

1 August 2018

Greetings!

August is National Water Quality Month!!! Water quality is an important topic within our sport. If we don't take care of our waters and encourage others in our community to do so as well, we put ourselves at risk and spoil the beautiful waters we swim in each week (sometimes several times a week). Tri Gulf Coast always makes an effort to leave our Gulf, Bay, and shoreline better than it was when we arrived. I am thankful each time I see our members run up the beach dropping trash in the trash cans before hitting transition. This is a important little step to keeping our water safe for us and for all the creatures who call it home! Thank you to all of our members for taking care of our water!

Have a great swim... and bike and run!!!



Teresa J. Hess
TGC President
& The TGC Board

Save the Dates



It's getting busy this summer and into the fall.

These are the important TGC dates to remember.

- Aug 8: [We Are Triathletes](#) (Movie)
- Aug 12: [Gear Swap](#)
- Aug 19: [Summer Social](#)
- Aug 21: [Bands on the Beach](#) with Salvator and Associates
- Sept. 1: [Youth Clinic](#) (Volunteers Needed)
- Sept. 23: [Member's Only Triathlon](#) (Volunteers Needed)
- Oct. 7: [Sea Turtle Triathlon](#) (Volunteers Needed)
- Oct. 18: [End of the Year Party](#)
- Nov. 3: [Ironman FL Transition](#) (Volunteers Needed)

Stay Connected



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Having a Perfect Race

IS THIS FAMILIAR?

You've spent months getting ready for your big race. You've swam laps and perfected your stroke. Your bike is a finely tuned speed machine. You've upped your run cadence and your transition gear is minimal and ready. Hydration and nutrition is dialed in for peak performance. You've envisioned every step of your race, including each turn and climb. You are ready.

You wake up race morning before the alarm, eat your pre-made breakfast, and climb into the pre-packed car. Everything was packed, prepped, and doubled checked last night. ...CLICK... You turn the key again. ...CLICK... You try it a 3rd time. ...CLICK.... You left your dome light on last night while making final checks. The battery is dead, and you don't have time to call AAA. It's 4 a.m. so you can't wake your neighbors, but you remember your training partner. You call and luckily they can pick you up. As your friend swings by, you grab all your stuff. You're feeling a little rushed, but you are going to make it.

You have just enough time to do a final check in Transition and head to swim start. The National Anthem starts to play and suddenly you realize your swim goggles are hanging on your rear view mirror!!! In your car!!! At your house!!!



How can this happen? This is your BIG day. The negative talk begins and only gets worse.

- *How can I be so dumb to forget something so simple on the BIG day?*
- *This was suppose to be the perfect day and I blew it.*
- *Now I have to swim for the first time in open water without goggles.*
- *I might as well pull out of the race.*

You're crushed, but you decide to continue with the race. The entire race all you can think about is the one mistake and the negative impacts on your day. The race was miserable, your time is off, and nothing about the day was fun.

PRACTICE POSITIVITY

I've seen this story and others like it unfold at events all over the world. Athletes focus on one negative item the entire race and allow it to ruin their experience. Whether it be a flat tire, the wrong running shoes, a sick kid up all night, or even forgotten swim goggles, athletes have found ways to justify a bad race experience, in some cases, before the race even begins. I understand. You are disappointed that a *perfect* race isn't happening in that moment, BUT that moment only ruins the day if YOU let it.

Let racing be about pushing yourself! Push through the pain. Push through a desire to give up. Push through the willingness to quit. There are always obstacles. There are always circumstances that you can choose to be a reason to stop or have a bad race. It doesn't have to be like that. Its a simple choice you can choose to make or not.

At the Beijing International Triathlon, I've seen two professional women (two different years) crash on the bike,

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get up, and WIN the race. They didn't let one mistake ruin their day. They chose to use that mistake as fuel to push harder instead of an excuse to stop. As my friends in Louisiana say, "Embrace the Suck".

It is obstacles in the imperfect race that can reveal your strength both mentally and physically.

To many times we focus on the negatives and give them more weight than they really have. We allow small pebbles to affect us like boulders. It's just a pebble so toss it out of the way. In racing as in life, don't let something small be a reason for ruining something big.

SIDE NOTE: I can't remember the location or the name of the race, but the last time I saw somebody have the perfect race was up in the mountains. It was a down-hill swim, the bike course was lined with pastures filled with unicorns, and the run course had leprechauns working the aid stations...



To the Finish Line,

Adam Guess
Race Director
Pensacola Triathlon ([Registration is OPEN](#))
guess.adam@gmail.com

We Are Triathletes - Pensacola Premiere



We Are Triathletes: The journey of six triathletes as they train and prepare for the largest iron distance triathlon in the world.

Wednesday, August 8, 6:30 p.m. at AMC Bayou.

10% discount when you use code: bayou18

Spandex not required; TGC gear encouraged.

Purchase Tickets: <https://tickets.demand.film/event/5531>



GROUP TRAINING

SWIM, BIKE, RUN

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

**The Bar End Plug Requirement:
Not Your Mom's Safety Rule - SERIOUSLY.**

This article contains real, graphic injury photos



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Thursday Morning
Open Water Swims

[Thursday Morning Open](#)

You (hopefully) know by now that USAT Competitive Rules specify "handlebar ends must be solidly plugged to lessen the possibility of injury." [§5.11.(i)].



It might seem petty, even microscopically trivial, to be concerned with a 3/4" piece of rubber (not having them can result in a DQ), but before you roll your eyes like my daughter, think about the possibilities...

Bar end plugs, if you are not familiar with them, are appropriately named. They are those little plastic or rubber pieces that fit into the holes at the ends of your handlebars and aerobars. They do not just make your handlebars look cool. Bar end plugs can literally save your life. The lack of these seemingly inconsequential accessories can lead to you experiencing an unintentional liver biopsy out on the road if you crash. (Seriously, DQs aside, who wants that!)

Article continued below...

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](#).



This article contains real, graphic injury photos



Bar plug injury



Unfortunately, I can't make this bigger for the article. If you look closely on the left side you can see where the bars punctured this 13 yr old's pelvis, missing internal organs, arteries, and veins.



© North News & Pictures Ltd

Brake lever in thigh



Handle bar through arm



Bar plug injury

Please be aware that your race officials (or Trek Bicycle Store staff at Mere Mortals) are not having a bad day and being mean when they go looking for your bar end plugs. This requirement is an easily-mitigated safety issue. Also be aware that it is your responsibility to make sure that the bar plugs are intact and in place for all events. They can easily pop out on the way to your race or practice session. The solution? Carry a set of spares in your transport vehicle, (USAT rules prohibit officials from providing repair parts or repairing bikes at race events) and when you arrive, inspect your bike. It may be the last 'most important' thing you do before your race. Pop the plug in and you're good to go!

If you have questions or need anything, our staff of professionals offer educational programs about bike maintenance, traffic skills, nutrition, and other relevant topics.

[Like us on Facebook](#) and check in often for the latest schedule of programs.



Robbie Mott
(850) 912-6858

Robbie is the owner of Trek Bicycle Store Pensacola & Trek Bicycle Store Mobile



The Sea Turtle Triathlon...From the Eyes of an Athlete
by Dennis Fair (with introduction by Mindi)

[Register a Participant](#)
[Zarzur Law](#)

[Register to Volunteer](#)

[Tri Gulf Coast Youth Events](#)



2018 is shaping up to be another great Sea Turtle Triathlon on October 7th. The race staff is already busy getting everything prepared for race day. We are very thankful for all the support we get from our loyal sponsors, volunteers, and the community to make this event possible. The Sea Turtle Triathlon is Pensacola's premiere youth triathlon. We expect another sell out event.

Race day is all about our youth athletes. There is no better way to get into the race spirit than hearing first hand from our athletes, so we interviewed a local athlete.

We would like to introduce Dennis Fair. He has participated in the Sea Turtle Triathlon for the past 2 years. Dennis is 8 years old and in the 3rd grade at Gulf Breeze Elementary School.

Dennis races for the Kraken Triathlon Team. The Kraken Triathlon Team is open to ages 6 and above and meets 2 times a week for coached practices. The athletes learn rules and how to complete each discipline in triathlon. The team tries to compete at least once a month and are allowed to race other events. The athletes work to encourage each other and other athletes throughout a race. They even have a cool triathlon jersey!

Dennis wrote his own race report, and it's awesome! [\[Download a typed, pdf version\]](#)



SEA Turtle Triathlon

We got up really early to come to the beach for the race.

I like to try to set up my transition area but sometimes I forget stuff.

Triathlon is cool because even though I am not good at swimming, sometimes I can catch up on the bike.

I was afraid of the U-turn on the bike course because I was afraid of falling into the sand.

My favorite part of the race is the bike.

My shoe came off at the finish but I ran fast with one shoe.

I like going to triathlon because mom and dad have fun too.

I like the new 6 way sandwich - wiches after the race.

Dennis



UPCOMING EVENTS



Board Meeting
August 13 (Monday)
Email: President@TriGulfCoast.org

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

Member's Only Triathlon
Sept. 23
Pensacola Beach, FL



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

[Sandestin Triathlon](#)
Sept. 8
Destin, FL

[Brett Robinson Alabama Coastal Triathlon](#)
Sept. 8
Orange Beach, AL



[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)

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



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

[Board Shorts & Bikini 5K](#)
Sept. 2
Pensacola Beach, FL

[Semper Fi 5K Charity Run](#)
Sept. 8
Pensacola, FL

[Krewe of Vixens 4 Mile Run/Walk](#)
For Ovarian Cancer Research
Sept. 15
Flora-Bama



[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](#)
[Girz 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 the resources listed to the right for additional events.

[Tri Gulf Coast Calendar](#)
[Pensacola Sports: Running Pensacola Run Pensacola](#)
[Pensacola Runners Association - Calendar TriFind](#)
[USA Swimming](#)

Use the links below if you would like to volunteer during Mere Mortals or a Youth Event.

[Mere Mortals Volunteer](#)

[Youth Events Volunteer](#)



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2016 Headsweats Visor



2017 Long-Sleeve Grey Tech Shirt



2016 Trucker Hat

Stay Connected



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