



TRIGULFCOAST
MULTISPORT ATHLETES

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[YOUTH RACES](#)

[NEWSLETTERS](#)

[MERE MORTALS](#)

[CALENDAR](#)

[CONTACT](#)

1 March 2018

Greetings!

Over the past few weeks several of us recorded, watched, and read stories of athletic glory in the 2018 Winter Olympics. We saw great enthusiasm from athletes such as Jessie Diggins, the glitter wearing cross country skier, or Maame Biney, the short track speed skater with an infectious smile and laugh. We saw team work lead to gold in women's cross country skiing, men's curling, and women's hockey.

But there was a moment in the Olympic's that made me think of this TGC family; it was in the 15k men's Cross Country Ski event. The medalist were across the line, the seats were emptying, and live television coverage was switched to another sport in progress. There at the finish line stood a man from Tonga who had finished 114th in the pack. Pita Taufatofua stood there as number 115, 116, and finally German Madrazo of Mexico, number 119 crossed the finish line. Pita had been joined by the gold medalist and several other athletes to welcome Madrazo to the finish line. This is the true meaning of sportsmanship and a sight seen at several finish lines, on every Sunday morning, and in training posts on social media by TGC members.

Thank you for always being there for each other with kind words, a hug, a smile, and sometimes just being there in the moment!

Let's take this sportsmanship, enthusiasm, and teamwork to the next generation by joining together at the youth Maritime Du Luna Duathlon and then join TGC in the afternoon for our Spring Social at the Bridge Bar.

See you there!!!

Teresa J. Hess
TGC President
& The TGC Board



In This Newsletter

[MPI Triathlon Advice](#)

[FINAL CHANCE - Tri Kit Order](#)

[Youth Duathlon](#)

[Ice Flyers Hockey](#)

[Race Participation Calendar](#)

[Group Training](#)

[Sharing the Road and
Respecting the Community](#)

[Out & About \(Photos\)](#)

[Upcoming Events](#)

[\\$5 Long-Sleeve Tech Shirts](#)

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It's The Company You Keep
by Coach Mark Sortino



If you're lucky enough to have discovered the importance of surrounding yourself with people who are supportive and healthy for you in your life, then the power of what I'm about to write should make total sense to you. Sport, as in life, has an incredibly emotional and mental component that can be influenced by those around us. Surrounding yourself with positive and encouraging people in your sport can be the difference between finding joy for a lifetime or quitting after one try.

BEGINNER ATHLETE. If you are new to endurance sports, ask yourself a few questions: Do you have a positive and supportive teacher or coach? Do you train with a fun and encouraging group? Do you feel comfortable joining your group when you know you have the least amount of experience? If you answered "no" to any of these, then you ought to consider separating yourself from those people.

INTERMEDIATE ATHLETE. So you've been training and racing for a year or more and are ready to take the next step. Ask yourself these questions: Have you enjoyed your journey so far with your training partners? Have you maintained a supportive and encouraging group of friends and family? Are your dreams of improving being taken seriously by friends and family? Does your Coach support those dreams? If you answered "no" to any of these, then you ought to consider separating yourself from those people.

ADVANCED or PROFESSIONAL ATHLETE. You've reached the upper echelons of elite status in your sport. Ask yourself these questions: Have personal relationships with family been beneficial to your training



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and racing? Are your training partners fun, encouraging and generally rooting for you? Do your relationships with others reduce your stress (or at least not add to it)? Is your Coach right for you? If you answered "no" to any of these, then you ought to consider separating yourself from those people.

In life, if you are continually surrounded by toxic and negative people, your daily existence will be filled with stress and negativity. Regardless of whether they are family or friends, it's best you reduce time with those people or even completely separate yourself from them. This applies to sport as well. I cannot overstate the importance of surrounding yourself with supportive and positive people that are rooting for you and your dreams. Take it from me who has experienced both extremes - it makes a difference in your performance. But more importantly, it makes a difference in your enjoyment of sport and by association, life.

Coach Mark Sortino
mark@teamMPI.com



FINAL DAYS! 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.



10% off with code: TGCMC





FS TRI SHORTS



[VIEW KIT DETAILS & PURCHASE](#)



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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 awesome event. Sign up the kids! Spread the word! 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](#)

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

Trail RUN
March 17 - 8 a.m.
UWF Pate Trail Head
Running on the Games Loop
[Event Details](#)



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. Contact Patrick at Newsletter@TriGulfCoast.org to coordinate payment.

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

Sharing the Road and Respecting the Community

Heart pumping, adrenaline rushing, and we're all ready to go. The gun fires and we're off! That's when the issues begin, especially during the colder months. People start shedding clothes and trash bags like a dog sheds its coat for the summer. This brings to light larger issues, race day etiquette and littering along the course.

We must leave the course and the towns in which we run cleaner than when we arrived. At Double Bridge Run, I was disappointed at the amount of litter runners dropped on the course. True, a lot was already there, but I guarantee you that no motorists are throwing packets of used nutrition, trash bag body warmers, solar blankets, and other running apparel out their windows as they cross the three-mile bridge.



Let's discuss some tips of pre-race, during race, and post-race etiquette:

Pre-Race: Let's remember that for we are among hundreds to thousands of other runners.

- Clean up after yourself. There is no reason to leave trash, apparel, and bags on the ground.
- Whether it's a wave start or free for all, get to an appropriate start position. If you are a mid-pack racer line up accordingly. Keep the front of the line for those competing to win the race.
- Complete a warm up before entering the corral. No one wants to move over as you run laps in the starting area.
- Know the course and the rules.
- Show up early to check equipment and set up gear. Don't expect to have your whole rack move their stuff if you cannot get there on time, triathletes.

Race:

- Respect other racers.
- Throw apparel and trash in the trash can or in the appropriate areas. Don't wait until you pass the rest stop to discard your gloves. If you use a GU, either throw it in a trash can or carry it to the next water stop.
- When you approach a water stop, be aware of your surroundings, move to the side to let others pass. Don't stop in the middle of the path for drink and nutrition.
- Run no more than 2 abreast and don't block other runners. Let them pass if they are faster.

Finish Line:

- Be cognizant of others. Don't block the finishing chute. Run no more than 2 abreast. It is rude to form a line across the entire finishing chute, and frustrating for others.
- Get past the finish line and out of the way so others can enjoy their finish and get their picture.
- Keep moving to avoid a bottle neck.

This is not a complete list in anyway, but you may notice a trend. Don't litter, respect others, and follow the rules. If we want to keep racing year in and out, we need to be cleaner and more considerate than the rest. As they say, "Leave only your foot prints." Respect each other! See you on the course.

Brian Lang
2018 TGC Board



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
Instagram - #TriGulfCoast



Bill with his High Point trophy!

A lot of TGCers at Double Bridge:



At PRA's Bay-to-Breakfast



Feb. Group Run





Mindi & Jim with their Pensacola Sports
Special Achievement Awards



2018 Zarzaur Triathlon Team at Double Bridge finish line

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

UPCOMING EVENTS



Youth Duathlon
Mar. 11 (morning)
Maritime Park, Downtown Pensacola

Spring Social & Potluck
Mar. 11 (evening)
The Bridge Bar

Board Meeting
Mar. 14
Email: President@TriGulfCoast.org



Bayou Hills Run
Mar. 3
Pensacola, FL

New Orleans RnR Marathon
Mar. 4
New Orleans, LA

McGuire's Prediction Run
Mar. 10
Pensacola, FL

Blue Angel Rock N Fly Half
Mar. 17

[Ice Flyers Hockey](#)

Mar. 17 (evening)

Email: Newsletter@TriGulfCoast.org

[Trail Run](#)

Mar. 17 (morning)

UWF Pate Road Trail

[Ciclovía - Pensacola Open Streets](#)

Mar. 24

Downtown Pensacola



[Red Hills Triathlon](#)

Mar. 31

Tallahassee, FL

[Traditions Sprint Triathlon](#)

Apr. 7

Traditions, MS



[Tour de LADR Bike Ride](#)

Mar. 3

Mobile, AL

[Scratch Ankle 100](#)

Mar. 24

Munson, FL

Naval Air Station, Pensacola

[Blackwater 10 Mile Trail Run](#)

Mar. 24

Munson, FL

[Run for America's Warriors](#)

Mar. 24

Flora-Bama

[Azalea Trail Run](#)

Mar. 24

Mobile, AL

[Jelly Bean 5K](#)

Mar. 31

Pensacola, FL

[Quentin Cooper Liver Life 5K Run/Walk](#)

Mar. 31

Gulf Breeze, FL

[Crescent City Classic](#)

Mar. 31

New Orleans, LA



Weekly Rides:

[West Florida Wheelmen](#)

[Trek Store](#)

[Pro Cycle and Tri](#)

[Ride More Bicycles](#)

[Girlz Only Sunset Rides](#)

(On Winter Hiatus)

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.

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ReallyCoolStuff@TriGulfCoast.org



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2017 Trucker Hat

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