



TRIGULFCOAST
MULTISPORT ATHLETES

JOIN!

YOUTH RACES

NEWSLETTERS

MERE MORTALS

CALENDAR

CONTACT

25 November 2016

Greetings!

Diversify your training, confront your fears and know that you have the support of the TGC club to lift you up should you need it. You can read about all of these things in this month's newsletter, which is showing up in your "In Box" a day after you have given thanks, ideally surrounded by friends and family.

We are lucky, indeed, as our lives have been enhanced by all this sport has to offer - most importantly, the added health benefits we get from being active.

And many of you will share the experiences you've gained through triathlon with family this holiday season. Perhaps they'll be inspired and join you - wouldn't that be great?!

Regardless, embrace the cooler weather and the beautiful setting we have in which to train, and treat every day as a gift.


Above all else, be grateful.

Sincerely,

Kirwan Price

TGC President

& The TGC Board

 Like us on Facebook



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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



Free phone consultations



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

The Diversification Strategy by Coach John Murray

Many times our financial advisor will recommend diversifying our investment portfolio so that our money will be at a decreased risk and there for us when we need it.



The same principal can apply to our triathlon lifestyle. We train to stay healthy and fit but we are also training to perform well on race day.



The coaches at Team MPI want you to invest not only in simply training but we want you to diversify into other areas as well. This can decrease your risk of injury, keep you motivated and allow you to make bigger withdrawals from your "race performance account" when that time comes.

Here are a few other areas that triathletes can make deposits:

Proper Recovery:

- Allow for some rest days or easy days after a significantly tough or high mileage week.
- Ensure adequate hydration and protein intake to allow the body to heal and develop.
- Get enough sleep.

Nutrition:

- Practice good daily nutrition habits to fuel properly for each day.
- Rehearsing race day nutrition strategies to decrease risk of problems.

Wellness Team:

- Along with daily self-massage to treat the wear and tear of training, consider a regular visit to a qualified massage therapist or chiropractor.
- Your professional wellness team may understand you better if they are also part of the running or triathlon community.
- Yoga has proven very beneficial for recovery, stretching and functional strength. Maybe you are ready to sign up for a class!

Mental:

- Put some eggs in this basket! Whether it's a



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.



Pensacola's Locally-Owned Performance Swim Store

Sprint distance or an Ironman may be of us encounter some lows on race day. For instance, Sprint races can require a level of "hurt" that most find difficult to sustain. Make a visit to that uncomfortable Pain Cave occasionally in your training so that it's not new to you on race day.

- Equally challenging are the long hours required in your Half and Full preps. Be prepared to have some awesome highs but also some low spots as you are on your way to the starting line of those longer races.
- As you make deposits in this account, i.e, "it was a brutally tough day out there today...but I survived" you will also make withdrawals from that same account on race day.

So learn to develop your own investment strategy, some through trial and error, some through your coaches, advisors or friends and then create a triathlon portfolio that will outperform your previous strategies!



~ Coach John

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.

WEST FLORIDA WHEELMEN NEWS & EVENTS



Wheelmen ride all year!

Check the Wheelmen

calendar for the FULL schedule and additional rides in the area.

GROUP TRAINING

Run: Dec. 11 hosted by Gabriela.

- 7:00 am with breakfast to follow.
- Location: 592 Edith Lane, Pensacola.
- RSVP: gabrielagz@hotmail.com



Code T-GCT30 for 30% off all equipment



10% off with code: TGC MC

Ride: Dec. 17 at The Trek Store Pensacola - 7:00 am.

- Location: 701 E. Cervantes Street, Pensacola

TGC Trains:

TGC Members, Networking, & Training

- Facebook - [TGCTrains](#)

Weekly Free Gear Drawings

During each weekend TGC creates a Facebook post to check in and see what everyone is doing. We hope it gives members the opportunity to share their adventures, PRs, bumps and bruises, or whatever.

Simply look, like, COMMENT, and share on Facebook for a chance to win some free tri gear or race entries.



Infinity Bicycles



15% off all accessories & apparel



Discount Code: C-TRIGULF

Overcoming Fears and Inspiring with Triathlon by Michele Williams



I was the mom who took her kids to the beach, but never dipped a toe in the water. The idea of putting my head underwater caused massive anxiety. As a result, I did what everyone else has done... and joined the sport of triathlon! I survive the swim only because I want to go bike and run!

It isn't that I don't like to swim, I'm just afraid. Afraid of things like drowning or having a preexisting heart condition that I didn't know about until I am 200 yards out in the Gulf and have a sudden heart attack. :(These fears may seem unrealistic, but I have realistic ones too! Like many I worry about sharks, riptides pulling me out to the deep blue, jellyfish, fish in general, sting rays, and faster swimmers using me as a flotation device.

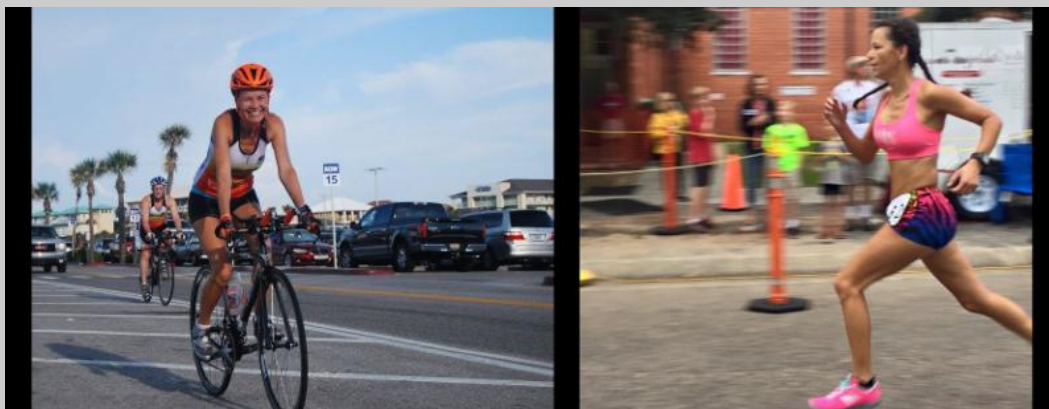
Regardless of what my mind tells me might lurk below, the water is beautiful and the athletes around me are encouraging. Last year as I prepared to jump in the water for the Gulf Coast 70.3 Triathlon in Panama City, Cherie told me, "Don't freak out or the water will turn dark." For 1.2 miles I was able to maintain my calm because she gave me something else to focus on. I didn't freak out thanks to her warning. I didn't even freak out when I kept seeing something sparkle below me. My mind was sure it was a BIG fish with shiny scales. Truthfully, it

was probably the sun reflecting in my goggles. All that mattered was that I survived.



For me swimming takes a lot of MENTAL FOCUS! I try to smile in the water. I definitely smile when coming out of the water, because I made it. I know the water can be intimidating which is why I was glad this year to be able to help offer support to my fellow athletes. For the Pensacola Beach Triathlon I stayed with a friend the entire race. It was one of my favorite moments being there for her and watching her accomplish her goal. At the Mere Mortals Members Only Triathlon I got an opportunity to swim with a co-worker who was scared of the water. While she was afraid, she pushed herself getting out of the water and completing the race. She gained so much courage and pride that day. During SRITRI I met a sweet lady who was shaking while in transition over her fear of the water. I told her we would swim it together. We did and she was elated in her accomplishment.

I am not the best swimmer, in fact I am normally the last one coming out of the water, but I love being there to encourage others. I have had so many mentors along the way and I am glad to be able to give back in helping others to overcome their fears. The joy of completing a triathlon gives me this happy feeling deep inside, I want others who undertake the challenge of triathlon to feel this joy of accomplishing what was once a fear.



It takes desire to learn and the willingness to train. We are lucky to live in a community with a wealth of knowledge. Years ago I showed up to my first Wheelman of Northwest Florida sunset ride with my Walmart Beach cruiser bike, complete with basket and packed lunch. To my surprise no one laughed at me. In fact at the time I didn't even own a helmet and had to borrow one for the ride. I have come a long way and now feel comfortable calling myself a triathlete.

I encourage each of you to introduce your family and friends to the sport of triathlon. Experience watching them learn, grow, improve, and conquer their fears.

Keep going, don't give up. We all have our separate journeys but we share the same path. Triathlon is more than a sport, it is a community.



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!



Post to the Facebook Page so we can stay connected and celebrate everyone's accomplishments.

From the Desk of a Triathlete: Reflection by Teresa Hess

When I first started in Triathlon I didn't feel it was much of a team sport, unless you were doing a relay. In fact there are rules about distances on bikes (drafting) and handing off materials (outside assistance). I wanted to be a rule follower, so I kept to myself. In training it was mostly my husband and I. We would run with other groups sometimes, but swam and biked just the two of us. For me as an introvert, it was comfortable being in my "individual sport."

Then I started to notice something. Others crept into my individual sport. Granted they were not racing on a team with me, our points or times were never added together, and our paths were still our own, but we are a team in this together. I began to realize something very important, triathlon by nature is not a team sport; however, the people of triathlon defy nature.

The team that is our sport and our community is there in the good times, where finish lines sparkle and the winds are at your back. **They are also there in bad times**, when the waves crash down and the physical pain seems too much. **They are there through the challenges and triumphs.**

Today, due to tragedy, I am reminded of the support, compassion, and love within our triathlon team. A fellow team member was killed after being struck by a vehicle while running. Our team has reached out to each other to offer comfort and support in stories and pictures of bike rides, and swims, and runs, and events, and just hanging out. Our team has offered words of prayer, of condolence, and of hope. In the days to come this team will lift each other up, not by forgetting but by remembering those we have lost and by telling of their life as a means of inspiring our own. The team of triathlon is formed not on the road but in our connection to the greater human good in each of us.

May the path you take be yours, but may you never journey alone.

This list focuses on events that are within a 3-hour driving distance, mostly.

MULTISPORT EVENTS

[Toys for Tots EPIC Ride and/or Run](#)
Dec. 4
Pensacola, FL

LOCAL RUNS

[Mississippi Coast Marathon](#)
Nov. 26
Stennis Space Center, MS

Pate Trail Head at UWF Trails

Triathlons have mostly migrated south for the winter!

[Tri Key West \(Sprint, Oly, Duathlon\)](#)

Dec. 3
Key West, FL

[Christmas Sprint Triathlon and Duathlon](#)

Dec. 18
Naples, FL

[HITS Naples Multisport Weekend](#)

Half & Full; Sprint & Oly; Aquabike
Jan. 7 & 8
Naples, FL

[Winter Challenge Off-Road Triathlon](#)

Trail Run, Kayak, Mountain Bike
Feb. 18
Springfield, SC

[Coastal Half Marathon](#)

Nov. 26
Orange Beach, AL

[Panama City Beach Marathon](#)

Dec. 3
Panama City Beach, FL

[Pensacola International Airport Runway Run 5K](#)

Dec. 3
Pensacola, FL

[Ho Ho Hustle 5K](#)

Dec. 10
Pensacola, FL

[PRA Christmas Dash 1 Mile Fun Run](#)

Dec. 10 (Evening)
Pensacola, FL

[Deer Dodge 50 Ultra](#)

Dec. 10
Munson, FL - Bear Lake Recreation Area

[Point Clear Holiday Half Marathon](#)

Dec. 10
Point Clear, AL (Near Fairhope, AL)

[Make it to the Line 4 miler](#)

Dec. 17
Flora-Bama

[First Light Marathon](#)

Jan. 8
Mobile, AL

CYCLING EVENTS

[Delta States Grand Prix \(Cyclocross\)](#)

Multiple Dates: Oct, Nov & Dec 2016
Baton Rouge, LA; Monroe, LA; Natchez, MS;
Ridgeland, MS; New Orleans, LA

West Florida Wheelmen Cycling Club

[Ride Schedule](#)

[Trek Store - Rides](#)

[Infinity Bicycles - Rides](#)

[Gulf Coast Cycle and Tri - Rides](#)

[Pro Cycle and Tri - Rides](#)

[Girlz Only Sunset Rides](#)

Winter Break

TGC EVENTS

Group Run

Dec. 11 hosted by Gabriela.

- 7:00 am with breakfast to follow.
- Location: 592 Edith Lane, Pensacola.
- RSVP: gabrielagz@hotmail.com

Club Meeting

Dec. 14 (Wednesday) Contact:

President@TriGulfCoast.org

Group Ride

Dec. 17 hosted by the Trek Store Pensacola.

- 7:00 am
- Location: 701 E Cervantes Street, Pensacola

Each month, we curate the above list of local races that span our membership area and beyond.

Unfortunately, we cannot list EVERY race. Peruse these resources for additional events:

[Tri Gulf Coast Calendar](#)

[Running Wild - Running Events](#)

[Run Pensacola](#)

[Running Pensacola](#)

[Pensacola Runners Association - Race Calendar](#)

[TriFind](#)

[USA Swimming](#)

TGC Merchandise

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

\$15.00

*** Cash or Check (payable to Tri Gulf Coast) ***

Merchandise Questions or Ideas? Contact [Kirwan](#)



The TCG 2016
Headsweats Visor



The "Kirwan" 2016
Headsweats Trucker

Stay Connected



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

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