

1 April 2019

Greetings!

I'd like to introduce you to the newest member of the TGC staff! This person is someone I suspect you already know well, but let me describe them first and see if you can guess who they are.

First of all, this person is joining us as the official new membership recruiter. Well known for being friendly, outgoing, and welcoming new people to the sport, this person is just perfect for the job! It's not important how much experience this person has in the sport, as sometimes a brand new triathlete is even more fired up about bringing new people to the sport as a person who's been involved for years.

The key is that this person knows people who've seen the joy they get from being involved in the sport, and this person has friends who ask about it and have said "Oh, I don't think I could do that." And this is the kind of person who is honest with them about what they need to do to get ready for Mere Mortals while still being supportive and encouraging.

The one trait that make this person perfect for the job is their infectious love for the sport.

Have you guessed who the new head of membership recruitment is? It's one of your favorite triathletes! Look in the mirror! Just like every year since this club began, our growth and success has been through word-of-mouth. People who were interested in the sport met someone just like you.

So good luck in your new job, and I look forward to meeting your recruits at Mere Mortals and Thursday swims! [Registration is OPEN!](#)

PS: And those Thursday swims start on April 4!



Welcome to Tri Season!
Tom Henderson
TGC President



A Decade of Local Racing

April is a BIG month for us at Gulf Coast Event Group (GCEG) (aka: [RunPensacola.com](#) ; [Pensacola Triathlon](#)). Out of the 4 weekends in April, we'll be producing 3 big events:

- Sunday, April 7th: [The Gulf Coast Half Marathon/10miler/5K](#) @ Pensacola Beach
- Saturday, April 20th: [Crawfish 5K](#) (Pensacola Beach)
- Sunday, April 28: [Pensacola Triathlon](#) (Sprint/International)

There is also something very special for me about April 2019.

As some of you know, I've been in the event industry for quite some time. Professionally, I worked my first event gig on June 16, 2002 (Bud Light Beach Volleyball), and since then I've been lucky to make a career out of events. What's so special about this April you ask?

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GetMeRegistered.com
* A BETTER WAY TO REGISTER

[TGC / Mere Mortals REGISTRATION](#)

GULF COAST HALF MARATHON

PENSACOLA BEACH Half Marathon,
10mile or 5K

This April will mark 10 years since GCEG launched our very 1st event: The Gulf Coast Half Marathon @ Pensacola Beach back in April of 2010. I've entertained the notion to write about the 10 years worth of hurdles we've faced; mistakes I've made; friendships that have developed; memories made; events that have worked or not... etc, etc etc.... but, I'll save that for another time.

For now let's talk about 10 years - literally a DECADE. It seems the older we get, the shorter these decades feel. Take a minute and think back to what you were doing 10 years ago.

Really, 10 years ago:

- What were your goals?
- What were your hobbies?
- Where were you living?
- Who were your friends?
- Was exercise even a part of your life?
- If somebody told you in 10 years you'd be a Triathlete, would you believe them?
- Would you know what a triathlon even was (besides a watch brand or a comic book movie)?
- If your *younger self* could see you now, would they be proud?
- Would the younger you even recognize the older you?
- Would you be friends?

I know I push goals a lot, and I tend to discourage people from focusing on the past -- *But the past IS important*. It's important to see how we have changed and grown. It's important to see the mistakes we've made and assessed what we've learned. Looking back is a good thing, but be careful not to dwell on that past. Assess and move on. Every 10 years seems about right.

I can't wait to see what the next 10 years will bring!
Cheers!



-Live Here, Run Here -

Adam Guess
Gulf Coast Event Group, Inc. (10 Years Strong)

Pensacola Triathlon
(Registration is OPEN)

RunPensacola.com

Joe Relaxo Pro Tip of the Month: Schedule your appointment NOW with the guys at [Trek](#) to get your bike tuned and fitted before the Pensacola Triathlon, April 28!



Stay Connected



A Bike Is A Personal Thing

There is a big difference between being able to ride a bike and enjoying riding a bike. A few of the principal

Supporters

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

Please show your appreciation by utilizing their products and services.



OFFICIAL CLUB



Group Workouts on
PNS Tri Course

April 6 (Saturday)
7:00 a.m.

Cycling - hosted by
Tripossibilities

April 7 (Sunday)
2:00 p.m.

Swimming - hosted by
Tripossibilities

Apr. 13 (Saturday)
7:00 a.m.

Brick (Cycling &
Running) - hosted by
TGC



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available.

factors that make up this difference are the riding environment and culture, the fitness or training level of the rider, and (of course) the actual bicycle itself. Over the past months, we have discussed some points about training and even more about caring for and maintaining your bike. But maybe at this point in the season, you are rethinking your equipment and wondering just how well it will meet your needs for your upcoming race schedule.

SIZE DOES MATTER

The most common cause of bike discomfort that we see at Trek Bicycle Store Pensacola is riding the wrong size bicycle. Sometimes the person 'inherited' a bike from a friend or relative. More often, the uncomfortable rider did not receive enough information to make the best size purchase. Some symptoms of riding the wrong size bicycle can be numbness in the hands or fingers, neck pain, and lower back pain. Getting the right size bike involves more than reviewing a height chart; Sizing can vary some between brands and even bike styles and models. It is important to get professional help when purchasing a new bike.

FIT IS FUNDAMENTAL

Once you have the right size and style of bike, fit services can also provide added comfort or performance benefits. Bike or pedal "fits" take into account your individual anatomical structure and kinetics to make the bike work best for your comfort needs and performance goals.

QUALITY COUNTS

When purchasing a new bike, look for brands that offer a warranty. For example, a new Trek bicycle comes with a lifetime warranty on the frame and warranties of at least one year on most components. Ask about warranties when considering a purchase and test-ride any serious contenders. If you are considering a used bike, in addition to a test-ride, ask if you can bring the bike into a service center for a size evaluation and estimate of what repairs or service the bike may need. Also, especially if it is a less-common bike brand, ask the service professional if they can easily get parts for the bike, should it need future repairs.

MAKE IT YOURS

Your bike is a personal thing; it should function like an extension of your body; you should feel a natural connection with your bike when you are on it. While it may be physically possible for you to ride your roommate's, or sister's, or great-aunt's bicycle, it is unlikely that you will want to continue doing so for long. Maybe now is a good time to have a consultation with one of our 'cycle therapists' to learn more about how you can be better connected with your ride.



Robbie Mott
(850) 912-6858

Robbie is the owner of the [Trek Bicycle Store Pensacola](#)



Salvator & Associates
Insurance Agency

Getting to Know: Patrick Willi

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 we wanted to give the entire club an opportunity to learn more about them.

I really didn't expect to take home Volunteer of the Year. I was floored and honored. I'm sure the Board had trouble picking just one Volunteer. It's truly a team effort that is easily seen from 5:30 a.m. to 10 a.m. each Sunday.



I haven't always been an athlete, let alone a

triathlete. Through out my younger days I was never a "Sports" kid. Roughly 10 years ago a couple co-workers asked me if I wanted to run McGuire's Prediction 5K. I had graduated college, taken a desk job, and watched the scale numbers grow. At 190lbs on my short frame, I knew it was time to make a change so I agreed to the run. I remember training for that 5K on an elliptical. I ran it, or wheezed through it, and decided I was going to run a 5K each month for a year.

I achieved that goal and continued it another year with the modified goal of actually training throughout the month. Teresa (wife) and I continued running, but one of us got bored and started swimming too. I bought a bike and started riding. Eventually we discovered triathlon and Tri Gulf Coast. Now, distances continue to get longer, in all disciplines, and challenges get more unique. I've come a long way from that time I wore my tri shorts backwards FOR AN ENTIRE RACE.

Most of our friends are dedicated athletes with healthy lifestyles and those traits really do seem to rub off. Even today it's hard to consider myself an athlete, but I do have moments when I can look around and think, "Wow, I just did that - what's next?"



I'm really looking forward to seeing everyone out at Mere Mortals in a couple short months!

Patrick
TGC Volunteer of the Year 2018

Understanding BIG vs. LONG

	SPRINT	OLYMPIC	HALF IRONMAN	FULL IRONMAN
Swim	½ mile	1.5K (just short of 1 mile)	1.2 miles	2.4 miles
Bike	12-14 miles	40K (roughly 25 miles)	56 miles	112 mile
Run	5K (3.1 miles)	10K (6.2 miles)	13.1 miles	26.2 miles

For those in the triathlon community, the word "Ironman" is as synonymous to triathlon as it is to movie goers. With that comes a certain level of confusion, especially to some newer triathletes. It's easy to get into the mindset that Ironman is triathlon. We need to remember, especially the seasoned veterans, that triathlon is so much more. I, myself, am guilty of unintentionally demeaning shorter events. One time when asked, "What are you training for?" My response was, "Nothing big, just some sprints around town." My answer played perfectly into the conversation and we ended up having a discussion about what BIG means. In hindsight, it was a poor choice of wording and it changed the context of my whole answer. What I meant was nothing long. For some people, big is not necessarily a 70.3 or full distance Ironman. Big is the sprint in town at the beginning or end of the season.



There was never intention to diminish any event or athlete, it was just a poor choice of wording. However, it brings to light a good point. Any distance, whether a 5k, Duathlon, Sprint, Olympic, 70.3, or even a 140.6 is a significant accomplishment. All of us in the running and triathlon community should be applauded no matter what event we are doing. I am certainly more cognizant of my wording since that conversation. Whether I meant to or not, I was diminishing the accomplishments of the other athletes with no intention to have done so.



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Write for the Newsletter

My point being, as a biking, running, and swimming community, we have to face harsh criticisms from the outside world such as drivers that don't want to share the road and parks that don't want us in their facilities. So the last thing we need to do, purposefully or not, is to diminish the accomplishments of each other. We are a tribe, a family, and we need to raise each other up, not tear each other down. Truth be told, anytime we toe the start line we are taking on challenges few will. I, for one, could not be more proud of my racing family.



Race hard!

Brian Lang
TGC Board Member
Merchandiser



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.

Thursday Morning Open Water Swims - BACK!



Tri Gulf Coast teamed with [Tripossibilities Coaching](#), [Pensacola Triathlon](#), local [Subway](#) Restaurants, and [Truly Spokin'](#) to continue the Thursday Morning Open Water Swim Sessions into the 2019 Season.

The [Facebook Event](#) is the best place to check for any changes or cancellations due to weather and conditions.



MERE MORTALS Volunteers

The schedule is set for 2019 Mere Mortals.

Starting May 26th, we will be back on Pensacola Beach swimming, biking, and running.

MEMBERS - Start thinking of friends and relatives who expressed an interest in the sport and making sure they know about this awesome opportunity.

Tri Gulf Coast and the Mere Mortals Program would not be possible without our GREAT Volunteers!

If you would like to Volunteer in any capacity, please be on the lookout for e-mails and Facebook posts with the link to sign-up.

GROUP TRAINING

SWIM, BIKE, RUN

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

UPCOMING EVENTS



[Frequently Asked Questions](#)

6:30 a.m.

Apr. 4 - Oct. 3 (weather permitting)

Board Meeting

Apr. 10 (Wednesday)

Email: President@TriGulfCoast.org

[Navarre Gulf Reef OWS](#)

Apr. 14 (Sunday)

Navarre, FL

[Youth Dolphin Dip & Dash](#)

May 12 (Sunday)

Gulf Breeze, FL



Group Workouts on PNS Tri Course

April 6 (Saturday)

7:00 a.m.

Cycling - hosted by Tripossibilities

April 7 (Sunday)

2:00 p.m.

Swimming - hosted by Tripossibilities

Apr. 13 (Saturday)

7:00 a.m.

Brick (Cycling & Running) - hosted by TGC



[Infirmiry Duathlon](#)

Apr. 6

Mobile, AL

[Mullet Man Triathlon](#) (Sprint)

Apr. 13

Flora-Bama

[Red Hills Triathlon](#) (Sprint)

Apr. 20

Tallahassee, FL

[St. Anthony's Triathlon](#) (Sprint & Oly)

Apr. 28

St. Petersburg, FL

[Traditions - In the Bay](#) (Sprint)

Apr. 28

Bay Saint Louis, MS



[Pensacola Triathlon](#)

(Sprint or International)

April 28

Pensacola, FL



[Deluna's Beach Games - Open](#)

[Water Swim](#)

Sprint (.6 mile); Short (1.2 mile);

Long (2.4 mile)

Apr. 27

Pensacola Beach, FL



[Chattanooga Swim](#)

[Fest](#)

[Rat Race](#)

2.4 or 4.5 miles

Tennessee River

Jun. 1

Chattanooga, TN

[Pensacola Parkrun](#)

Weekly, free, timed, trail runs

Saturdays - 7:30 a.m.

University of West Florida (UWF)

[Terrain Race \(Mud & Obstacles\)](#)

Apr. 6

Milton, FL

[Navarre Raider Run 5K](#)

Apr. 6

Navarre, FL

[Navy Federal 5K](#)

Apr. 6

Pensacola, FL



[Gulf Coast Half](#)

[Marathon](#)

(13.1, 10 mile, 5K)

Apr. 7

Pensacola Beach, FL

[Coon Hill 5K](#)

Apr. 13

Jay, FL



[Crawfish 5K](#)

Apr. 20

Pensacola Beach, FL

FL

[Liver for Life 5K](#)

Apr. 20

Gulf Breeze, FL

[Crescent City Classic 10K](#)

Apr. 20

New Orleans, LA

[DeLuna's Beach Games](#)

(Sunrise Beach Run)

Apr. 27

Pensacola Beach, FL

[Tiger Trot 5K](#)

Apr. 27

Gulf Breeze, FL

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



[Fiesta 5K/10K](#)
A PRA Event
May 4

[Sunset Stampede 5K \(Evening\)](#)
May 4
Navarre, FL



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

Tri Gulf Coast ONLINE STORE

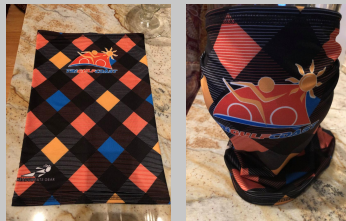


WE HAVE AN ONLINE STORE!
This is your last chance to get these items before THEY'RE GONE!

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
- Gaiters/Bufs (new for 2019)



Stay Connected



