



TRIGULFCOAST
MULTISPORT ATHLETES

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YOUTH RACES

NEWSLETTERS

MERE MORTALS

CALENDAR

CONTACT

1 April 2018

Greetings!

"Triathlon Season" is upon us!!! Over the past month I have watched through social media as many of you jumped off the trainers and treadmills to hit the open road and you emerged from the pools to dip your toes in the open water. This time of year is always exciting. Tri Gulf Coast is about to shift into high gear with Mere Mortals starting in just a few short months and members will begin to dot the race courses. Speaking of upcoming events I am excited to have the Pensacola Triathlon joining us as a TGC Sponsor. You can read more about their vision for triathlon in community in the article by Adam Guess below.

I look forward to seeing all the upcoming adventures from club members.

Also, remember you can now renew your Tri Gulf Coast membership.

Teresa J. Hess
TGC President
& The TGC Board



Stay Connected



Finding Your Ideal "Race Weight"
by Coach Amanda

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2018 Mere Mortals Registration

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





Spring is here!! And I've noticed a trend - it's also the time of year when everyone starts talking about getting back to "race weight" after a winter season filled with rich meals, indulgent treats, and a lighter and/or unstructured training regimen. The truth is, cutting ourselves some slack during the off season is **ESSENTIAL** for our sustained physical, mental, and emotional well-being!

Before I dive into the controversial topic of "race weight," I want to first explain what a person's "healthy weight" actually is!

HEALTHY WEIGHT

Your "healthy" weight is one that puts you at little risk for disease or illness, allows you to function well in life, keeps you feeling energized throughout the day, and is a weight you can easily maintain with your activity regimen and balanced "maintenance" nutrition.

SIDEBAR

Most charts (like BMI) do **NOT** account for the extra muscle and denser bones that you will develop through daily exercise and strength training. So, let's please just all agree that BMI is BS and we ain't got time for that!

Unfortunately, many people try to maintain and achieve a specific weight based on a look or number on a scale. What's important to remember is that although your healthy weight might not be the one that you like seeing on the scale, it may be the best weight for you to maintain great health ALL year long!

RACE WEIGHT

Your "race weight" is the weight at which you can achieve **PEAK PERFORMANCE**. It's important to note that your race weight may not be your healthy weight. Why? Because we don't have to sustain our race weight throughout the year - as the name suggests, we want to be at that ideal weight/body composition for performance on **RACE DAY**.

What's important to remember is that our **BODY COMPOSITION** can change even if our weight stays the same! What we put into our bodies and **HOW** we train (i.e., endurance **AND** strength) will gradually shifting the makeup of our bodies so that we have more lean body mass and less fat in a way to **OPTIMIZES** our health and the way our bodies function. How cool is that?! But as we all know - it also works in the opposite direction, too!

With all that being said, here's the trick when it comes to race weight. There is **NO WAY** to know what your ideal race weight is until you've consistently performed at your **BEST** at a specific weight/body composition on **MULTIPLE** occasions... And performed worse when not at that weight/body composition. Case and point: It took me more than **FOUR YEARS** to dial in my race weight, and even then, it varied depending on if I was racing short course or long course!

WHAT CAN WE DO?



Free phone consultations



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



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



Since there's no REAL way to know our "race weight," we have to embrace a scientist mindset - we can certainly note specific data like weight and body composition in race reports to reference when reviewing our season. But, most importantly, we need to be willing to experiment and PAY ATTENTION to how our body is FEELING and PERFORMING throughout the season!

Coach Amanda
amanda@teamMPI.com



A Message from Pensacola Triathlon

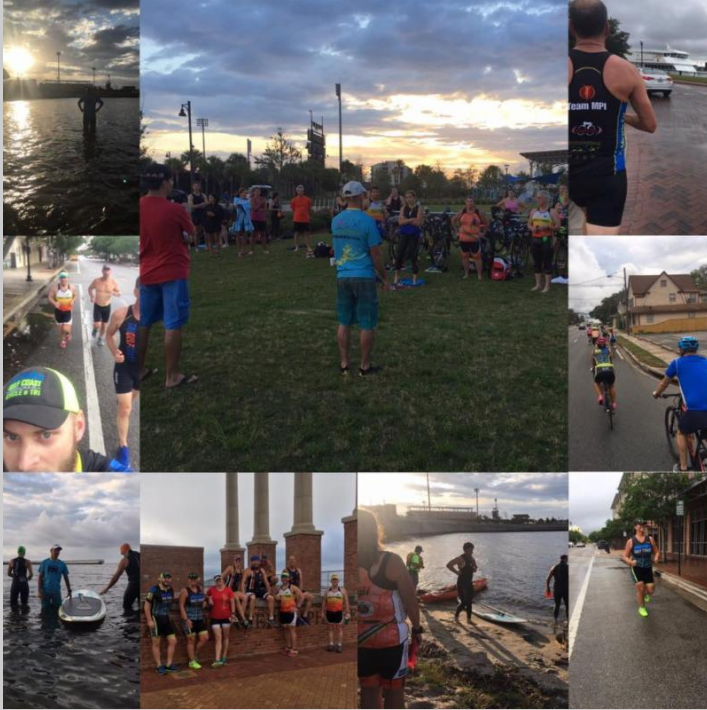


Hey gang, Adam Guess here from the Pensacola Triathlon. First and foremost, I wanted to say THANK YOU! Thank you for allowing us to become part of this team. One of the major reasons we decided to pull the trigger on building the Pensacola Triathlon is because of this group. Tri Gulf Coast is the foundation of the local triathlete movement. In my many years of involvement

producing events, I've been lucky enough to work all over the country (and other parts of the world) with world-renowned triathlons and it just amazes me on how many TGC members I see in transition areas or at finish lines. From international distances to Ironman to oddball distance Tri's (Alcatraz), TGC members are all over the globe!

Our goal is to build and grow a world-class, Olympic distance triathlon that gives our local community pride. It has always amazed us that with such a strong triathlete community in Pensacola that there has not been an international distance event produced locally. Several years ago, Paul and I began discussing what it would take to make this event happen. After looking into the permit process and mapping out potential courses, we realized it would be a very involved and challenging endeavor. The sheer logistics/cost/and risk was massive. While we were used to pulling permits for our local RunPensacola.com runs, the extent of planning and the multitude of agencies involved, as well as successfully mapping a course which created limited disruption to the local traffic patterns was a whole different story. In the end it was a challenge that we thought someone needed to step up and take, and we figured that we were the ones for the job.





2017 Pensacola Triathlon Course Preview

I think a lot of people were a little hesitant that an event of this magnitude could be pulled off in a downtown setting. We gave it our all! We brought in the best crew we could wrangle, including individuals with years of experience with much larger races. Not only did we need to pull off a good race, we needed to make sure it was a SAFE race. From support of the Coast Guard to fire rescue boats to an incredible show of the Pensacola Police Department as well as hundreds of volunteers, we can now say that Pensacola has a locally-owned downtown triathlon that makes us proud as a community. After a successful first-year event, we were able to sigh our first breath of relief, and begin planning the upcoming 2018 event.

The reviews of our inaugural event have been amazing, but for this event to really take hold, we need your help. Let us know what we can do to take this event to the next level. Tell your friends about it! It is our hope that you can take as much pride in this event and the area as we do. Come race the event. Don't be afraid to show off your City by inviting your friends. As most of you know, we also have the Sprint distance in order to provide athletes of all levels the opportunity to compete in the great City of Pensacola



We want to make this event into something you can be proud of... something our city can be proud of... and with your help, The Pensacola Triathlon can become a truly world-class event. I can't wait to see you at the starting line! [Join us April 29, 2018!](#)

Adam Guess

Pensacola Triathlon
guess.adam@gmail.com



10% off with code: TGCMC



Discount Code: C-TRIGULF

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.

GROUP TRAINING



OPEN WATER SWIM
 Apr. 22 (Sunday)
 Pensacola Beach
 Park East Snorkel Reef

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



**2018 Maritime De Luna Youth Duathlon
 SUCCESS!**

Thanks to all the Volunteers who made the Youth Duathlon a complete success. It took 80+ volunteers, and sponsors about 6 hours to setup, execute, and clean up the event, in addition to the year's worth of work the Youth Events Team puts in behind the scenes.



It was a perfect day for the athletes and parents, and each of us should be very proud of the event and the positive mark we've made in the community.

[VOLUNTEER PHOTOS](#)

[EVENT PHOTOS](#)



Eating on the Run... Literally

When we decide to run or train for an endurance race, sometimes we struggle with the options of what products to choose while on the move. Each of us as individuals have different nutritional needs and flavor preferences, so I will throw some information your way and let you be the decider of what works best to keep you happy, healthy, and moving towards the next finish line smiling .

When I was a new runner I always chose to fuel with goo gels and blocks simply because they were so convenient and seemed to get the job done effectively, but as I became a little more health conscious I started to move towards more natural options. My journey of experimenting with run nutrition started with baby food. Two years ago I began putting organic baby food packs in my fuel belt. The choices are insane and delicious on every level. They are all natural, no genetically modified organisms and fully organic with no pesticides or chemicals. There is a sweet potato, apple and corn



variation that is wonderful. In time, I began buying a ton of them. They have quinoa, brown rice, fruits of all kind, and oatmeal. They have a screw top, so as I run I simply reach into the belt pull it out and just squeeze some in my mouth. It is easy and there is plenty left if I feel like I need more at a later time.

The baby food opened a flood gate of interest in what else I could cram in my fuel packs. Peanut butter was one of my next discoveries. This yummy product is simple to put in a sandwich baggie and tie it like a tiny pastry bag. It only takes about two small spoonfuls to successfully get the job done. Peanut butter is loaded with vitamins! It contains vitamin E, magnesium, potassium and vitamin B6. Feel free to add ingredients to your butter in order to maximize the benefits. Place it in a bowl and add a little bit of avocado oil to make it easier to stir. Add items like organic coconut flakes, which are antiviral, antifungal, antibacterial and antiparasitic. Coconuts promote healthy bones and teeth and aid in hair health. Cinnamon is another great accent because it's full of antioxidants, has anti inflammatory properties, fights against yeast and lowers your risk of heart disease. Pink Himalayan sea salt can add a little electrolyte component as well. When I am ready for a boost of energy on a long run, I pull the bag out and bite off the tip. The peanut butter easily squeezes right into my mouth. It only takes a small amount to feel that burst of fuel when your body breaks down the components and the nutrition flows through your blood stream.

Dark chocolate pieces make a great way to fuel as well. It has fiber, iron, magnesium, copper, potassium, zinc, antioxidants and can lower blood pressure. At mile thirteen on a marathon I tend to reach into my goodie bag and pull out a couple of organic coffee beans with a small piece of dark chocolate. It tastes delicious and it never fails to pick me up for the other half of my run.

Sometimes it is a good idea to stop for just a minute during a really long run to hydrate and fuel. To give a fun fact, the mule was developed because the work horse was such an incredible employee that it would run itself to death while the donkey was lazy at times and would stop for long breaks and irritate the owner. The mule was a perfect combination of both animals creating a fantastic worker that knows when to pause for fuel and hydration. The work horse still exists and does a wonderful job, but the owner has to stop them for short breaks giving them fuel, water and a moment to cool off before putting them back to work. My performance is better and stronger when I take about a minute and a half to stretch my limbs, drink cold water and take in a small amount of nutrition during an endurance event. My ultimate goal is to come across the finish line with a smile, feeling resilient, and uninjured.



Good luck on all of your athletic adventures and never underestimate the importance of taking care of the body you are responsible for!

With lots of love,
Danika
2018 TGC Board



UPCOMING EVENTS



Board Meeting
Apr. 11 (Wednesday)
Email: President@TriGulfCoast.org

[Open Water Swim](#)
Apr. 22 (Sunday)
Park East / Snorkel Reef



[Pensacola Triathlon](#)
Sprint or Olympic
Apr. 29
Pensacola, FL



[Traditions Triathlon](#)
Apr. 7
Gulfport, MS

[Terrain Racing Mud & Obstacle Race](#)
Apr. 7
Milton, FL
Adventures Unlimited

[Mullet Man Triathlon](#)
Apr. 21
Flora-Bama

[Infirmiry Health Duathlon](#)
Apr. 28
Mobile, AL



[Deluna's Beach Games](#)
Open Water Swim
Apr. 27-28
Pensacola Beach, FL

[Michele Hill Raider Run 5K](#)
Apr. 7
Navarre, FL

[Navy Federal Run](#)
Apr. 7
Pensacola, FL

[Gulf Coast Half Marathon](#)
Apr. 8
Pensacola Beach, FL

[ACA Flapjack 5K](#)
Apr. 14
Pensacola, FL

[Moving for a Purpose 5K](#)
Apr. 14
Navarre Beach, FL

[Zydeco Crawfish Festival 5K](#)
Apr. 14
Gulf Shores, AL

[Crawfish Run 5K](#)
Apr. 21
Pensacola Beach, FL

[Annual Tiger Trot 5K](#)
Apr. 28
Gulf Breeze, FL



[PRA's Fiesta of Five Flags 5K/10K](#)
May 5
Pensacola, FL



Weekly Rides:

[West Florida Wheelmen](#)
[Trek Store](#)
[Pro Cycle and Tri](#)
[Ride More Bicycles](#)
[Girlz Only Sunset Rides](#)

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.
2017 visors and hats are available.
Limited sizes available. First-come; first-serve.

Contact:

ReallyCoolStuff@TriGulfCoast.org



2016 Long-Sleeve
Tech Shirt

\$5.00

Woman's V-neck options
Unisex Crew Neck options



2016 Headsweats Visor

\$10.00



2016 Trucker Hat



2017 Headsweats Visor

\$15.00



2017 Trucker Hat

Stay Connected



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