



TRIGULFCOAST
MULTISPORT ATHLETES

[Join TGC](#)

[Sea Turtle Tri](#)

[Newsletter Archive](#)

[Mere Mortals](#)

[Group Training](#)

[Calendar](#)

[Contact](#)

24 April 2015

Dear Alex,

I hope you're ready for Mere Mortals, because May is here and that means June 7th is right around the corner! Our favorite training program is back and will be just as great as always. If you're curious to know what the schedule will be this year check out the [Mere Mortals portion of the TGC site](#).

As you may have seen or heard, the weekly training has already started for some. The Thursday morning open water swims with Coach John of Team MPI are back this year as a TGC member only event. We know that swimming in open water can make people anxious, and for those that aren't anxious we know the benefits of training in a pack to simulate race day - these swims are for all levels and have support, so get out there if you can.

It's not all about training though, the races are what make all of this so much fun. So share your fun with everyone! Send photos of yourself and other TGC'ers at events to president@trigulfcoast.org just before or just after your events and we'll put them on the TGC Facebook page. Make everyone sitting at home on the sofa surfing the internet jealous of what you've done before they finish their first cup of coffee.

Speaking of races, there's a new style of triathlon coming to town this year - Xterra Blackwater brings off-road triathlon local. Lake swimming, mountain biking, and trail running combine for a race experience many haven't tried before. The race director is offering TGC a discount for the month of May, so check it out in the race discount section while spots are still open.

Lastly, May is National Bike Month. It's a time for cycling advocacy and in partnership with other organizations in the area TGC is playing its part to promote safety for all of us. On the 20th at Pensacola State College we will ride out for the annual Ride of Silence to remember those of us lost to accidents and advocate for the safety of the rest of us. We highly encourage everyone to come to the event spearheaded by the West Florida Wheelmen. More info can be found in this month's Upcoming Events.

Yours in Triathlon,
Your TGC Board and Officers

In This Newsletter

[Our Ironman Foundation Newton Running Ambassador](#)

[MPI Triathlon Advice](#)

[Girlz Only Sunset Rides](#)

[Group Training Opportunities](#)

[Walking a Figurative Tightrope](#)

[Raceday Nutrition Options](#)

[Upcomng Events - List](#)

[Race Discounts](#)

[West Florida Wheelmen](#)

[TGC Merchandise](#)

TGC Sponsors & Supporters

Tri Gulf Coast events would not be possible without these supporters.

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



OFFICIAL CLUB



Free phone consultations

Like us on Facebook 

Athlete Spotlight -

CHARLES JAMES



Tri Gulf Coast member Charles James was selected for the 2015 IRONMAN Foundation Newton Running Ambassador Triathlon Team. This is a 40 member team selected by IRONMAN and

Newton Running. Members of the team work with the IRONMAN Foundation, and with help from sponsors like Newton Running, focus efforts to enhance the well-being of those in the communities where Ironman events are held. This team is made up of a mix of athletes, from elite to first timers, so we wanted to learn more about our TGC Athlete and his journey.

Charles started running in 2010, after joining the Fixed on Fitness boot camp. The boot camp helped him get fit and, with some encouragement from the organizers Josh and Kenzie Presnell, Charles began to explore the possibility of triathlon.

Charles turns to his race calendar for motivation. "Putting a race on the calendar is a necessity to keep me motivated. Fear of bonking gets me out the door on those early mornings when I am exhausted." Sure Charles admits he misses a training session here and there, but he tries to be consistent with his training, knowing the race date is marked on the calendar. Charles also pulls motivation from the people who coach him, like John Murray, who has also made him a fan of swimming.

When asked about his selection for the IRONMAN Foundation Newton Running Team, and what it means to him, Charles notes it is a great opportunity to incorporate service through the sport of triathlon, bringing like minded athletes together in service to the communities who open their doors to us as athletes. Charles gives us some insight to the team purpose and mission, "The motto or concept of the team revolves around the word Kokua. Kokua is a Hawaiian word that translates as:

Extending loving, sacrificial help to others for their benefit, not for personal gain. What you do now affects not only the present, but the results go on forever.

As members of #TRITEAMFORGOOD, the ambassador team works with World Triathlon Corporation through the Foundation. Charles is focused on the Chattanooga community where he will be racing in September. Over the next several months Charles is raising funds and awareness via social media, so be sure to follow him and his fellow athletes on their journey to give back.

It would not be a TGC Athlete spotlight without asking the age old question: What advice would you give to new triathletes? Charles told us, "It is hard to think of something better than Mere Mortals." He notes the advantages of a consistent



\$6 Daily Meal Deal
6" Sub-of-the-Day, Chips, and Drink



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.



15% off accessories

Sunday morning workout and the ability to learn a lot in a little time. "You will also get a lot of encouragement which is needed when it is 100 degrees in mid-August and you are struggling out there."

Again from all of us in TGC, we would like to congratulate Charles on his selection to the IRONMAN Foundation Newton Running Ambassador Triathlon Team.

If you would like further information about the team check out the team official announcement or their website:
<http://www.ironman.com/triathlon-news/articles/2015/03/2015-foundation-newton-running-ambassador-team.aspx>

<http://www.triteamforgood.com>



Recovery Through Sport
(by Coach John Murray)

I just got off the phone with an athlete that I have been coaching for over two years. He is an above average triathlete with a long list of triathlons under his belt. We covered our typical topics such as upcoming races and tweaking his training. An upcoming Half Ironman is next among about a dozen races he has on his 2015 schedule.

We also revisited another topic. I asked about his injuries. This athlete is a combat-injured U.S. Marine. He suffered multiple shrapnel wounds and still carries the fragments in his body. He talked about how, despite several surgeries, two hernias and areas of missing muscles, triathlon training and racing helps keep him moving and pain-free.

Recovery Through Sport is one of the proven philosophies of Team Semper Fi (TSF), an extension of Semper Fi Fund. This athlete has been a part of TSF for several years. Over 1000 service members have benefited from the help that they have received through participating in TSF funded events.



In his last race he spotted another service member on the race course. Any thought he might have had about the limitations caused by his injuries were quickly erased as his watched this fellow with no legs face the challenge of triathlon.

Triathlon is a perfect sport for those who want a challenge. The community is welcoming and crossing the finish line for most is a powerful and exhilarating experience. Team MPI cherishes their involvement with organizations like Team Semper Fi that allows us to aid in Recovery Through Sport but we also want



10% off pool care supplies
\$50 off Primo/Bull Grills
\$150 off @home hot tubs
\$500 off new pool installation



ALL AMERICAN
SWIM SUPPLY

20% off of training gear



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



challenge any "wannabe" triathlete out there. Come out and race...you may be the one who inspires!!

Girlz Only Sunset Rides



The weekly women only ride is back!

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](#)

OFF-SEASON GROUP TRAINING:

Group Swim:

- Zarzaur Law's: I Hate Open Water Swim
- Sound-side pavilions (Mommy Beach)
- Thursday mornings
- 6:30 AM swim start

Group Ride:

- Casino Beach to Navarre Beach, varying speeds
- May 3, 2015
- 7:00 AM roll out

Group Run:

- Casino Beach
- May 24, 2015
- 7:00 AM laced up and moving



15% off one-hour SUP rentals



10% off with code: TGCMC



10% off all accessories



Walking a Figurative Tightrope

Life requires balance- work, kids, significant other, and fun. This is a tightrope we balance in our personal lives everyday, add to it the demands of training and racing and the tightrope act can get more complicated. There are ways to help with creating this balance between day to day demands and day to day training needed in order to be successful, not get hurt, and feel good on race day.

First, realize that for a lot of us triathlon is a sport we participate in for added fun and excitement in our lives. A majority of us won't be flying off in sponsored jets to race in exotic places for prize monies upwards of 5 digits. Since we're not professionals, our balance in training and racing has to include balancing work and family and fun. There are several educational institutes currently doing research on the affects of triathlon training and personal relationships. We know there is an affect on those around us when we are up at 4 a.m. for a run or leave for a Saturday of biking. These affects may be even more for the athlete whose significant other does not enjoy triathlon events or those athletes with children. Does this mean triathletes can't have relationships during training and racing seasons? No. It simply means sometimes we need to step back and pay attention to those around us verses our training schedule. We sometimes need to re-balance things in our lives.

Here are some helpful tips on how to walk the tightrope of triathlon and life:

- **Set Priorities:** What are you willing to give up, and what are you not willing to give up? If you want to watch your son play little league every Saturday, then maybe Sunday golfing with the guys turns into Sunday long bike rides with the cycling club. Prioritizing what is important to us also helps to remind us when we might be falling short on paying attention to these areas of our life.
- **Communicate and Compromise:** When you have a significant other in your life, it is always important to have open communication and to be willing to compromise--this goes for any time. If your significant other races too, then it may seem easier to discuss training needs or races you each want to do. Just remember that not every person wants to go 140.6 miles. Some athletes are very happy at a Sprint distance, and you should be understanding of their race goals too. Each athlete has different training needs. One person may need more time in the pool and another more time running. Making sure training is balanced to meet each person's individual need is important as well. What do you do if your significant other isn't a triathlete? Love them!! Let's face it, they love you through long training sessions and all. Talk with them openly about what you are planning for training, but keep an open mind as to what they need from you as a family member. Lay out a reasonable training plan that meets your family obligations. The compromise may be you run early in the morning or get your open water swim in as a part of a family outing at the beach. You may also try inviting your significant other out on a run with you. They may not be as fast as you or want to go as far as you, but they may still like being invited and having an opportunity to experience the sport and enjoy a little bit of the activity you enjoy so much.
- **Make Race Day Fun:** You worked hard and now you are ready to line up at the start line. Remember your family and friends worked hard to help get you there too. They supported you through sore legs after a 100 mile bike; they were understanding of you smelling of chlorine during an afternoon meeting; they were there for you when you started to doubt yourself; and they are there for you today, on race day. Try to help them to take part in race day activities. Maybe the kids would like to make a funny sign for you or perhaps your spouse wants to walk the perimeter of the transition area to find the best spot for photos of you. Be involved in these activities (unless they are secret funny signs) and help your family to see how much you appreciate their never-ending

support. Another idea is to find a race in a venue that is family friendly like a REV 3 race known for having a Kid's Zone at the race venue or a race site like IM Arizona where spectators can see their athlete at several times during the race.

Whether you are a weekend racer or trying to go pro, remember it is all about balancing on the tightrope of life. The finish line will be much more rewarding and fun if there is a friendly face or two waiting there for you. Balancing our lives and our training will make us better athletes and better people. Don't become tunnel visioned, focused only on training or race day. Instead enjoy the journey and make sure to enjoy the feeling of balance on that tightrope.

From the Desk of a TGC Triathlete



There are millions of options out there for race day nutrition. Often we test products during our training in order to know what gives us the best overall outcome. I recently tried the Infnit brand products (TGC's new nutrition sponsor) for the first time. I used each product during the bike portion of different races.

The first I used was SPEED. I used this product on a sprint triathlon and was NOT disappointed. The product kept me feeling fueled throughout the bike course. The glucose balance was nice for a short race, as I didn't feel too "bouncy" but did feel like I could push.

Next I tried the GO FAR product during the 112 biking miles of a full race. While I had some problems during this race, my nutrition was not one of them. The product seemed to keep me on an even level with no harsh crashes. This product has whey protein included to help give some extra energy and substance needed for long rides.

Lastly, I tried the JET FUEL during a 56 mile bike on a half distance race. This product contains caffeine, which for me was originally something I was worried about. However, the product seemed to be well balanced and it was not a rush of caffeine. Instead it was just a little boost.

After trying these three products (all different flavors too) I would confidently incorporate them into my training and racing nutritional plan. During these biking portions I used less of other sources for salt, I didn't feel dehydrated, and there was no feeling of being on a sugar roller coaster.

Again remember this is one product among many out there, find the one that fits you best when you think about your race and your nutritional needs.

This list focuses on events that are within a reasonable driving distance.
A FULL list, including national and destination races, can be found on the [TGC Calendar](#).

UPCOMING LOCAL RUNS

8th Annual Run for Their Lives 5K
April 25, 2015
Pensacola Beach, FL
8:00 AM
[Info & Registration](#)

Westgate 5K Run, Walk, and Wheel
April 25, 2015
Escambia Westgate School
9:00 AM
[Info & Registration](#)

UPCOMING TGC EVENTS

TGC Group Ride
May 3, 2015
Pensacola Beach, FL
7:00 AM

TGC Club Meeting
May 13, 2015
Pensacola, FL
6:00 PM

TGC Group Run
May 24, 2015

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

[Info & Registration](#)

Sunset Stampede 5K
May 2, 2015
Navarre Beach
[Info](#)

Pensacola Sunset Run 5K
May 9, 2015
St. John Catholic School, Pensacola
[Registration](#)

Bear Lake Challenge
May 16, 2015
7:30 AM
[Info & Registration](#)

Emerald Coast MudRun for Orphans 5K
May 16, 2015
Multiple Start Times
[Info & Registration](#)

Gate to Gate Run 4.4 Miles
May 23, 2015
Eglin AFB, FL (Ft Walton Beach Area)
7:30 AM
[Registration](#)

UPCOMING LOCAL CYCLING EVENTS

Ride of Silence
May 20, 2015
Pensacola State College
5:30 PM - Roll Out
[Info](#)

Pensacola Beach, FL
7:00 AM

UPCOMING MULTISPORT EVENTS

Beach Blast Triathlon & Duathlon
Saturday, April 25, 2015
Mexico Beach, FL
7:00 AM
[Info](#)

Oxbow Triathlon
Sunday, April 26, 2015
Baton Rouge, LA
7:30 AM
[Info](#)

Gulf Coast Triathlon
Saturday, May 9, 2015
Panama City Beach, FL
6:15 AM
[Info](#)

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](#)

Pensacola Beach Triathlon
Saturday, May 16, 2015
Pensacola Beach, FL
[Info](#)

Grandman Triathlon
Saturday, May 30
Fairhope, AL
7:00 AM
[Info](#)

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.



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.

<http://multisport.com>

Discount Code: trigulfcoast2015



XTERRA - Blackwater - August 2, 2015 Blackwater River State Forest - Bear Lake

Come out and "Live More" as XTERRA Blackwater comes to the Florida Panhandle.

A competitive and family-fun atmosphere in which all ability levels will be sure to find a challenge!

National Qualifying XTERRA XPS Race
800 yd Lake Swim / 13 mi Mtn Bike / 3.75 mi Trail Run

[Information](#)

[Registration](#)

Discount Code: SOMLTRIGULF5
(\$5 off April 30 - May 30)

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) 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 2015 Black TGC visor is a perfect accessory for the 2015 TGC Kit!

TGC visors are available in black or white. 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).

Visor Questions? Contact Alex at: president@trigulfcoast.org



PRICE: \$20

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

Stay Connected



Tri Gulf Coast | president@trigulfcoast.org | <http://www.trigulfcoast.org>

P.O. Box 544
Gulf Breeze, FL 32562

Copyright © 2015. All Rights Reserved.

[Forward this email](#)

 SafeUnsubscribe™

This email was sent to president@trigulfcoast.org by president@trigulfcoast.org |
Rapid removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



Tri Gulf Coast | P.O. Box 544 | Gulf Breeze | FL | 32562