



**TRIGULFCOAST**  
MULTISPORT ATHLETES

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[Group Training](#)

[Calendar](#)

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27 March 2015

Dear Alex,

Spring is finally here! The warm weather has been wonderful and, as usual, it looks like we only have one more cold snap just as April starts. With the weather change and the days getting longer lots of you will be outside riding your bikes.

Please pay attention to where you ride and when you ride, remembering those times when you're in your car and have trouble seeing the road ahead or your reaction times when traffic is heavy - it affects the drivers while you're out riding too. Don't ride into the sunrise or sunset while the sun is on the horizon and avoid heavy congested traffic times. Hopefully nothing ever happens to any of us, but as a safety matter put this number in your phone: 850-444-9299. That's one of our sponsors, Joe Zarzaur, and if you end up getting hurt while out training having an attorney to consult with for free about what happened can be pretty handy. Also with the weather change is the heat and sun! Remember that it is going to take a while for your body to acclimate to the temperature change. Don't worry, everyone is getting a little slower, so let your body adjust. Don't forget sunscreen either!

We continue work on getting members the most for their membership. We've already given away two free race entries, are in the middle of giving away a third (see the Race Discount section below), and have another eight to give away as the season progresses. The Spring Social was a great event and the Summer Social is already being planned. Our new nutrition sponsor, INFINIT, is offering 10% off to club members and will hold a 40% off sale for us in a few months. So stay tuned, stuff is coming your way.

Lastly, with the start of the new season lots of you will be getting some new gear. We ask that you take the old gear you might not use anymore and put it in a box for later. This year we will once again be doing the TGC Gear Swap and hope that it will be just as successful as last year. So those gels you got but don't really like? Save 'em. That jersey that's too big now because you dropped weight? Save it. Pink handlebar tape not the right hue? Save it. Help out fellow members instead of letting gear go to waste.

Yours in Triathlon,  
Your TGC Board and Officers

In This Newsletter

[Youth Dualthon Wrap-Up](#)

[MPI Triathlon Advice](#)

[Girlz Only Sunset Rides](#)

[USAT Rule Trivia](#)

[From the Desk of a Triathlete](#)

[Spring Social Photos](#)

[Race Discounts](#)

[Subheading](#)

[West Florida Wheelmen](#)

[Subheading](#)

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Please remember to show your appreciation by considering their products and services.



**OFFICIAL CLUB**



Free phone consultations

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## Maritime de Luna Du Youth Duathlon Wrap-Up

Young athletes from the Pensacola area and beyond showed a lot of heart and determination at the 2015 Maritime de Luna Du Youth Duathlon. If you haven't taken the time to browse photos from the event, you really should. It is inspiring to see these athletes push, succeed, and have fun!

[Maritime de Luna Du Youth Duathlon - Photos](#)

SPREAD THE WORD: If you know a young athlete, tell them (or their parents) about the TGC Youth Series. Another premier TriGulfCoast Youth Event, the [2015 Sea Turtle Triathlon](#), takes place October 4, 2015.



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15% discount for any new treatment or service



Two free workouts and 50% OFF for the unlimited rate of \$120/month for CrossFit classes as well as our youth performance training program.

## Four Steps for Overcoming Fear of the Open Water (by Coach John Murray)



The majority of new triathletes see the open water swim as their biggest stumbling block. Here are four steps to help you have a better swim experience in your first (or next) triathlon.

I really enjoy working with first time triathletes. They are excited about their decision to complete a race and I love being there as they cross the finish line. Some First Timers will sign up for the race first and only then research how to prepare. I should know...I was one of them!

In many cases, turning the average non-triathlete into a finisher can be like starting from scratch, but with some perseverance and motivation the dream soon becomes a reality. However, in my experience, the majority of new triathletes see the open water swim as their biggest stumbling block. There might be



15% off accessories

issues such as not knowing where to swim, having a fear of the open water, not having a good grasp on how to train for the swim, etc. But regardless of the obstacles swim training cannot just be ignored.

So based on my experience with triathlon swim training as it relates not only to beginners but also many experienced triathletes, here are four steps to help you have a better swim experience in your first (or next) triathlon. Following that, I have provided a couple of sample swim workouts to get you started.

Spend quality time in the pool.

In my swim clinics, I make a point of asking how triathletes are spending their time in the pool. Invariably I get the response, "I just jump in and swim back and forth as long as I can." Although I commend them for trying, I also encourage them to have a better plan. At this step, consider performing swim drills for part or most of your time in the pool. In swimming, technique trumps power and speed. For instance if you get breathless and anxious after just a short swim, it is almost certainly a technique issue instead of a fitness issue. In these cases, we would slow things down, address the comfort/technique issue and then move forward.

One of the teaching tools I use are swim fins. These relatively inexpensive pool aids can accelerate your adaptation as you learn to swim with your face in the water or develop the technique of breathing to each side. Eventually you will wean yourself from them, but at the beginning they are a source of confidence and propulsion. Another focus is on understanding some of the desired components of efficient freestyle: balance, alignment, arm propulsion, long axis rotation and kick. There are many swim drills to address each one of these areas. After you have spent time in the pool working on general swimming techniques let's move to Step 2.



Open water drills in the pool.

Eventually you will move to the open water to practice and there are some techniques you can start working on as the second step in the pool - primarily the need to see where you are going. Without the black line on the bottom and the lane lines we can easily swim off course. I use several drills for sighting and/or adapting to sighting; "Head Out" freestyle, "Alligator Eyes", and just sighting every 3rd or 4th stroke.

Head Out is just like it sounds, but you want to make sure you are keeping your head as still as possible. Consider putting a chair at the end of your lane to sight while you are swimming. Alligator Eyes is freestyle with your eyes just above the surface and the Sighting Drill will be regular freestyle (your face is in the water) but every 3rd or 4th stroke you pick your head up to sight on that chair. On this drill we look forward first, looking right past your arm which is out and front and just starting to pull, then turn your head to the side to breathe.



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\$500 off new pool installation



ALL AMERICAN  
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Sports.....More than just a Game.



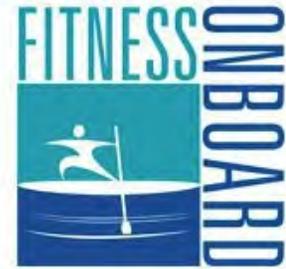
Another in-pool open water drill is "Swimming in a crowd", which is not really a drill, but a helpful manner of adaptation to the triathlon swim start. I will put many swimmers in a lane and have them swim in that crowded environment for a while. You can also work on Dolphin Dives and drafting after you have mastered the others.

Open Water Swim familiarity.

This next step may be a challenge for many but the return on your investment is big! You have built several weeks of swimming confidence in the pool...you feel ready for the next step! Look for a group...or start your own for regular exposure to open water. Safety is the top concern here, so make sure you swim in an area that has a lifeguard and stay in shallow water at first. Set yourself up for success by eyeing a small goal...several short swims with rest breaks in between. You are just getting used to the things that are different from the pool. Maybe you can't see the bottom, maybe there is current or waves, maybe now you are thinking about fish or how cold it is! Yes, it's different but you will get used to that! Allow repeated trips over a few weeks to see your progress. Confidence and enjoyment will begin to manifest itself before long.

Rehearse your race plan.

Lastly, I am a firm proponent of visualization. Whether we believe it or not, our sub-conscious mind is programmed for either a positive or negative start to our triathlon swim. I want you to ensure that you are programmed with good, positive and confident thoughts as your triathlon wave hears the gun and you make your way into the water. There are several areas I want you to have rehearsed before your race. We can start visualization in your open water swim practice. After you have several under your belt and you are developing comfort and rhythm, you can begin to put yourself in the race. Stay relaxed and steady, remember, we're not trying to win the swim, we are just trying to get to our bike. Another area of visualization is rehearsing your race start. On an open water swim practice day spend some time imagining that "this is race day!" You are walking from transition to the start, there are crowds of people, everyone is excited and your wave is about to start, there is music playing and the announcer is doing the countdown... 3...2...1...GO! and you enter the water and start your swim. Rehearse this several times. Start relaxed and at the tempo that keeps you comfortable throughout the swim. When it comes to race day you have already done this several times...and you were successful each time!



15% off one-hour SUP rentals



10% off with code: TGCMC



10% off all accessories



## Girlz Only Sunset Rides



The weekly women only ride is starting back with the change to daylight savings time.

Women meet every Thursday and roll out at 5:45 PM from either Casino Beach Pavilion or Parking Lot West (the last parking lot before the National Sea Shore on the Fort Pickens side). The ride always goes toward Fort Pickens.

More details are available on the [Girlz Only Sunset Cycle Facebook Page](#)

## USAT Rule Trivia (by Tina Schmitz)

How USAT rule savvy are you with these True/False questions?

1. While riding my bike from the car to transition, I will NOT be disqualified from the event as long as my helmet is on my head - securing the chin strap is optional.
2. A quarter can be taped to the end of my handlebars.
3. I will NOT receive a penalty for NOT wearing my run number, as long as it is on me.
4. I know I cannot accept a bottle of water, but I can take a small, quickly consumable, unpackaged item (i.e. shot block, pretzel, fig newton, etc.) from a spectator.
5. As long as I am issued a race number for my helmet, I must attach it to my helmet.

Answers:



False: A helmet must be worn properly and chin strap fastened at all times while on the bike. This means before, during, and after the event. Did you know that your helmet must be approved by US Consumer



Product Safety Commission (CPSC) in order to be allowed in a USAT sanctioned event?

2. True: A quarter can be taped to the end of handlebars as long as the bar end is solidly plugged.
3. False: Your paper run number must be on you at all times during the run, and it must be clearly visible as well. If your shirt hangs over your number and hides it to where an official cannot tell if you have your number on, you could receive a penalty. Hint: If you see a race official circling you on the run, check to see if your number is visible.
4. False: Triathlon is an individual sport and no outside assistance is allowed except from race or medical officials. This includes your friend/significant other running next to you for any distance which is considered pacing and warrants a penalty. By the way, don't hand a spectator your jacket/arm warmers/hat/gloves/water bottle either. That's abandonment of equipment, even if they catch it.
5. False: That helmet number is for the photographers. USAT does NOT require a helmet number at any time. The only numbers that USAT requires are body marking (swim), bike number (bike), and run number if issued (run). Numbers must be clearly visible at all times, for each particular event!!!!

## From the Desk of a Triathlete - Friends Built In

If you ask most triathletes what makes triathlon special? They will tell you, "The People."

Tri Gulf Coast is a group full of amazing people from first timers to well experienced athletes. All are valued members in the club with a lot to offer each other. Let's face it, few people in our lives understand why we wake up before the sun to get in a run, or why we watch the boating report in order to get in an open water swim, or why we research bike paths during business travel. Here in the TGC group there is an understanding. You don't have to explain because we already know. We all stand there shoulder to shoulder on a Sunday morning staring at the water watching to see if the waves will lay down or if today we learn rough water training. And when it is over we are still there to talk about training or racing tips, even just to talk about life.

TGC is a building block to friendships outside of the club. We build relationships beyond the pavement, granted you might still talk about rolling out your legs or long course training but you do so over dinner! You find out that these crazy people also have kids in soccer or a puppy who enjoys playing at the park. You learn that you have stressful jobs or family struggles. You realize these athletes are like you-- yes we train but we also live life with everyday challenge.

There is comfort in knowing those around you don't need to know why you run they simply need to know that you run. In this knowledge you build relationships that will be there through training, racing, and the effects of life.

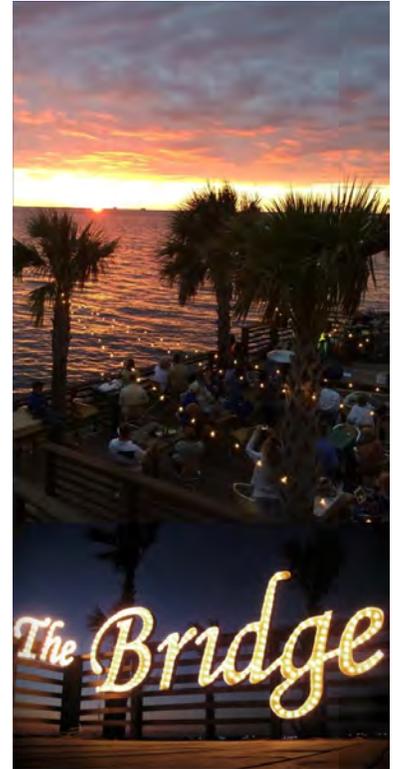
## Spring Social Photos - Fun, Food, & Friends

We had a great turnout for the TGC Spring social at the Bridge Bar in Gulf Breeze.

There will be plenty of opportunities in the coming year to get to know your fellow triathletes and indulge in the food and fun.

All photos from this event are hosted on the Facebook page.

### [Spring Social Photo Album](#)



## OFF-SEASON GROUP TRAINING:

### Group Ride:

- Casino Beach to Navarre Beach, varying speeds
- 19 April 2015
- 7:00 AM roll out

### Group Run:

- Casino Beach
- 26 April 2015
- 7:00 AM laced up and moving

### UPCOMING LOCAL RUNS

Chiefs 5K Color Fun Run  
28 March 2015

### UPCOMING TGC EVENTS

TGC Club Meeting  
15 April 2015

Pea Ridge Elementary - Pace  
7:30 AM

[Info & Registration](#)

Run, Walk, or Roll for Mobility  
5K or 1 Mile  
28 March 2015  
Navarre Beach  
8:00 AM

[Info & Registration](#)

Military Heroes 5K Run  
4 April 2015  
Pensacola Beach  
8:00 AM

[Info & Registration](#)

Quentin Cooper Liver Life 5K Run/Walk  
4 April 2015  
Gulf Breeze High School Field House  
8:00 AM

[Info & Registration](#)

Gulf Coast Half Marathon Series  
12 April 2015  
Pensacola Beach  
7:00 AM

[Info & Registration](#)

Westgate 5K Run, Walk, and Wheel  
25 April 2015  
Escambia Westgate School  
9:00 AM

[Info & Registration](#)

Pensacola Fiesta 5K/10K Run  
2 May 2015  
Pensacola  
7:30 AM

[Info & Registration](#)

Sunset Stampede 5K  
2 May 2015  
Navarre Beach

[Info](#)

Pensacola, FL  
6:00 PM

TGC Group Ride  
19 April 2015  
Pensacola Beach, FL  
8:00 AM

TGC Group Run  
26 April 2015  
Pensacola Beach, FL  
8:00 AM

## UPCOMING MULTISPORT EVENTS

Red Hills Triathlon  
Saturday, April 4  
Tallahassee, FL  
7:30 AM

Tradition's Triathlon  
Saturday, April 11  
Biloxi, MS  
8:00 AM

Mullet Man Triathlon  
Saturday, April 18  
Gulf Shores, AL  
7:30 AM

IRONMAN 70.3 New Orleans  
Sunday, April 19  
New Orleans, LA  
7:00 AM

Beach Blast Triathlon & Duathlon  
Saturday, April 25  
Mexico Beach, FL  
7:00 AM

Oxbow Triathlon  
Sunday, April 26  
Baton Rouge, LA  
7:30 AM

Team MPI Portofino Tri Series  
30 April 2015 - Duathlon  
14 May 2015 - Triathlon  
06 June 2015 - Triathlon  
11 June 2015 - Triathlon  
18 June 2015 - Ladies Only  
13 August 2015 - Triathlon

[Info & Registration](#)

**Race Entry Discount Codes  
(Codes for TriGulfCoast Members ONLY)**

## Gulf Coast Triathlon - May 9, 2015

Are you considering the leap to a 70.3 distance Triathlon?  
The scariest part is signing up.

Tri Gulf Coast members get \$50 off the entry cost for Gulf Coast Triathlon 70.3. Plus, we have a free entry to give away.



If a 70.3 is too intimidating, Gulf Coast Triathlon has added a 5k run, sprint tri, and a "kid's Olympics" event on the beach.

This is a premier event with a massive following and 33 year history, and it's in Panama City Beach, FL.

TGC Members interested in the race should email Alex: [President@trigulfcoast.org](mailto:President@trigulfcoast.org).

## Pensacola Beach Triathlon - May 16, 2015

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!

## Team Magic Events

Team Magic is offering TGC members a 10% discount to their 15+ events, including triathlons of all distances and running events (<http://team-magic.com/calendar>). These discounts are only available when you sign up online via IMAthlete and club members MUST signify they are part of Tri Gulf Coast during registration.

Keep up-to-date on their events with their Facebook page:  
<https://www.facebook.com/teammagicracing>

or their newsletter:  
<http://team-magic.com/email-subscriptions>

Discount Code: TGC2015

## 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](mailto:evan@trigulfcoast.org)) know what is on your docket and TGC will make an effort to share this information on the club Facebook page.

## West Florida Wheelmen News and Upcoming Events



With the weather changing for the better, the Wheelmen are ramping-up for an active spring.

Sunday, Tuesday, Wednesday, and Saturday rides are back!

Check the [Wheelmen calendar](#) for the FULL schedule and additional rides in the area.

## 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](mailto:evan@trigulfcoast.org)

PRICE: \$20

\*\* Cash or Check (payable to Tri Gulf Coast) \*\*



Stay Connected



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