



TRIGULFCOAST
MULTISPORT ATHLETES

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25 June 2015

Dear Alex,

We've had an absolutely amazing year with Mere Mortals so far, and our membership is growing ever closer to 500 athletes. With an average of 200 people showing up to train on Sunday mornings your TGC leadership is excited to be getting into the thick of the training schedule. This upcoming weekend is the annual swim clinic so make sure you come out for some of the most hands-on swim training we do all year. Don't forget that even though Mere Mortals is going on we still do other group training! Weekly open water swims, and monthly group rides (one this Saturday) & group runs are ongoing, so check the calendar. It's a laid back easy training environment and a chance to get some one-on-one time with club members you might not see on Sunday mornings.

Don't forget that the [Iron Cowboy](#) comes to town this Friday. Interested in finding out what's going on, or even running and riding with him along the way? Perhaps you make some amazing clean eating for training food? Check out the [50-50-50 Florida Facebook page](#) for details on the day-of events.

We hope that everyone who came out to Evenings in Old Seville Square had an excellent time. A big thanks to their board and the SRI Tri board for hosting and donating some beverages for us to have. Don't forget that July 19th is the TGC Summer BBQ, a family friendly event you won't want to miss. Also don't forget that the same day during Mere Mortals is the annual gear swap, so bring that tri stuff you don't use anymore or just don't want. One person's Gu is another person's gold.

Lastly, it's getting hot outside if you haven't noticed. That means we are all slowing down in our training paces, but don't worry about it. Not only will you get faster once the temps come back down, but you still get the same training stimulus going slower while in the heat ([BOOM, Science](#)). Stay hydrated!

[Like us on Facebook](#) 

JUNE 25 is the LAST day to order a Blue TGC Singlet!

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Free phone consultations



Men's TGC Runner Blue
New Balance Running Singlet



Women's TGC Runner Blue
New Balance Running Singlet

[Order HERE!](#)

Look for even more TGC Gear toward the bottom of the Newsletter



The Latest Pool Toy Addition
by Coach John Murray

Swim training must include many elements to keep it interesting and purposeful. We use drills, pacing sets and equipment, just to name a few, to achieve these goals.

Our common list of pool equipment is fins, pull buoy, paddles and kickboard. But the list keeps growing. We are now using tennis balls, wiffle balls, and ankle straps and finally the snorkel.

I had heard of the growing use of the snorkel by many of top club teams and college programs for years but I was reluctant to add it for some reason. But earlier this year I was on a pool deck and ran into Andy Potts. We had a nice conversation about swimming and he asked me if I was using the snorkel with the athletes that I coached. I explained my reluctance and that's when he pulled his snorkel out of his swim bag and went over the "why's" of using a snorkel. I thought about this for a couple months and recently our morning swim group added the snorkel to their swim bags.



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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.



Our transition has been slow as it takes a bit of time to get used to this device. I have had my share of water up the nose and surprise inhalations of pool water. Some swimmers adapt quicker than others. Anecdotally, it appears that the long time former competitive swimmers have a longer adjustment period than those that have less swimming time under their belt. None of us fell in love with the snorkel on the first date! But now, after a couple weeks, it's beginning to grow on me.



The concept of keeping your head aligned with your spine is highlighted while using it. Certain drills, such as One Arm (resting arm by the side) become an even better drill with the snorkel. The ability to keep your head down helps your balance, your tempo is not interrupted by a head turn and you can watch your arms and hands while they move through the water.

I am now on that same crusade to encourage others to try it. Start slow...maybe some kicking with fins as you acclimate yourself. Allow several pool sessions to get over the initial water boarding feeling. Before long you will master the technique and your swimming will be better because of it.

Working Together - Triathlon as a Team



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





New club members, Craig and Stacy, recently completed the Pineapple Man Triathlon in Melbourne Beach, Florida. With the help of a cousin, the three person team completed the triathlon in memory of Craig's mother, Cathy.

Stacy told us, "This race had a lot of sentimental value to Craig and I. Craig's mom did this race in June of 2000 as her first triathlon. She did it as a coed relay race so that's the only choice for how we would do it. Craig did the .34 mile swim, I biked the 15.4 miles ride, and our cousin Ariane ran the 3.4 miles. We truly enjoyed every moment of this race!"

People participate in Triathlon for many different reasons. Some compete, some participate, and some honor others. Each reason holds it's own nuances and challenges. Get to know your fellow Mere Mortals. Discover their motivations, their memories, and their goals. We will continue to grow and inspire as a Team. Triathlon is not always a solo sport.

Congratulations on a great race, Craig, Stacy, and Ariane!

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 Run:

- Casino Beach
- July 18, 2015 (Saturday)
- 7:00 AM laced up and moving

Group Ride:

- Casino Beach to Navarre Beach, varying speeds



Code T-GCT30 for 30% off all equipment



15% off one-hour SUP rentals



10% off with code: TGCMC

- July 25, 2015 (Saturday)
- 7:00 AM roll out



Subway: Fueling the Athletic Community in Pensacola

If you've done any local 5K, 10K, Swim, Cycle, or Triathlon event in Pensacola, you have without-a-doubt, noticed Subway's presence.



Subway participates in these events at all levels from sponsorship to toeing the start line, passing the finish line, and helping to fuel the after parties. Our local Subway franchisor also graciously supports local athletic teams and clubs, including Tri Gulf Coast and Mere Mortals!

It's a great fit as Subway is a pioneer in fresh, healthy food options.

Be on the lookout for Subway's presence at Mere Mortals and other local events. Thank them for their support and visit the many Subway Restaurants in the Pensacola and surrounding areas!



10% off all accessories



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



Escape from Alcatraz Race Report: Three Perspectives

We all have "THAT" race on our mind as athletes. This is the race we strive to toe the starting line and pass the finish! This year three members of Tri Gulf Coast got the opportunity to "Escape from Alcatraz." Here are their perspectives on this challenging destination race in San Francisco, California.



Sara Bailey

Going into the Escape from Alcatraz Triathlon, the swim was my biggest fear. There were no marker buoys (we had to use land reference points), the water was going to be cold, I was going to have to jump off of a boat, I have never swam in currents like the ones there, and one of my biggest fears, "what if I can't complete the swim in an hour? I didn't want to get pulled from the bay." Well 7:30 hit, the horn blew and just like that, 2000 triathletes, emptying the boat in rapid succession. The next thing I knew, I was at the door, jumping, underwater, back afloat and swimming towards my first reference point. The water wasn't nearly as dreadfully cold as my brain tried to convince me it was going to be. The current was strong, but as long as you swam towards the pre-mentioned reference points, it worked in your favor. I made it out of the water before the hour cut-off. The first victory of my day.

The bike, 18 miles, let me tell you it was challenging! I knew there were hills but had no idea just how intense some of the climbs and descents would be! I was cautious on the bike simply because I was not super comfortable with the quickness of the descents and rode my brakes going downhill quite a bit, but I was out there to have a great time and wanted to finish safely. I did just that, finished safely and then ventured off for my 8 mile run.

The run was equally as challenging as the other two disciplines: most of it on dirt or gravel, a lot of climbing, and the stairs....Oh my goodness, the stairs, particularly the sand ladder! The sand ladder was 400 stairs leading from the beach back up one of the many hills and it was exhausting, not to mention, got me. I held onto the rope railing and sllloowly limped my way up it. BUT, I did make it and the rest of the race was downhill!

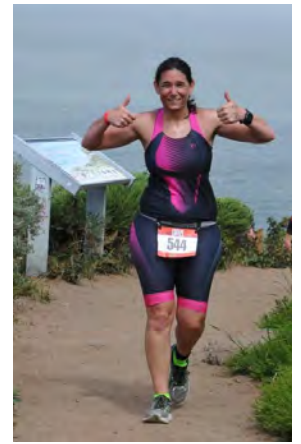
Coming up to the finish line of the Escape from Alcatraz was almost something out of a dream. I ran between two massive grandstands that were packed with cheering people and as I crossed the finish line, heard the announcer say, "From Pensacola, FL, Sara Bailey!"

Everything about this race was absolutely incredible and it feels pretty awesome to say, "I escaped from Alcatraz." As for the sand ladder, I'll be back and next time, you won't get the best of me!

Patrick Willi

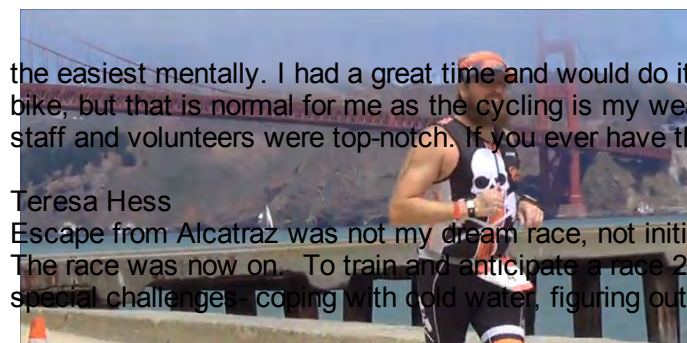
For me San Francisco was going to be STEEP HILLS and COLD WATER and Alcatraz did not disappoint!

Swim: As we were standing by the windows of the boat enjoying the view of the water and listening to the National Anthem, thick fog rolled in and covered most of our landmarks for sighting. The crazy current was still visible. Teresa and I were in line to jump off the bow, but that line wasn't moving so we were directed toward the stern where there was literally NO LINE, NO WAITING. The first plunge was cold, but the wetsuit did its job. This was the weirdest swim I've ever done. I would sight something on shore and swim my heart out toward the landmark while the current pushed me parallel to the shore. Forward movement was hard to discern, but I kept going and before I knew it, I could see the exit. I didn't get the view of the city or the bridge I had hoped, but I did see Alcatraz Island while swimming in the bay. It was mysterious and spooky as it was shrouded in fog. It was a great swim and my favorite part of the race.



Bike: The rest of the race went slowly. I was confident on the bike through the first hill, then, not-so-much. This was the longest, slowest 18 mile bike I've had, literally. I fought every mile. I stayed ahead of the SAG wagon and finished in the allotted time. My performance was not pretty; however, the views of the city, bridge, bay, and Alcatraz Island were breathtaking. As I was at mile 13, the fog started to clear. The Golden Gate Bridge appeared as I was cresting Legion of Honor Hill and making my way back to transition. WOW.

Run: Even this long into the day/race, everyone was in great spirits. Volunteers and support stations were AWESOME. I worked my way along the course. For me, the Baker Beach section was the worst and made the Sand Ladder seem easy. After the Sand Ladder, it was downhill, with breathtaking views. My hamstrings didn't like the downhill at all. I had to take all the stairs down very slow or I would cramp. I was taking in salt and electrolytes at every opportunity. I was moving until mile 7.5. I was feeling good and wanted to finish so I was quickening my pace. I tripped over a rock and the jolt locked up my leg. I couldn't move forward or stand up straight, but I worked it out and got moving again. I finished just under the wire.



It was the hardest Triathlon I've ever done physically, but the easiest mentally. I had a great time and would do it again in a heart-beat. I would also train a lot more on the bike, but that is normal for me as the cycling is my weakest event. The atmosphere of the race was perfect. The staff and volunteers were top-notch. If you ever have the chance, DO IT.

Teresa Hess

Escape from Alcatraz was not my dream race, not initially; that all changed after getting selected from the lottery. The race was now on. To train and anticipate a race 2000 miles away in a completely different climate held special challenges: coping with cold water, figuring out climbing hills, and taking on multi-terrain running.

We got out to San Francisco early in the week to adjust to the time change and weather. It was beautiful weather in the days leading up to the race, so when the fog rolled in as we ferried out to anchor beside the island it was a little nerve racking. Given that we could not see the sighting points this adventure's adventurousness just got elevated. The goal of the swim was simple for me- don't pass the swim exit, don't reach the Golden Gate Bridge, don't find the Ocean. Upon jumping into the water the cold was a quick rush; my body quickly went to doing what it does best- swim, arm over arm and breathe. The land seemed to move without me moving; like an Infinity pool at an IMax. It was strange and didn't compute in my beach swimming mind. I hit the beach as the fog horns from the bridge seem right on top of me. The good news was I hit the beach dead on center! Bad news I had very little fine motor skills in my hands.

Transition was "interesting" given the lack of finger mobility. I pulled on my arm warmers, tucked hand warmers under my tri suit, slipped into my biking shoes, and away I went. The bike was my biggest fear, the tall climbing and the fast down hills. There were times it felt like we climbed just to climb more. There was a moment when I knew I belonged on this course on this day- that moment was as I came down the Great Highway (mile 6.5), the road was fast and the left turn even

faster but the road opened up to the Pacific Ocean. The waves crashing against the sand and spraying a mist of salt into the air. This was home, home was here, and I know how to ride at home. Over the next 12 miles I pushed up hill and screamed "WoooHoooo" down hill. It was still a rough ride with rough roads at times, but the views and the fire in my legs



made my heart sing! One more transition, slipping on knee braces and tennis shoes. In the run my legs felt every mile of the bike. The terrain changed and changed often- gravel path, stairs, pavement, asphalt, trail, soft sand, hard sand, sandy hills, and repeat! Again the fog horn of the Golden Gate called out, it led us out on to the course and it called us back to the finish.

The finish line was a welcomed site. It was a site less than 2000 athletes would see this day, but it was there in front of me. In was mine. This race will forever be a favorite. It will forever be different. And it will forever be imprinted in my soul. One day I will come back here and the challenge will be accepted again!

Our Tri Gulf Coast athletes were glad to know that even 2000 miles away there was support back home. Thank you for helping us to Escape from Alcatraz and to get back home safe, without the training and support we may have still been floating out in the Ocean!



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.

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

Ronald McDonald Firecracker 5K
July 4, 2015
Pensacola, FL
7:30 AM
[Info & Registration](#)

Shark Adventure Run 5K
July 4, 2015
Flora-Bama
7:00 AM
[Info](#)

Celebrate Freedom 5K
July 4, 2015

UPCOMING MULTISPORT EVENTS

Team MPI Portofino Tri Series
18 July 2015 - Ladies Only Tri
13 August 2015 - Triathlon
[Info & Registration](#)

City of Valparaiso, FL 4th of July Duathlon
July 4, 2015
Valparaiso, FL
7:00 AM
[Info and Registration](#)

Freedom Springs Triathlon

Jay, FL
8:00 AM
[Info & Registration](#)

Bushwacker 5K
August 1, 2015
Pensacola Beach, FL
[Info](#)

UPCOMING LOCAL CYCLING

West Florida Wheelmen Bicycle Club
Ride Schedule
[Info](#)

UPCOMING TGC EVENTS

TGC Group Run
July 18, 2015 (Saturday)
Pensacola Beach, FL
7:00 AM
TGC Club Meeting
July 15, 2015
Pensacola, FL
6:00 PM

TGC Tri Gear Swap Meet
During Mere Mortals
July 19, 2015

TCG Summer Social
July 19, 2015
Naval Live Oaks Pavilion
2:00 PM

TGC Group Ride
July 25, 2015 (Saturday)
Pensacola Beach, FL
7:00 AM

July 4, 2015
Marianna, FL
7:00 AM
[Info & Registration](#)

Sunfish Triathlon
July 11, 2015
Meridian, MS
7:00 AM
[Info & Registration](#)

Chattahoochee Challenge Sprint
July 18, 2015
Columbus, GA
[Info & Registration](#)

Xterra - Blackwater
August 2, 2015
Munson, FL
7:00 AM
[Info & Registration](#)

Race Entry Discount Codes (Codes for TriGulfCoast Members ONLY)

Chattahoochee Challenge Races Columbus, GA

\$5 off - Chattahoochee Challenge Sprint (TGC5) - 18 July 2015
\$10 off - Chattahoochee Challenge Olympic (TGC10) - 15 August 2015

<http://tricolombusga.com/>

Sandestin Triathlon
Sandestin, FL

This year the Sandestin Triathlon is offering TGC membership a 10% discount for their race. If you haven't signed up yet, check the race out at <http://www.sandestintriathlon.com/> or sign up at <http://www.imathlete.com/events/EventOverview.aspx?fEID=22712>.

Use the code "TRIGULF" at the checkout for the discount.

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.

TGC Merchandise: Headsweats Visors, Hats, & Singlets

Item	Description	Details	Color	Price
The TGC	Headsweats Brand Visor	Awesome	Black or White	\$20.00
The "Alex"	Headsweats Brand Hat	Lower Profile with Mesh	Black	\$20.00**
The "Kirwan"	Trucker Hat	Higher Profile with Mesh	Black/Orange	\$12.00**
TGC Runner (Black)	Asics Brand Singlet (tank)	Limited Sizes/QTY	Black	\$23.00
TGC Runner (Blue)	New Balance Brand Singlet (tank)	Pre-Order ONLY Through June 25	Blue	\$23.00

**prices not indicative of namesake's value

All head gear: One size fits all (or, most) adults.
 Limited QTY on most items.

TGC Runner (Blue) is available through [PREORDER ONLY](#).
** Cash or Check (payable to Tri Gulf Coast) **

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



The TCG (Black)



The TGC (White)



The "Alex"



The "Kirwan"



TGC Runner (Black)



TGC Runner (Blue)



TGC Runner (Blue)

Stay Connected



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