

1 September 2018

Greetings!

Welcome to September!!! Triathlon is like those weird TV shows that do half seasons, taking the summer off and leaving you anxiously waiting for the second half of the season to fire up. Well, here we are at the second half of triathlon season. Are you ready for it?

Sometimes in those hot, slow, sticky months motivation can take a hiatus, leaving us couch surfing and sleeping in instead of...everything else we normally are doing.

The question then becomes how do you hold on to the motivation you have left or regain the motivation you have been missing?

Here are a few ideas on how to get your tri groove back:

- Go for a workout. I know this is hard sometimes. You fear not being as fast as you use to be. You worry that your kit won't fit. You think about all the things you might have forgotten. And to add to it you have no idea where you left your swim cap. Here is my advice- don't fear, don't worry, don't think-just go do!
- Make a list of every excuse in the book. Yep go ahead write down a list of all the reasons you "can't." Now imagine that person you don't like telling you all the reasons you can't do it. Stick your tongue out at that person and go do it! You wouldn't let someone else tell you "you can't," don't let yourself tell you that "you can't."
- Sign up for a race. Getting back out there starts with getting back out there. Sign up for a 5K, sprint tri, new race you have never done before (but that you have time to train for).
- Find a friend to workout with. Ummm...so I know where there is a group of people who gather every Sunday to do just the workout you like to do!!! And bonus they are smiling, laughing, and having a good time.

Are you ready now? The answer is-YES YOU ARE (fist bump in the air)!!!! Tie up those running shoes, oil your bike chain, and find your swim cap under the seat in your car.



See you on Sunday!!!

Teresa J. Hess
TGC President
& The TGC Board

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MEMBER'S ONLY TRIATHLON REGISTRATION



In case you missed it, registration is OPEN for:

The MOT Triathlon - Backed by [Ride More Bicycles](#).

[Register HERE](#)



available.



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That ONE Thing

What's the one thing that is the most essential part of a race?

It keeps you on course. It provides you with hydration, nutrition, and motivation. It's there well before you show up and well after you finish. It's the first thing you see in the morning and the last thing you'll see when you finish. Rain, sleet, snow, or hail, as long as the race is on it will be there. Without it you wouldn't be able to start the race.

It's a VOLUNTEER.

These are the folks that stand in the pouring rain just to point you in the right direction. They endure the heat of the hot sun so they can give you water when you need it most. They wake up at



o'dark-thirty just so they can greet you with a smile as you walk in to rack your bike. They paddle for miles just to give you something to hold onto when you are tired. They stand at the finish line giving high fives and hugs to sweaty strangers to celebrate a finish with those athletes. VOLUNTEERS are the hero's of the day.

During your next race, do me a favor: From the time you walk into packet pick-up until the time you leave after the race, count how many volunteers and police officers helped you to get to that finish line. Then I'd like to you count the times you said THANK YOU during the day. I'm sure you'll say it to the body marker in the morning and the person that hands you the T-shirt and/or finishers medal. What about the volunteer that is manning an intersection that's keeping cars from coming on the bike course? Or the volunteer that is watching you exit transition to make sure your helmet is buckled? Or the one that loses their voice informing you of where the mount/dismount line is? Did they get a THANK YOU today?

It's important to acknowledge the Volunteers. The more you acknowledge them, the better your chances are of not missing a important piece of information. If there's a course change while you're racing, it'll be a volunteer telling you. If there's a dangerous section ahead, a bump, a sharp turn, an obstacle in the road, it'll be a volunteer that is there to let you know. So many things can happen from the time a race starts until it finishes. So many variables. So many threats. So many impossible unknowns. And if or when something happens, it'll be a volunteer out there informing you of what to do and where to go.

It's important to acknowledge the volunteers during any race.

They are out there for you to give them a great race experience. Please give them the RESPECT and the THANKS that are due. They are out there sweating, yelling, cheering, picking up trash, handing out water, and giving high fives all so you can have a good day. Now you got the easy part, all you have to do is say 2 simple but powerful words to let them know that are appreciated: **THANK YOU.**



To the Finish Line,
Adam Guess
 Race Director
 Pensacola Triathlon [\(Registration is OPEN\)](#)
gness.adam@gmail.com

Save the Dates



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

These are the important TGC dates to remember.

- 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



GROUP TRAINING

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

Team RWB by Jason Slaughter



Every Sunday a few members don a different tri suit. Not one with the usual sponsors on it, but one with the red and blue eagle. These members are part of a veteran's organization called Team Red White and Blue.

Team Red White & Blue (RWB) is a registered 501c3 nonprofit organization with headquarters in Tampa, FL, and chapters in all 50 states. The mission of Team RWB is to enrich the lives of America's veterans by connecting them to their community through physical and social activity.



Team Handle: TRIGULF
 Team Passcode:
[Email for code!](#)



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Thursday Morning
 Open Water Swims

Thursday Morning Open



The Pensacola chapter of Team RWB accomplishes this mission by offering a variety of activities each week, most of which are low to no cost to the member. These weekly events range from Crossfit to hot yoga. Team RWB Pensacola also offers social activities from dinners to pontoon trips.

Team RWB is open to anyone from active duty, veteran, or civilian.

To find out more information, please see our website at: <https://www.teamrwb.org/chapter/team-rwb-pensacola-fl/>

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](#).



Subway Pensacola Cycling Classic Volunteer Opportunity

YOUR HELP IS NEEDED!!!

On **Sept 15th and 16th**, we are planning for over **250+ racers** and still in need volunteers! We will provide training (if necessary), a cool exclusive Subway PCC t-shirt, and plenty of food/drinks.

If interested, simply go to our volunteer site.

[SIGN UP HERE](#)

- Saturday - Time Trial (starts @ 7:00am at Park East on Pensacola Beach).....**will need all volunteers to arrive no later than 5:45 a.m.**
- Saturday - Road Race (starts @ 1:45pm in Blackwater State Park - 8451 Springhill Rd. in Milton).....**will need all volunteers to arrive no later than 12:45 p.m.**
- Sunday - Criterium (starts @ 8am in Downtown Pcola / comer of Gov't St. & Jefferson).....**will need all volunteers to arrive no later than 6:45 a.m.**



Racing in the Jacksonville Triathlon Series by Alan Como

I signed up for the Olympic distance triathlon, the third race of a series of three. This is my first year competing in triathlons, I've done three sprints so far this year, and this was going to be my first Olympic distance. I was optimistic about the race because it included down-river swim with a nice current to assist, which is my weakness.



When I arrived on Friday night at packet pickup they made an announcement that the first two races of the series had a beautiful current but the Olympic distance going in the water at 7:03 a.m. would have no current whatsoever. Due to the changing tides, the water would be still and everyone would have to swim the entire distance. Well, that was very alarming to me. I laid in bed that night worried about completing the swim.

When I woke up and drove to the race I got there and saw the river with no current, looked at the length of the swim, and panic set in. I had the race director change me to the sprint distance. Because of the change they assigned me a new number so I went in the water close to last because they started everyone in numerical order. By the time I got in the water there was a beautiful current and it assisted me through the swim in like 10 minutes.

I got through transition pretty fast and I was on the bike racing through the streets of downtown Jacksonville and up onto the highway interchange. They had one lane closed by cones and traffic on the right lane everybody was racing on the left. It was an out and back on the highway up and down a couple hills but overall a pretty fast course. Along the way I saw several flat tires and one crash. I just prayed I didn't get a flat or crash since I have crashed my bike twice this year in practice. The bike was exciting and then it was time to hit the pavement running.



They had a beautiful run along the river in downtown Jacksonville and then I hit the entrance to the overpass over the river it was a circle ramp that had about 10 levels to it, seemed like it would never end, uphill and around and around and around. The first half of the run was pretty tiring, but I seemed to settle in after the turn around and I got a little water and a gel in me.

On the way back it seemed like there were more spectators cheering us on and I was able to interact with a few people and really enjoy the run, as I neared the finish line I could see the flags and hear the music and spectators cheering. I just opened it up, sprinted the last eighth of a mile and came across the timing pad wide open to the smiling face of my dear sister ready to congratulate me at the end.

We hung around and enjoyed the award presentations and the festivities and really relished in the energy, enthusiasm and happiness of everyone. I will definitely be back to Jacksonville for more Triathlons.

UPCOMING EVENTS



Board Meeting
September 9 (Wednesday)
Email: President@TriGulfCoast.org

Mere Mortals
Most Sundays, May 27-Sept. 23
Pensacola Beach, FL

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

Zarzur Law Sea Turtle Youth Triathlon
A TGC Youth Event
Oct. 7
Park East, Pensacola Beach
Volunteers Needed



Board Shorts & Bikini 5K
TGC Discount Available
Sept. 2
Pensacola Beach, FL

Semper Fi 5K Charity Run
Sept. 8
Pensacola, FL

The R(un) for One 5K
Sept. 8
Pace, FL

Krewe of Vixens 4 Mile Run/Walk
For Ovarian Cancer Research
Sept. 15
Flora-Bama



[Sandestin Triathlon](#)

Sept. 8
Destin, FL

[Brett Robinson Alabama Coastal Triathlon](#)

Discount Available
Sept. 8
Orange Beach, AL



[Zarzur Law Santa Rosa Island Triathlon](#)

Oct. 6
Pensacola Beach, FL

[Tri The Gulf \(Sprint\)](#)

TGC Discount Available
Oct. 20
Dauphin Island, AL



[Thursday Morning Open Water Swims](#)

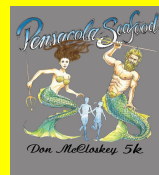
Thursdays - 6:30 a.m.
Mommy Beach (Soundside Pavilions)
Pensacola Beach, FL

[Annual Swim for Alligator Lighthouse](#)

Sept. 15
Islamorada, FL (Keys)

[Juana's 1st Annual Open Water Swim](#)

Benefiting the Navarre HS Swim Team
[Registration](#)
Oct. 21
Navarre, FL



[Pensacola Seafood Don McCloskey 5K](#)

PRA Event

Sept. 29
Pensacola, FL

[Pensacola Half Marathon](#)

Oct. 7
Pensacola, FL

[Bridge to Bridge 5K](#)

Oct. 13
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 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](#)

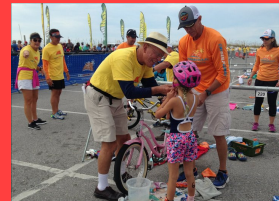
Use the links below if you would like to volunteer during Mere Mortals or a Youth Event.

[Mere Mortals Volunteer](#)



VicePresident@TriGulfCoast.org

[Youth Events Volunteer](#)



Mindi@TriGulfCoast.org

Tri Gulf Coast ONLINE STORE



WE HAVE AN ONLINE STORE!
This is your last chance to get these items before THEY'RE GONE!

Contact: 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

Stay Connected



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

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