



TRIGULFCOAST
MULTISPORT ATHLETES

JOIN!

YOUTH RACES

NEWSLETTERS

MERE
MORTALS

CALENDAR

CONTACT

2 February 2018

Greetings!

February is known for cupids and hearts, but let's not forget it is also the LAST full month of WINTER!!! This means triathlon season is soon upon us. This also means if you were waiting to start training for that April triathlon, the wait is over and it is time to lace up those running shoes, get comfy on that bike seat, and find your goggles!! Let's all help each other to get the motor running again and join us for a TGC group run on Feb. 10, details below!!

I want to touch on the HEART part of February for just a moment. This is National Heart Awareness Month so take a moment to look at your (and your family's) daily routine to be sure you are balancing and developing a heart healthy lifestyle. The American Heart Association recommends taking a look at these areas of our lives and making small positive changes: Check your vitals and know your numbers; Set an exercise routine that is challenging but also gives your heart some rest time; Monitor your diet for portion control and muscle building nutrients; Be sure to get good, consistent sleep; Focus on managing those high stress situations!

Lastly, let's talk about CUPID. Remember this is a month where we celebrate LOVE!! Love comes in many shapes and sizes, so take a moment and tell those around you that you love them for all the little things they do. You love that they stand at that windy finish line for hours waiting for you. You love that they will pick up the phone and agree to a 5 a.m. run. You love that they watch your kids so you can go for that bike ride. You love that they help you off the couch after a hard leg workout!! Tell them you LOVE them, and tell them why!!!!

Have a wonderful last month of winter and we will see you out on the course!!

Teresa J. Hess
TGC President
& The TGC Board

Stay Connected



Triathlon is for Every BODY
by Coach Adam Szech

"Why not?"

I have uttered that phase many times when talking with someone about triathlon. Like most people that have been doing triathlons for a long time, most of my wardrobe is made up of race t-shirts, and they are often a conversation starter. So

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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



often I hear "Oh, that's amazing" or "I could never do that," which are untrue. Just about anybody...with ANY body...can do a triathlon.

Triathlon is about doing the most with our unique body - no matter the size, shape, or abilities. Short, tall, lean, muscular, young, or wise, there is a place for each of us! Our sport includes physically challenged athletes, and I've raced with athletes with quadriplegia, skeletal dysplasia, and visual impairments. When I hear someone say they could never do a triathlon, I tell them about my first triathlon.

The first triathlon I ever did was way back in the day before smartphones when I was in college in 2002. It was during the summer between my freshman and sophomore year. I was a college football player and not in a skilled position: I was 312 lb offensive lineman. It's not exactly the body type one associates with triathlon.

I can't explain why I wanted to do a triathlon other than it simply seemed like fun. Even as a lumbering lineman I enjoyed biking and I tolerated running, plus I took swim lesson as a kid. I would soon discover that that swimming for fun was tremendously different than swimming for speed.

When I saw a flyer for a little local Triathlon near my college I thought, "Why not?"

I was not going to be stopped because I did not fit what I thought of as the triathlon or endurance athlete "mold". I was not even going to be stopped by the fact that all I had was a mountain bike that I used to get around campus.

If there is one true statement about triathlon, it's that there is no "mold". Any body type and any person can do a race. No one needs the latest and greatest equipment or needs to quit their job to train. Ultimately, the only thing needed is the desire to do a triathlon, minimal equipment, and, yes, a bit of training.

The race was a week after finals, so I did not do any training beyond what I did for football. As a coach now, I would not recommend that! But even without specific preparation, I had fun. My goal was met, and I was happy.

Did I feel great? No. But I had one of the greatest feelings of my life during the bike: I passed a person on a real triathlon bike complete with race wheels. I thought that was incredible, and it was probably what got me hooked on triathlon.

The thing I did right going into my first race was having the belief that I could do a triathlon. Never discount what you are capable of and never assume something is impossible.

"You never know how steep a climb is until you put your nose on it." Doing my first triathlon at 312 lbs seemed steep, but I did it. No matter what your steep climb may look like to you now, you can do it too!

Coach Adam Sczech,
adam@teamMPI.com



TEAM MPI
Spring Training Camp
Henderson (Las Vegas), NV Feb. 26 - Mar. 4
Camps & Clinics

TGC Out & About (Photos)

WE LOVE PHOTOS.

We have close to 500 members. It's hard to keep track of everyone. Tag your Facebook photos with @TriGulfCoast and use #TriGulfCoast, so we can see them.

Post to our Facebook Page - @TriGulfCoast



Two free workouts and an unlimited rate of \$110/month for CrossFit classes.
Youth performance training available.



Superior Termite & Pest Management is now:



Featuring the same great team and service!



Pensacola's Locally-Owned Performance Swim Store

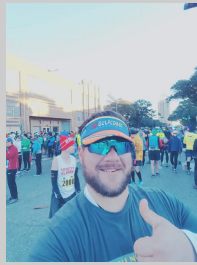


West Florida Wheelmen Ride All Year!



Details are on their calendar.

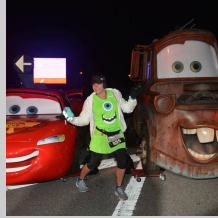




Trey at First Light Half Marathon



Steven and family at Louisiana Marathon



Nicole at Disney Marathon



Aaron and Dominick at Pensacola Beach Half

More photographic proof of TGC in the community on the [Tri Gulf Coast Facebook Page](#)

2018 Tri Kits - ORDER NOW!

There is a narrow window to order the official 2018 TGC Kit. If you want one or know someone who does, **ACT NOW!**

- The **only** window to order is open Feb 1 - Mar 5.
- The kit features a sunrise photo taken during Mere Mortals last season.
- **New this year - a SLEEVED Kit option.**
- Logos are placeholders and subject to change.



[VIEW KIT DETAILS & PURCHASE](#)

2018 Maritime De Luna Youth Duathlon (RUN - BIKE - RUN)

The Zarzaur Law Maritime De Luna Youth Duathlon happens Sunday, March 11, 2018. Kids from 6-15 years old are encouraged to participate in this



10% off with code: TGCMC



Discount Code: C-TRIGULF

TGC Hockey Night March 17, 2018



TGC is having a hockey night March 17!

[Event Details](#)

Tickets are \$15.00 each. There are a limited number of tickets

available so 1st come; 1st serve.
 Consider volunteering!



- **DATE:** Sunday March 11, 2018
- **LOCATION:** Community Maritime Park,
- **TIME:** First race starts at 8:30 a.m.
- **LONG COURSE:** 10-15 years old
 - (Run .6 miles, Ride 3.2 miles, Run 1 mile)
- **SHORT COURSE:** 6-9 years old
 - (Run .4 miles, Ride 2 miles, Run .5 miles)

For more info, registration, or volunteering:
[Maritime De Luna Youth Duathlon](#)

Contact Patrick at
 Newsletter@TriGulfCoast.org to
 coordinate payment

Plan to wear your TGC Gear.
 We'll all be sitting together!

Member's Races Interactive Calendar

We wanted to implement
 some technology and try to
 track who in the group is
 doing what in 2018. [If you
 are interested, this is a
 shared Google Document.](#)

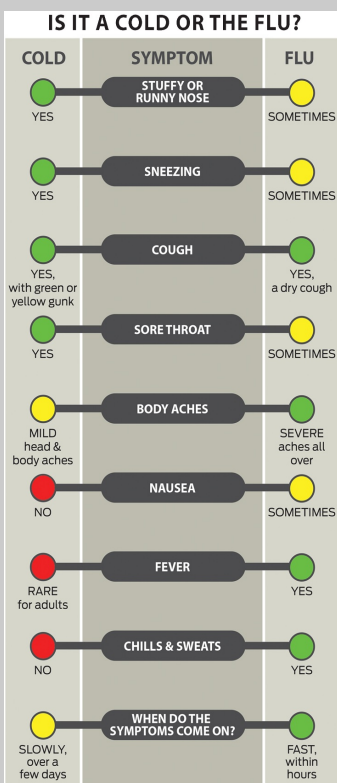
List your name under the
 events (or add new events)
 you are going to attend so it's
 easier to connect with other
 TGC members at races.

OFF-SEASON GROUP TRAINING

RUN
 February 10 - 8 a.m.
 Park West, Gulfside Pavilions
 Last parking lot before Fort
 Pickens Gate
[Event Details](#)

SWIM, BIKE, RUN
 Members post their workouts
 for others to join
[TGC Trains Facebook Group](#)

A TGC Board Member Speaks... The Sick and The Training by Brian Lang, MPH, PA-C



It's inevitable. Whether you are training for a major race or just working out in the off season, one day you'll wake up with the dreaded fever, cough, sore throat, or some other incantation of a very common occurrence: the cold. A vast majority of America will stay home, rest, and rehydrate; triathletes and runners are wired differently. We can't/won't miss that work out. We don't want to fall behind our training schedule. Many will drudge through and some will dodge harm doing so, but you may not understand the detrimental effects this can cause.

First we must understand that the flu and a cold are not mutually exclusive. While all flus are upper respiratory illnesses, not all upper respiratory illnesses are the flu. The flu hits harder and faster, is more severe, and comes with a fever (>100.2), cough, sore throat, aches, chills, and occasionally nausea, vomiting, and diarrhea. Colds can have similar symptoms, but usually don't hit us as hard or fast, are generally (not always) without fever (below 100.2), and have more mild coughs, aches, head and nasal congestion. These symptoms are not absolute.

Upper respiratory infections, such as influenza, cause significant stress to the body and require a lot to build an appropriate immunological response. Exercising while sick can actually lead to an increased risk for complications and injuries. Studies have shown, especially with intense exercise, the body has a decrease in immunity and can even become more susceptible to infection.



Remember, upper respiratory illnesses are mainly viral in nature. Your body will heal itself in 5-7 days on average.

Antibiotics will not cure your flu or other viruses. Tamiflu is an anti-viral medication that can

decrease length and severity of symptoms by approximately one day if taken within 48 hours of symptom onset. However, this medicine is generally intended for individuals less than 2 years and older than 65 years of age, those with compromised immune systems, pregnant women, and people with chronic diseases such as asthma, COPD, and diabetes, just to name a few.

So, what should you do then? REST! The best workout is no workout. Sick individuals need to rest, hydrate, and to let the body heal. So next time you wake up with fever, cough, chills, runny nose and sore throat, trade the running shoes and Gu for your house slippers and a hot tea. Head back to bed and rest. Treat your symptoms with over-the-counter medications as appropriate, and go to the doctor if you have concerns. Your body and your training program will thank you in the end.

Brian Lang
2018 TGC Board



COX PENSACOLA SPORTS ANNUAL AWARDS BANQUET

February 20, 2018

**New World Landing (600 South Palafox St.)
Reception @ 5:30 p.m. / Program @ 6:30 p.m.
Member Price - \$65 / Non-Member Price - \$75
Guest Speaker - Justin Gatlin
2017 100m World Champion**



Our Youth Events Coordinators, Jim & Mindi, will be recognized during the evening awards!

[Buy Tickets Now](#)

UPCOMING EVENTS

TGC EVENTS

[Group Run](#)

Feb. 10 (Saturday)
Pensacola Beach, Park West Gulf-side

Board Meeting
Feb. 21 (Wednesday)
CONTACT: President@TriGulfCoast.org

[Maritime de Luna Du Youth Duathlon](#)

Mar. 11 (Sunday)
Downtown Pensacola, FL

[VOLUNTEERS](#)

MULTISPORT EVENTS

If you want Triathlon in Winter, you must go SOUTH...

CYCLING EVENTS

[2018 Battleship Century Distance Ride](#)

Feb. 11
PNS to Mobile and back



[Tour de LADR Bike Ride](#)

Mar. 3
Mobile, AL

RUN EVENTS

[Double Bridge Run](#)

(15K, 5K)
Feb. 3
Pensacola, FL



[Joe Cain Classic 5K](#)

Feb. 11
Mobile, AL

[Sweet Heart Run / Sea Turtle Half Marathon](#)

Feb. 17
Gulf Shores, AL

[Blackwater 50K Ultra Trail Run](#)

Feb. 17
Munson, FL

[Girl Scout Cookie 5K Trail Run](#)

Feb. 17
Pensacola, FL (UWF Campus)

[Bay to Breakfast Trail Run](#)

Feb. 24
Pensacola, FL
Big Lagoon State Park



[Pensacola's Finest Relay 5K](#)

Weekly Rides:

West Florida Wheelmen Cycling Club
[Ride Schedule](#)

[Trek Store - Rides](#)

[Pro Cycle and Tri - Rides](#)

[Ride More Bicycles - Events](#)

[Girlz Only Sunset Rides](#) (On Hiatus)

Feb. 24

Downtown Pensacola, FL

Hosted by Pensacola Police and Relay for Life

[I Pink I Can Run \(4 miles\)](#)

Feb. 24

Flora-Bama

[Bayou Hills 5K/10K](#)

Mar. 3

Pensacola, FL

Each month, we curate the above list of local events that span our membership area and beyond. Unfortunately, we cannot list EVERY race. Peruse these resources for additional events:

[Tri Gulf Coast Calendar](#)

[Run Pensacola](#)

[Pensacola Runners Association - Calendar](#)

[TriFind](#)

[USA Swimming](#)

TGC Merchandise - Headsweats Visors & Hats

SUPER SALE on 2016 visors, hats, and orange long-sleeve tech shirts.
Limited sizes available. First-come; first-serve.

Contact:

Newsletter@TriGulfCoast.org



2016 Member Long-Sleeve

\$5.00

Tech Shirt

Woman's V-neck options

Unisex Crew Neck options



2016 Headsweats Visor

\$10.00



2016 Trucker Hat

\$10.00



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

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