

1 July 2018

**Greetings!**

Welcome to JULY - where it is HOT, HOT, HOT!!! Just because the temperature is rising doesn't mean the miles have to drop. What it does mean is that a little extra attention and care is necessary to stay safe in the HEAT.

We have a few helpful hints for you. First, increase your water-based foods. Grab that slice or two, of watermelon after the run. Second, slow it down a little. Sure in 55 degree weather you could run a 10 minute mile, but the heat takes some getting use to so curb your expectations a little until you begin to adjust to the heat. Third, hydrate and cool. Don't forget to stay hydrated while training, racing, and in everyday life.

Hydration is key to beating the heat, but it can't all be done on the race course. You need to ensure you are getting in plenty of fluids during your regular day so your body stays hydrated and you have a good starting point when you are exercising. Remember that when you sweat you are losing water and electrolytes (mostly sodium). Using hydration mixes like Gatorade, Scratch, or Infinite can help you to replenish electrolyte loss. Salt pills or salt packets can be a valuable resource out on the course.

Always train the way you expect to race-meaning use your training time to see how your stomach handles certain foods or hydration. If you are going to be hitting the run portion of your race at 2 p.m., then you are going to want to train in 2 p.m. conditions.

Let me mention one more thing. Please watch out for yourself and the other athletes around you. Heat related illness can cause fatigue, discomfort, light-headedness, disorientation, and nausea. Stop your workout and reassess your needs if you are experiencing these feelings and watch out for other athletes if they are unsteady or seem to be disoriented.



With all this in mind let's share some time in the sun and some time relaxing with a slice of watermelon and a cold water!!

Teresa J. Hess  
TGC President  
& The TGC Board

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TGC / Mere Mortals Tri Kit ORDER

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Because of **HIGH DEMAND**, we've opened a second Voler order window for the 2018 Tri Kits. This is your **LAST** chance to get this year's awesome Tri Gulf Coast Tri Kit. **ORDER WINDOW CLOSES JULY 8.**

<https://www.volier.com/custom/ordering/ii/23420>



**Celebrate. Don't Leave.**

I have to take my hat off to Ironman on this one. They do it right. The most exciting time at an Ironman event is not the start or the run into transition. It's not even when the winners break the tape. The most exciting time at an Ironman is the final hour. It's when the final finishers are coming in. It's when everybody is lining up at the finish line cheering and **ENCOURAGING** those final athletes to keep going - to keep pushing to cross that finish line. It's truly amazing and an experience that will keep those final athletes coming back. It shows that we are a community in a sport where just finishing can be an accomplishment.

[\(VIDEO\)](#)



*77-year-old, Harriet Anderson finishing IM World Championships (Kona) 2012 just before cutoff at 12:00 a.m.*

Unfortunately, this is not always the case at smaller, local 5Ks, triathlons, or half marathons. As a race director it's our goal to make sure **ALL** athletes are treated equal. We plan to have enough finisher medals for everybody, provide post race food until all athletes get a chance to eat, and man aid stations from the first runners to the final participant. What we can't control is the crowd at the finish line. Too many times we have seen the only people at the finish line when the final participant crosses is event staff and a few volunteers. The camaraderie that local tri groups and running clubs boost about seems to end as soon as their race is over.

With a lot of events having time cut offs, we have a good idea (at least a 10min window) when the final athlete will cross the line. Why is it only at an Ironman that finishers will come back to cheer? Sure this might be your 500th 5k,



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or your 50th Marathon, but to some, especially those closer to the time cut off it might be their first. Wouldn't it be great to welcome them to their first finish line with applause, with encouragement, and with... acceptance?

Let's not just talk about the camaraderie of the endurance community. Let's live it. Let's really encourage those whose race day is a little longer than yours. Let's take an extra minute and cheer them through the finish line. Let them finish with ENCOURAGEMENT. Show the final finishers that they are part of a community, that they DO belong, that they DID finish, and they should feel proud. Everybody does the same course. Each mile is 5280 ft. Some may do it faster but all will cover the distance. So, at the next race consider sticking around and cheering on that final finisher. Bring them through the finish line with open arms and show them just our great community.



To the Finish Line,

Adam Guess  
Race Director  
Pensacola Triathlon ([Registration is OPEN!](#))  
[guss.adam@gmail.com](mailto:guss.adam@gmail.com)

### "Good Citizens" on the Triathlon Race Course by Jim Hagy

As a race director, I'm usually the guy standing in the middle watching everything happening. By design, I have no particular job except perhaps to watch for things about to go wrong. So, when I found myself volunteering on the bike course of years' Pensacola Triathlon, I had a



different vantage point. Standing there with my coffee, I watched every single biker pass by. Things looked good generally. In fact, the TGC members looked great! You all made me super glad that I chose to volunteer that morning and you made me want to race soon. You also gave me - surely not intentionally - the idea for this article. I wanted to offer this gentle reminder that how we swim, bike and run impacts everybody's experience. We want to be "good citizens" of the race course. If we all are, the triathlon world becomes a little bit better and a whole lot safer. USA triathlon has some rules that must be followed, but I'd say that good citizens on the race course could go a little further.



USAT says little about what we can or must do in the water, so I say, just be nice. Swim around athletes you are overtaking, not over them. Don't be "that guy" that keeps touching a toe and never passes. Don't kick people in the

face by suddenly switching to a whip kick in a crowd.



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MASSAGE THERAPY BY  
**JAMES FRITSCHLE**



USAT has specific and often-violated rules about drafting, blocking, and passing on the bike course. Here I want to focus on "blocking." The simple idea is to ride to the right of the lane except when passing. As a volunteer, I noticed that people sometimes ride too far to the middle of the lane or linger to the left too long after passing. Overtaking bikers may have to slow down or wait before passing. Without being intentional or obvious, a penalty is less likely than just contributing to congestion on the bike course, which nobody likes. So "ride right!" And if you're passing, call out "on your left" and offer some words of encouragement on the way by.

Everything is usually a little less hectic (and more painful!) on the run. Like the swim, the USAT rules don't have much to say about conduct. So here again, be considerate. If the course is tight, like on a sidewalk or path, leave space for people to pass unimpeded. Let runners know you're passing if that might be helpful, and offer some encouragement on the way by.



At the Pensacola Triathlon I saw lots of good Tri Citizens. A lot of people made me feel popular too, saying "Hi" as they went by. I look forward to seeing you all Mere Mortals!

Jim Hagy  
TGC Youth Events  
Race Director

### ATHLETIC ART



Have you ever asked yourself: What should I do with all of my race bibs? Don't toss 'em in the trash or let them collect dust!

Hi! My name is Langley, and I would like to help you show off your races by making art for you!

I understand the hard training and time you put in to crossing the finish line, as I am a beginner triathlete as well and have competed in numerous competitive races including triathlons. My brother (Harber) and I are competing in the USA Triathlon 2018 Youth and Junior National Championships in West Chester, Ohio on August 5th. I'm so excited!!!

If you're interested in Athletic Art, please contact my parents Kelly and Jason Amiss and they will put me to work!

Thank you VERY much in advance, and I wish you the best of luck in your training and races!

[amiss.jason@gmail.com](mailto:amiss.jason@gmail.com) - Jason Amiss  
[amiss.kelly@gmail.com](mailto:amiss.kelly@gmail.com) - Kelly Amiss



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### GROUP TRAINING

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

### Thursday Morning Open Water Swims

[Thursday Morning Open Water Swims](#) are back at the Sound Side Pavilions on Pensacola Beach (Mommy Beach) with a lot of help from [Pensacola Triathlon](#), [Subway](#), [Truly Spokin'](#), and [TriPossibilities Coaching](#).





## UPCOMING EVENTS



Board Meeting  
July 11 (Wednesday)  
Email: [President@TriGulfCoast.org](mailto:President@TriGulfCoast.org)

[Mere Mortals](#)  
Most Sundays, May 27-Sept. 23  
Pensacola Beach, FL



[Freedom Springs Triathlon](#)  
July 7  
Marianna, FL

[Sunfish Triathlon \(Sprint\)](#)  
July 14  
Meridian, MS

[Heart O Dixie Triathlon \(Olympic\)](#)  
July 28  
Philadelphia, MS

[Cultivation Nation Triathlon \(Sprint\)](#)  
\* [TGC Discount Available](#) \*  
Aug. 25  
Wiggins, MS



[Zarzur Law Santa Rosa Island Triathlon](#)

Oct. 6  
Pensacola Beach, FL



[Thursday Morning Open Water Swims](#)  
Thursdays - 6:30 a.m.  
Mommy Beach (Soundside Pavilions)  
Pensacola Beach, FL

[Annual Swim for Alligator Lighthouse](#)  
Sept. 15  
Islamorada, FL (Keys)



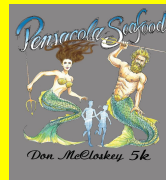
[19th Annual Celebrate Freedom 5K](#)  
July 4  
Jay, FL

[Shark Run](#)  
July 4  
Flora-Bama

[Kiwanis Charity 5K](#)  
July 14  
Ft. Walton Beach, FL

[Bushwacker 5K](#)  
Aug. 4  
Pensacola Beach, FL

[Argonaut 5K](#)  
PRA Event  
Aug. 25  
Pensacola, FL - UWF



[Pensacola Seafood Don McCloskey 5K](#)

PRA Event  
Sept. 29  
Pensacola, FL



[Subway Pensacola Cycling Classic](#)  
Sept. 15-16  
Pensacola Beach, Milton,  
Downtown Pensacola



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

[Tri Gulf Coast Calendar](#)  
[Pensacola Sports: Running Pensacola Run Pensacola](#)

cannot list EVERY race. Peruse the resources listed to the right for additional events.

[Pensacola Runners Association - Calendar](#)  
[TriFind](#)  
[USA Swimming](#)

## Tri Gulf Coast ONLINE STORE



Is your favorite Tri Gulf Coast merchandise getting worn out?

Has your visor elastic seen better days?

Do you want to send friends or family a vintage TGC long sleeve shirt?

**WE HAVE LAUNCHED AN ONLINE STORE!**

This is your last chance to get these items.

Get some before THEY'RE GONE!

Contact: [ReallyCoolStuff@TriGulfCoast.org](mailto:ReallyCoolStuff@TriGulfCoast.org)

Store: <https://squareup.com/store/tri-gulf-coast>



2016 Long-Sleeve Orange Tech Shirt



2017 Trucker Hat



2017 Headsweats Visor



2016 Headsweats Visor



2017 Long-Sleeve Grey Tech Shirt



2016 Trucker Hat ALMOST GONE

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