

1 February 2019

Greetings!



#NotFlorida

Welcome to February, our least Florida-like month! This is the time of year when triathlon seems very far away, and it can be hard to get out and train in the cold, sometimes rainy weather. However, I was reminded just how good we have it here in northwest FL when I saw a Facebook post by TGC transplant Mike VanWormer up in Wisconsin. He had just raced in a fat tire event, and in his post-race selfie, his beard and mustache were covered in ice, and there was a 3-inch icicle hanging from his goggles. Well, I guess we do have it pretty easy here. Kudos, Mike! You're tougher than I ever want to be!

So, get out there and enjoy our balmy conditions where it rarely gets cold enough for water to freeze!

Another great experience recently was working the Tri Gulf Coast water station at the Pensacola Beach run. I got to see so many of you who were out there for the 10k and Half Marathon, and enjoyed the enthusiasm of fellow volunteers Troy Timmons, Kevin Swenson, Danika Turner, and Jim Hagy as we cheered on runners and generally made fools of ourselves.

So remember, even if the "cold" months here in Northwest FL, there is still plenty to do, and we have it better than most of the rest of the country!



Cheers!
Tom Henderson
TGC President

2019 Kits - ORDER NOW!

The window to order the official 2019 TGC Kit is opened.

ACT NOW!



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TGC Sponsors & Supporters

Tri Gulf Coast events are possible because of these supporting businesses and organizations.

Please show your appreciation by utilizing their products and services.



- The window to order is open NOW - .
- The kit features design components from previous year's kits.
- Logos are placeholders and subject to change.
- A 2nd order window is NOT GUARANTEED.

[VIEW KIT DETAILS & PURCHASE](#)



No More Excuses

It's OVER! No more cake, no more parties, no more: well it's the Holidays so it's ok to (fill in the blank for whatever excessive and unhealthy behavior you like).

I know what you're thinking, it's February the "Holidays" are long over. Well, my contention is that we don't return to normal pre-holiday behavior until after the first week of January. In theory February 1st should be our New Year's Resolution day. Think about it, we're all still dating things 2018 until at least mid-January and whether you have school age children or not the world seems to be on hold until school starts and routine begins again sometime after January 10th.

Basically, if you just sort of agree with me you've just been granted a reprieve on your lack of consistency since January 1st. For others who have been dedicated and consistent in training since the "official" beginning of 2019 you're now that much further ahead of the rest of us slackers. So, for all of us trying to "get back into it" what are our options; how do we just start? It is not about new training plans or buying new shiny gear (new shoes are shiny too). It's all about accountability, consistency, and being realistic.

Now is the time to spend more of your training hours in the sport that you like the most or is the easiest for you. Different coaches over the years have advised me to run in the winter as that seems to be the easiest when the weather is bad. I would say do whichever sport you enjoy the most. There are plenty of indoor pools around and indoor cycling apps actually make spending an hour on a trainer kind of fun (well, tolerable). The bottom line here is to decide where to start and tell your friends or better yet get them to do it as well. Commit together to a specific number of days per week with a realistic amount of time each day and "force" one another to stick to it. Soon after you commit together to days and times of training register for an event together. Hint: the Pensacola Triathlon is coming up April 28th.

Being accountable to one another in training and racing is by far the most effective way for us to stay consistent and reach our goals. Even if you never train with others or have very few athlete social connections you can still use others in your life for this training accountability, just tell those friends and



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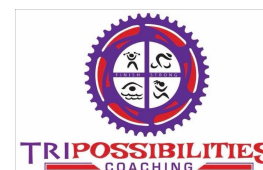
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relatives what you're doing and ask them to hold you accountable. Over the years most of you have already used this "accountability trick" to stay consistent in training. The key is to renew it every year or season, include a new friend or two and be deliberate about it. Remember have fun and enjoy the journey.



-Live Here, Run Here -

Paul Epstein
WeRunWild.com

Pensacola Triathlon
(Registration is OPEN)

Stay Connected



Love Your Bike? Give It A Little R & R

Winter training can be a great way to get in a few miles in some cooler temperatures. It is also a great time to enjoy a day or two or rest and relaxation while you treat your bike to a little restoration and rejuvenation. Here are a few suggestions to get your bike through winter training and ready for spring training and competition:

- Plan on replacing your handlebar tape. Bar tape protects your bars and brake interfaces, but it quickly gets dirty and funky. Replacing your tape twice a year reduces corrosion of your handlebars and will make your bike look, and smell, better.



- Check your brake and shifter cables. These cables corrode over time due to the intrusion of water, sweat, humidity, etc. They typically need to be replaced every one to two years.
- Look at the wear on your chain and cassette. Chains typically need to be replaced every 1000-1500 miles; some riders may wear them out more quickly. Regular chain replacement helps to reduce wear on the cassette.
- Ask your mechanic to check your bottom-bracket bearings. These have a useful life of about 1000-1500 miles. They can wear out faster if you are frequently riding in sandy conditions. Track your usage and be prepared to replace them if they are over-worn.

- If your bike is not turning smoothly, you may need new headset bearings. Sweat, hydration solution, sports gels, etc. can get into this joint and impair your turning capability.



Regular cleaning can prolong the life of this part. Tell



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your mechanic how often you ride and ask how frequently you should have them cleaned.

If you have questions about your bike's maintenance, feel free to come in to Trek Bicycle Store Pensacola for a no-charge consultation. You can save up to \$100 in February when you take advantage of our winter overhaul special. We also offer appointments for many service needs.



Robbie Mott
(850) 912-6858

*Robbie is the owner of the **Trek Bicycle Store Pensacola**.*



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Getting to Know Michele Tierney

Each year Tri Gulf Coast presents awards to individuals who have excelled or inspired throughout the year. These are the people many of us look up to, and I wanted to give the entire club an opportunity to learn more about them.



I am so grateful to receive a TGC Mentor of the Year Award. When I started running the summer of 2013, I couldn't run a 5K without stopping for walk breaks. My first marathon was First Light in 2015 and I qualified for Boston with a 3:36:01. My first triathlon was Pensacola Beach Triathlon in 2014. I did my first 70.3 in Panama in 2015. Of the 6 marathons I've now completed, 2 have been the Boston Marathon.

Along my run journey I've made lasting friendships and met incredible athletes. Other runners and triathletes have mentored and helped me to accomplish my goals. Receiving a compliment or pat on the back goes a long way. With help I found that running a 5K without stopping was possible. Qualifying for Boston was accomplished by listening and running with better runners than myself whom helped me every step. As for Triathlon, I didn't know how to swim free style when I started. I didn't want to swim in the Gulf. Our incredible community encouraged me to swim without drowning or being eaten by a shark.

We all have fears, some of us more than others, so if I can give back and help someone it feels great. I will always remember and appreciate each and every person who said something nice to me along my journey. If I can make others feel good about themselves and know what they can accomplish then it's been a good year.

~ Michele

2019 Maritime De Luna Youth Duathlon (RUN - BIKE - RUN)

The Zarzaur Law Maritime De Luna Youth Duathlon happens Sunday, March 10, 2019. Kids from 6-15 years old are encouraged to participate in this awesome event.

Sign up the kids! Spread the word!
Consider volunteering!

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 New sletter.

- **DATE:** Sunday March 10, 2019
- **LOCATION:** Community Maritime Park,
- **TIME:** 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

UPCOMING EVENTS



Board Meeting
 February 13 (Wednesday)
 Email: President@TriGulfCoast.org

[Zarzur Law Maritime De Luna Du Youth Duathlon](#) (Run-Bike-Run)
 Mar. 10
VOLUNTEERS NEEDED

COMING SOON:

- Strength Training Clinic
- Pensacola Triathlon Course Preview



Pensacola Triathlon
 (Sprint or International)
 April 28
 Pensacola, FL



Chattanooga Swim Fest
Rat Race
 2.4 or 4.5 miles
Tennessee River
 June 1
 Chattanooga, TN



Double Bridge Run
 5K or 15K
 Feb. 2
 Pensacola, FL

Joe Relaxo Challenge
 24 hour / 48 miles
 Feb 8-9
 Pensacola, FL

Pensacola Parkrun
 Weekly, free, timed, trail runs
 Feb. 9
 University of West Florida (UWF)

Blackwater 50K (Ultra/Trail)
 Feb. 16
 Munson, FL

Sweet Heart 5K / Sea Turtle Half
 Feb 16
 Orange Beach, AL

Destin Beach Ultra 50K-50 mile-Relay
 Feb. 16-17
 Destin, FL



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

I Pink I Can Run
 Feb. 23
 Flora-Bama



[Swim Around Charleston](#)
12 Mile Open Water Swim
Oct. 6, 2019
Charleston, SC



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>

ALL available items are listed for sale at the ONLINE STORE, including:

- Grey, Orange, or Teal Long Sleeve Tech Shirts
- Trucker Hats
- Visors
- Singlets
- T-Shirts
- Beanies



Stay Connected



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

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