



1 January 2019

Greetings!

Welcome to a milestone year for Tri Gulf Coast! October 17th of 2019 will be the 20th anniversary of TGC's very first official meeting.

We are fortunate again this year to have the support of a very enthusiastic board:

- President - Tom Henderson
- Vice President - Jason Slaughter
- Treasurer - Sheila Fitzgerald
- Secretary - Kelly Amiss
- Board Member - Dom Risola
- Board Member - Brian Lang
- Board Member - James Fritschle
- Youth Events - Mindi Malone and Jim Hagy
- Communications - Patrick Willi
- Sponsorship - Gary Garza & Miles McDaniel
- Mere Mortals - Danika Turner

Please be sure to thank these wonderful people for the time and energy they devote to our club when you see them out at races, training, and club events. There is more to what they do all year long to make the club successful than many people realize. There are race kits to design and order, training sessions to coordinate, tax forms to file, insurance to maintain, budgets to develop and track, and so much more, all done by a volunteer board for the good of the group!

The real strength of the club, however, comes from our members, and the enthusiasm and sense of community they bring to everything we do. It is that palpable energy and enthusiasm that makes you stand out as a wonderful community, and that brings us new members every year! All I could ever ask our members to do for this club is to keep being who you already are.

Some of the things you already do that benefit our local Triathlon community are:

- **"80 percent of success is just showing up" - Woody Allen.** It's true! The more of our events you can attend, the better they have been and the more you've gained from being a member.
- **Share the love.** We formed this club because we love the sport and the community we've built around it. People join the club to learn about the sport and try it out, but they stay because you made them feel like a part of something valuable.
- **Invest your time, ideas, and effort.** Everything we do happens because our members came up with the idea, put the time and effort into making it happen, and celebrated its success when it all came together. Whether it's Mere Mortals, Tri Kits, Gear Swap day, or the inaugural "Turkey Trots" event, our members aren't just the people who attended, they are the people who put on the event as well.

So as we move towards our 20th birthday, all I could ever ask and hope for is that you just keep doing more of what has made this club great from the beginning. Just be the great TGC family that you are! So welcome to another great year of Tri Gulf Coast!

Tom Henderson
TGC President





New Year, New Race Calendar!

Pensacola Triathlon and RunPensacola.com would like to wish you and all of Tri Gulf Coast a very happy and eventful New Year!!

2019 is here and we have an amazing year of events lined up. Without further adieu, here's our RunPensacola.com 2019 Race Calendar:



- Feb. 9-10, Joe Relaxo Challenge (Pensacola)
- Feb. 16, Blackwater 50K
- March 30, Blackwater 10 Miler
- April 7, Gulf Coast Half Marathon/10miler/5K (Pensacola Beach)
- April 20, Crawfish 5K (Pensacola Beach)
- April 28, [Pensacola Triathlon](#) (Pensacola)
- May 18, Leftover 4Miler (Pensacola Beach)
- May 25, Graffiti Bridge 5K (Pensacola)
- July 4, Fourth of July 5K (Pensacola Beach)
- Aug. 10, O'Riley's 26.2 Feet (Pensacola)
- Sept. 1, Bikini and Boardshorts 5K (Pensacola Beach)
- Oct. 6, Pensacola Half Marathon and 5K (Pensacola)
- Oct. 12, Bridge to Bridge 5K (Pensacola/Gulf Breeze)
- Nov. 16, Krul Lake Half Marathon
- Nov. 28, Pensacola Turkey Trot (Pensacola)
- Dec. 14, Ho Ho Hustle 5K (Pensacola)

We can't wait to see you at the finish line this year!



-Live Here, Run Here -

Adam Guess
Run Pensacola.com
Pensacola Triathlon
([Registration is OPEN](#))

Stay Connected



Finding Ways to Shine

As athletes we are always in a state of searching for our next goal. Most of the time it is speed and personal records we seek. As we evolve into who we are, the end result of what we consider to be a victory may begin to change. To find our best selves, the end result may begin to look more like giving back and not focusing as much on ourselves.

In This Newsletter

- [New Year, New Races!](#)
- [Finding Ways to Shine](#)
- [Group Training](#)
- [Write for the Newsletter](#)
- [Upcoming Events](#)
- [ONLINE STORE](#)

TGC Sponsors & Supporters

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Please show your appreciation by utilizing their products and services.



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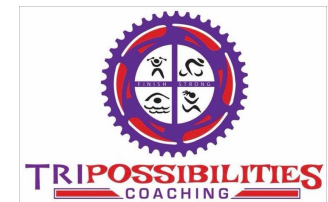
To take a podium is a glorious feeling that fills our souls with excitement and accomplishment. At times it can consume our hearts and thoughts. In the past I would find myself asking, "How do I take five minutes off my last finish time?" Or, "What do I need to do in order to P.R. in this next race?" As time passed I had a realization that my original love and passion for athletics was changing and I didn't like where it was headed. I started to purposely slow down to reevaluate what I wanted my goals and aspirations to be. The beauty I unveiled was far more profound than I could have ever expected. During races I began to take time to look around. If someone needed help I stopped. The small children that wanted a high five got one! If a loved one was on the sideline I stopped for a hug and to say I love you. The joy that has always filled every fiber of my being was set on fire! My finish times suffered originally, but now they have begun to stabilize.



To shine simply means to release the Hope, Joy, Love, and Fire you were designed to ignite!!! Run, bike, swim, strength train and take care of your beautiful body, but stay in touch with the soul that fuels your life! That podium may still be in your future, but set goals to give back and see how your heart feels with that! Plan out how you can give a race to something or someone you love! Have a tee shirt made in their honor, make a sign with a message of hope for those around you, decorate your bike to shout out what you are giving your race to, or write words of encouragement on your body. The options are endless, but to connect to your best self sometimes looks like LOVE. Finding ways to shine is fun and spreads like wild fire.

I gave my last marathon to a cheer sign. It weighed more than I wanted it to (LOL), but I was so excited to run cheering on all who were around me. My finish time was terrible, but I stopped for every hug that came

Two free workouts and an unlimited rate of \$110/month for Cross Fit classes. Youth performance training available.



to cheer me on, high-fived as many people as I could and smiled until my cheeks ached with pain.

Enjoy your life as an athlete to the fullest. Take advantage of your gifts and warm the hearts of those around you! I love this community and the beautiful people that reside here. Thank you for helping me to be a little better today than I was yesterday. I look forward to our next hug. Good luck on setting your next goal, hopefully it will make someone around you feel the love you were put here to give!

With all my love,
Danika



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Don't Let Old Man Winter Drag Your Riding Skills Down



Winter is officially here, complete with windy days, long nights, and unpredictable Gulf Coast micro-climates. Keeping trained and prepared to ride during the winter season may seem like a challenge, but it is not impossible. This month we are including a few tips to help you with your winter training.

SPEND SOME TIME ON THE ROAD

Riding during the off-season can be a great way to maintain road skills without the pressure of an upcoming event. Use the time to rack up those base miles; practice maintaining a higher cadence, which can easily be done with the smaller chain ring.



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To ensure you get the most out of the time, dress in layers or convertible clothing to help manage the ever-changing climate. Have safety gear, such as lights (day and night), high-visibility and reflective clothing, and (of course) a helmet; A few basic items that can help keep you comfortable in cold weather include full-fingered gloves, arm warmers, leg warmers, a skull cap, and a wind jacket.

TAKE ADVANTAGE OF INDOOR TRAINING OPTIONS

There are many ways to enhance your performance during the off-season. Indoor riding can be a great way to achieve long, steady-state workouts, as well as intense interval work. Classes can be found at many locations around town. Having an indoor trainer at your home has the added advantage of allowing you to train whenever it is convenient.



Strength and flexibility training are also winter strategies that can give you an edge come spring. Consider weight training, Crossfit, boot camps, yoga, pilates, and other types of cross-training activities. Spend some extra time on stretching and muscle work (rolling, massage, etc.).

GET A TUNE UP

I mean you get a tune up (we will discuss bike maintenance next month). Taking the time to get a massage, a structural adjustment (chiropractic care), or a little physical therapy can pay dividends when you are getting ready for spring competition.

Have a great New Year! Spring is just around the corner.

skcratch LABS



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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!](#)

Happy training.



Robbie Mott
(850) 912-6858

Robbie is the owner of the Trek Bicycle Store Pensacola



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

UPCOMING EVENTS



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

COMING SOON:

- Strength Training Clinic
- Pensacola Triathlon Course Preview



Triathlons are moving South for the Winter

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



[Pensacola Triathlon](#)
(Sprint or International)
April 28
Pensacola, FL



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



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

13.1)
Jan. 13
Mobile, AL

[Mobile Marathon](#) (26.2 or

[Pensacola Run For Life 5K \(Run/Walk\)](#)
Jan. 19
Pensacola, FL

[Big Beach Marathon](#)
Jan. 27
Orange Beach, AL

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

Joe Relaxo Challenge
Feb 9-10
Pensacola Beach, FL

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

[Blackwater 50K \(Ultra/Trail\)](#)
Feb. 16
Munson, FL



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



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





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