



TRIGULFCOAST
MULTISPORT ATHLETES

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31 July 2015

Dear Alex,

We're at the halfway point of the triathlon season and many of you are starting to really find your groove. Your TGC leadership is also in the same groove and getting ready for some big events coming up like the Members Only Tri - our capstone event for Mere Mortals.

This month we're switching up the location of our group ride and group run. Getting some different scenery, and perhaps for some a closer drive, will be a welcome change. We'll be doing the Bayou Hills 10k course for our run, and meeting up at the trail head on Caroline Street in Milton for a ride out into Blackwater. Don't worry if you haven't been out there to ride before, we will be implementing a no-drop rule. If people want to hammer out ahead or tack on some extra distance that is fine, but the main group will stick together. This will be a great opportunity to learn how to take full advantage of your bike's gears. For those curious, [this will be the bike route](#) - a 40 mile ride TOTAL versus our usual 34 mile beach loop.

The Bayou Hills course is also a great way to learn the right way to run up a hill. For general running or racing on hills remember to shorten your stride, increase cadence a bit, and keep your feet low to the ground.

We hope you're all enjoying the season so far! The amount of people we've seen out there training has been encouraging, with an average of 175+ each Sunday morning. TGC has been around for 20 years now and it keeps growing and evolving thanks to members like you.

[Like us on Facebook](#) 



Lessons from the Iron Cowboy
by Coach John Murray

Recently James Lawrence aka The Iron Cowboy visited Pensacola on his way to attempting to reach his goal of doing 50 Ironmans in 50 consecutive days in all 50 states. There certainly is lots of fodder for discussion regarding his

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feat. Although it is for a good cause, there are some who are questioning if what he is doing a wise decision. Will he develop an overuse injury? Will he fall into a threatening metabolic state? Is it just bad for the human body?



I guess we can get the answers to those questions shortly as he has successfully completed his goal. One could debate endlessly about the impact of doing this much exercise/stress.

I did try to look at it from a coaching standpoint. How does this transcend to the long distance athletes that Team MPI oversees?

As we swam on together on that Friday morning, I thought about how relaxed he kept his effort level. I wondered if the repeating message in his head was something like "stay aerobic"..."or keep heart rate below 110". I remember us leaving the water. The front three swimmers exited the Santa Rosa Sound and no one was even close to being breathless. For the Ironman athletes, especially first timers, this is the goal. Try to make the swim a "non-event".



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



Then he took his time in transition. Once on the bike he stayed controlled as well. He fueled appropriately as he considered calorie burn, and stayed aerobic without using too much glycogen. He kept the workload easy to protect the legs in order to perform better on the run. And finally, he began the run controlled, again remembering that these long events are really about how we finish.



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





I can unequivocally say that I will never recommend any athletes try his feat. But they certainly can mirror his pace, discipline, and 30,000 foot view of the long haul.

Well done, Iron Cowboy!

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:



Code T-GCT30 for 30% off all equipment



15% off one-hour SUP rentals



10% off with code: TGCMC

- LOCATION CHANGE: Bayview Park for Bayou Hills 10k course
- August 8 (Saturday)
- 7:00 AM laced up and moving

Group Ride:

- LOCATION CHANGE: Milton Trail Head (Caroline Street) for a [Blackwater ride](#)
- No-drop ride - we won't leave anyone behind
- August 15 (Saturday)
- 7:00 AM roll out

Looking for Volunteers for the Sea Turtle Youth Triathlon

We need Volunteers to do ALL this and more...



So the kids can do ALL this safely!



When: Sunday, October 4th, 2015
 Time: 6:00am-10 am (approximate times)
 Where: Pensacola Beach, 1.2 miles east of Portifino Resort

We need YOU! This is a great opportunity to give back to the sport and encourage our youth athletes! This is a rewarding experience, so come join the fun and support the sport we love.

<http://trigulfcoast.org/sea-turtle-triathlon/>



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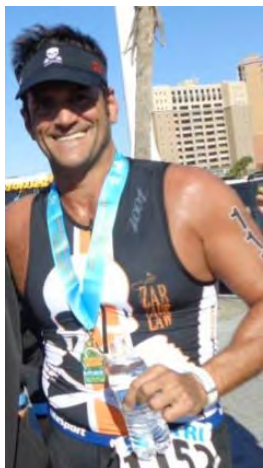
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Zarzur Law: Supporting the Athletic Community in Pensacola



Joe Zarzur is an avid supporter of sports in our community, including Tri Gulf Coast, the Pensacola Marathon, Double Bridge, and Santa Rosa Triathlon. Joe and his law firm, Zarzur Law, is also the sponsor of the Thursday morning, "I Hate Open Water swim", put on by Tri Gulf Coast as an extra workout for members to improve their open water skills.

In addition to his support of TGC, Joe gives back to the triathlon community and the community at large through his triathlon teams, the Gavel Girlz and Gavel Guyz. These teams raise awareness and funds for Favor House and Gulf Coast Kids House, both community programs put in place to heal those in our community who are victims of abuse. As ambassadors to the sport, Joe's Gavel Teamz spread encouragement on and off the course. Many team members can be found out at Mere Mortals on Sunday mornings, offering support, a friendly smile, and advice for new athletes.



As an avid cyclist and Ironman competitor, Joe Zarzaur understands the needs of triathletes; especially their need for safety. When an athlete's safety is jeopardized by the neglectful actions of others that's where Joe and his law firm show how drive on the race course translates to drive in the courtroom. As a personal injury attorney Joe has dedicated his professional life to ensuring client's rights are protected.

Joe Zarzaur, the Gavel Girlz, and the Gavel Guyz look forward to being the guest speaker(s) at the 02 August 2015 Mere Mortals. Please come out to learn more about how Joe, his law firm, and the Gavel Teamz give back to the triathlon community.

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](#)

From the Desk of a TGC Triathlete... Forget Me NOTs

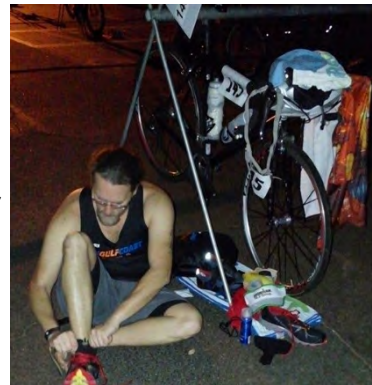
Race day and the days leading up can often be hectic. If it is a local race you may be working the day before; if it is a nearby race you may be waking up extra early to get to the race site; if it is a destination race you are trying to pack for race and "vacation" days. All of this while working, making dinner, driving the kids to school, training, and resting too!!! All that said take a deep breath, let's mention a few things not to forget at home on race day!!

- 1) Safety Pins. You have your race belt so you think you don't need safety pins. But what if your belt breaks or the little latch in hole on you bib tears- SAFETY PINS!!! These will also save you if you have to put back in a string for tri bottoms, if your zipper breaks, or, ladies, if you need to fit your bra or bathing suit top.
- 2) Sunscreen. Some longer races offer sunscreen as you leave transition or on the course; however, taking your own sunscreen ensures no allergic reactions on race day and you know what it feels like on your skin.

3) Flashlight or Head Lamp. At 4AM it will be dark outside. Transition will most likely be dark, so unless you train transition set up with your eyes closed a flashlight or headlamp will help you to navigate a speedy set up while others wait for day break.

4) Sharpie. Yes they will have body marking or tattoo numbers, but having a sharpie in your bag is helpful if you put on your sunscreen and your number disappears or when you need to make a note on your forearm to remind you to "stay the course".

5) Toilet Paper. A little ziplock bag with some toilet paper into will never let you down. This is great if you need to blow your nose or if you start to notice a shortage of paper products in the port-a-potties.



These five items are small items but when needed they can have a HUGE impact on your race and your peace of mind!

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.

Safety First: Safety Tips for the Training Course

As athletes we often talk about safety, but are we taking precautions to be safe during our training? Safety is the responsibility of each athlete, especially during training swims, rides, and runs. How can we be better at ensuring our own safety and the safety of our fellow athletes?



Open Water Swimming Safety:

- Swim with a buddy, either another swimmer or a water support member. Swimming with a buddy makes you more visible to people taking part in other water events sports, like jet skiing, boating, or kayaking. Additionally, in the event there is a problem your buddy can help with rescue or getting aid.



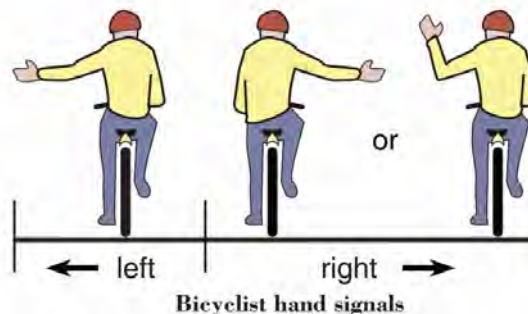
- Know the water. Each body of water has different dangers. Ask around the local race area about what lives in the water, what hazards there may be (seaweed, stumps, anchors), and what water temperatures are expected to be on race day. Do not assume a lake is safer than the Gulf as there may not be jelly fish, but swimming head on into a tree stump could still send you to the hospital.
- Train in the race water. Once you know the water you will be swimming in try to train in that body of water or one similar. If your open water training only included swimming in the clear Gulf of Mexico then switching to a murky river with limited visibility could cause panic on race day.
- Learn to spot. Having good spotting skills will keep you aware of your surroundings. Drifting out into the deep blue sea is rarely part of a training plan.

Cycling Safety:

- Ride the same direction as other traffic. Bicycles are considered vehicles on the road and should be traveling in the same direction as other traffic while following ALL traffic laws and signals.
- Be visible. The use of headlights and taillights is a vital safety measure. Many times athletes are riding at day break or sunset, a light on your bike or helmet will help drivers see you.
- Wear your helmet and wear it properly. Make sure your helmet strap is secured and tight, but you are able to have full head movement. Tighten the helmet to snug fit your head. Remember if you crash, your head may hit something more than once, so having your helmet properly fit to your head will help it to stay on if you ever need it. Also, remember after any crash where your helmet makes contact, you need to get a new helmet, even if it "looks" okay.



- Use your signals. Let drivers know where you are going. Motioning that you are stopping, turning left or right, or crossing a lane, will help drivers know where you are planning to go. Signal early to give plenty of time for drivers to see you and notice what you are telling them.



Running Safety:

- Run against traffic. Knowing that traffic is coming up on you will allow you the opportunity to adjust your run course if you need to run off the road quickly.
- Don't wear headphones. Having your music going while running is a distraction from your surroundings. You may not hear a car or person coming up behind you.
- Follow the rules of the road. When out running on the road, use the crosswalks, follow traffic signals, and look both ways before crossing the street.



By doing our part to make ourselves safe it will show others they too can do their part to keep athletes they pass safe. Safety starts with us, each of us!

This list focuses on events that are within a 4-hour driving distance.
A FULL list, including national and destination races, can be found on the [TGC Calendar](#).

UPCOMING LOCAL RUNS

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

Argonaut 5K
August 29, 2015
Pensacola, FL
[Info](#)

Patriot 5K and 1 Mile Fun Run
August 29, 2015
Pace, FL
[Info](#)

UPCOMING LOCAL CYCLING

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

Alabama State Time Trial Championship
August 1, 2015
Columbiana, AL
[Info](#)

12 Hours of Nite Nationals (MTN Bike)
August 29, 2015
Auburn, AL
[Info](#)

UPCOMING TGC EVENTS

TGC Group Run
August 8 (Saturday)
Bayview Park
Pensacola, FL
Bayou Hills 10K Route

UPCOMING MULTISPORT EVENTS

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

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

Chattahoochee Challenge Tri (Olympic)
TGC Discount Available
August 15, 2015
Columbus, GA
[Info & Registration](#)

Toughman Alabama 70.3
TGC Discount Available
August 15, 2015
Pell City, AL
[Info & Registration](#)

Sandestin Triathlon
TGC Discount Available
August 22, 2015
Sandestin, FL
[Info & Registration](#)

Cultivation Nation Triathlon (Sprint)
August 29, 2015
Wiggins, MS
[Info & Registration](#)

7:00 AM

TGC Club Meeting
August 12
Pensacola, FL
6:00 PM

TGC Group Ride
August 15 (Saturday)
Blackwater Trail Head (Caroline Street)
Milton, FL
[Blackwater 40 Mile Loop](#) - NO DROP RIDE
7:00 AM

Race Entry Discount Codes (Codes for TriGulfCoast Members ONLY)

Chattahoochee Challenge Races Columbus, GA

\$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

**prices not indicative of namesake's value

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

* 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)

Stay Connected



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