



TRIGULFCOAST
MULTISPORT ATHLETES

JOIN!

YOUTH RACES

NEWSLETTERS

MERE MORTALS

CALENDAR

CONTACT

1 May 2019

Greetings!

Can you believe it's May? If you think we're still in the off-season, you are mistaken. Pensacola Triathlon launched the beginning of our season and many, many Tri Gulf Coast members toed that start line and began the season with perfect weather and a great triathlon experience. We are in the final countdown for the beginning of the Mere Mortals weekly triathlon training program. We hope you join us to learn triathlon, refine your skills, or help teach the next generation of triathletes.

It is the time of year we ask you to renew your Tri Gulf Coast membership. These annual dues get you access to Mere Mortals, weekly Thursday Morning Swims, socials, group runs/rides/swims, this newsletter, and discounts to local businesses and events. I challenge you to find another tri club that is able to match what we do on a weekly basis during the summer. :)

Watch Facebook this month as we introduce new sponsors for 2019 and start getting everyone reacquainted with our long-time supporters, and everyone else it takes to make our Sunday workouts happen. If you are inclined to Volunteer, we'd love to have you, and if you have friends or family interested in the sport, please introduce them to the club.

*Let's get started!
Tom Henderson
TGC President*



A Special Price for Tri Gulf Coast

REGISTRATION IS OPENED FOR NEXT YEAR

April 26, 2020 - Pensacola Triathlon

**Now until May 5, 2019
\$75 International Distance
\$50 Sprint Distance**

Mark your calendar, save the date, and register today for the 4th Annual Pensacola Triathlon - at the lowest price possible.

www.TriPensacola.com

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**[TGC / Mere Mortals
REGISTRATION](#)**



-Live Here, Run Here -

Adam Guess

[Pensacola Triathlon](#)

[RunPensacola.com](#)

Stay Connected



Dolphin Dip 'N Dash - YOUTH EVENT

Dolphin Dip 'N Dash Youth Event is on May 12, 2019!



This inaugural swim-run race is for 6-15 year olds at Shoreline Park, Gulf Breeze. You can still register your young athlete for this fun event. Every athlete gets a custom race shirt, personalized photograph, and a Mother's Day flower to give their mom.

Register:

<http://www.tgcyouthmultisport.org/registration2.html>

Calling Volunteers - We can always use more volunteers for the Dolphin Dip 'N Dash! It is a fun experience to support and cheer on our young athletes.

Volunteer:

<http://www.tgcyouthmultisport.org/volunteer-registration.html>



TREK BICYCLE STORE OF PENSACOLA

Our local Trek Store provides bike support each weekend we ride as part of our Sunday Mere Mortals workout. Robbie and the rest of his staff routinely conduct bicycle safety checks, help with minor adjustments, and assist with tire issues onsite while offering advise and answering questions.

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.



OFFICIAL CLUB



Free phone consultations

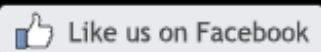
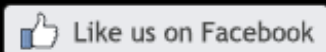
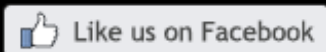


\$6 Daily Meal Deal
6" Sub-of-the-Day, Chips, and Drink



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

Mere Mortals is made possible by Trek and our other dedicated sponsors and volunteers! Thank them and show support often.

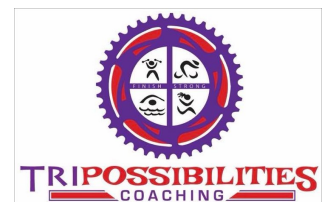


Robbie Mott
(850) 912-6858

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



Wetsuits & Swim Gear
30% Off Discount
[Email for code!](#)



Running for a Cause



The reasons that people choose to move towards athletics varies, but the stories uniquely range with tones of strength, health, change and perseverance. Beauty flows through each of these tales like the gorgeous colors that burst into life on a flower. The gifts that we possess and the motivation we feel is equally as different as how our athleticism was born. Periodically we can find ourselves being drawn to a cause or person that we want to dedicate a goal or race to.

The unfolding of inspiration is contagious and as we mature the love we carry in our souls can crave to have more meaning behind what we do. For years I have watched as races would dedicate their special day to benefit something miraculous, like AIDS research, ending child abuse, cancer research, or highlighting the heroism of war veterans. For me, I did what I always do and started small. I would focus on what or whom I was grateful for at the time and in prayer would dedicate a race to honor them. This gave me a fresh outlook on why I strive to do some of the races I sign up for. My life changed in such an exquisite way!!! The running, biking, and swimming I loved so much took on a whole new purpose!!! Recently I found a logo company to assist me with designing a logo to put on some of my athletic clothes. Once finished, I had the sketch embroidered on a small stack of outfits. The words read, Red Letter Love and are a reminder to me that the most influential words in my life come from Jesus. It was such an easy and spectacular way for me to remember what I am passionate about and what drives me to smile until my cheeks hurt every day.



The most wonderful part of learning how to run for a cause is the stories that will come from it!!! It is like being seated at a table with all your favorite foods. With every platter that is passed to you, joy fills your body as you realize how excited you are to partake in this meal. Every bite makes you want to physically hum the words yum!! With every new legend you hear about your heart will warm and a smile will come across your face.



MASSAGE THERAPY BY
JAMES FRITSCHLE





There is a precious story of an 11 year old little boy named Ryan Tarapchak who lives in Langhorne Pennsylvania. He has a friend whose 6 year old sister Isabella O'Brein was diagnosed with alveolar rhabdomyosarcoma. This is a very rare type of cancer that requires 42 weeks of chemotherapy and proton therapy. Ryan decided to run every day for a month with a distance up to 6.2 miles. This challenge was established with the goal to collect money for a Go Fund Me account that was set up for the family. The donations would greatly assist them with the large medical bills. So far he has collected over 13,000 which is such a blessing!!!

It can be invigorating to think of the endless options for giving purpose to your athletics!!! Because all of us are so different it creates this awesome blend of eye opening fables we will always enjoy hearing about. Start small or get a huge group on board for what drives you!!! Have a blast coming up with how you will tackle your vision and know that giving purpose to something will always bring feelings of hope and delight to all who are around you! Lou Holtz once said, "Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it."



Danika
TGC Board Member
Mere Mortals

Thursday Morning Open Water Swims



**Salvator & Associates
Insurance Agency**



**15% off most items
Excluding Garmin, Stages, &
Favero**

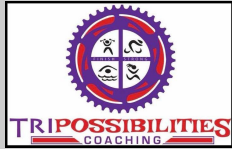
[Email for code!](#)





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.



It's Who I Am.



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



10% off with code: TGCMC



Discount Code: C-TRIGULF

What running taught the 'Iron Nun' about aging by Madonna Buder

Madonna Buder is a Roman Catholic religious sister and Senior Olympian triathlete who holds the current world record for the oldest woman to ever finish an Ironman Triathlon. This is her account of what athletics taught her about aging. [This article was published in the March 18, 2019 ISSUE of America Magazine.](#)

"What does it feel like to get old?" I was asked this question during a recent conversation with the bishop of Spokane. As an 88-year-old religious sister, I was 30 years his senior and still quite active. While I do not remember my answer to him, it is a question I think about quite often.

As I approach 90, I am less concerned with outward appearances—things like what I wear, how my hair looks, what others think of me—and more concerned with my inner life and how I relate to the world around me. Much of this mindset comes from my dedication to running, which I was introduced to when I was 47 years old by a priest who declared that the sport was a great way to harmonize mind, body and soul. It was an appealing concept, so I laced up my sneakers and hit the pavement.

After an agonizing start, I found that I not only enjoyed running but that

Write for the Newsletter



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

**SRITRI is visiting Mere Mortals
Opening Day, May 26**

The [SRITRI](#) race staff is attending the first Mere Mortals of the 2019 season to provide race information and talk about all the exciting things that happen on race day.

Expect a variety of fun giveaways, race history, and a race discount!

They will also be at Mere Mortals throughout the season to answer questions and provide support and encouragement.



Annual Ride of Silence - Pensacola



Wednesday, MAY 15: A silent bike ride to promote public cycling awareness and honor those who have been killed or injured while riding.

The ride starts and ends in the WSRE parking lot on PSC Campus. The 7 mile route takes the group around the airport via Langley, Spanish Trail, Summit, and 12th Ave/Tipin at a comfortable pace.

[This is our local ride which is coordinated with the National event.](#)

UPCOMING EVENTS



TPC Thursday Morning OWS Series	2019 Mere Mortals Triathlon Training
Frequently Asked Questions	5/26 Opening Day & Swim
6:30 a.m.	6/02 Swim/Bike/Run
Apr. 4 - Oct. 3 (weather permitting)	6/09 Swim/Bike/Run
TGC Navarre Gulf Reef Open Water Swim	6/16 Swim Clinic
May 5 (Sunday)	6/23 Swim/Bike/Run
Navarre, FL	6/30 Swim/Bike/Run
Board Meeting	7/07 Swim/Bike/Run
May 8 (Wednesday)	7/14 OFF - Recovery
Email: President@TriGulfCoast.org	7/21 Swim/Bike/Run
Youth Dolphin Dip & Dash	7/28 Swim/Bike/Run
May 12 (Sunday)	8/04 Swim/Bike/Run
Gulf Breeze, FL	8/11 Swim/Bike/Run
Ride Of Silence	8/18 Swim/Bike/Run
May 15 (Wednesday)	8/25 Swim/Bike/Run
Pensacola, FL	9/01 Swim/Bike/Run
	9/08 Swim/Bike/Run
	9/15 Swim/Bike/Run
	*All workouts are dependent upon weather and conditions and subject to change.



[Capital of Dreams Triathlon](#)

Sprint or Olympic

May 4

Montgomery, AL

[Crawfishman Triathlon](#)

May 19

Bush, LA

[Crystal River Triathlon Series](#)

Sprint

May 25

Crystal River, FL

[Grandman Triathlon \(Sprint\)](#)

June 1

Fairhope, AL



[Osprey Open Water Swim](#)

Multiple Distance Options

Ocean Springs, MS

May 4



[Chattanooga Swim](#)

[Fest](#)

[Rat Race](#)

2.4 or 4.5 miles

Tennessee River

Jun. 1

Chattanooga, TN

[Swim Around](#)

[Charleston](#)

12 Mile Open Water
Swim

Oct. 6, 2019

Charleston, SC



[May is National Bike Month](#)

May 1 - May 31

Ride Safe!

[Bike Pensacola's May Slow Ride](#)

May 11

Pensacola, FL

[Ride Yellow](#)

Multiple Distances

June 15

Bay Minette, AL

Weekly Rides:

[West Florida Wheelmen](#)

[Trek Store](#)

[Ride More Bicycles](#)

[Pensacola Parkrun](#)

Weekly, free, timed, trail runs

Saturdays - 7:30 a.m.

University of West Florida (UWF)



[Fiesta 5K/10K](#)

[A PRA Event](#)

May 4

[Sunset Stampede 5K](#) (Evening)

May 4

Navarre, FL

[St. John's Sunset Run](#) (Evening)

May 11

Pensacola, FL

[St. Anne 5K](#)

May 11

Gulf Breeze, FL

[Leftover 4-Miler](#)

[A RunPensacola Event](#)

May 18

Pensacola Beach, FL



[Graffiti 5K](#)

[A RunPensacola Event](#)

May 25

Pensacola, FL

[Gate-to-Gate Run](#)

May 27

Eglin, FL

[Billy Bowlegs 5K](#)

June 1

Fort Walton Beach, FL

[Flag Day 5K](#)

June 8

Gulf Breeze, FL





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

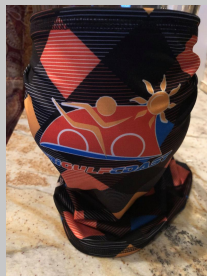


WE HAVE AN ONLINE STORE!
This is your last chance to get these items before THEY'RE GONE!

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



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

P.O. Box 544
Gulf Breeze, FL 32562

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