



1 December 2018

Greetings!

The sun is setting on 2018 and I have to say it has been a beautiful year!!

First, one last thank you to an amazing board. This year our board has explored how to do more, give more, and be more for our club members. They have been a motivated bunch with a sense of humor and energy that continued to build through the year. I am thankful to each of you and all you have given of yourself to this club.

Second, my final thank you to our TGC club members. Remember that you are a constant inspiration to those around you. Many of you took on challenges and fears that you told yourself before you "couldn't" or "wouldn't," but YOU DID!! I got the opportunity to watch you push hard, overcome obstacles, and encourage each other. I am very thankful for all you put out there in training and racing and in always being there for each other.

Lastly, keep it up. There is a fantastic board coming on for 2019 that have already started talks of ideas and plans. They are ready to continue to grow this triathlon community, which many of us call home. I am looking forward to spending more time in the water, on the bike, and hitting the pavement in the training season to come. I can't wait to see where we are going and I am excited about going there together.

It has been fun. It has been a challenge. It has been a journey. It has been a discovery. It has been beyond what I wished it could be.



Here's to the sunrises in 2019!!!

Thank you,

*Teresa J. Hess
TGC President*

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OFFICIAL CLUB



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Planning to Plan

It's that time of year again... the dreaded RESOLUTION time. It's the time that we look at the things we don't like about ourselves, the things we wish could change, and make several lofty "Resolutions" hoping this is the year we'll follow through. We've all done it. Some have had success. Others... well, there is always next year, right? The sport of triathlon seems to draw a much more goal oriented athlete than most other recreational activities. Triathletes tend to set, follow, and become obsessed with goals more than the average Joe. Adversely, when those goals aren't met or obtained it tends to hit the triathlete personality a little harder than most.



With the end of the year coming up and a new beginning to next year, it's only natural that this is a great time to look to improve. But have you ever planned to plan? What I mean by that is, do you take the time to really look at objectives and put them in a plan that actually has some thought behind them, organize them in a way that gives you the best chance of obtaining those goals, and following those resolutions? I'm guilty of it too... just taking a quick minute at the end of the year to jot down resolutions only to discover a few weeks later that I've put too much on my plate to actually be realistic. If you're looking at build a better you for next year, here are 3 things I've learned (from books and personal experience) that might just help you in making and keeping your New Year Resolutions.

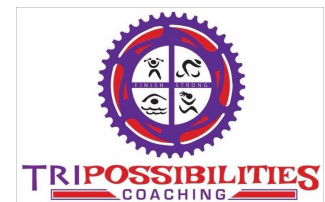
#1: When making a RESOLUTION, reframe from using a negative (ie: No, Not, Won't, Don't). It's been said that the subconscious mind refuses to acknowledge negatives. Hence, why you might walk out of the house without your USAT card when you've told yourself the night before, "Do not forget your USAT card." If you take the "not" out, your subconscious is actually telling you to forget it. Consider a "quitting fried food" resolution. Instead of saying, "I will not eat fried food," try



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MASSAGE THERAPY BY
JAMES FRITSCHLE



something like, "I only eat food that is raw, baked, grilled or boiled." I know it sounds silly, but I've found that just by changing the way something is said actually helps.

#2: Another mistake that resolution'ers make is that they tend to pile on to much in the beginning. I've heard so many people say, "Starting Jan 1, I will start going to the gym, eating healthier, running every weekend, reading more, and watching less television..." If you try all that at once, you'll fail. That is too much for the body and mind to focus on. They say it takes 14 days to break a habit and 21 days to start a new one. Once something becomes habit the brain stops thinking about it and allows that previous effort to focus on something else, a new goal. So, if you have several Resolutions that you want to hit this year, try setting yourself up in a time frame where you begin new goals every 22 days. This way you'll be able to put the correct energy and focus on each goal separately and give yourself a real shot of turning each goal/resolution into a solid habit, instead of overloading yourself and setting yourself up for a disappointment.

#3: If your goal is to stop doing something, make sure you have something there to take it's place. It's a lot easier to replace than it is to quit. If it's a bad habit you want to stop, you better have a good habit lined up to takes it's place. The last thing you want is to find is that you've only replaced one bad habit with an equally or more toxic bad habit. If you quit something there will be a void, and your body will find a way to replace that void. So plan ahead and already have something healthier ready to go when that void starts. This is how you turn a bad habit into a good habit. Two birds with one stone. AGAIN: 14 days to break a habit, and 21 days to make one.

Please remember to support your local races. The Pensacola Triathlon is April 28, 2019. Mark your calendars and be sure to Register. We can't wait to see you cross the Finish line.



To the Finish Line,

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

Stay Connected



That Fine Line Between Support and Peer Pressure

I'm lucky to have an enthusiastic, athletic spouse who pushes me beyond my comfort zone to do things no normal human being would actually do. I used to resist, but have noticed lately, that I look forward to those next level things.

I've also notice the fine line between support and peer pressure, because I get peer pressured into all these things. And that peer pressure is always from an area of SUPPORT.

Like many age-group, mid-packers I tend to under-estimate my athletic prowess. When that confidence lacks I've got friends, family, and my spouse to minimize those fears and encourage me to try a little harder, run a little longer, or push a little faster. That's the great



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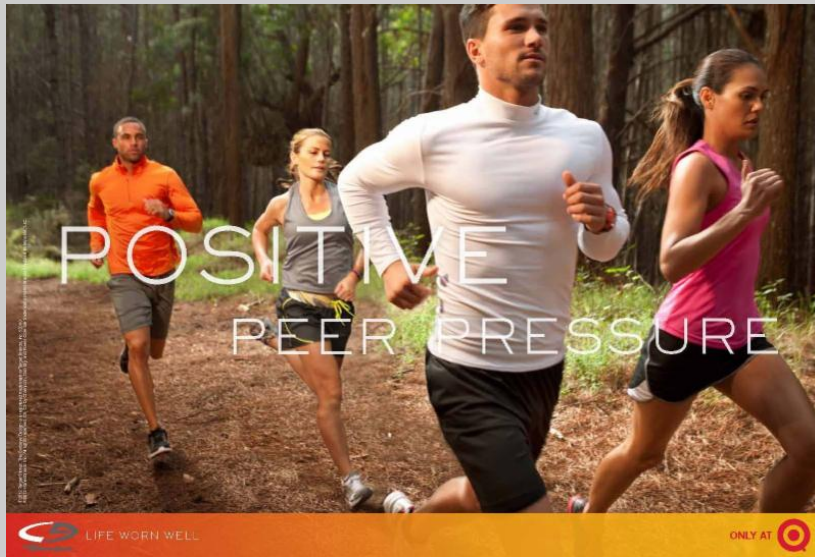


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Favero

[Email for code!](#)



thing about TGC and Mere Mortals...we all kind of do that for one another.



So...

- Pick your rabbit and chase them.
 - **You'll get faster.**
- Sign up for that longer distance.
 - **You'll make it.**
- Get talked into that weird, one-of-a-kind event.
 - **You'll have fun.**
- Support your friends and fellow athletes.
 - **You'll enjoy the community even more.**

Let the people who support you peer pressure you to be better!

Annual Pancakes and Bacon (Group Run)



[Get BACON.](#)



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



10% off with code: TGCMC



Discount Code: C-TRIGULF

GROUP TRAINING

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

Write for the Newsletter



Do you have an idea, story, or article suggestion?

[LET US KNOW!](#)

We are always on the lookout for members who want to stretch their creative legs and contribute to the monthly TGC Newsletter.

2019 TGC Board

President: Tom	Vice President: Jason	Treasurer: Sheila	Secretary: Kelly	Board Member: Dom	Board Member: Brian	Board Member: James
						

Youth Events: Jim & Mindi	Communications: Patrick	Sponsorship and Kits: Gary & Miles	Mere Mortals: Danika
			

UPCOMING EVENTS





Board Meeting
 December 12 (Wednesday)
 Email: President@TriGulfCoast.org

[Annual Pancakes & Bacon](#) (Group Run)
 December 16 (Sunday)

COMING SOON:

- Strength Training Clinic
- Pensacola Tri Course Preview



Triathlons are moving South for the Winter

[Tri Key West Triathlon](#)
 Dec. 1
 Key West, FL

[Challenge Daytona](#)
 Dec. 7-9
 Daytona, FL

[Chilly Willy Duathlon](#) (Sprint)
 Jan. 27
 St. Petersburg, FL



[Tampa Bay Frogman Swim](#)
 Jan. 13
 Tampa, FL



[Chattanooga Swim Fest Rat Race](#)
 2.4 or 4.5 miles
 Tennessee River
 June, 1
 Chattanooga, TN

[Swim Around Charleston](#)
 12 Mile Open Water Swim
 Sept/Oct 2019 (TBD)
 Charleston, SC



[Pensacola Runway 5K](#)
 Dec. 1
 Pensacola International Airport

[Ho Ho Hustle 5K](#)
 Dec. 8
 Pensacola, FL



[PRA Christmas Dash](#)
 (1 Mile)
 Dec. 8 - Evening
 Pensacola, FL

[Mississippi Gulf Coast](#)

[Marathon](#)
 (26.2, 13.1, 3.1, 1.2-kids, Beer Mile)
 Dec. 8-9
 Biloxi, MS

[Round the Bay Relay](#)
 Dec. 29
 Fort Walton Beach, FL

[Make It To The Line](#) (4 miles)
 Dec. 29
 Flora-Bama



[Pensacola Beach Run](#)
 (13.1, 10K, 5K)
 A PRA Event
 Jan. 12
 Pensacola Beach, FL

[Double Bridge Run](#)
 5K or 15K
 Feb. 2
 Pensacola, FL



[Bay to Breakfast 8K](#)
 (Trail Run)
 A PRA Event
 Feb. 23
 Big Lagoon State Park
 (Perdido, FL)



Weekly Rides:
[West Florida Wheelmen](#)
[Trek Store](#)
[Ride More Bicycles](#)

*Girlz Only Sunset Rides
 *(On Winter Break)

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](#)

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>

The remaining 2016 and 2017 Member Shirts were taken to Panama City Beach, FL and donated to those in need.



2017 Trucker Hat



2017 Headsweats Visor



2016 Headsweats Visor



2016 Trucker Hat

Stay Connected



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

P.O. Box 544
Gulf Breeze, FL 32562