



TRIGULFCOAST
MULTISPORT ATHLETES

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July 31, 2014

Dear Mindi,

We hate to jinx ourselves by saying this, but TGC is 8 for 8 with our Mere Mortals training, this may be a record. Mother Nature was mean this past Winter but has come full circle and provided us with some spectacular training days. We have had roughly 120-160 members joining us for the workouts, which is another one for the record books. Let's keep all of this enthusiastic training going!

Despite getting rained out for Evenings In Old Seville Square we had a fabulous showing for our Summer Social at the Naval Live Oaks. Board members Kirwan Price and Gaby Gasque put on a fabulous show! It is always fun to see our members outside of training and enjoying good food, friends, and family. Because that is why we are all here... for good times and making memories.

Many of you have seen our newest addition to Mere Mortals: BIG SWIM BUOYS. If you haven't seen them it's because you have not been to Mere Mortals! You can see them from the parking lot. They are large, yellow and triangular buoys to make your course sighting easier. Your fellow club member, Chris Hicks, was instrumental in this project.

Another toy that many of you may not notice is our new bike rack pole cart. This will make things a lot easier for early morning set-up and take down. Thanks to board member James Stinson for his creative engineering skills.

We have plenty more planned for the 2014 season. The TGC Member Tri Gear Swap Meet, Members Only Tri, Santa Rosa Island Triathlon, and the grand finale End of Year Party! We hope each of you have enjoyed your TGC experience as much as your TGC Board and Officer enjoy seeing all the happy members achieving their triathlon goals and having fun doing it!

Yours in Triathlon,
Your TGC Board and Officers

TGC TRI GEAR SWAP MEET:

DATE: 08/10/14 (Sunday)

TIME: 6:00AM

LOCATION: Pensacola Beach, FL (Gulfside Pavilion)
(at the same time, date, and location Mere Mortals gathers every Sunday)
> Look for the TGC windfeathers

DETAILS: A great way to recycle your GENTLY used triathlon gear and clothing to those beginner triathletes in the club. If something you own is not of use to you any longer (wrong size, wrong color, wrong decade...) bring it out and see if someone might have a use for it!

WHO: Paid TGC members ONLY!

BRING: Your gently-used triathlon gear (swim, bike, run ONLY please) and consider recycling it for use by a fellow club member.

MORE INFO:

Display tables will be on site and arranged by various categories. Ideally most of this gear will be swapped out or donated to fellow club members.

Members wishing to take advantage of some of the donated items are reminded that these are for your PERSONAL use only, no re-sales please. Please do not claim items for family, friends, neighbors, co-workers. Respect your fellow club members by not abusing this event.

At the conclusion of Mere Mortals that day, any remaining items will either be returned to the original owner or donated to one of the local charitable organizations.

If you have something you would like to sell, there will be a table for that as well. Please price your items ready to SELL and a volunteer will make sure to connect the buyer to the seller for said transaction.

>>> TGC will not be party to the actual sale of any items

TGC Member Profile (by Mindi Straw)

Stan Adams

I first met Stan Adams in 2010. I was a new triathlete and like many I feared getting in the open water. It was Stan who stood by my side and said he would help me get comfortable in the water. And that he did! For the remainder of that Mere Mortals season he would be my mentor as I worked to overcome my fear of the Gulf.

Stan continues to be an instrumental part in TGC's Mere Mortals program. He can be seen at water's edge helping members work on stroke technique and overcoming the challenges with open water swimming. He is usually swimming side-by-side the less confident swimmers giving the needed reassurance and support. He has also been very involved with TGC leadership with implementing ideas for our new triathletes.



Although Stan claims he was a "high school football dropout" he found that he was at his peak physical strength after completing Army's Airborne School. Stan believes that the Bible has been his guide in his physical endeavors. He knew his body WASN'T a "temple," but after lots of prayer and spiritual guidance he started running. Although it was a slow process, he was soon running daily. Many of his runs occurred all over the world, in all kinds of terrain and weather.



As like most triathletes, Stan started out as a runner. He completed many 5K and 10K races in Cincinnati, but it wasn't until he moved to Pensacola after "early retirement" that he started training for marathons. Stan reaffirms that his success in his marathons is primarily due to the coaching he received during training. When he was 55 years of age, Stan was trained by Jay Yanovich (PRA's volunteer coach at the time) and completed the Blue Angel Marathon, just one of four marathons he has since completed.

After becoming weary of marathons, he decided to enter the world of triathlon. Stan was not a natural swimmer, so once again he found a coach. This time Grace Ruckstuhl, a local swim coach, took him under her wing and changed his struggle to complete one lap to easily swimming a mile in just one Summer. Stan completed

his first triathlon, the Santa Rosa Island Triathlon in 2001. He has since completed 1-2 triathlons annually. SRI Tri remains his very favorite triathlon.

In recent years Stan has taken on a new role. Coaching. He was asked by the Leukemia Lymphoma Society to train triathletes. He graciously accepted the challenge and is now a certified coach for Team in Training. He states "I feel a stewardship of all the excellent training I have received and all the benefits I experienced from triathlon training which I strongly wish to share with new triathletes more and more each year."

Now, at 73 years young, Stan's mantra is "I exercise so I can do the rest of life well." Following his career as an engineer for Proctor & Gamble, he still plays the role of "coach" for business leaders in Quality Management. When Stan finds time, he still enjoys sports car racing, boating, and fishing.

Stan has met no strangers, if you haven't officially met Stan at Mere Mortals he will welcome you with open arms. He is a fantastic and gracious listener and seems to have an innate ability to motivate others. Stan has seen all sides of triathlon, that of the 'newbie' and now as a mentor to so many new triathletes.

It is inspirational to know that Tri Gulf Coast has seasoned triathletes of all ages. Personally, if it wasn't for Stan standing by my side at water's edge, there is a good chance I wouldn't be still doing triathlon.

Thanks, Stan, for all you do!



!!! RACE DISCOUNT !!!

15% OFF for TGC members!

[Brett Robinson Alabama Coastal Triathlon \(1.5k Swim / 40k Bike / 10k Run\)](#)

[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 members ONLY, please do not share this code with non-members



Team MPI Tips (by Coach John Murray)

What Does Your Pre-Race Self Talk Sound Like?

Our triathlon training is geared towards preparing ourselves to race. We can just generically prep ourselves to swim, bike and run or we can be even more specific and focus on smaller, but equally important parts of the race, like transitions or the first five minutes of the run off the bike. Some triathletes will thoroughly rehearse a very important part of their race...the swim start. Many others that I have worked with will choose to put on "blindness" and just hope for the best. Which one are you?

I have often wondered, as I look at a triathlon that is about to start, "what are each of these racers thinking." If I could see "thought bubbles" above each triathlete's head before the start of their wave...what thoughts would we see?

"This is so exciting! I can't wait to start!"

"I can't believe they talked me into this!"

"Where is the first kayak?"

What does your thought bubble say?
Are there positive or negative thoughts going through your mind as you toe the line?



It is important for us to rehearse all of the parts of our race. This will help us develop confidence and make for a better race experience and performance. One of the most challenging areas for triathletes can be the first few minutes of the race. These first few minutes can be rehearsed, visualized and developed just like any other part of our race.

Triathletes benefit from learning exactly what plan is best for them right out of the gate. For example, a former competitive swimmer with strong open water skills can choose to start a sprint triathlon with a robust, full speed start. This approach will be rehearsed over and over again. His or her self talk might sound like, "I need to be at the front of the pack...good luck to anyone that tries to hang on!" In another example, a triathlete that has limited swimming exposure and may have a propensity for feeling anxious in the open water will employ a different plan. This plan can be rehearsed many times so that on race day the self talk is related to the confidence of the race start plan and how well things go when plan is executed. "I will start very easy, stay on the outside and stay controlled".

With the help of a well-thought out race plan and several rehearsal runs, we can change our confidence, improve our performance and keep those pre-race thoughts positive.



Running Wild's Tips Redux (by Coach Patrick Kozma)

One of the more common issues our staff at Running Wild deal with is achilles tendinopathy. The athlete will explain that they experience a mild to extreme discomfort at the back of their heel. It is extremely stiff and sore, first thing in the morning and especially during the first mile or so of their run, then "loosens up" and they no longer "notice" it until their run is over. The "issue" mysteriously reappears when they start walking again. Sound familiar?

Let's get to the root of this mystery! First find a sturdy chair to sit on & cross the leg of the effected foot. Make sure your foot is relaxed and take your thumb and probe along the side of the entire calf muscle. In the case of those with the "mild discomfort" you will find a small bump and notice a little discomfort. For those with extreme pain, this spot will likely cause you to jump out of your chair. Find these spots and you've located the source of your problem!



For those that remember, when Paul Epstein wasn't asking us to balance on one foot, he was discussing a product called Trigger Point telling us to "Roll" everyday, to ensure we remained injury free. What is Trigger Point and how does it help us keep running?

While running, we are putting stress on our bones, muscles, tendons, and ligaments. Over time, this stress leads to adhesions within these fibers and if left untreated, will result in the "bumps" you discovered in your calf muscles. By using the Trigger Point roller, you are able to massage the affected area and break these spots up, and allow for a smoothly functioning muscle.

Here is how we solve this issue. You will place the small roller on top of the block and place your calf muscle on top of the roller. Slowly roll your leg until you find your "spot." When you locate your spot, follow the diagram below. While performing these manipulations, it is extremely important that you DO NOT hold your breath! Deeply inhale followed by a deep cleansing exhale!



We suggest that you start using this product twice a day until the discomfort lessens and then get into a routine of rolling prior to each run. Want to learn how to roll? Then be sure to attend Running Wild's FREE 45:00 clinic each Thursday. Sessions start at 12:30PM, loaner kits are available to use.

**Save \$15 off the Trigger Point Total Package!
 Good through Aug 16, 2104**

Instore, instock purchases only. Must present this email electronically to redeem.
 Coupon Code: COACHPAT

Members Only Triathlon - 09/21/14

TGC leadership is excited for the upcoming, annual Members Only Triathlon scheduled to be held on Sunday, September 20, 2014. This TRAINING event is geared toward all club members and is meant to provide for a "dress rehearsal" for SRI Tri.

Please plan on participating in this event and look for informational e-mails in the coming weeks. Please note there are a few items which will REQUIRE MEMBER ACTION BEFORE THE EVENT this year!!!

A few highlights to stress are as follows:

- 1 - this is truly for MEMBERS ONLY, no guests will be allowed to participate
- 2 - members will be required to "register" for the event ahead of time, a registration link will be send in the coming weeks
- 3 - if a TGC member does not want to participate, TGC could certainly use help on the volunteer front as this event requires extra personnel when compared to a normal Mere Mortals session
- 4 - the annual TGC club photo will be captured prior to the event

EVENT TIMELINE

- 6:00AM: athlete check-in begins
> all athletes are strongly encouraged to be on-site by 6:30AM at the very latest
- 7:00AM: pre-event briefing
> athletes should have their transition area completely arranged by this time
- 7:15AM: annual TGC club photo
- 7:30AM: event start



\$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)

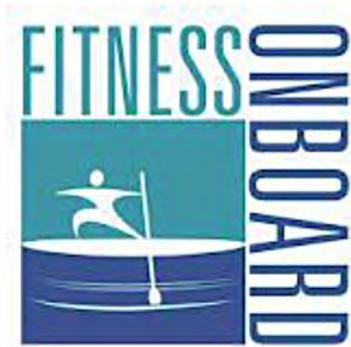
DETAILS: Full review available on the [TGC website](#)

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 Gulf Coast Summer Fest being held on Sunday, August 31, 2014, Mere Mortals will be relocating to the SOUNDSIDE PAVILION that day!

Further, this session will be a swim > run workout only. No planned bike course for that day as traffic is expected to be heavier than normal.

If individuals elect for a bike ride please be safe and mindful of vehicular traffic!

UPCOMING LOCAL EVENTS

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
7:30AM

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

Alabama Coastal Triathlon
Saturday, September 6, 2014
Gulf Shores, AL
7:00AM

UPCOMING TGC EVENTS

Mere Mortals
Sunday, August 3, 2014
Pensacola Beach, FL
6:00AM

Mere Mortals
Sunday, August 10, 2014
Pensacola Beach, FL
6:00AM

TGC Tri Gear Swap Meet
Sunday, August 10, 2014
Pensacola Beach, FL
6:00AM

TGC Business Meeting
Wednesday, August 13, 2014
Pensacola, FL
6:00PM

Mere Mortals
Sunday, August 17, 2014
Pensacola Beach, FL
6:00AM

Mere Mortals
Sunday, August 24, 2014
Pensacola Beach, FL
6:00AM

Mere Mortals
Sunday, August 31, 2014
Pensacola Beach, FL
6:00AM

RW / TGC Indoor Trainer Ride
Sunday, August 31, 2014
Pensacola, FL
7:30AM

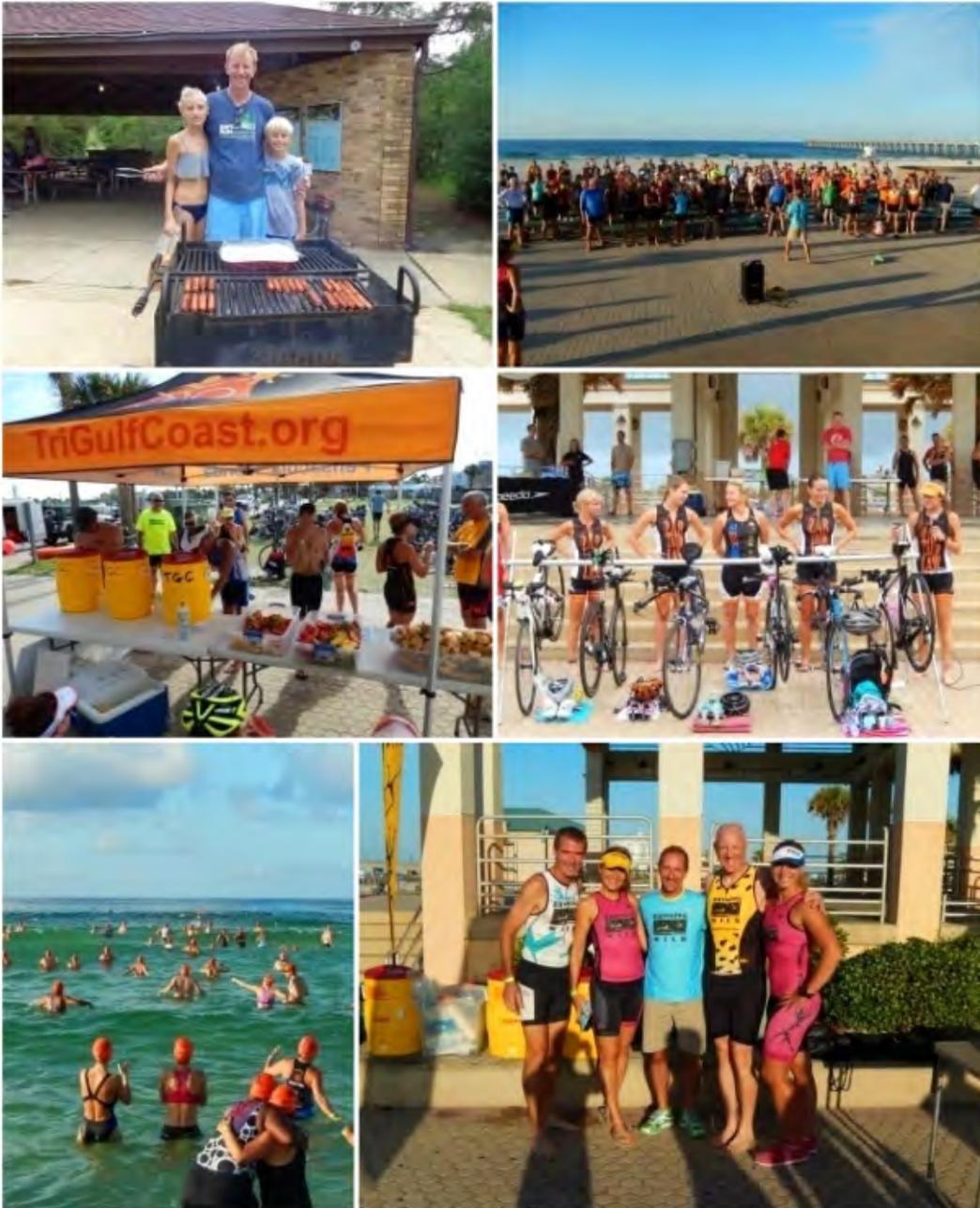
TGC Members Only Triathlon
Sunday, September 21, 2014
Pensacola Beach, FL
6:00AM

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



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

TGC Happenings...







Pensacola Runners Association News (by Charles Gheen)



PRA will hold its annual UWF Cross Country/Membership Run on Saturday, August 23rd. The PRA is combining two races and holding it on a newly-devised course at the University of West Florida that will be challenging and fun. You must be a PRA current member to compete and the race fee is waived for all. You can join the organization on race day and run free as well. There will be premiums, awards, and breakfast will be served to all. More information is available at www.pensacolarunners.com

The Seafood Festival Don McCloskey 5K race is one of the Fall season's signature events in downtown Pensacola and you won't want to miss it. Slated for Saturday, September 27th the event features a race course which begins and ends at Seville Quarter and includes the Community Maritime Park, the scenic Pensacola Bayfront, and the historical district along the way. Known for being flat and fast the race also includes outstanding race premiums and a great post-race celebration. You can find the registration link and more information at the PRA website, www.pensacolarunners.com

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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Freedom Springs Triathlon Race Report (by Liz Hedrich)

It was a beautiful, sunny morning in Marianna, Florida on July 4, 2014. I woke up around 5am and started to get prepared for the race ahead. Race mornings away from home make it hard to eat an ideal breakfast, but I usually pack a banana, half bagel, and peanut butter. Nerves started to settle in as I slipped on my new Zoot suit tri kit and headed out the door hoping I didn't forget any of the many things needed during a triathlon. As we (Jon and I) pulled up to the race, I took a deep breath and reminded myself that I am prepared and need to remember to have fun. Once we were parked, I headed to registration and got marked with the number 91. It was time to head to transition and set up my spot.

As usual, no matter how early I get there, it seems that all the ideal spots are taken. At Freedom Springs Triathlon, there were strange wooden bike rack holders. I got my transition spot all set up (see picture) and started to head down to the spring



with my wetsuit, two grocery bags, swim cap, and goggles. The walk was a bit painful because it was gravel, downhill, and I have baby soft feet that are super sensitive. At this point, I was getting more and more nervous. I was aware of the many stories about the water I was about to jump into. I heard that the water is very cold, there is tall grass that will tangle you and quicksand that will slow you down, and an alligator at the bottom. While I was slowly slipping into my wetsuit, I was trying to drown out all the stories and just focus on the things I had to do - SWIM, BIKE, and RUN.



Once I was swim ready, Jon was encouraging me to get into the water to get used to it. Initially, I was opposed but I bit the bullet and went under. The water was breathtakingly cold, but refreshing at the same time. Thank goodness for my wetsuit! The race was about to start and participants were filing into the water. Everyone was talking about the cold water. Most participants appeared to be relaxed and talking amongst each other. I was hanging out in the water trying to hear the race director explain the course and course rules, but I couldn't hear anything. I began to get more nervous since I was unsure what I was getting myself into. In this race, the men had a five minute head start! I personally think LADIES should go first! The men were off and I made my way to the front. As I was treading water waiting to start, my feet were getting tangled in tall grass and my goggles

continued to fog because my body temperature was warmer than the water. We waited, and waited, and waited - it was the longest 5 minutes! Eventually, we were off and swimming.

The swim felt like it took forever. My hands were getting tangled in the tall grass and the grass was wrapping around my ankles, but I just kept kicking. Even though the water was cold and there was tall grass all over and around me, the water was clear and it was beautiful when you could see the bottom. Finally, I got to the finish of the swim and I experienced the quicksand. Moving fast, I ran up to transition with my feet yelling "ouch" because they were cold and running uphill on gravel, but I kept moving. When I got to T1, I was a bit concerned because the majority of bikes were already gone. I knew I had to make up time with my strength, the bike.

I took off on my bike with the intention of catching up. I felt a bit exhausted and my muscles felt a bit tight with every pedal, but I pushed through. On the way out I saw Jon and Logan, his brother, on their way back to T2 riding strong. This motivated me to push that much harder. At the turnaround, I had passed seven riders and was determined to pick it up. I passed a few more riders and experienced my first win in a chicken fight. T2 was in sight and as I turned in I saw Logan on the side cheering me on. He was already finished! I hurried up and ran out of T2. On my way out, Jon ran past the finish line. **THE ROBERTS BROTHERS WERE FINISHED** and I was just headed out for the 5k.

My legs felt good on the run. It may have helped that my body was still cool from the swim, the run was in shaded woods on a dirt road, and the sun wasn't out. For most races, I pick a theme song that I repeat in my head to keep me distracted and motivated. For this race I had two, "Dirt Road Anthem" by Jason Aldean and "Independence Day" by Martina McBride. Not the most hardcore songs, but two of the most appropriate for this race in the country on July 4th. Country music isn't my usual choice. Finally, the finish was in sight. My stride started to lengthen and my breathing became labored. I ran hard to the finish where I was greeted with cheers and applause. Woohoo! The race was over and my initial feelings were disappointment because I felt that I could have given more, but I started to lighten up once I found out I PR'd on my triathlon 5K time.

While waiting for the awards, I began to wonder if my effort was enough to place. It was!! I earned 3rd place in my age group 20-24!

In conclusion, Freedom Springs Triathlon was a wonderful race, and I see myself doing it again. It is a great way to start the 4th of July and may be a new tradition.

This has been my first year to participate in triathlons and this race was my fourth experience. I am learning so much about myself, my limits, and my fears by participating and training

for this sport (3 sports!). I hope to continue my practice and enjoy the experiences.

One of my mottos is...

"If you face your fears, you will become the person you want to be. If you run from your fears, you will become nothing."

Thank you for reading my race experience. I look forward to training with each and every one of you at MM on Sundays!



TriRock Philly Race Report (by Chris Rawson)



Family, Fun, and Triathlon!

Picking the Race... This season I have my eyes set on my first IM finish at IMFL finish line on November 1st. But it is important to have strategically placed races during my training to gauge my training progress and keep me race minded. So why go to Philadelphia? Reason 1: My wife's family lives in Pennsylvania and this gave us an excuse to go up and visit. Reason 2: Philly Cheesesteak. Reason 3: Thomas The Train was at Strasburg Rail Road in PA. Reason 4: I could not find a race near by in the month of June. Reason 5: Who would not want to race through beautiful Fairmont Park! Swimming down stream near Boat House Row, riding through a beautiful part with challenging hills and fast down hills

which swing you by the "Rocky Steps," and finally finishing with a fast and flat run

along the water with plenty of shade for most of the run.

This was really a first destination race for me. Yes, I have been to NOLA and Panama City but it is a bit different when you are packing up your wife, twin 2 year old daughters, and your in laws to go on a 20 hour drive. Not only did I have to make sure our vacation stuff was packed I had to make sure my Tri Gear was packed because I was going to be a long way from home if I forgot something. So, 6 days before the race we packed up the car and headed to Philadelphia! This is where I hit my first snag. I did something weird to my knee putting bags on top of the truck. For the rest of the trip I worried and focused on it. Nothing bad but I could feel it when I bent my knee. NOTE: Make someone else put stuff on top of the truck next time!

We were staying 45 minutes outside of the city in West Grove PA, Amish Country. I did a few warm up rides and runs but mostly had fun with the family. On Friday we drove in pick up my packet, and get a Cheesesteak from Pat's. It was a cool packet pickup setup, outside in a big open tent in the middle of the park. On Saturday, the day before the race we went to visit Thomas the Train with the kids and had a blast. When we returned to the house I turned off vacation mode and turned on race mode, reviewed the race schedule, unpacked and repacked my gear, cleaned up and changed out the wheels on my bike. During this process I realized that I would be bused from the transition area to the swim start close to 2 hours before I would get in the water. My age group (25-29) was the very last wave. Why was this important to know? Because I was going to need a few more things that I did not bring: Throw away long sleeve shirt, throw away flip-flops, and food to take with me to the swim start. I chose to take throw away stuff so I did not have to worry about bag check. That turned out to be a great idea because they where making people turn in their bag really early. On the way into the city Saturday night where we were staying in a hotel close to the race we stopped into Wal-Mart and picked up everything.



On Saturday night where we were staying in a hotel close to the race we stopped into Wal-Mart and picked up everything.

Race Morning... I was dropped off as close to transition as I could. It was a LONG walk to transition. When I go there I had a first, everyone entering transition was getting security checked. Once in transition I had about 30 minutes to setup and get on the bus to go to the swim start. It was the second largest race I have been in so it is fun to see all the athletes, I made sure to swing by the PRO transition area just to see how they had their stuff setup. It was shaping up to be a beautiful day for racing...

Swim Start... Ready...Set..wait...wait...wait. I finally entered the water about

7:45am, which was 35 minutes earlier than the schedule said. We entered 7 at a time it was a down stream swim, in a wet suite with 100m markers on my right (my favorite side to breath on) SO WHAT COULD GO WRONG? Well, about 100m in I started getting out of breath... this happened to me before but the conditions on that swim were very cold. For a second I was going to quick but then I talked myself into trying a few things. First I rolled over on my back and pulled on the front of my suite to try to get it to loosen up, which did not work. I reached back and U-Hooked the suit and went back to stroking, 1...2...3...breath. After a few nice and easy yards I got my bearings and was on my way. T1 included a little fight with my wetsuit but overall I got out of there quickly.

THE BIKE... being the last wave in the water meant I got to play racecar driver on the bike course. It was a two-loop bike course with some hills (much larger than the ones on PCola Beach) and some fast down hills will quick turns at the bottom. The first lap was fun but by the second lap I had to not only look for bad spots on the road but also dodge cyclist. It is a good help to the confidence when you are passing people but when you are headed down hill and people will not ride to the right like they are supposed to it makes for a lot of yelling LEFT, LEFT, DUDE LEFT. The whole bike I was chasing a guy, the only guy I could see in my age group the whole race. I had no clue where I stood but I was going to chase him down. I made sure on this race to hold a little back on the bike so I could finish my run strong. Into T2, no issues got in and out quickly...



THE RUN... The run course was flat and fast taking you out to a turnaround and then back by transition at the half way point and then out to another turn then back to transition for the finish. I felt amazing... I held back a bit until half way then started picking up the pace and then the last half-mile I hammered down, passing the dude I had been chasing the whole race, crossing the finish line feeling great,

my knee never bothered me on the bike or run. To be honest it is the best finish I have had as far as filling like I accomplished my goal. The race course was fun and beautiful I had no complaints other than being last in the water. If you want to go on a vacation and also do a race I recommend TriRock Philly you can pick Sprint, Olympic, or Both!

2014 TGC Headsweats Visors

The new design for the TGC visors is popular. These things are going fast! Do not miss out...

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) **



TGC Member Transformation (by Dawn van den Berg)

In my adult life, I've always had a weight problem, most times I was heavier than others. During my 20's I dipped down to the lowest weight of 130 pounds, but shortly after I regained that weight and some more.

In my 30's, I dipped down again to the 140's, again regained that and more. In my late 30's and very early 40's I dipped down to my 160's, yes again regained that and more. See a pattern?

It wasn't until 2014, that I was at the top of my scale, a whopping 209 pounds, miserable, not exercising, couldn't hardly walk up the stairs, and missing all the running and triathlon stuff my friends were doing. While sitting on the couch eating, I was watching their successes on Facebook... how depressing. My lower back was in so much pain carrying around the extra weight.



In mid-January 2014, I was tired of walking up the stairs (out of breathe again) when I said to my husband I am tired of being fat. I want to lose this weight correctly and start running again. We brain stormed for a little while and came up with a plan. As far as the eating thing, we really weren't sure what direction to take - except that we

knew we needed to cut out all the bad food. And that's what happened... we said good-bye to our old ways. My nutrition was overhauled tossing out all of the sweets, white flour, white sugar and as much processed food as possible. No more fast food, cakes, cookies, ice cream, pizza, diet sodas, and BEER! Since January I haven't looked back on bad nutrition. The goal was to achieve more nutritional balance that better supported my body's training needs. I've been 100% dedicated and as a result I have lost 31 pounds.

In addition to nutrition overhaul, I had to get my fitness level back on track. I joined a gym, started lifting weights four times a week, pulled out my bike and trainer, started swimming at UWF, and conquered the stair escalator at the gym. Because my weight was so high, it was decided that I would not start running until I had dropped at least 15 pounds. The pain and potential for injuries are far greater with increased weight. So I waited to run, and that just about killed me. I wanted to run so bad, and in fact I ran a couple of times but the stress to my aching back about killed me. Finally, when it was time I started running - very slowly (about a 12.5 minute pace). As I lost more weight and my body got stronger I increased my distance and pace and by May I was running at a 10 minute pace.

In May, I decided I needed a challenge, a bigger one. So for Mother's Day I asked for a unique present - registration fee to the Pensacola Beach Triathlon. I was ready to race again after taking over a year off. I didn't have much time to train for this event, and but I wanted to see what I could do. It was a successful race for me, and I placed first in the Athena division. This race not only put me on the podium but increased my focus and pushed me further! I set a challenge and it was successful!

In the past 8 weeks, I joined Mere Mortals and I began training for the Tri-Arkansas Olympic Distance Triathlon and the DeGray Sprint Triathlon which is being held in Arkadelphia Arkansas on August 16th and 17th. I will compete in both events in one weekend. Both events are the first USAT sponsored Athena Championship races. With my weight currently at 177 pounds, I will meet the cut-off of this race which is 165 pounds. This will be my last Athena division race. I'm going out of the Athena division with a BANG! I've set some future goals as well, The Brett Robinson Olympic Distance Triathlon, the Santa Rosa Island Sprint Tri, the Pensacola Half Marathon, and ultimately I will start training for a Half Ironman which is held in Galveston Texas in April 2015. My goal is to be even leaner and stronger by this race.

In closing, anyone can lose weight if they have the mind set to do it. Tom Venuto author of "Burn the Fat Feed Muscle" taught me that I must all use five elements in order to reach my goals: (1) Mental Training (2) Nutrition (3) Cardio Training (4) Weight Training (5) Social Circle. There is no easy pill to take, no one is going to do this for me - the past seven months have been hard work and dedication, lots of sweat and changing my habits to support reaching my goals. It wasn't easy - and today I continue on my quest to become a leaner and stronger person. It's a life changing event that I must stick to every day. When I reach my goal, I don't stop - I keep setting more goals... lifetime goals.

"What you get by achieving your goals is not as important as what you become by achieving your goals."

- Henry David Thoreau



If you have a "transformation" you would like to share please contact president@trigulfcoast.org

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