



TRIGULFCOAST
MULTISPORT ATHLETES

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27 February 2015

Dear Alex,

As the weather is trying to figure out what it wants to do on a daily basis, we inch closer to Spring. We also inch closer to all of the events that TGC has in store for everyone. Mere Mortals remains the largest program of the club, but we are pushing to create more year-long benefits to all members regardless of their participation on those wonderful Sunday mornings.

There's the usual group ride and group run this month, but also our Spring Social. Take the opportunity to come out and see everyone in a non-sport setting, don't be surprised if it takes you just a second to recognize someone without goggles on. If you're new to the club make sure to come and meet everyone, or if you have a friend that might be interested in the sport make sure to bring them along. This event is not limited to TGC members, but it is an adult event at a bar so please leave the kiddos at home.

The XTERRA wetsuit test is also this month, giving you an opportunity to test out an array of options with your fellow club members there to guide you along the way and give you tips like why a plastic shopping bag can be your best friend on race morning.

We've also been teaming up with various races and race directors to get discounts into events for TGC. Our sponsors for the upcoming season also offer discounts as seen in the newsletter, and we have other triathlon related discounts in the works.

Lastly, March is the start of the Youth Multisport Series. While TGC is an adult USAT club we support the health and well being of the youth in our community through the literally tireless work of the team behind the Series. If you haven't seen the fearless excitement at these events you should come out and spend the morning being surrounded by the truest sense of the term "beginner's spirit". If you have kids and they aren't registered, we recommend doing it now before the event sells out.

Yours in Triathlon,
Your TGC Board and Officers

2015 Maritime De Luna Youth Duathlon

Tri Gulf Coast Multisport Athletes (TGC) 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.

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 persevere through tough challenges.

For more information please click on the link below:

[Maritime De Luna Youth Duathlon](#)

Youth Multisport Series a Gateway to Fun, Health and Achievement

This year marks the 3rd year for Tri Gulf Coast's Youth Multisport Series (YMS), which includes the Maritime de Luna Du Youth Duathlon in March and the Sea Turtle Youth Triathlon in October. While the YMS is still relatively new for TGC, this year will be the 6th Sea Turtle Tri. As the events mature, our earliest competitors are moving on and up. In the 2010 Sea Turtle Triathlon, Alex Hernandez won 1st place in his 11-12 Division and in 2014 he was the 5th ranked 16 year-old in the U.S. and finished 2nd at the 2014 Santa Rosa Island Triathlon, right behind professional Brian Fleischmann. In the first De Luna Duathlon, Trent Turbyfill won 1st place in the boys 11-12 division, and this year he's been running a sub-18 minute 5K as a high school runner.

Many more of our youth athletes have enjoyed the simple pleasure of a day spent outside competing and that "I want to do it again" feeling right after finishing. Some have passed on their winning ways to younger siblings. Last year Grace VanWormer took first place in the 7-8 Division at the De Luna Duathlon, following 4-years later in the footsteps of her older sister Anna VanWormer, who won the very same division in 2011. All our athletes have the potential to compete in high school, college, or for a lifetime as adults - continuing to grow the sport. This is all fantastic stuff, enough reason to keep these events on the calendar. But, there are two more reasons our goal should be to grow the youth events as much as possible: improving health and academic achievement in our community.

Obesity is a nationwide epidemic in both adults and children. The southeast leads the way: Childhood obesity rates are 35% in Alabama, 40% in Mississippi, and almost 30% in Florida. While much of this is related to diet trends; an active lifestyle and greater health awareness overall are key parts of an integrated solution. Athletic competition makes sports performance the objective - not weight control - and also builds confidence by avoiding the negativity that can be associated with a focus on weight loss. This year we will partner with 5-2-1-0 Let's Go Northwest Florida (<http://5210nwfl.com>) to help spread their message about healthy lifestyle habits.

Athletic competition also promotes valuable life skills like motivation, discipline,

goal-setting, and time-management. While the youngest kids do not and should not train like adults, many learn for the first time that "they can do it" or that they can push harder than they thought possible. Just ask our finish line volunteers: many kids lay it all down on race day (yep - the trash cans aren't just for empty water bottles). So how does this translate? Just ask Google the following question: "Are athletes better students?" You'll find that study after study shows that athletes are better students because skills they learned through athletics translate directly to other aspects of their life.

Of course, many of the benefits for kids apply to adults as well (you'll have to train though, sorry). So, make triathlon a family affair this year: sign up your kids up today for the De Luna Duathlon (3/8 (<http://trigulfcoast.org/duathlon>) and save the date for the Sea Turtle Youth Triathlon (10/4). While you're at it, commit to a race yourself and let TGC help you get ready. You'll be glad you did.

-- Jim Hagy, Events Chairperson

Spring Social

Tri Gulf Coast and your Mere Mortals training team pulls in:

Over 400 members in the club...
Over 150 participants each training weekend...
Over 200 participants in the Membership Triathlon...

HOW MANY OF YOUR FELLOW TRIATHLETES DO YOU KNOW?

Meet your weekend workout buddies at The Bridge Bar for the TGC Spring Social. Find out what people look like in normal clothes without a swim cap, bicycle helmet, or sunglasses and visors. Have a beer. Have a great time with no exercise required!

We'll have hamburgers and hot dogs and fun ready.

Please come with a side dish!

The Bar will be open for drink orders.

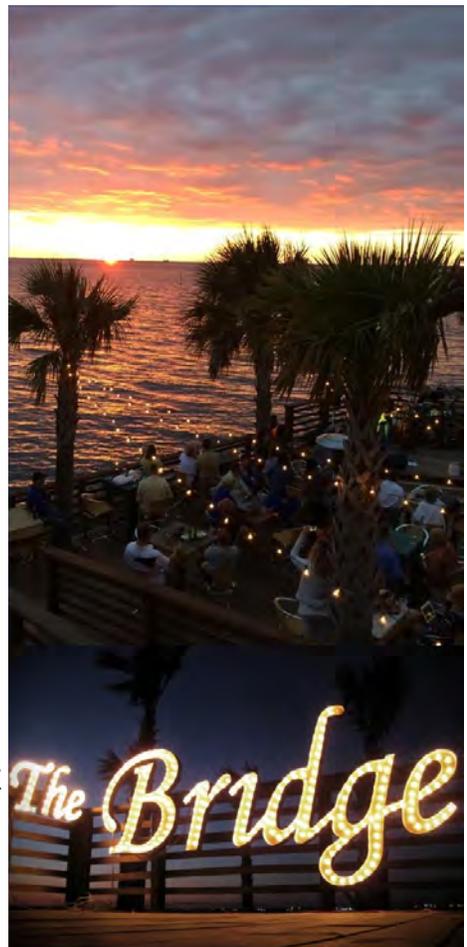
WE WILL HAVE RAFFLES AND GIVEAWAYS
including some race entries!!!

The Bridge Bar - Sunday - March 8, 2015

4:00 p.m.

LOCATED AT THE BASE OF THE THREE MILE BRIDGE
IN GULF BREEZE

33 GULF BREEZE PARKWAY 32561



Xterra Wetsuit Test Drive

Date: 03/15/15

Time: 8:00am - 10:00am (following the 7:00am TGC Group ride that morning)

Location: Pensacola Beach Gulfside Pavilion

Who: Open to any TGC members and their guests

What: XTERRA hands-on trial of wetsuits, speedsuits, Lava Pants & transition backpacks

Bring: Swim Cap, Goggles, Swim Attire. (Race Kits to feel what it is like under the wetsuit.)



With the 2015 triathlon season about to start are you still asking yourself...

- Do I need a wetsuit?
- What size should I purchase?
- What is the difference between a sleeveless and a full-length wetsuit?
- What is a speedsuit?
- What is the difference between the models?
- Are they all \$1,200?
- How can I expect to take the suit off so quickly when it took me ten minutes to put it on?

Well then head out to the "XTERRA Wetsuit Test Drive" event TGC will be hosting on 03/15/15 (Sunday). XTERRA Wetsuits will be supplying the club with a huge selection of wetsuit/speedsuit models and sizes for members to try on, take a test swim in, etc. This will be your only chance this year to actually try before you buy!

Additionally, the trial suits will be available for purchase at a deep discount. With either of these purchase methods the members of TGC can have the opportunity to get their wetsuits before the tri season begins.

For those wishing to make a purchase on-site please bring your checkbook, wetsuit prices start as low as \$79, speedsuit prices as low as \$99, and brand new transition backpacks will be selling for \$40!

Or, if you want to ponder the purchase a bit, you can still take advantage of club pricing by following this link:

<http://xterrawetsuits.com/index.php/slp/2013-CTC2>

Use C-TRIGULF as your discount code at checkout when purchasing XTERRA products for significant savings on their products. Up to 60% on featured wetsuits and speedsuits!

Contact: Chris Rawson at chris@superiorpestonline.com with any questions.



Leveraging Your Swim (by Coach John Murray)

It's been said that swimming is a sport that uses all of your muscles. I'm not sure that we use EVERY muscle but I do know that there are some muscles that should be used to maximize the power of our pull.

Engaging our core muscles, and there are many...

Pectorals (chest muscles), Serratus Anterior (side muscles), External Oblique (outer abdominal muscles), Rectus Abdominus (abdominal muscles), Latissimus Dorsi (back muscles), Trapezius, Spinus Erectors (spinal cord support muscles), Teres Major, Teres Minor, Rhomboid Major, Rhomboid Minor, Gluteus Maximus (butt muscles), Abductor magnus (groin)... will create a more rigid structure to "lean" against as we work to create leverage on the water. Conversely, a soft or non-engaged core will lead to "slippage" as we move our hands through the pull phase.

The analogy of the speedboat vs. the rubber raft fits here.



The hard, sleek, hydrodynamic design of the speedboat allows it to cut through the water at high speeds. The soft, spongy rubber raft may float well but at faster speeds it will struggle.

As you work to perfect your swim technique, consider your core as much as you might consider your arm pull or your head position, for instance. There are several swimming drills, tricks and tools that can help you both identify and cure any core flaws that you could have. Remember, be the speedboat not the rubber raft!



OFFICIAL CLUB

OFF-SEASON GROUP TRAINING:

Group Ride:

- Casino Beach to Navarre Beach, varying speeds
- 15 March 2015
- 7:00 AM roll out

Group Run:

- Casino Beach
- 22 March 2015
- 8:00 AM laced up and moving



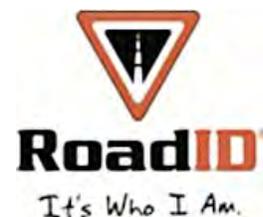
\$6 Daily Meal Deal
6" sub of the day, chips &
drink for \$6

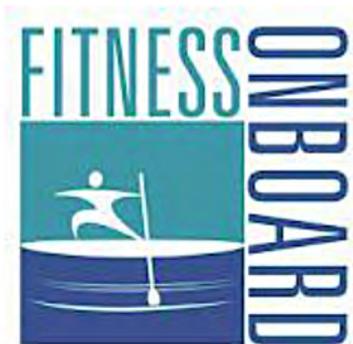


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performance
training program.



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supplies
\$50 off Primo/Bull
grills
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tubs
\$500 off new pool
installation





15% off one-hour SUP rentals



Free phone consultations



15% discount for any new treatment or service

UPCOMING LOCAL EVENTS

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

Bayou Hills Run
5K or 10K
7 March 2015
Bayview Park - Pensacola
7:30 AM
[Info & Registration](#)

McGuire's St. Patricks Day
Prediction Run 5K
14 March 2015
Pensacola
9:00 AM
[Info & Registration](#)

Rock N Fly Encore Tour
5K or Half-Marathon
21 March 2015
Naval Air Station Pensacola
8:00 AM
[Info & Registration](#)

Gulf Coast Tour de Cure
Bicycle Ride
Options 4, 18, 36, 62 miles
21 March 2015
Margaritaville Beach Hotel -
Pensacola Beach
[Info](#)

Chiefs 5K Color Fun Run
28 March 2015

UPCOMING TGC EVENTS

Maritime de Luna Youth Duathlon
Tri Gulf Coast Youth Multisport Series
Sunday, 08 March 2015
Pensacola, FL
[Info & Registration](#)

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

TGC Group Ride
15 March 2015
Pensacola Beach, FL
7:00 AM

Xterra Wetsuit Fitting
15 March 2015
Pensacola Beach, FL
8:00 - 10:00 AM
After TGC Group Ride
Bring: Swim Gear

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

TGC Group Run
22 March 2015
Pensacola Beach, FL
8:00 AM

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](#)

Defining the Sport

Welcome to the opening of Tri season....

As the weather warms up many people venture back to the pool or open water to reunite with "the swim". We thought we would take a look at some swimming terms to keep your head above the water in swim related conversations.

- Bilateral Breathing: When a swimmer breathes on alternating sides. This is very helpful to practice in the event the Gulf waves or winds are coming at you on your comfortable breathing side. Example - 3 strokes, breathe to right; 3 strokes, breathe to left; repeat.
- Floating Start: Starting a triathlon from the water without feet touching the ground.
- Lap: From one end of the pool to the other and back (on the short side; about 50 yards).
- Length: From one end of the pool to the other (on short side; about 25 yards). A "half" lap is 25 yards.
- Mass Start: Everyone starts a triathlon at the same time, usually after the Professionals.
- Master's Group: A swim class, group, or club for adult swimmers.
- Pull Buoy : A floating piece of Styrofoam that goes between the legs so that a swimmer doesn't need to kick.
- Sighting: When a swimmer lifts their head in order to see where they are going, locate buoys, watch for other swimmers, aim for dry land, etc. Practicing this maneuver in the pool will help when you get in open water, lift your head up and spot a point instead of the black line underneath you.
- Wetsuit Legal: When the water is cold enough to allow a wetsuit during a triathlon. Normally wetsuits are allowed in waters 78 degrees or colder but always check with the race officials before jumping in with your wetsuit.

RACE ENTRY DISCOUNT CODES:
(Codes are for TGC members only)

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!

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

Team Magic is also looking for help during the NAIA half marathon on May 23 in Orange Beach, AL. They are hoping to find a few people to help during setup/breakdown to do things like carry coolers and barricades. They will be giving 50% off the Alabama Coastal Triathlon or Kaiser Half Marathon if you worked Saturday - OR a free race to either of those events if you helped out on Friday evening and on race day. Contact Alex Bell (president@trigulfcoast.org) if you are interested.

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

West Florida Wheelmen News

WFW upcoming events...

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





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

** cash or check (payable to Tri Gulf Coast) **



20% off of training gear

15% off accessories

Link



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Yours In Triathlon,



Your TGC Board and Officers



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