

1 March 2019

Greetings!

The water is getting warmer! Thanks to a trailer getting hung up on the edge of a boat ramp in mid-February, I managed to spend some quality time in Santa Rosa Sound. While the water was certainly not warm, it didn't take my breath away either. I think that it will be warmed up all the way to the level of "refreshing" by the time we get to the Tripossibilities Thursday Morning swims starting April 4th and our planned Navarre reef swim on April 14th. March should be busy and you should see many fellow TGC folks at events like the TGC Spring Social, weekly ParkRun trail series, The McGuire's 5k, Bayou Hills, and the Blackwater 10-mile Trail run! Don't forget that we have a great list of local events on the [TGC calendar](#).

Of course we also have TGC Youth Event - the Zarzaur Law Maritime DeLuna Duathlon! There is nothing more entertaining and inspiring than watching these young athletes race, so if you can make it out, please do! More information on this race and two other events later this year at <http://www.tgcyouthmultisport.org/>.

As you prepare for your planned events this year, don't forget that all of them are "volunteer powered." So if you can, try to pick a few events that you won't be racing to come out and support the events. Later this month, you'll be getting an email asking you to volunteer at Mere Mortals over the summer. It takes a crew of 10-12 volunteers (plus 5-10 on the water safety team) to successfully run a single weekend of Mere Mortals, so it really helps us out when members sign up for a few weekends here and there as volunteers.

Spring is on its way! Get out there and enjoy it!



Cheers!
Tom Henderson
TGC President



Take Chances - Do Something EPIC

If you know anything about the history of long distance triathlon, you know that it is considered to have been 'born' in Hawaii 1979 when a small group of people got together, did some crazy distances, and achieved bragging rights for life. Something magical happened on that beach that holds strong decades later. As a race director, this is the dream - an event that captures imaginations and inspires individuals to do something out of their comfort zone. For some it's a super-sprint triathlon that creates a feeling of doubt, excitement, and determination. For others it's a 100 mile ultra run. It can literally be anything in between or beyond. As you write your own athletic biopic, you should continue to take chances and push yourself out of your comfort zone because that is when the EPIC happens.

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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.

JOE RELAXO CHALLENGE



The Inaugural Joe Relaxo Challenge was out of MY comfort zone. As a race organizer, this type of event is something I'd never seen before. Logistics were different. Goals were different. Schedules were different. That same feeling you get in the pit of your stomach as you approach a start line was permanently housed in my gut from the time we announced the event to the celebratory beverage after clean-up.



For those who may not know, the Joe Relaxo Challenge is a 24 hour/48 mile event in which participants run a 1 mile course, every 30 minutes, for 24 hours, totaling 48 miles. It's mileage and sleep

deprivation. We had individuals and 2-man teams that kept pushing, encouraging, and persevering during the challenge. There were athletes of all abilities, ruckers (athletes doing this with weighted packs), families, friends, food, tents, heaters... it was a true festival of inspiration. Where I was out of my comfort zone, many of these participants were exponentially out of theirs.

It's hard to tell you're doing that EPIC thing in the moment, but I could see it in our crew and the athletes. The dauntingness of the challenge in the beginning changes to hope toward the middle and transitions again into determination toward the end.

If you looked hard you could see it. Strangers bonded through the night and encouraged through the day. I'm sure of few things, but one of those is that these athletes will talk about this event fondly for years to come, as they should. We all did something EPIC and those are the stories worth telling.



[Check out this video from our last "Start" of the day](#)

Join us February 15-16, 2020 for the 2nd Annual Joe Relaxo Challenge!



-Live Here, Run Here -

Adam Guess

Pensacola Triathlon
[\(Registration is OPEN\)](#)

Stay Connected



2019 Maritime De Luna Youth Duathlon



OFFICIAL CLUB



Free phone consultations



\$6 Daily Meal Deal
6" Sub-of-the-Day, Chips,
and Drink



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



(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!



- **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](#)

Benefits of and Tips for "Race Weight"

Most of us know that body weight affects running performance. The lighter you are, the less weight you have to lift off the ground with each stride and the more economically you can run. It's no accident that the men's marathon world record holder weighs: 113 pounds.

Many studies have been done that also prove that for every one pound of extra weight a runner carries, the knee feels an extra four pounds of pressure per stride... repeated strides can apply undue pressure on your knees and shorten the flexibility and usefulness of them.



Stay Strong!

These are the little things I do to try to stabilize my weight:

1. I take a cold shower every morning and every evening (it's OK to "ease yourself in" with warm water)...
2. I eat the same thing for breakfast (smoothie) and lunch (salad) every day because it makes it far, far easier for me to "keep track" of calories I'm consuming...
3. After every meal I do "something" for 5 minutes: jumping jacks, air squats, walking outside, you name it. This helps to reduce blood glucose...
4. For any meal, I eat all proteins and any fats BEFORE the carbs, which has been shown to reduce the amount of actual carbs you eat...
5. After dinner every night, I look at the clock, and then I don't eat again until 12 hours have passed. Period. So if I eat a midnight snack, I don't eat again until noon. That's called "intermittent fasting."



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It takes discipline, but lucky for you, YOU'VE GOT THIS!

Here are a couple reference books on this subject:

Racing Weight - Matt Fitzgerald
Racing Weight Cookbook - Matt Fitzgerald

Gary Garza
TGC Kit Chairperson
& Sponsor Advocate

Join us for the 2019 Spring Social at the Bridge Bar

The Bridge Bar - Sunday - March 10, 2019
4:00 p.m.



Here is your opportunity to get to know other TGC members and discuss your plans for the 2019 triathlon season. No exercise or spandex required!

We'll provide a taco bar from Taco Rock.

Please bring a side dish, **AND BRING A FRIEND!**

The Bar will be open for drink orders.

Also expect music and raffles.

The Bridge Bar is located in Gulf Breeze at the base of the Three Mile Bridge (33 Gulf Breeze Pkwy).



We hope to see you there!

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.



It's Who I Am.



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



10% off with code: TGCMC



Discount Code: C-TRIGULF

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.

GROUP TRAINING

SWIM, BIKE, RUN
Members post their

UPCOMING EVENTS



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

[Zarzur Law Maritime De Luna Du Youth Duathlon](#) (Run-Bike-Run)

Mar. 10
[VOLUNTEERS NEEDED](#)

[Tri Gulf Coast SPRING Social](#)
The Bridge Bar
Mar. 10

[TPC Thursday Morning OWS Series](#)
[Frequently Asked Questions](#)
6:30 a.m.
Apr. 4 - Oct. 3 (weather permitting)

COMING SOON:

- [Navarre Gulf Reef OWS \(April 14\)](#)
- Strength Training Clinic
- Pensacola Triathlon Course Preview



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

[Crystal Coast Booty Triathlon](#)
(Full or Half)
May 12
Beaufort, NC
[*Club Discount Available*](#)



[Deluna's Beach Games - Open Water Swim](#)
Sprint (.6 mile); Short (1.2 mile); Long (2.4 mile)
April 27
Pensacola Beach, FL



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



["I Run this City" RACE Package 2019](#)
13 Races presented by RunPensacola



[Pensacola Parkrun](#)
Weekly, free, timed, trail runs
Saturdays - 7:30 a.m.
University of West Florida (UWF)

[Hope of the World 5K](#)
Mar. 2
Gulf Breeze, FL

[McGuire's Prediction 5K](#)
Mar. 9
Pensacola, FL

[Spring Fever Chase 10K](#)
Mar. 16
Fairhope, AL

[Blue Angel Rock N' Fly Half](#)
Mar. 23
NAS Pensacola

[Run for America's Warriors](#)
Beach Run (5K & 1/2 Marathon)
Mar. 23
Flora-Bama

[Bayou Hills 5K/10K](#)
Mar. 30
Pensacola, FL



[Blackwater Trail Run \(10 miles\)](#)
Mar. 30
Blackwater State Park
Milton, FL



[Top of Florida Ride from Ruth's Store](#)
100 miles
Mar 2
*A West Florida Wheelmen Ride

[Tour LADR Bike](#)
Mar. 30
Point Clear, AL

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

Swim Around
Charleston
12 Mile Open Water
Swim
Oct. 6, 2019
Charleston, SC



*(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](#)
[Running Wild - Calendar](#)
[Run Pensacola](#)
[Pensacola Runners Association - Calendar](#)
[TriFind](#)
[USA Swimming](#)

Tri Gulf Coast ONLINE STORE

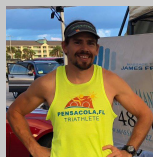


WE HAVE AN ONLINE STORE!
This is your last chance to get these items before THEY'RE GONE!

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>

P.O. Box 544
Gulf Breeze, FL 32562

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