple bruises and scrapes is a small price to pay for the fun riding we get to do. The swim and run aren't a lot different than any triathlon but the bike is a blast!

So about the race - The weather forecast for the weekend looked great. Ten % chance of rain and sunny skies. When I walked out of the hotel Saturday morning that 10% was happening all around me! Light rain right up to the swim start, then a dry swim. (Get it? dry swim) The swim is in a lake there at the park. Wetsuit legal this year but really warm enough to skip wetsuit if you felt like it. The pros go off first then the 100+ Age Groupers start all together. Two loops around a long Triangle then to T1. My swim put me in good position, for me good position is top 1/2 of the pack or about top 1/3 of my AG. Most important I was two minutes ahead of Domenick!

Into T1 I took time for socks, gloves and Camelback for my bike ride. 18 miles sounds

like an easy sprint triathlon but on these trails it's 2 hours of grinding up hills and flying down the other side. The first part of the course is up and down small hills and very technical. I passed a few and a few passed me (the lady with 55 on her leg). The rain came back and harder this time. It got very dark in the woods, like hard to see dark! My only minor crash came here as I hit a small tree with my right handlebar and came to an abrupt stop. The rain had stopped by the time we got to the main climb. This climb is several miles long and seems like it takes maybe 20-25 minutes. It is mostly easy uphill but with 3 or 4 very steep sections a few hundred yards long each. I was passed by several on the climb and I passed maybe one or two. There is a mile or so flat section on top of the hill, on this ridge Domenick finally caught and passed me.

We had come up to train on the course several times over the past few months and I was ready for the downhill. A short way into the downhill you come to the infamous BLOOD ROCK! Blood Rock is a very tricky part of the course, only about 50 yards long. There are several moderate but tight drops. Then onto the boulders, a couple tight turns on top of these large flat rocks. The last 20 yards is over the big rocks with the stream running between and then a final big drop onto a muddy trail. Coming to Blood Rock there were half a dozen or more athletes walking their bikes over the first drops and the rest of the hard parts. Domenick was there just a spot or two ahead of me. This traffic jam put a lot of us together to mount and start at the top of the fastest part of the course. I passed several right away and a couple more on the downhill. This is the part of the race you can go as fast as you dare. It is an old jeep trail and there is room to pass as long as the other riders know you are there and give you a little room. I was Flying!

Save some energy because Johnson's Mountain is next. A climb of about 10 or 15 minutes. Domenick passed me for the last time about half way into the climb. Then the downhill is single track - curvy and tight. There are a few more big drops and steps to go down (easy stuff if you have ridden it before but tricky if it is your first time). The last  $\frac{1}{4}$  of the bike is on Mr. Toads and Rattle Snake Ridge. This section is mostly flat but hundreds of tight turns on single track. I passed a few in here (the 55) and one or two passed me. As in most triathlons I'm ready to get off the damn bike by now.

T2 was a bit slow as I didn't find my spot on the rack for what seemed like a full minute. The run is two laps around the lake, lots of easy hills, a couple steeper ones and a couple of muddy creek crossings. Right away into the run I was in trouble! I was out of energy. After two hours on the bike and a 30 minute swim I had only drank about a quart of thin Execute and I needed more calories. Almost all of the folks I passed on the bike were going by me on the first run lap. I got a GU at the first water station and it took the rest of that lap, and another bunch of people passing me, before I started feeling decent again. The second lap was definitely faster.

I did trip on a root on a downhill part of the trail. Ouch! Scraped my right leg, hip and arm on the gravel trail. Bleeding from the arm, I got up, shook off and got back to running.

Coming to the finish shoot I see the Risola family there cheering for me. The last sprint through the shoot and another great day of racing is done!

Cold water, fruit, sugary snacks and in 15 minutes I'm feeling human again. Very dirty and a little bloody we wait for the rest of the finishers to come in. The awards are given and time to clean up and get on home. I finished 10 of 15 in my age group. I think five of them got me on the run. I'm happy with the placing and think next year I'll get a few more of them.

If this sounds like fun to you please get with Domenick or me and we will be glad to do some mountain bike trail training with you. We are racing Xterra again on June 21, in S. Carolina. This should be a smaller race with more locals but just as much fun.

We will surely race the SE Championship event next year. Come on along!



## 2014 TGC CLUB TRI-TOPS AND TRI-SHORTS



Check out this sharp-looking TGC gear as featured at the 2014 Gulf Coast Triathlon. These guys were VERY easy to spot on the course and it made for some awesome fellowship!

Snag some for yourself by acting now: [DEADLINE IS 06/15/14 !!!](#)

[CLICK HERE](#)

## 2014 TGC HEADSWEATS VISORS

As you may have seen, the ever-popular Headsweats brand visors are back! Many of these have been sold to club members already, so be sure to claim yours as soon as possible...

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).

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 The Destin Triathlon. 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.**

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")

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

Toll Free: 877-751-8880

Phone: 1-310-601-0322

raena@xterraplanet.com

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Yours In Triathlon,



Your TGC Board and Officers



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Gulf Breeze, FL 32562

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