



TRIGULFCOAST
MULTISPORT ATHLETES

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31 January 2015

Dear Alex,

It's been a relatively mild winter so far, with weather nice enough to train outdoors without too many layers. Most of us are still looking forward to warmer and longer days, ditching the treadmills and trainers with fans for asphalt, trails and breezes.

In preparation for those warmer days, the TGC leadership has been hard at work. Gary Garza has done a great job getting the 2015 kit designed and ready for purchase. Jim Hagy has set everything in motion for the Maritime de Luna Duathlon for this March. Tom Henderson is getting the Mere Mortals schedule in place and pulling permits for each weekend. Chris Rawson has stepped up to help the board and is coordinating the Xterra wetsuit fitting in March. Our first social is getting planned as well, just in time to kick off the triathlon season.

Everything is shaping up for a great year and we're all glad to be able to put it together for everyone to enjoy.

Club membership registration is now also open. While everyone's membership is good until May 31st, we went ahead and got everything ready for you to renew whenever you're ready. Just follow the link on the website (<http://trigulfcoast.org/join-tgc/>) and follow the instructions. Feel free to share this information with prospective members as well.

Best of luck to all of those prepping for running races!

Yours in Triathlon,
Your TGC Board and Officers

2015 Tri Kits - ORDER NOW!

There is a very narrow window to order the official 2015 TriGulfCoast Kit.
If you want one or know someone who wants one,

[ACT NOW!](#)

The only window to order is from January 15 - February 2.



[VIEW DETAILS & PURCHASE](#)

TGC Members Earn 2014 USAT All-American Honors

				
Jessica Koelsch	Jules Kariher	Andrew Rothfeder	Johnny Harrison	Doug Jones

These Tri Gulf Coast athletes killed it in 2014 and USAT took notice. Earning All-American Honors is done by ranking in the top 10% of your age group... in the ENTIRE country. WELL DONE!

For The LOVE of Triathlon

Since February means love is in the air, we decided to ask the TGC Chairpersons what they love about the sport of triathlon:

Tom Henderson, Mere Mortals Chairperson

I love the challenge, the variety, and most of all the people! The challenge of trying to get better in three different sports at the same time, the variety that the effort to do it brings to my workouts, and the wonderful, supportive, friendly people who seem to be attracted to this sport.

Jim Hagy, Events Chairperson

For me triathlon has never been about a quest to complete a long race or about winning an AG award (can't say I'm not trying though). I love the variety of training challenges inherent in triathlon and the opportunity to be out on the road, or out on the water. There have been times when I couldn't run (like right now), or there wasn't a place to swim, or when it was cold enough I couldn't imagine getting out on a bike. But there hasn't been a time that I couldn't train for triathlon in some way and stay active and reasonably fit. That's one of the great things about triathlon.

Gary Garza, Kits Chairperson

There are many things I love about the sport. The challenge I get mentally and physically keeps me sharp and open to change. Triathlon makes me feel strong- I CAN DO IT! The sport also gets me outdoors, breathing fresh air. Lastly, and the thing I love most about triathlon is the triathletes! These are some of the most excellent people I know; friendly, encouraging, and willing to take on challenges. Being a part of this community via Tri Gulf Coast has been one of the best choices I have had the opportunity to make and I love every minute.

Patrick Willi, Newsletter Chairperson

I love the spandex! And I love the people who wear it! There is something special about this group of athletes that puts you at ease and comfortable enough to wear form fitting lycra without giving a second thought to your "fluff". Triathletes are great people who are open to give advice, help out, or just smile as they pedal past.

Teresa J. Hess, Newsletter Chairperson

I love the sports encompassed in triathlon. First, I get to swim. In the water my knees do not hurt and my body gets to stretch out and glide. Then I get to bike. I have much more to learn on the bicycle seat, but I know I can push and pull my legs with grace. Last, I get to run. I am not by any means a lover of the run, but I love it for the challenge it brings to me. The run teaches me to push harder and test myself and self awareness. While I love what the sport does for me, I love even more to be a part of this community; the support, engagement, and joy from other athletes is amazing.

2015 Maritime De Luna Youth Duathlon

TriGulfCoast Multisport Athletes (TGC) is proud to offer the 2015 TriGulfCoast Youth Multisport Series -- Presented by Running Wild. The Maritime De Luna Youth Duathlon will take place on 08 March 2015. This is a fun youth event with two course distances.

Youth events are important in our community not only for the love of the sport but to encourage our youth to be healthy and to improve academic achievement. By having youth events in our area we are encouraging our youth to work hard, build relationships, and preserve through tough challenges.

For more information please click on the link below:



Experiencing Kona (by Coach Mark Sortino)

Inspiration all around us...

This past October marked the 6th year in a row that I have either raced or supported athletes in person at Ironman World Championships in Kona, Hawaii - lucky, I know! Each year is a different experience for me, and certainly during these last three trips in which I was in support mode - as a coach and paratriathlete handler - I really began to see inspiration in many forms.



Pain

This is obvious, of course, but witnessing a couple of thousand elite athletes suffer, yet still continue, is a rush of adrenaline for me. Some are seemingly cruising along one minute, and then crashing to the bottom the next - not knowing why or how, but continuing to move forward nonetheless. I saw multiple professionals on Saturday who were in contention for the podium early in the run rapidly fall off before reaching the top of Palani Road (about the 10mile mark). Many age-groupers crashed on their bikes with the high winds and rolled into T2 with massive road rash from their lower legs all the way up to

shoulders and even faces. Minutes later, I saw them running out of T2 wrapped in white bandages.

Will

There were 10 challenged athletes racing Kona, from wheelchair to visually impaired athletes. One athlete who 20 years ago broke his back but was able to walk again - albeit awkwardly at best - barely made both the swim and the bike cutoff. When I saw him at mile 1.5, he was running, but his running was as fast as a brisk walk for an able-bodied athlete. I spoke encouraging words and urged him on. Finally stopping and watching him shuffle up the hill with his head down and sun setting, I stared in amazement of his courage and determination and welled up. He would be pulled from the course at mile 18. Oh, and he raised almost \$50,000 for charity.

Joy

I spent the last hour of the race at the finish line. And any of you who have done this at an Ironman know that this is the greatest hour of the year. The athletes who are running, walking and crawling in have been out on the course for over 16 hours. Most of the run course was pitch black and lonely for them. The battles they've fought, the highs and lows, the doubt and fear all gets washed away as they realized that they made it. It's a joyous emotion that is spontaneously shared by thousands of spectators at that very moment.

We all can do so much more than we think we are capable of doing. We are truly limitless. Spending 20 hours last Saturday in Kona, Hawaii - with all the pain, willpower and joy - inspired me yet again. How wonderful is it to be alive.



USA TRIATHLON®



OFFICIAL CLUB

OFF-SEASON GROUP TRAINING:

Group Run:

- Casino Beach to Gulf Breeze, preparing for Double Bridge 15K
- 01 February 2015
- 8:00 AM laced up and moving
- BRIDGE REPEATS

Group Ride:

- Casino Beach to Navarre Beach, varying speeds
- 08 February 2015
- 8:00 AM roll out



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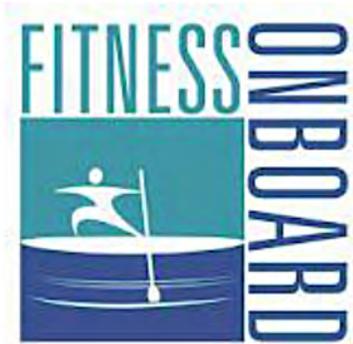


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UPCOMING LOCAL EVENTS

We Believe in Children 5K
31 January 2015
Pensacola, FL
8:00 AM
[Escambia County Public Schools](#)

Double Bridge Run
15K / 5K
07 February 2015
Pensacola, FL
7:00 AM (15K)/ 8:30AM (5K)
[Pensacola Sports Association](#)

Annual Battleship Ride
105 miles
15 February 2015
8:00 AM
Annual Battleship Ride - [Facebook](#)
[West Florida Wheelmen](#)

Bay 2 Breakfast Cross Country
8K Trail Run
28 February 2015
Big Lagoon State Park - Pensacola
7:30 AM
[Pensacola Runners Association](#)

UPCOMING TGC EVENTS

TGC Group Run
Sunday, 01 February 2015
Pensacola Beach, FL
8:00 AM

TGC Group Ride
Sunday, 08 February 2015
Pensacola Beach, FL
8:00 AM

TGC Club Meeting
Wednesday, 18 February 2015
Pensacola, FL
6:00 PM

Maritime de Luna Youth Duathlon
TriGulfCoast Youth Multisport Series
Saturday, 08 March 2015
Pensacola, FL
[Info & Registration](#)

TGC Spring Social
The Bridge Bar
Saturday, 08 March 2015
Gulf Breeze, FL
4:00 PM

Athletes Corner

The sport of triathlon is a community built of people from all walks of life. This year we wanted to get to know some of our club members and a little about who they are outside of triathlon.

Ashley Aguilar

Ashley with her husband, joined TGC in 2014. Ashley appears to always be up for a challenge and always on the go, with three boys at home there never seems to be a dull moment.

Ashley decided in 2014 that it was time for her to conquer her fear of open water swimming. She found the encouragement at Mere Mortals to be what pushed her to overcome her fear of the water. Now she has completed 3 triathlons and 2 half marathons; including completing the Pensacola Half marathon in November of 2014. Ashley tells us this race was a good experience for her because of the ton of support on the course and it being a great route through the town. Ashley is a fan of her Garmin 220 and claims to use the "sets" setting even in the gym for strength training. She is also a foodie over chicken; you might find her after a work out with some chicken tenders.



Ashley has been married to her husband, Lorenzo, for eight years and they have three adorable boys (7, 5, and 20 months). Ashley is a stay at home mom, which she loves. Recently her and her family took their annual trip to Disney, but this time there was a twist; Ashley ran her second half marathon! The boys, including her youngest, complete the Disney Kid's race too!!! Ashley was delighted over how much the boys enjoyed the race and that they are already asking to race again!

When asked about advice for other athletes Ashley turned her focus to the beginners saying, "I would recommend Mere Mortals. You learn so much in those few short months. Everyone is supportive and encouraging."

Jason Majors

Jason has always been interested in triathlon racing. He wasn't sure how to get into the sport until a friend of his encouraged him to take part in the SRI Tri. Jason figured it was now or never, "I was only getting older." Jason showed up to a Mere Mortals practice day and had his first open water swim before taking on SRI.



In 2014 Jason completed the Rev 3 in Venice, Florida. This was his first full 70.3 distance; he had tried previously to complete this distance at the Gulf Coast Tri in Panama City beach, but with a canceled swim he felt he had this goal still lingering out there. The Rev 3 was Jason's favorite race to date, not only for being a huge accomplishment, he felt good during the race despite a cold rainy start, he gave it his all out there, and to top it off his three year old twins were there to run down the finish line with him.

Outside of triathlon training and racing, Jason enjoys anything that keeps him outside. He likes to backpack, rock climb, kayak, and to try new adventures. Because of his love for the outdoors Jason's favorite travel destination was to Utah, where he spent time hiking through Bryce Canyon and Zion National Park.

Jason is a high school teacher for the Internet Marketing Academy at Escambia High School. He teaches Microsoft and Adobe classes.

Jason is a father of three. His oldest daughter is graduating from high school this year and he has twin three year olds, a boy and a girl. Jason's twins actually have different birthdays!!

**RACE ENTRY DISCOUNT CODES:
Pensacola Beach Triathlon**

TGC is delighted to offer a 15% off discount code for the 2015 Pensacola Beach Triathlon taking place 16 May 2015.

Discount Code: trigulfcoast2015

Chattahoochee Challenge Races - Columbus, GA

\$25 off - Chattahoochee Challenge Half (TGC25) - 25 April 2015

\$5 off - Chattahoochee Challenge Sprint (TGC5) - 18 July 2015

\$10 off - Chattahoochee Challenge Olympic (TGC10) - 15 August 2015

<http://tricolombusga.com/>

There will be a number of clubs getting together after the Chattahoochee Challenge Half at the Mexican restaurant down the street from the finish line. TGC members are more than welcome to join!

LET TGC KNOW ABOUT YOUR EVENTS:

Your fellow TGC members love to know what you are up to when it comes to participation and accomplishment in any scored road races or triathlons!

Please let Evan Malone (evan@trigulfcoast.org) know what is on your docket and TGC will make an effort to share this information on the club Facebook page.



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



West Florida Wheelmen News

WFW upcoming events...

Join the West Florida Wheelmen for their Annual Battleship Ride on 15 February 2015 at 8am. This is a scenic and fun 105 mile ride from Pensacola to the USS Alabama.

The calendar of events for West Florida Wheelmen for this month [can be found here](#).



nk



TGC Headsweats Visors

The white design for the TGC visors is popular and there are some left. 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).

The 2015 black design matches this year's kits and will be available in the Spring!

Visor Questions?

Contact Evan Malone at:
evan@trigulfcoast.org



PRICE: \$20

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Yours In Triathlon,



Your TGC Board and Officers



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