



TRIGULFCOAST
MULTISPORT ATHLETES

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28 August 2015

Dear Alex,

With September starting up it means we're coming down the home stretch of the season. For many of you that means Brett Robinson or Santa Rosa Island Tri - for some of you that's IMFL or 70.3 Augusta. For all of you, it means showing up to the swim start healthy and primed to race your best. So often we see athletes trying to put in last minute workouts trying to squeeze a little more fitness into their engine for race day - don't do it! It takes time for your body to adapt to a workout, meaning it isn't the stress that makes you faster it's the recovery. A hard workout will leave you fatigued (ie not ready to race your best) for around 5 days. After 8 days you start to adapt, then around 14 days in you've adapted to that hard workout - it takes two weeks to gain the positive effect of a workout. That's not to say you don't want to do certain workouts to stay sharp for racing before you taper, but the hard training you do should stop or the only benefit will be to your competitors!

While Mere Mortals will be over at the end of this month, and then we'll have our Members Only Tri, don't forget that training opportunities will continue. Monthly runs and rides will keep going, and the Thursday morning swims will continue into October.

With many of the events TGC does we need helping hands, but with the Members Only Tri (and also the upcoming Sea Turtle Triathlon) we rely heavily on volunteers. If you don't plan on racing, or have a family member for friend coming to watch you race, we'd love to have an extra hand.

If you're able to help at the Members Only Tri (September 20th), please email Tom Henderson (mortals@trigulfcoast.org).

If you're able to help at the Sea Turtle Triathlon (October 4th), please email Jim Hagy (jim@trigulfcoast.org).

[Like us on Facebook](#) 

Looking for Volunteers for the Sea Turtle Youth Triathlon

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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



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



So the kids can do ALL this safely!



When: Sunday, October 4th, 2015
Time: 6:00 a.m. - 10:00 a.m. (approximate times)
Where: Pensacola Beach, 1.2 miles east of Portofino 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/>



Adding Variety to Your Swims
by Coach John Murray

I know I have written about this subject in the past but occasionally it helps to hear the message again.

As I encounter new triathletes I gather information about their technique and their approach to training. When discussing their tactics for improving form and efficiency many will tell me that they just show up at the pool for an indeterminate amount of time. They may feel the pressure of an upcoming race and the uncertainty of what will happen during their triathlon swim so their plan is "any time in the pool will help."

Their less-than-optimal plan has its flaws but no one can blame the triathlete. The idea of creating a meaningful swim development program can be daunting. With some basic ideas we can make the best of 2-3 swim sessions per week and hopefully add improvement at a quicker rate.

Idea #1- Add drills- Drills are a way that we can isolate certain areas of the swim stroke to add more concentration. Some areas that drills may focus are breathing, kick, balance, and catch. Creativity has produced an endless



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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.

amount of fun and challenging drills.
(See [Team MPI Swim Drill videos on YouTube](#))

Idea #2- Add some toys- Use fins, pull buoy, hand paddles, snorkel, wiffle balls and more to help with drills or increase feedback from the water. A relatively inexpensive swim bag investment can last for years and will help add variety to the potential monotony of just swimming back and forth in the pool.



Idea #3- Use the clock- All swim coaches use the clock to help their swimmers challenge themselves. Whether it's the clock on deck or your wristwatch begin the skill of swimming with an interval in mind. Intervals must be appropriate for you. Consider starting with shorter distances and very doable times. As you improve you can shorten the time or lengthen the swims.



An inventive approach to your time in the pool will not only aid in your swimming adeptness but can cause you to look forward to diving in!!

GROUP TRAINING:

Group Swim:

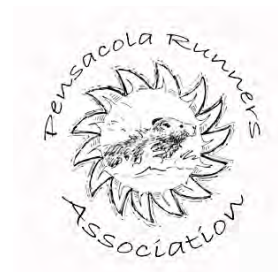
- Zarzaur Law's: I Hate Open Water Swim
- Sound-side pavilions (Mommy Beach)
- Thursday mornings
- 6:30 AM swim start

Group Run:

- September 5 (Saturday)



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



- LOCATION CHANGE: Bayou Hills 10k course
- Meet at Bayview Park
- Pensacola, FL - East Hill area
- 7:00 AM laced up and moving

Group Ride:

- September 19 (Saturday)
- LOCATION CHANGE: Milton Trail Head (Caroline Street) for a [Blackwater ride](#)
- No-drop ride - we won't leave anyone behind
- Milton, FL
- 7:00 AM roll out

Spotlight - Santa Rosa Island Triathlon (SRITRI)

This is the 20th Annual Santa Rosa Island Triathlon (SRITRI) and we expect a sold-out field again as registration is going very well.

This year the event has a new presenting sponsor in The Zarzaur Law Firm. Joe Zarzaur and the firm have promoted and supported many athletic endeavors around Northwest Florida for years and we're proud to be associated with them. We always provide extra enhancements for the athletes and this sponsorship will allow us to continue that tradition.



During the life of the race, the SRITRI has been named the National Small Triathlon of The Year, the National Triathlon of The Year and the National Destination Triathlon of The Year. There have been many great athletes who have run the SRITRI over the years, but two stand out especially.

Colorado Springs' Brian Fleischmann has won the event 11 times. He has had a successful career as a professional triathlete for many years, including World Team Triathlon Champion, and has



Code T-GCT30 for 30% off all equipment



15% off one-hour SUP rentals



10% off with code: TGCMC



11 Time SRITRI Winner & 2014 Overall Male, Brian Fleischmann

been unbeatable on Pensacola Beach. Australian Michelle Jones was passed down the stretch at the Sydney Olympics in 2000 and, thus, won the Silver Medal at the first Olympic triathlon competition. Michelle also competed in and won the SRITRI just weeks after that. She went on to become the only woman to win an Olympic triathlon medal, the Ironman World Championship, the ITU World Championship, the Xterra World Championship and the ITU World Cup.



2014 Overall Female, Stephanie Smith

We look forward to great conditions this year, to a sold-out field and to seeing you race in the SRITRI on October 3rd!

[CLICK HERE TO REGISTER BEFORE IT SELLS OUT!!](#)



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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...
How to Pick the Race That's Right for You



As we are entering into the Fall Triathlon Season it is also time to think about next year. You might be waiting to set next year's calendar until after you finish your first triathlon at Santa Rosa Island Triathlon in October, but really this is a great time of year to plan for the Spring season. There are a few factors to look at when planning your next race event:

- **Training Time.** It is important to think ahead about what the next few months may allow as far as training. Where will you swim over the winter? Do you need to buy a bike trainer for cold or hot months? Are you going to be changing jobs or locations? Are you baby planning? All of these and many other questions can play a role in what your training schedule will allow. If you want to take on an iron distance event in the Spring then looking at indoor training options may be key.
- **Challenge.** Do you want a challenge? Do you want to go further or faster or just again? Maybe you want to plan for one race a year and see if over the next few years you can get faster or feel better at this one race. Maybe you want to add distances to see how far you can push yourself. There is a race for every challenge.
- **Race Location.** Are you planning a "Race-cation"? Do you want warm waters for swimming or calm lakes? Do you want hills or wind? Do you want exciting tourist spots for post-race adventures? The options are endless. Once you pick the place, you can find a race. Here in the Panhandle we have the bonus of having a variety of races in our own back yard; from sprints to full iron distance all within a few hours drive.
- **Race Size.** "Go big or go home" is not applicable to picking a race. You don't have to do a brand name race in order to have a race to brag about for years to come. Just like how races come in all different distances they come in all levels of competitor fields. You have races of 2000 and you have races of 5; each size of race has pros and cons. You have to weigh each to find your fit.

Remember when selecting a race that this is YOUR race and it has to fit you. Being mindful in race selection will help you to enjoy the training, the planning, and the race day experience!



Viva la Members Only Triathlon!



The Annual TGC Members Only Triathlon (MOT) is sneaking up on us.

Registration is OPEN Aug. 31 - Sept. 14

A registration link will be emailed to MEMBERS.

The MOT is a great tune-up event to measure your progress from a grueling summer of training. TGC emulates the SRITRI course for a full-length, full-speed triathlon. You'll get to experience the swim course, bike course, run course, transition, timing, and an after-party. You'll also get to see what race-day nerves feel like! Don't worry, TGC will be there to assist. Take some deep breathes and do what you've done ALL TRAINING SEASON.

Completing the MOT is a great measure for SRITRI, should be a great confidence booster, and is a lot of fun.

Join us September 20th!

Registration is OPEN Aug. 31 - Sept. 14

A registration link will be emailed to MEMBERS.



Grasping for Motivation by Teresa Hess, LMHC

You've been training - pushing out miles on the bike, beating the pavement in the afternoon sun, and swimming so much you started naming the fish. But then one day you hit the snooze button and skip that bike ride, you get busy with other parts of your life and miss your afternoon run, or the rains come down and wash away your swim plans. Your motivation to start fresh tomorrow wains, you are tired, you are busy, and your mind races now with negative self talk. Well, welcome to the club!!

We have all been in "motivational debt" before. Sometimes it happens after months of training. Sometimes it starts with a missed workout or an extra piece of cake. Sometimes it happens because life leads our attention away from exercise. For whatever reason it happens, know that it does happen.

Now that we have all admitted we have a problem, what are we going to do about it?

First, let's acknowledge that it is perfectly acceptable to take a break. There are times when our bodies know better than our brains and we need to listen. Take time off the bike and out of the water to simply focus on enjoying life. If all you do at the beach is run and never just sit down then consider if you have really enjoyed all that is out there. Enjoy the sea breeze and let your mind runaway while your body sits still.

Also look at your exercise routine and JAZZ IT UP!!! On your run course, if you can't run in a new place, run your course in the opposite direction or run at a different time of day. On your bike course invite a new friend to ride with you, maybe they are faster or slower than you. Find drills to do for each of your sports, you may look silly in the front yard running back and forth to pick up sticks and drop them on the other side of the yard, but speed drills can mix it up and remind you that this hobby is fun.



If you feel like you need to stick to your training plan then find a friend. It doesn't even have to be an exercising friend. Look for an "accountability partner." This could be a coworker who asks you each morning how your run was or what you plan for an afternoon swim. It works best if your "AP" has a goal too. Maybe they want to start drinking more water; then you get to be their "AP", asking about glasses of water

that morning or reminding them during the day to go refill their cup. Having this buddy system will help you to both stay on track. Just remember this is not an opportunity to yell at each other over a missed workout, this pact is a positive one, where you listen, support, and encourage.



Lastly, set a S.M.A.R.T. goal and reward. A SMART goal is Specific, Measurable, Attainable, Realistic, and Timely. The important thing here is to make this goal small. This goal is not to finish a triathlon, that's the big goal. This goal is to "get on the bike, ride for 20 minutes, on Tuesday." Put a goal reward as well; for small goals there are small rewards like maybe a five minute later wake up time. What many athletes find is that if they set the goal to go out on a short run or ride or swim, once they get out there they go a little further; not

because they HAVE TO but because they feel good and they want to.

Take a moment; take a deep breath; let yourself enjoy just being still... then, mix up your workouts, find an accountability partner, and set small SMART goals to help yourself get out of a motivational slump.

Remember, too, you are a member of Tri Gulf Coast we are here to support each other, encourage each other, and offer help to pull each other out of these moments of negative thought. Together we can overcome any motivational monster in the closet or under bed!!!

Tell Your Story...

Do you have a story you would like to share with your fellow TGC Triathletes? Do you have an article you would like to have published in the Newsletter?

We're always looking for submissions. Email your story, idea, or experience to Patrick@TriGulfCoast.org.

West Florida Wheelmen News and Upcoming Events



Weather should hopefully start cooling soon. Enjoy the autumn season AND stay active with the Wheelmen.

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

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

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

Patriot 5K and Fun Run
Aug. 29
Pace, FL
[Info & Registration](#)

Argonaut 5K - ***TGC Race Discount***
Aug. 29
UWF - Pensacola, FL
[Info & Registration](#)

Semper Fi Charity Run 5K
Sept. 19
Pensacola Beach, FL
[Info & Registration](#)

The Rhino Run
Sept. 20
Saucier, MS
[Info & Registration](#)

Pensacola Seafood Don McCloskey 5K
Sept. 26
Pensacola, FL
[Info & Registration](#)

Milton Riverwalk Run
Oct. 3 - Evening
Milton, FL
[Info & Registration](#)

UPCOMING CYCLING EVENTS

UPCOMING MULTISPORT EVENTS

Cultivation National Triathlon
Aug. 29
Wiggins, MS
[Info & Registration](#)

Sand Dollar Duathlon
Aug. 29
Tyndall AFB - Panama City, FL
[Info & Registration](#)

Callaway Gardens Triathlon
Sept. 6
Pine Mountain, GA
[Info & Registration](#)

Beach Blast Triathlon
Sept. 12
Mexico Beach, FL
[Info & Registration](#)

Alabama Coastal Triathlon
A Team Magic Event - ***TGC Race Discount***
Sept. 12
Orange Beach, AL
[Info & Registration](#)

TGC Members Only Triathlon
Sept. 20
Pensacola Beach, FL

Santa Rosa Island Triathlon
Oct. 3
Pensacola Beach, FL
[Info & Registration](#)

12 Hours of Nite Nationals (MTN Bike)

Aug. 29

Auburn, AL

[Info & Registration](#)

Sea Turtle Youth Triathlon

Oct. 4

Pensacola Beach, FL

[Info & Registration](#)

Pensacola Cycling Classic

Sept. 12

Pensacola, FL

[Info & Registration](#)

12th Annual Nut Roll

Sept. 12

Albany, GA

[Info & Registration](#)

West Florida Wheelmen Bicycle Club

Ride Schedule

[Info](#)

UPCOMING TGC EVENTS

TGC Group Run

September 5 (Saturday)

Bayou Hills 10K Route

Starting at Bayview Park

Pensacola, FL

7:00 AM

TGC Club Meeting

September 16 (Wednesday)

Pensacola, FL

6:00 PM

TGC Group Ride

September 19 (Saturday)

Blackwater Forest Ride

Starting at the Blackwater Trail Head

(Intersection of Hwy 87 & Hwy 90)

Milton, FL

7:00 AM

TGC Members Only Triathlon

Sept. 20 (Sunday)

Pensacola Beach, FL

TGC Sea Turtle Youth Triathlon

Oct. 4 (Sunday)

Pensacola Beach, FL

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

[Argonaut 5K](#)

PRA is partnering with the University of West Florida Cross Country team to hold the Argonaut Welcome Back 5K on August 29th. The route is a great course around the UWF campus.

PRA is also offering TGC Members 10% Off

[Info. & Registration](#)

Discount Code: TGC2015Argo

Late Registration:

- Thursday, August 27, 2015, 4:30 PM-7:30 PM, Dick's Sporting Goods, 5100 N. 9th Ave, Pensacola, FL 32504
- Friday, August 28, 2015, 4:30 PM-7:30 PM, University of West Florida HLS Facility, 11000 University Pkwy, Pensacola, FL 32514

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	Black/Orange	SOLD OUT**

		with Mesh		
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"
SOLD OUT



TGC Runner (Black)

Stay Connected



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

P.O. Box 544
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