



[Join TGC](#)

[Sea Turtle Tri](#)

[Newsletter Archive](#)

[Mere Mortals](#)

[Calendar](#)

[Contact](#)

27 November 2015

### Greetings!

2015 has been yet another record breaking year for TGC, and it is all because of the support of our loyal membership. As the old board steps down and the new board takes their positions we should all be satisfied, not only with where we are as a club but where we are headed.

Perry Palmer has been on the board for five years, Tracy Gilbert for three years, and Nancy Grogan for one year. All of them are leaving their post having done amazing things behind the scenes for this club. Their dedication and work helped make the club run like a well-oiled machine.

I feel honored to have had the opportunity to serve as your President. It was a fun experience, but the pride I have is dwarfed by my excitement for 2016. The new leadership has already started to impress me with their ideas and drive. So tell your friends the hype is real, get on the TGC train!

Happy Holidays, we'll see you all out training.

Yours in Triathlon,  
Alex

[Like us on Facebook](#) 



**Hope Isn't a Game Plan**  
by Coach Amanda Leibovitz

### In This Newsletter

[MPI Triathlon Advice](#)

[Group Training Opportunities](#)

[Am I an Athlete?](#)

[From the Desk of a TGC Triathlete](#)

[Tell Your Story](#)

[West Florida Wheelmen](#)

[Upcomng Events - List](#)

[Race Discounts](#)

[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

Earlier this season, after I finished a strong performance at Ironman Syracuse 70.3, Coach Mark said something to me that has forever changed the way I think about training and racing. He said:

*The thing that sets elite athletes apart from the rest is that they show up knowing they are going to perform. It's not a matter of "if" but, rather, a matter of "how."*

At the time, I didn't quite grasp the depth of what Mark had so wisely communicated until it was time for my Ironman a couple months later. More specifically, it was after I got a number of texts from friends and family wishing me luck on my race. I remember thinking, "I'm grateful for the support, but this isn't about luck. It's about strategy and how well I can execute it."



Hoping for a solid performance is all good and fine, but it will only get you so far. It's the endurance athlete's equivalent to throwing everything against a wall and seeing what sticks. Sometimes it works, and sometimes it doesn't.

However, whether you are completing or competing, hope is not a game plan. Here are four tips to keep in mind when preparing for your next event: Honest self-appraisal. It's nearly impossible to develop a solid, achievable race strategy if we cannot be honest with ourselves about what we have to work with. Really examine your training and set race goals based on where you are currently at, rather than where you want to be.

Control the controllables. So much of racing is affected by uncontrollables, however, there is a whole heck of a lot that can be controlled (e.g. nutrition, hydration, gear, pacing, etc.). Decide how you will manage these elements regardless of how the uncontrollables might come in to play.



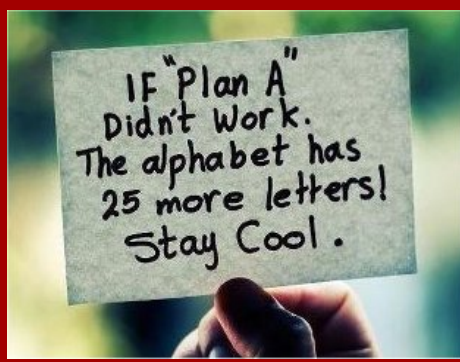
\$6 Daily Meal Deal  
6" Sub-of-the-Day, Chips, and Drink



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.



Adjust as needed. Triathlon is a "living" sport, and a lot can happen over the course of a single race. Learn to have the flexibility to appropriately adjust your strategy, if needed. Part of this can be done before the race even starts by working through "If... Then..." scenarios, and the other part will require some insight and judgment in the moment. The point to take home is that being able to accurately assess a situation and decide on a course of action is a sign of strength, not weakness.

Maintain perspective. Too often, we tie the results of our most recent event with our sense of "worth" as an athlete. We need to remember that for every hour spent racing, we have literally spent hundreds of hours training. All we can do at any time is the best we can with what we've got.

Entering a race with a strategy means we are taking responsibility for our performance, and that can be a scary thing. We need to learn to take "failure" out of our vocabulary; instead, we can choose to learn and keep moving forward after every event. That's how "winning" is done.



~ Coach Amanda Leibovitz

## GROUP TRAINING:

### Group Run:

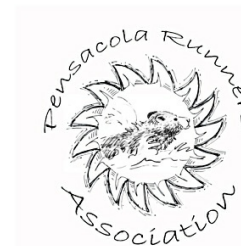
- December 20 (Sunday)
- **Pensacola Beach** - Casino Beach Parking Lot
- 8:00 AM laced up and moving

### Group Ride:

- December 6 (Sunday)
- **Pensacola Beach** - Casino Beach Parking Lot
- 8:00 AM roll out



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



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

# All I Want for Christmas is to be an Athlete?

by Teresa J. Hess

"Athlete" is defined as a person who is proficient in sports and other forms of physical exercise. Knowing the definition is one thing but knowing it applies to you it a totally different.

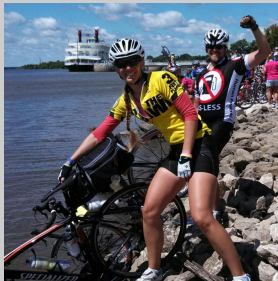


I struggled for some time on whether or not I was an athlete. As a kid athletes were people who played basketball, baseball, football, or who were in the Olympics. Athlete became a title I didn't feel applied to me. But why not? I

danced. I rode my bike. I was found every warm day in the pool or some body of water. I fished with my dad. I could do a cartwheel. I participated in a plethora of real and imaginary sports during physical education classes. But I wasn't viewed as an athlete, not by myself or by others.

Now here we are and the struggle to define myself continues. But this time something is different... ME.

I run, I bike, I swim. I can go for 3 miles or 144 miles. I have seen finish line after finish line. I have fought back from injury. I have yelled and screamed, and growled like a monster at 4am. So am I an athlete?



Others have started to call me an athlete- my friends, my family, my coach, my physician. But I have never been one for defining myself by the words of others. While it is nice to know the outside world views me as an athlete, they don't get to define me to me. So am I an athlete?

Well, yes Virginia, I am an athlete!

It took me a long time to accept this title, but it is a part of me. What might be interesting though is it is not a part of me because I have finished an Ironman, or because I ran a marathon, or because I swam a 25K. These are not the reasons I see myself as an athlete, while they are athletic feats. Instead I see myself as an athlete

because I am out there running, or biking, or swimming, or doing Lord only knows what, and no matter training or



Code T-GCT30 for 30% off  
all equipment



15% off one-hour SUP rentals



10% off with code: TGCMC



race day, no matter poor weather or good weather, no matter pain or ease, I love it at the core of who I am. Does it suck sometimes? YES, of course it does. But if I step back even in the moment of suck I am learning to be a better me.

For me it was never about calling myself an athlete once I became "proficient" at a sport, it was about recognizing myself as an athlete because I loved the sport (or sports). As I look back on the athletes who stick in my mind, I honestly can't tell you their number of games won or how many gold medals hang around their neck-- I can tell you what they looked like high fiving a teammate or signing a baseball for a fan, I can tell you they take time to coach pee wee football or join a pick up game, I can tell you they come off the track with a smile more precious than any medal, and I can tell you that when they have a bad day they press on.

I now accept my athlete title, it isn't for others to give or take from me, it is my title and I earned it my way and in my time. The notches on my belt may look like they note only races but to me they are stories of the journey to who I am.

I choose to define athlete as a person who commits to being better through sport of physical activity, who finds joy in this activity even when it gets hard, who gives back to others in their sport and life by lifting them up in support, and who knows the world is bigger than them in this moment but in the same exhausted exhale knows this moment is all there is. That to me is an athlete.



# Infinity Bicycles



10% off all accessories



**TRI GULF COAST**  
AND  
Xterra  
WETSUITS

**60% off**  
Select Wetsuits  
+ Speedsuits

+Free Shipping On All  
New Wetsuits  
(US Addresses Only)

**\$120**  
**Vortex John**  
Reg. \$300

USE YOUR EXCLUSIVE CODE **C-TGULF**

30 Day Return / Exchange Policy  
Best in the Business

Available Exclusively At:  
[www.XTERRAWETSUITS.com](http://www.XTERRAWETSUITS.com)

## 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](#)

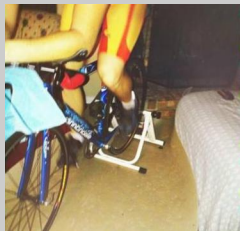
[Page](#)

## From the Desk of a TGC Triathlete... Enjoy the Holiday Season

Remember the holiday season is a time to spend with family and friends, be sure to balance workouts with fun gatherings and race talk with other interesting topics of choice.



It can be difficult to balance this time, you just finished your triathlon season, you have taken some time off to relax and recover and now you are ready to go out and bike, swim, or run, plus you have time off from work to do these things. What's a triathlete to do?



First, make a plan. Just like your regular season schedule have a plan to tackle the holidays. Look at when and where you have fun events, then look at when you could go for a run. Don't plan on running five miles then stopping by a holiday party (unless everyone just went running) because you don't want to be the guy in spandex instead of a festive holiday sweater! Remember too, many parties are held in the evenings and if everyone is not a runner, they may be just fine with a party starting at 8pm and lasting till earlier morning. Also, this may mean not getting up at 4am to run but instead planning something a little later or planning in a nap mid afternoon.

Second, fuel your body on more than just pumpkin pie. Don't get me wrong pumpkin pie is fantastic, but your body still needs the balanced nutrition you have been giving it during your training season. There are normally lots of food choices this time of year, so make sure you still focus on your healthy portions of proteins, vegetables, and carbs-- and save a little room for a slice of pie.



Third, don't make the holiday season more stressful by freaking out over a missed workout. If it happens it happens, there will be more opportunities; so if your spouse surprises you with a shopping list or honey do list before family arrives untie those running shoes and put on the tool belt; you can run another time. Plus, bonus opportunity here, if you give up a workout for your support team who has given up a lot during your race season you may inadvertently melt their heart!!!



Lastly, spend time with those you love and those who love you. Maybe go for a nice easy run or walk with Uncle Ed, or pull out the mountain bike and teach your mom how to ride a bike all over again (after all she took the time on Christmas morning to show you).

Balance during the holiday season can be tough but making sure to tilt the scale in the direction of family and friends (and in giving yourself permission to not worry) can bring a great end to the year and set up the New Year to be even better.

Have fun and Happy Holidays from the Desk of a Triathlete!

## 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).

## West Florida Wheelmen News and Upcoming Events



It's winter, but Wheelmen ride all year!

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

Volition America Half Marathon and 5K

Dec. 5

Pensacola, FL

[Info & Registration](#)

Pensacola Runway 5K

Dec. 5

Pensacola, FL

[Info & Registration](#)

Panama City Beach Half and Full Marathons

Dec. 5

Panama City Beach, FL

[Info & Registration](#)

Baton Rouge Beach Half and Full Marathons

Dec. 5

Baton Rouge, LA

[Info & Registration](#)

Ho Ho Hustle 5K

Dec. 12

Pensacola, FL

### UPCOMING MULTISPORT EVENTS

It is OFF SEASON!

Unless you are willing to go farther south...

[Tri Key West Triathlon](#) - Dec. 5

[Battle Frog Obstacle Race](#) - Dec. 12

[Powerman Florida Duathlon](#) - Dec. 13

[Christmas Sprint Tri & Duathlon](#) - Dec. 20

### UPCOMING CYCLING EVENTS

West Florida Wheelmen Bicycle Club

Ride Schedule

[Info](#)

### UPCOMING TGC EVENTS

TGC Group Ride

December 6 (Sunday)

Pensacola Beach - Meet at the main pavilion

8:00 AM

[Info & Registration](#)

PRA Christmas Dash (Evening)

1 Mile Fun Run

Dec. 12

Pensacola, FL

[Info & Registration](#)

Deer Dodge 50 (50M/50K)

Munson, FL - Bear Lake Campground

Dec. 12

[Info & Registration](#)

Holiday Half Marathon

Dec. 12

Fairhope, AL

[Info & Registration](#)

Make it to the Line - 4 miles

Dec. 19

At the Flora-Bama

[Info & Registration](#)

Pensacola Ultramarathon

Dec. 27 - Jan 2

Escambia County Equestrian Center

[Info & Registration](#)

TGC Club Meeting

December 16 (Wednesday)

Contact [President@TriGulfCoast.org](mailto:President@TriGulfCoast.org) for details

6:00 PM

TGC Group Run

December 20 (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 [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	<b>SOLD OUT**</b>
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 (payment 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>

P.O. Box 544  
Gulf Breeze, FL 32562

Copyright © 2015. All Rights Reserved.