



**TRIGULFCOAST**  
MULTISPORT ATHLETES

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December 31, 2014

Dear Alex,

With a new year upon us, the TGC leadership is under full steam preparing another 12 months of multisport for you. While Mere Mortals is the main offering of the club there are events going on throughout the year. Group rides and group runs are underway every month and our first social of the year is already being planned. Make sure you take advantage of all the other offerings of the club, and bring friends if you want. In fact, we encourage you to bring friends to the parties and off-season events and show people that we do more than just wake up early every Sunday during the Summer.

We'd also like to extend a huge congrats to Tom Henderson. USA Triathlon has asked TGC to make a presentation for a webinar on club development and multisport participation based on Mere Mortals! USA Triathlon clubs, coaches, athletes, and leaders from across the country would be learning from Tom, just going to show that we're not the only ones that appreciate and recognize his work.

Last but not least, Happy Birthday to you all! Yes, that's right, Happy Birthday. At the stroke of midnight on New Year's Eve you will all be one year older according to USA Triathlon. Best of luck to you all with the upcoming year, especially those of you aging-up into a new age group.

Yours in Triathlon,  
Your TGC Board and Officers

Welcome to 2015  
Meet the Board

Alex Bell, President

Best Advice for Race Day: I always complete a mental walk through of the entire race while setting up in transition. I even go through my putting on or taking off my gear. By the time I walk down to the water's edge I am ready to piece together my race - swim to the first buoy, then the next, and so on. The big picture of the race will be there when you look back, on race day it is all in the pieces and details.

Kirwan Price, Vice President

Best Race Event: My favorite "BEST" race is Montserrat Volcano Half Marathon. A great course and a great cause. My "BEST" race results were from Ironman Florida 2013.

Perry Palmer, Treasurer

Favorite Place to Bike: My favorite place to bike is Pensacola Beach. It is always a nice ride out there.

Tracy Gilbert, Secretary

Favorite Recovery Food: While I do not have a favorite recovery food I do enjoy Armor pink lemonade recovery drink mix by Energylab.

Gabriela Gasque, Board Member

Favorite Place to Run: My favorite place is the beach, with no doubt. The joy of seeing the sun rise out of the water or just the sea itself!

Nancy Grogan, Board Member

Best Swim Advice: I have learned to practice like you race, especially for the swim. Entering and exiting the water are important parts to being prepared. Also letting the water carry your weight and learning to have a consistent stroke have been of great value in improving my swim.

Jason Vaughn, Board Member

Favorite Piece of Gear: My favorite piece of gear is my bike. I love pushing it to the max out on the road and in turn my bike enables me to equalize the playing field.

We are excited to have an enthusiastic leadership for the 2015 year. Our Board Members are looking forward to a year full of training fun and racing support for all members.

## OFF-SEASON GROUP TRAINING:

Group Run:

- Casino Beach to Portofino, varying paces and distances
- 04 January 2015
- 8:00 AM laced up and moving

Group Ride:

- Casino Beach to Navarre Beach, varying speeds
- 18 January 2015
- 8:00 AM roll out

## Paradise Polar Bear Plunge



Come out on 01 January 2015 at 2pm to Paradise Bar and Grill on Pensacola Beach to plunge in with your TGC friends!!! This is a fun way to start your New Year and get in a little open water swim training!!!

You'll be rewarded with a heaping bowl of Black-eyed peas, perfect for warming up. The entry fee benefits the Chamber, but there's no charge to cheer.



### Team MPI Tips (by Coach John Murray)

#### Swimming with a Purpose

This past week I was researching some cycling training information and the topic of "cycling economy" became one of the areas of focus. One of the authors explained that the path to cycling economy was reached not through volume, but primarily through a proper bike fit and improve pedaling efficiency. This can lead to the greatest speed possible, sustained for the greatest duration possible, using the least amount of energy at a given effort level.

The next day I found myself in the pool and thought about how that translated to swimming. For the athletes we coach, our goal in the water is to find that swimming economy. It doesn't come from volume. The swimming correlation for a better bike fit would be optimal balance, drag reduction and leverage from the core. The pedaling efficiency is our catch and hold of the water along with recruitment of the big muscles.



So here we are again in the off-season. This is perfect time to focus on techniques that lead to better "swimming economy." These are the techniques that can take us from unexplained breathlessness in the water to a triathlon swim PR.

I encourage self-coached athletes who haven't yet developed a more detailed swim plan to make that one of their changes for the next season. Instead of heading to the pool to merely swim some laps (volume), spend your time at the pool with a focus on swim economy. Practice drills that will develop your swimming economy and rotate through to cover all areas of the stroke. Maybe your kick needs some improvement; give that some of your time. Be patient but driven!

Find a qualified swim coach in your area to accelerate improvements in swim economy. Consider attending a swim clinic and/or obtaining a swim video analysis. What you see is often very different from what you feel!

Remember, gains in swimming economy mean a savings in energy expenditure that will transfer directly to your bike and run. That will make for a more satisfying race performance!



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## Beating the Cold: Cold Weather Training Ideas

Training in cold weather can be a challenge- trying to stay warm, trying to stay motivated, or trying to beat the early sunset. Knowing it can be rough in these short cold days we asked some of our board members for advice on winter weather training.

Gaby Gasque reminds us to hydrate. This is important even in cold weather. You may feel like in the cold you won't be sweating as much and won't need to drink as much; this is incorrect, in fact, cold weather increases the rates of dehydration. Your body is already working harder to try to stay warm, adding exercise to this internal workout causes quicker dehydration. Remember take

your water with you out on cold weather workouts.



Now that you have your water with you it is also important to dress for the weather. Jason Vaughn told us his favorite gear in cold weather is his beanie and gloves. By keeping his fingers and ears/ head warm Jason's body is able to focus on maintaining and regulating his core body temperature. Tracy Gilbert added to this must have gear by including arm warmers in her must haves for cold weather gear. Arm warmers, like a beanie and gloves, are great items for running or biking as they can help to regulate body temperature and as a bonus they are easy to remove, store, and replace if necessary. An important tip from Alex Bell is on these cold windy days you should ride into the wind first, otherwise you will be warmed up and sweaty then have to ride into the cold wind. Having a tailwind on the return trip is not only warmer but an added boost after working hard to push out to your turn around point.

Like the warmth from a good beanie Kirwin Price notes a good beard can offer warmth on the run and beyond! Now a beard may only be helping the men in the club but it is important to remind the ladies in the group that covering your mouth and face may help during outdoor runs. This will help to keep the cold off your skin and to help warm the air you are breathing, making it easier for your body to stay warm.



Nancy Gorgan stays warm by hitting the pool for some extra time in the water. The winter is a great time to get in some swims and work on speed and form.

The last bit of advice- find a Winter Weather Buddy or two. Having a friend or going out to a group event is a great way to find motivation in cold weather. Braving the cold with a friend not only gives you a person to hold you accountable to your workout but it also gives you a friend to help you stay focused on pushing through the cold.

Remember cold weather training can be fun! As Perry Palmer reminded us, sometimes you just have to suck it up and get out there!! Go out for a bike ride, enjoy a nice trail run, or spend some time in the pool, any way you get it done cold weather does not have to stop you from having a great training day.

## UPCOMING LOCAL EVENTS

PRA Pensacola Beach Run  
5K/ 10K/ Half Marathon  
Saturday, 10 January 2015  
Pensacola Beach, FL

## UPCOMING TGC EVENTS

TGC Group Run  
Sunday, 04 January 2015  
Pensacola Beach, FL  
8:00 AM

7:30 AM

First Light  
Half Marathon/ Marathon  
Sunday, 11 January 2015  
Mobile, AL  
7:30 AM

Destin's 5th Bayou, Bay, & Back  
5K/10K/Half Marathon  
Saturday, 24 January 2015  
Destin, FL  
7:30 AM

New Orleans Rock & Roll  
Half Marathon/ Marathon  
Sunday, 25 January 2015  
New Orleans, LA  
7:00 AM

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

TGC Club Meeting  
Wednesday, 14 January 2015  
Pensacola, FL  
6:00 PM

TGC Group Ride  
Sunday, 18 January 2015  
Pensacola Beach, FL  
8:00 AM

## RACE ENTRY DISCOUNT CODE: 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

## 2015 Maritime De Luna Youth Duathlon

Tri Gulf Coast Multisport Athletes is proud to offer the 2015 Tri Gulf Coast 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.

For more information please click on the link below:  
[Maritime De Luna Youth Duathlon](#)

## 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.com) 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...

The West Florida Wheelmen have group rides planned for each Saturday in January!! There is even a New Year's Day ride to start your year off right!

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





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## Defining the Sport of Triathlon

Have you ever wondered what aero position really is? Been confused as to if you were doing a fartlek right? Or what your run buddy means by an LSD run? Well, we are here to help. Through out the year we are hoping to help triathletes new and old learn a little about the vocabulary of the sport, so the next time your tri friend says there are strippers in T1 you won't blush!

So let's begin with those words already running through your head.

- **Aero Position:** This is a "hunched over" position where the elbows are resting on the aero pads. Many triathletes utilize this positions as it saves their running muscles and makes the athlete more aerodynamic, which translates to speed.
- **Fartlek:** (The word that makes most of us giggle, no matter how long you participate in the sport.) The word fartlek is Swedish and translates to "speed play". This is a randomly paced run, utilizing both aerobic and anaerobic states. The randomness of the intervals and intensity is what makes a fartlek different from interval training, which is structured.
- **LSD:** Long Slow Distance. This technique is used for training in both running and cycling. These training events are low intensity, they focus on improving oxygen intake and utilization, endurance building, and cardiovascular strengthening.
- **Strippers (Wetsuit Strippers):** This is a, normally enthusiastic, group of volunteers who help triathletes with getting their wetsuits stripped off after

coming out of the water and nearing T1. The technique commonly used is that an athlete would unzip their own suit on the run over, then once near the stripper the athlete sits down and the strippers grabs the wetsuit and pulls the suit off with a few tugs. This method of exiting a wetsuit is quick, less awkward, and saves the athlete from potential for embarrassing photos (Extra Note: Make sure your tri bottoms are secure or those photos may be a little more revealing).

## 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).

Questions? Contact Evan Malone at [evan@trigulfcoast.org](mailto:evan@trigulfcoast.org)



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Yours In Triathlon,



Your TGC Board and Officers



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