



1 August 2019

### **Greetings!**

*Last weekend, I was assigned to be the guy standing on shore with the phone at Mere Mortals. I don't like the job very much, because it keeps me out of the water, and I don't get to see the great progress our swimmers are making as we progress through the program. But it's important to be ready for any kind of possible emergency, so we always have someone assigned to do it.*

*So to make up for my lack of quality time with our athletes, I try to engage as many people as I can when they come out of the water. "How'd it go today?" "How many laps did you do? Three? Awesome!" "Any jellies out there?"*

*As I was doing this, I tried to think of how you'd describe the average Tri Gulf Coast member. And I realized it can't be done. Other than their interest in triathlon, need for a workout, and positive attitudes, it turns out it's a really diverse crowd. No matter what criteria you pick, be it politics, religion, physical appearance, or any of the other things we sometimes allow to divide us in society, we have people from all over the spectrum, and we enjoy each other's company.*

*I think that makes the club a very special thing. Studies regularly show the value of diversity in teams, and in what sometimes feels like an increasingly divisive society, we have found a common cause and a reason to put differences aside, to the benefit of everyone involved. Maybe the world needs more Triathlon Clubs!*

*Thanks for being part of our crazy, diverse group. Let's keep it that way!*



Tom Henderson  
TGC President



### **Making a Rookie Mistake**

**Even the most experienced person can make a rookie mistake.**

**Summer time is travel time for me, but unlike many, it's for work. Usually during the Spring and Fall you'll find me in the 850 area producing one of the many races that fill the Pensacola race calendar. Once summer hits and the traffic is to congested or the weather is just to hot, I board a plane and help with other events. Last week I was up in New York City for the 14th year in a row helping to produce the NYC Tri (Yes, the**

### **In This Newsletter**

- [Making a Rookie Mistake](#)
- [Thursday Morning Swims](#)
- [A Passionate Journey](#)
- [Giving Back to Triathlon](#)
- [More about...Tri the Gulf](#)
- [Upcoming Events](#)
- [ONLINE STORE](#)

### **TGC Sponsors & Supporters**

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

Please show your

"heat wave" caused the race to be canceled, but that's a rarity, and a whole different story). This week, as I'm trying to figure out what topic I'm going to write about, I'm in Lake Placid for the 21st running of the Lake Placid Ironman.

For just about half my life I have been in the trenches working races, refining my skills as a race Director/consultant/ops guy/crew carnie. One of my favorite things to do is to help train new operations crew working the race. This week we have several FNGs (aka: 1st time crew members) and I took the opportunity to teach a few of them how to operate a fork lift. While it's not a difficult skill to learn, there are basic things that aren't immediately obvious YET very necessary to keep everybody safe.



One of the very first things you teach a FNG on a fork lift is that whenever you put the vehicle in park, you always make sure the forks are flat against the ground. This is a safety procedure you teach so nobody trips over the raised forks. It is also one of the very first things I mention and re-mention while teaching any newbie about the lift.

All week long the FNGs were doing great: no issues, no collisions. They were all doing exactly as they were taught, and I was proud. THEN, one of the FNGs trips and falls. Nothing major, a skinned knee and torn pants, but it all could have been avoided if the driver just put the forks down like we are all supposed to do when parking a fork lift. If you haven't guessed it by the title of the article, the person that last drove the fork was none other than me, the seasoned Event Guy.

Yes, I felt bad. Yes, I owned up to it. And Yes, I used it as a teaching moment after I apologized profusely.

No matter how experienced you are you can always make a rookie mistake. So, as you prepare for your next event, remember to take a second to go over the basics. As you're in transition, take a second to make sure you remembered to grab your bib for the run. As you're on your training ride, remember the basics and follow all rules of traffic just like you'd teach a newbie. Sometimes you can get ahead of yourself, depend too much on muscle memory, or let ego get in the way.

So when you're out there, doing what you do, remember, take a moment to go over the basics, because the basics are what really keep you and others safe. Oh, and if you haven't already,

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.



go ahead and sign up for the Pensacola Triathlon. (I'll be sure to make sure all the basics are covered).



-Live Here, Run Here -

Adam Guess  
Gulf Coast Event Group, Inc.  
Pensacola Triathlon  
**Registration is OPEN**  
[RunPensacola.com](http://RunPensacola.com)

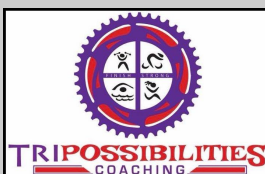


Stay Connected



### Thursday Morning Open Water Swims

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



JOIN US!



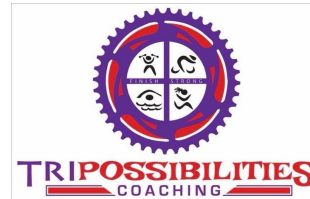
### A Passionate Journey - The Journey of a Health Coach

*Amanda is a new TGC sponsor this year and has already shared some amazing smoothies with us during Mere Mortals. She will be at the upcoming summer social so be ready to give her a giant TGC welcome!*

I've had a passion for food since I was kid. I was intrigued by the beautiful array of colors and flavors. Then I couldn't believe what you could combine to make the most delicious dishes. And this food comes from the Earth? And it fuels our bodies, makes us feel better,



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



MASSAGE THERAPY BY  
JAMES FRITSCHLE



RHouse  
- Home Services  
- Handyman Services  
- Building Maintenance  
- Property Mgmt. Support  
- Fencing



helps us look better, sleep better, heal quicker?! This was amazing to me. I was hooked.



Alternatively, I was hooked on "self-help" books growing up too. It was a secret because it didn't seem like many people were into self-help and if they were, did they need help? I wasn't sure, I just knew I enjoyed reading so many books about how so many different people defeated all odds, received miracles, healed, helped others in big ways, became rich on their own. Whatever the case, it was fascinating to me that when people found their truth and love and used this, they received so much in return and were only then living the life they were meant to live. Wow, seemed like a dream for only the big dreamers and the lucky ones out there somewhere far away.

Back then, I didn't really know what all of this enthusiasm for food and "self-help" meant, I just knew I was into it. Fast forward to now, I run a full-time coaching business, I teach yoga, and I run a mobile, pop-up juice & smoothie bar. I guess you can say there was something to what I was into growing up.

I love what I do because I'm able to share this passion with so many and in different ways. I get to teach breath and movement in the form of yoga, I get to make healthy drinks for people, I get to cook healthy meals for people, and I get to coach people who want to become a better, healthier version of themselves. This is definitely my jam.

My coaching has developed into mentoring people to find their truth, which is their healthiest and happiest self. Sounds too simple, but I remind them to bring it back to the basics. To eat fruits and vegetables, to drink clean water, to be active. We all know what healthy foods are, we all know to work-out, we all know we need a certain amount of sleep. The question is, why aren't we doing it? I use a holistic approach to finding out 'whys' and then teaching to implement



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

[Email for code!](#)



It's Who I Am.



the 'hows'. How to maintain a new healthy routine and how to implement healthy habits in your everyday so it becomes your new healthy norm. It becomes a health-conscious journey that you decide to go on. I give you tools, guidance, support and hold you accountable to achieve your healthy lifestyle goals. I don't tell you what to eat because again, it's basic. But we do dive deep, to get to root causes of why you haven't been able to reach your goals. It happens. Life happens. And sometimes we need a mentor to lay it out for us, just like a personal trainer would if you had an athletic goal.

Health has so many levels which is why I use a holistic approach. It's not only about what you're eating but how you're eating. Implementing mindfulness and using intuition is super necessary. It's part of the process and matters.



Lastly, I teach you to play with your food again. I think we've been so confused and hung up on all the fads and diets we forgot to have fun with our food. It should have never gotten to a scary, intimidating place. Forget numbers, just read and understand ingredients, learn how things are packaged, look for whole, and you can never go wrong with the basics. When in doubt with the process, just go back to the basics. The most basic are the most beautiful and nourishing anyway.

I feel like I'm one of those lucky ones now, now that I'm not only living my purpose but I get to teach it too. And guess what? I'm not far far away, I'm right here. And I'm here for you. Here to show you what I've learned not only in my trainings but as my passion that started years ago. What I do know is that anyone can find their truth, be super healthy and happy, and become their own miracle.

### [Amanda Simmons](#)

Natural Wellness & Lifestyle Coach  
200-HR Yoga Instructor  
doTERRA Essential Oils Educator  
Juice Babe Juice Bar



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.

## MERE MORTALS Volunteers

2019 Mere Mortals would be impossible without volunteers.

If you would like to VOLUNTEER, please sign-up [HERE!](#)

## GROUP TRAINING

**SWIM, BIKE, RUN**  
Members post their workouts for others to join at:  
[TGC Trains](#)

## Giving Back to Triathlon

My first triathlon was the Santa Rosa Island Triathlon in 2008. I was petrified of the swim, rode a mountain bike, and struggled through the run. But I fell in love with the sport, the people, and the lifestyle. This was the beginning of my triathlon love story.

Tri Gulf Coast gets all the credit for my love of the sport and giving me the opportunity to give back to the sport. I still race a lot but I find my happy place as a volunteer race director.

For the past 5 years I have been a co-race director for Tri Gulf Coast Youth Multisport (TGC YMS) events which includes the Sea Turtle Triathlon and the Maritime DeLuna Youth Duathlon. Planning a race is months of organizing, but the truth is that the volunteers are what make an event successful.

The TGC YMS events have been blessed with many loyal volunteers, but we could always use more. Unlike adult triathlons, youth races require 85+ volunteers to keep the athletes safe. Our goal is to make YOUR volunteer experience meaningful, rewarding, exciting, and fun.

SO, I hope to see you on October 6th at the Sea Turtle Triathlon as a volunteer. If I haven't convinced you yet here are a few reasons to volunteer.

1. **Volunteering doesn't hurt like racing.** TRUTH. You get to smile, cheer, and encourage others to push themselves outside their comfort zone.
2. **Good for the community.** We as triathletes need to support each other and young athletes. Mission driven organizations such as TGC need a strong volunteer force to be successful.
3. **Good for your health.** Studies have found that when you stop thinking about your own problems and focus on someone other than yourself, your stress levels start to decrease, your immune system is strengthened, and your overall sense of life satisfaction increases.
4. **Make an Impact on others.** Volunteering gives you the opportunity to be apart of something bigger than yourself and encourage others to join in. If your peers and family see you out there volunteering they will likely join in.
5. **Meet new people and have exciting experiences.** This is the camaraderie that evolves from giving back to the sport.

[Register as a Volunteer for the Zarzaur Law Sea Turtle Youth Triathlon](#)





Mindi Straw  
Race Director  
Former TGC President  
Ironman Athlete



## Tri The Gulf on Dauphin Island

INFORMARY HEALTH  
TRI THE GULF  
DAUPHIN ISLAND, AL  
OCTOBER 19, 2019

SWIM 600 YARDS  
BIKE 16.7 MILES  
RUN: 3.1 MILES

October 19, 2019  
Brought to you by the Mobile Bar Foundation

USA TRIATHLON  
CERTIFIED RACE DIRECTOR

USA TRIATHLON  
SANCTIONED EVENT

The Mobile Bar Foundation's 4th Annual Tri the Gulf sprint triathlon is scheduled for October 19, 2019 on Dauphin Island, Alabama. This is a USAT sanctioned event led by a USAT certified race director. The event includes a 600 yard swim in protected (no wave action) Gulf of Mexico water utilizing the cable-tow approach, a 16.7 mile bike ride on Dauphin Island and the Dauphin Island Bridge, and a 3.1 mile run on the Island. The 2019 race includes aqua-bike and cycle-run opportunities! This is an ideal event for novice and experienced triathletes. [TAKE A LOOK!](#)



The triathlon is based at the iconic Isle Dauphine Club facility. There is a wonderful after-party planned with food from Greer's Foods and Wintzell's Oyster House. The triathlon features unique awards, a great feeling t-shirt, a handsome finishers medal, and a swag bag of practical items for athletes.

For more details visit [www.trithegulf.com](http://www.trithegulf.com) or [www.facebook.com/trithegulf](http://www.facebook.com/trithegulf). Since Tri Gulf Coast is a sanctioned USAT club, the members of Tri Gulf Coast are eligible for a \$10 discount at the time of registration. The sooner you register, the greater the value of the discount. In 2018 we sold out approximately 10 days before the event so don't wait until the last minute to register.

All of the proceeds from the triathlon support civic/charitable endeavors in the Southwest Alabama-Mobile area. By participating, you are not only having a great triathlon experience, you are also helping the less fortunate.

Don Davis  
Race Director  
Tri the Gulf  
[ttgtridirector@gmail.com](mailto:ttgtridirector@gmail.com)



*If you have any questions, feel free to contact Don, the race director. Don is an active member of Tri Gulf Coast and attends most Mere Mortals sessions. He is willing and able to answer questions when you have them.*

## UPCOMING EVENTS



### [TPC Thursday Morning OWS Series](#) [Frequently Asked Questions](#)

6:30 a.m.

Apr. 4 - Oct. 3 (**Weather Permitting**)

### [Summer Social](#)

Aug. 11 (Sunday)

Shoreline Park, Gulf Breeze

Board Meeting

Aug. 14 (Wednesday)

Email: [President@TriGulfCoast.org](mailto:President@TriGulfCoast.org)

### [TGC Youth Triathlon Clinic](#)

Aug. 31

Park East, Pensacola Beach

### [2019 Mere Mortals Triathlon Training](#)

8/04 Swim/Bike/Run

8/11 Swim/Bike/Run

8/18 Swim/Bike/Run

8/25 Swim/Bike/Run

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.**



### [Cultivation Nation Sprint Triathlon](#)

Aug. 24

Wiggins, MS

\*Discount Available\*

### [TGC Youth Triathlon Clinic](#)

Aug. 31

Park East,

Pensacola Beach



### [Pensacola Parkrun](#)

\*Weekly, free, timed, trail runs\*

Saturdays - 7:30 a.m.

University of West Florida (UWF)

### [Bushwacker 5K](#)

Aug. 3

Pensacola Beach, FL

### [2nd Annual O'Riley's 26.2 FEET](#)

A Run Pensacola Event

Aug. 10

O'Riley's Uptown - Pensacola

### [Brett Robinson Alabama Coastal Tri](#)

Sept. 7

Gulf Shores, AL





[Zarzur Law Santa Rosa Island Triathlon \(Sprint\)](#)  
Oct. 5  
Pensacola Beach, FL



[Argo 5K](#)  
A PRA Event  
Aug. 24  
UWF

[Zarzur Law Sea Turtle Triathlon \(YOUTH\)](#)  
Oct. 6  
Park East,  
Pensacola Beach



[Board Shorts & Bikinis 5K](#)  
A Run Pensacola Event  
Sept. 1  
Pensacola Beach

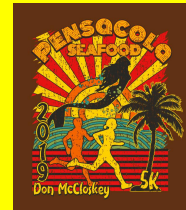


[Tri the Gulf](#)  
Oct. 19  
Dauphin Island, AL  
\*\*Discount Available\*



[St. Rose of Lima 5K](#)  
Sept. 28  
Milton, FL

[Swim for Alligator Lighthouse](#)  
8 mile Open Water Swim  
Sept. 14, 2019  
Islamorada, FL Keys



[Pensacola Seafood Don McCloskey 5K](#)  
A PRA Event  
Sept. 28  
Downtown  
Pensacola

[Swim Hobbs Island](#)  
1, 2, & 5 Mile options  
Sept. 15, 2019  
Huntsville, AL



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



[Pensacola Slow Ride](#)  
Aug. 16  
Downtown Pensacola

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](mailto:ReallyCoolStuff@TriGulfCoast.org)  
 Store: <https://squareup.com/store/tri-gulf-coast>

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

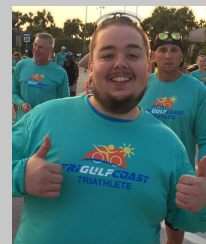
- Grey, Orange, or Teal Long Sleeve Tech Shirts
- Trucker Hats
- Visors
- Singlets
- T-Shirts
- Beanies
- Gaiters/Bufs (New for 2019)
- Orange Mud Changing Towels (New for 2019)



*Headswat Gaiter*



*Charcoal towel with the TGC logo*



Stay Connected



Tri Gulf Coast | [president@trigulfcoast.org](mailto:president@trigulfcoast.org) | <http://www.trigulfcoast.org>

P.O. Box 544  
 Gulf Breeze, FL 32562