



**TRIGULFCOAST**  
MULTISPORT ATHLETES

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30 October 2015

Dear Alex,

TGC is officially in off-season mode! Mere Mortals is over, the weekly swims are done, we introduced our new board at the end-of-year party, but we still have our monthly group rides and runs.

With the season winding down or over for most of us there's a bit off-season blues. The energy of the year is starting to fade away and now you're not sure what to do.

Triathletes, by and large, are planners - so do what you do best and think about next year! Knowing what you want to accomplish next year seems like it's far away, but getting it all in place mentally will do more than give you motivation over the upcoming holiday season.

Whether it is getting faster, more consistent, or going longer - you'll benefit from thinking about it now, because in our sport nothing happens overnight. Injury happens often in our sport because we push ourselves too far, too soon, and if you plan now you'll be able to ramp up volume and intensity at the right time.

In the meantime don't forget to enjoy the candy, wine, pie, and turkey over the next month!

[Like us on Facebook](#) 



Second Guessing Your Training Plan  
by Coach John Murray

As some triathletes get closer to their race date worries begin to creep into their minds.

More commonly in the last three to four weeks before the

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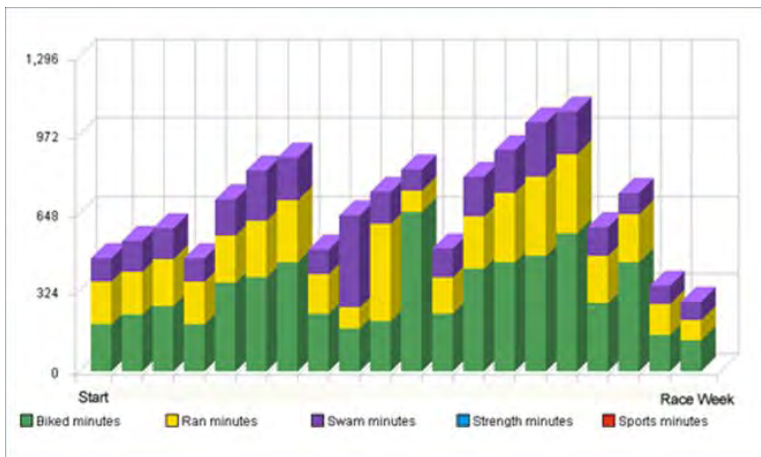
race I get questions such as..."Have I trained long enough?" or "Did I do enough bricks?" There is also a correlation between the level of concern and the length of the race.



These are very good questions and I enjoy the opportunity to review what we've done and how prepared the athlete is at that point.

At Team MPI we believe that Frequency and Consistency is the mainstay for developing the athletes' ability to perform well. While a few longer training sessions are important, it is the cumulative stress over many weeks that creates the adaptation required to cross the finish line.

Without a resource to reassure the nervous triathlete, many will add a heavier than normal training load in the last few weeks. I refer to that as "cramming for the final." When recovery and rest are needed most some are sending themselves into the race fatigued. A suboptimal performance will likely be the result.



Another unfavorable outcome is injury. Obviously, a DNS (did not start) as a result of developing an overuse injury is devastating. When preparing for a race, more is not always better. There is an old saying, "I'd rather be 10% undertrained than 1% overtrained."

Frequent communication with your coach regarding your training plan should alleviate most concerns about proper preparation. If you don't have a coach, consider a training plan review with an experienced triathlete that you trust. Be ready for that common second guessing of your training plan and sending yourself into a race tired or even worse, hurt.



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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.

# GROUP TRAINING:

## Group Run:

- November 1 (Sunday)
- Pensacola Beach - Casino Beach Parking Lot
- 8:00 AM laced up and moving

## Group Ride:

- November 22 (Sunday)
- Pensacola Beach - Casino Beach Parking Lot
- 8:00 AM roll out

## From the Desk of a TGC Triathlete... Sea Turtle Youth Triathlon

Participating in triathlon is as much about giving back as it is about racing. Our local SEA TURTLE Kids Triathlon has always been a great way for athletes to give back to the triathlon community. The event takes place the Sunday after SRITRI, so it is a great recovery event as well.

This year's event was as inspiring as ever with 216 kids racing on a cold, windy morning. These kids came out in weather more challenging than the weather the adults faced the day before; they battled cold while waiting to get in the water, then winds pushed them from side to side out on the bike course, and



lastly they fought through the cold and winds to run out and back and across the finish line!!



Through it all these kids were gunning for the finish line with gusto and determination. Even while in the moment of a very competitive sport

you get reminded by these kids what the sport is truly about-- several kids stopped to help others, wait to let each other round corners, and even helped with tying shoes and putting on helmets.



10% off pool care supplies  
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\$500 off new pool installation



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



In addition to the event being a great opportunity for children to explore the sport of triathlon, it is also an opportunity for triathletes to give back through volunteering. Many TGCers were out early building transition, offering water safety support, directing athletes on the bike and run courses, and calming parents.



The Sea Turtle Triathlon is an opportunity and experience all athletes should take part in, as a way to ground us in our sport, to give us a look at the youth who will one day run beside us, and to raise them in this sport to be kind and determined.



Thank you to Jim Hagy and to Mindi Straw for all their efforts on this and all the 2015 youth events.



## Girlz Only Sunset Rides



The weekly women's ride is on break until Spring!

More details are available on the [Girlz Only Sunset Cycle Facebook Page](#)



Code T-GCT30 for 30% off all equipment



15% off one-hour SUP rentals

## MOT - The Perfect Triathlon Day

MOT (Members Only Triathlon) is the culmination of weeks of training, early mornings, and dedication-- and guess what YOU KILLED IT OUT THERE!!!!



On day one of Mere Mortals there was fear, hesitation, and confusion about running into the water. On MOT day there was excitement, validation, and confidence. More impressive was that even coming out of the water this confidence stayed



10% off with code: TGCMC

strong, which let's admit is VERY impressive given the bonus swim distance this year!



The sunny day provided a great bike ride-- dare we say this may have been the best biking weather we had all season.



Over the summer several athletes went from being nervous on the bike to being ROCK STARS. We saw several athletes run out with their bikes and smiles, returning with these same smiles (I guess they found the elusive orange cone).



That same sun made for a warm run, but the athletes didn't seem to mind, thankful for the Running Wild water stop, we are sure.

Many athletes crossed the triathlon finish line for the first time that day, giving them an insight to what future races will feel like. Many of them accomplishing a goal they were hesitant about reaching for only a few months earlier. Each athletes had their own story on that day, so many of those stories about overcoming obstacles, fears, and the unknown. these stories concluded in smiles, cheers, and arms thrown high in the sky in victory.



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## 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/experience to [Patrick@TriGulfCoast.org](mailto:Patrick@TriGulfCoast.org).

## Happy Thoughts by Teresa J. Hess, LMHC

Through doing triathlons you learn that while you signed up for 1 event with 3 parts there are really about 10 parts to triathlon. 1. Swim, 2. Bike, 3. Run, 4. Transition, 5. Nutrition, 6. Training, 7. Gear, 8. Dismounts, 9. Rules, 10. Mind Games.

I really feel number 10 should be the number 1 part to triathlon, because if your mind is not ready, trained, and prepared your race could be on the line. I was reminded of how powerful our mind can be as I was faced with a difficult race course and conditions at the Great Floridian Triathlon.



At one point on the bike course I was alone, with a head wind, and a hill, in this moment I was no where near being done with my race, my legs hurt, my body hurt, and I knew I had to be on this hill one more time. The negative thoughts flooded my head– Can I do this?, Maybe this is the time I can't do it, What happens if I don't finish?, Do I walk back from here? Then I looked down on my arm where I always write, "BSSP Press On"– Be Strong, Stay Positive, Press On.

This message has become my race mantra, inspired and created by messages from other racers. Seeing it there helped to calm me and allowed me to center myself there on that hill. I began to fight the negative thoughts with each pedal stroke, leaving those thoughts further and further behind on that hill.

What is amazing is one person's positive thoughts is contagious, as I pushed up that hill I passed a gentleman with his head down, clearly struggling. As I passed I yelled out to him, "Come on, almost there, let's get up to the top." He picked up his head and grunted through each pedal. I had an opportunity to see him out on the run course where he said thank you for the encouragement on the hill.



It may seem like it is easy, just flip the switch from negative to positive, but we all know it is not that easy. For me having those letters and words visible on my wrist help, others chant song lyrics, or think about positive training events. The key is learning what works for you and what works for you in the moment.

Like anything the first step is to positive self thought is admitting you need to have a plan to deal with it. When you are faced with "I can't" ask yourself "why can't I". What many find is when we ask ourselves this question we start thinking of all the times "we did". All those training times when we pushed through bad weather, or sore legs. Those days when we had fast runs and calm swims. These are the memories that come flooding back, the time we overcame and accomplished.

Other methods to focus our minds on the positive come from scripting or mantras. Just like trying out running shoes or cycling helmets, you have to figure out what script works for you. My script works for me but I would not say it should be your script. Your mantra has to be a message from you, for you. It has to have meaning and it has to be tested. Using this mantra in training will help to test it so you know on race day it will be there to support you.

While "I can" confirmations and mantras work for many athletes another tool to have in your back pocket is visualization. Now you may not be able to transport yourself from that hill to a relaxing beach side, but you can visualize the finish line, you crossing under that clock. Also, visualizing successful times from training or previous races can be very positive in those rough moments.

Remember in racing  
there are tough



moments. You arm yourself by training your body physically so don't neglect training your mind, as it will still be there when your legs hurt, or your chain pops off, or you get stung by jellyfish; through it all your state of mind will determine your outcome. Happy Thoughts for Happy Racing!!!



Sometimes it rains on race day!

## West Florida Wheelmen News and Upcoming Events



Weather is cooling. 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.

## SRITRI - Achieving YOUR Goals

The Mere Mortals group trained all season for the Santa Rosa Island Triathlon (SRITRI). For some, it was their white whale, a pentacle goal for the season or their athletic career thus far. For many, SRITRI is a favorite, premier local race that closes the triathlon season. For others, it is another in a list of triathlons for the season. Whatever the reason, SRITRI is a great race for which most of us toed the start line on Oct. 3rd.



Think about this:

- YOU set a goal in June to compete in SRITRI.
- YOU worked hard toward that goal all Summer, in heat, in wind, and in current.
- YOU conquered your SWIM.
- YOU gained confidence on your BIKE.
- YOU improved your RUN.
- YOU achieved better fitness.
- YOU elevated your self-esteem.
- YOU learned.
- YOU grew.
- YOU are a Triathlete!



We worked together as a team and athletic community to support each other and watch each other grow and improve. Be proud of your accomplishments this season and continue to set goals and work to achieve them.

There are a lot of photos posted:

[Santa Rosa Island Triathlon Facebook Page](#)

[TriGulfCoast Facebook Page](#)

Tag yourself and your friends!

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

New Orleans Jazz Half Marathon & 5K  
Oct. 31  
New Orleans, LA  
[Info & Registration](#)

McGuire's Halloween Run (5K / 10K)  
Oct. 31  
Destin, FL  
[Info & Registration](#)

Senior Bowl Charity 5K/10K  
Nov. 7  
Mobile, AL  
[Info & Registration](#)

Great Pumpkin Run 5K  
Nov. 7  
Pensacola, FL  
[Info & Registration](#)

Sasquatch Run 5K (Trail)  
Nov. 7  
Munson, FL - Bear Lake  
[Info & Registration](#)

### UPCOMING MULTISPORT EVENTS

Ironman Florida 140.6  
Nov. 7  
Panama City Beach, FL  
\*Look for the TGC Tent for Spectating

Powerman Alabama Sprint/Duathlon  
Nov. 21  
Foley, AL  
[Info & Registration](#)

Brew Tallaty Off-Road Duathlon (Trail)  
Nov. 21  
Tallahassee, FL  
[Info & Registration](#)

### UPCOMING CYCLING EVENTS

LAMB Ride  
Nov. 15  
Loop Around Mobile Bay Ride  
[Info & Registration](#)



Pensacola Marathon Event  
Full, Half, 5K  
Nov. 8  
Pensacola, FL  
[Info & Registration](#)

Cottonmouth 100 Ultra  
Nov. 14  
Munson, FL - Bear Lake  
[Info & Registration](#)

Jingle Bell Run 5K/10K  
Nov. 14  
Pensacola Beach, FL  
[Info & Registration](#)

Blackwater Trail Run  
Nov. 21  
Munson, FL  
[Info & Registration](#)

In Hot Pursuit 5K  
Nov. 21  
Pensacola Beach, FL  
[Info & Registration](#)

Seville Turkey Trot 5K  
Nov. 21  
Pensacola, FL  
[Info & Registration](#)

Footsteps to a Forever Home 5K  
Nov. 21  
Pensacola, FL - East Hill Area  
[Info & Registration](#)

Pensacola Beach Turkey Trot 5K  
Nov. 26  
Pensacola Beach, FL  
[Info & Registration](#)

Pensacola Thanksgiving Day 5K  
Nov. 26  
Pensacola, FL  
[Info & Registration](#)

Volition America Half Marathon and 5K  
Dec. 5  
Pensacola, FL  
[Info & Registration](#)

5th Annual Turkey Fondo & Run/Walk  
Nov. 26  
Fairhope, AL  
[Information](#)

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

## UPCOMING TGC EVENTS

TGC Group Run  
November 1 (Sunday)  
Pensacola Beach - Meet at the main pavilion  
8:00 AM

TGC Club Meeting  
November 18 (Wednesday)  
Contact [President@TriGulfCoast.org](mailto:President@TriGulfCoast.org) for details  
6:00 PM

TGC Group Ride  
November 22 (Sunday)  
Pensacola Beach - Meet at the main pavilion  
8:00 AM

Race Entry Discount Codes  
(Codes for TriGulfCoast Members ONLY)

Team Magic 2015 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

### 2016 Gulf Coast Half Triathlon

The crew at Gulf Coast Half Triathlon is offering TGC members a \$25 discount off the early entry fee for the long distance race and a \$15 discount for the sprint race prior to December 31,2015.

These discounts are part of the Team/Club Challenge and requires signing up using the paper form to get the discount.

Contact Alex, [President@TriGulfCoast.org](mailto: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](mailto: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   | SOLD OUT** |
| 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](mailto: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](mailto:president@trigulfcoast.org) | <http://www.trigulfcoast.org>

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