

Greetings!

We just passed Father's Day and are really feeling the heat of Summer. I wanted to take a longer moment and share a very personal story. There was a 10k race back in the 70's that started much later in the morning than they do these days. Back then we didn't know as much about hydration and electrolytes as we do now. The only sports drink in existence was Gatorade, and it wasn't commonly available at races.


I was in my early teens, and went with my mom and brother to cheer my dad along the course. It was a very hot day, and during the race some of the aid stations ran out of water. We were trying to see Dad at various points on the course, so we hopped from one spot to the next trying to get a glimpse and cheer. When we got to the finish line at Seville Quarter, we couldn't find him. In order to cover more ground, we split up to look for Dad. I searched around the finish line, and came across a chaotic scene. In one location, a runner had realized he was getting overheated and actually jumped in the fountain to try to cool down. Several other people were on the ground and waiting for medical assistance. As I walked around, I saw several people over an unconscious runner who had previously, suddenly become violent and hit a motorcycle cop so hard that his helmet came off.

Eventually we got the word that Dad had been taken to the hospital, and we needed to come quickly. I was only around 14 years old at the time, so mom sheltered me from her conversation with the doctors. Only later did I find out that his temperature had exceeded 110, and there was a possibility he might not survive or could have permanent brain damage.

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 		<p style="text-align: center; font-weight: bold; font-size: 1.2em;">CALL 9-1-1</p> <ul style="list-style-type: none"> • Take immediate action to cool the person until help arrives

By some miracle, Dad not only survived, but recovered completely, though it took most of a year before he could tolerate the heat normally. He said he remembered feeling overheated, but that he suddenly felt quite a bit better in the last mile or two and had no idea he had already crossed the line into heat stroke. He remembers making the last turn before the finish line, but only knows that he fell to his knees and passed out at the line from the reports of others who were there. While he was in the hospital, an officer came to visit him and told him he had a great punch. It turns out the person I had seen knock the helmet off the motorcycle cop was my own father, but he was so covered up in people trying to help that I didn't recognize him.

Over a dozen people had heat strokes in that race. All recovered, but it could have been so much worse.

 Weather.gov/socialmedia
Weather.gov/heat



 @SacramentoOES
SacramentoReady.org

*Train hard. Enjoy your sport.
But please, respect the heat,*

because it can fool you. We're in for a long, hot summer, and there are many people out there in the world who want to celebrate future holidays with you.

Train safe!

Tom Henderson
TGC President




Top 10 Reasons to Sign Up for Pensacola Triathlon EARLY

In This Newsletter

- [Early Bird Special: PNS Tri](#)
- [Thursday Morning Swims](#)
- [Tri Gear Checklist](#)
- [Positive Thought](#)
- [Mere Mortals Volunteers](#)
- [Group Training](#)
- [Chattanooga Rat Race](#)
- [Bar End Plugs-GRAPHIC CONTENT](#)
- [Upcoming Events](#)

- #10: A possible 9 months of training...
- #9: Lock in the weekend so you don't accidentally double book...
- #8: Register now and you'll have plenty of time to convince your spouse you need a new bike before the race...
- #7: Lets be honest... if you don't register now you'll probably forget...
- #6: It's easier to convince others to sign up if you're already registered...
- #5: It's a great excuse to not run IMTX... (The drive to Texas sucks, your spouse will thank you!)
- #4: Plenty of time to carb-load... (Remember it's not beer drinking, it's carb-loading)
- #3: Justifying an early morning run is easier if you call it a training run...
- #2: Peer pressure sucks so you might as well sign up now and get it over with...



And the number 1 reason to sign up for the Pensacola Triathlon Early:

- Because bikes are expensive and signing up early will save you \$\$\$ to put toward your new bike.

In all seriousness, we'd love to see you at the 2020 Pensacola Triathlon. Registering early secures a lower price and our Early Bird Special is valid through October 31st!



-Live Here, Run Here -

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



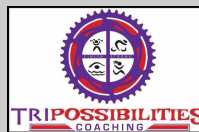
Stay Connected



Thursday Morning Open Water Swims

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.



[ONLINE STORE](#)

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.



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

2019 Kits - ORDER NOW!

This is the LAST chance to order the official 2019 TGC Kit.

ACT NOW!



- The window to order is open NOW - July 29.
- The kit features design components from previous year's kits.
- Logos are placeholders and subject to change.

[VIEW KIT DETAILS & PURCHASE](#)

Triathlon Gear Checklist

Anyone that knows me at all knows I run a pretty loose ship. I rarely pay a bill unless I get at least three notices and there is only a 50/50 chance I'll remember where I parked the car. However, on race day, I kick into super OCD mode! Every event has a folder with my proof of registration, hotel information, and any pertinent race information.



As important is my gear checklist. This may seem obvious, but you would not believe the number of athletes that show up at a race without their helmet, race number, or running shoes. I headed out for a local race several years ago and forgot to load my bicycle for crying out loud!

Races are awesome but they can come with a great deal of excitement and anxiety. Using a checklist helps me control my anxiety level. Everything I need is on the list under the appropriate discipline. The night before the race or before the night before we head out to the race city, I pack following my list. Once I put my gear or nutrition in my transition bag, I cross that item off the list. When it is crossed off the list, I know it is going to be with me on race day.

[Attached is my generic gear list.](#) I use it for Sprint and Olympic distance races. It is a simple.pdf document that you are more than welcomed to and encouraged to copy, use, or modify.

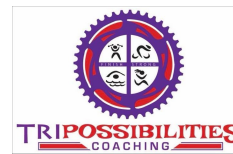


To sum up, there are several things we cannot control in this great sport. Weather, water conditions, flat tires, blisters, etc. Don't make it worse by creating problems that are easily avoidable.

John Fitzgerald
Former TGC President

Ironman Athlete

The Importance of Positive Thought



MASSAGE THERAPY BY
JAMES FRITSCHLE



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



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

[Email for code!](#)

Positive thinking is a vital key to achieving the goals you set for yourself. Positive attitudes keep you grounded and helps maintain course on your journey to becoming a better you.



Here's a few "life lesson" tips to help in athletics and life. Deploy and enjoy!

Positive Thinking:

1. Stop rushing. Breathe. Be where you are. You're where you're supposed to be at this very moment. Every step and experience is necessary.
2. Your track record for getting through hard days is 100% so far.
3. Even when it's tough, wear a smile. Smiling doesn't always mean you are happy. Sometimes it simply means you are strong... because YOU ARE.
4. The problem is rarely the problem. The problem is often the incredible amount of overthinking you're doing with the problem. Let it go and be free.
5. Letting go isn't about having the ability to forget the past. It's about having the wisdom and strength to embrace the present.
6. Whatever else may be going on, always remember that you have been blessed with today and the ability to live it as you can.
7. There is absolutely nothing about your present circumstances that prevents you from making progress, one tiny, mindful step at a time.
8. You may be exhausted. You may be discouraged. You may feel uncomfortable. No matter what, your best option is to move positively forward.
9. Maturity is learning to gracefully walk away from situations that threaten your peace of mind, self-respect, values, morals, or self worth.
10. Sometimes you have to accept the fact that things will never go back to how they used to be, and that this ending is really another beginning.



Gary Garza
Tri Gulf Coast
Kit Chairperson & Sponsor Advocate

Mere Mortals Bike Maintenance SPECIAL - from TREK

- Safety check
- Front and rear brake adjustments
- Front and rear derailleur adjustment
- Chain lube
- Bike wash
- Pick up at Mere Mortals with appointment

Routine, periodic maintenance and cleaning increases the longevity of your components, ensures that your bike is in proper working order while training, and creates a maintenance history so you know what is going on with your bike.



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 v olunteers.

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](#)

6 Visits	\$259.99	Saving \$159*
3 Visits	\$159.99	Saving \$50*

*Savings compared to a standard Level One Tune Up (\$49.99) & Bike Wash (\$20)

Chattanooga Rat Race Swim Report

We all have moments in racing where we think we know what to expect. Sure you also know things could not go according to expectations (you should always know this is a possibility) but nevertheless you build this expectation up in your head. My expectation building started in October 2018, when I was gifted an entry into the [Chattanooga Race Rat](#), a 4.5 mile swim down the Tennessee River.



Chattanooga and Tennessee River from Lookout Mountain

"SCORE!!! A town I enjoy visiting. A river I've swam before. Fresh Water. No jellyfish. No five foot waves. DOWNSTREAM!!!" These were the expectations. To be fair the city of Chattanooga (and surrounding areas) are still amazing, the river was in fact the same river (different side to be fair), it was fresh water (a little muddy), and I didn't see a single jellyfish nor did I get pushed by a single wave. However, I am not sure you could call it a downstream swim when there was as close to zero flow as you could get without having an emergency shutdown on the damn.



I hear people say of river swimming, "You could drop a bag of chips in the water and without trying, beat it to the end." Now, I never really understood why we are littering or how a bag of chips floating downstream means I should be fast, but the statement means "it will be fast with no effort." For the most part I would say this is true of the Tennessee River, but on this day the river was near stop. In fact it was so close to being zero flow that we watched a stick from the shore for nearly twenty minutes and it only moved about 50 yards. Yep, the river was now a lake.

So the water wasn't going to be the assist I was hoping for but this race met every other expectation. First, the people from the race director, race volunteers, and racers were friendly and helpful. In fact the host store, Fast Break, had local beer and the owner gave us steel cups to make sure we didn't just have solo cups! Second, the course was beautiful. The shore line moved from trees to homes, to golf course. The River was traversed by historical and beautiful bridges. It is a race that you want to take a moment and look around you to really appreciate every part of your swim. Third, while the water was not flowing there is something refreshing about swimming in fresh water. Maybe it is not being worried about something eating you (besides the catfish the size of a Volkswagen, that Patrick telling me about and that you can see at the local aquarium). Maybe it is because there isn't slimy sea grass in your bathing suit. Maybe it is because there are no jellyfish coming up from the deep to attack you. Whatever combination it is, ultimately it is

refreshing (even at warm temperatures).



Best part is no matter where you go you find our TGC Family!!!



The people, the views, and the water made this a wonderful race. I hope to go back in years to come perhaps when the current is back!!!

Teresa Hess
Past TGC President

**The Bar End Plug Requirement:
Not Your Mom's Safety Rule - SERIOUSLY.**

This article contains real, graphic injury photos

You (hopefully) know by now that USAT Competitive Rules specify "handlebar ends must be solidly plugged to lessen the possibility of injury." [§5.11.(i)].

It might seem petty, even microscopically trivial, to be concerned with a 3/4" piece of rubber (not having them can result in a DQ), but before you roll your eyes like my daughter, think about the possibilities...



Bar end plugs, if you are not familiar with them, are appropriately named. They are those little plastic or rubber pieces that fit into the holes at the ends of your handlebars and aerobars. They do not just make your handlebars look cool. Bar end plugs can literally save your life. The lack of these seemingly inconsequential accessories can lead to you experiencing an unintentional liver biopsy out on the road if you crash. (Seriously, DQs aside, who wants that!)

Article continued below...

This article contains real, graphic injury photos



Bar plug injury

Re: different size wheels? #lega? [ohh] [in reply to]

Quote | Reply

6/23/17
May 9, 08 14:24
Post #15 of 14 (133 views)

"You have mentioned several times the need to keep **handbar plugs** installed to prevent injuries." Dr. Finis writes. "I think RR readers may take notice with this radiograph."



"It is from a 13-year-old girl who was riding a bike with no handbar plugs when she fell. The handbar impacted her pelvis, fortunately missing internal organs. And fortunately, the injury -- the round hole on the left (with the arrow pointing to it -- healed without any problems."

Check your bar plugs to make sure they're secure. If one or both should be missing, invest some pocket change at your LBS. In a crash, an unplugged bar end could take a core sample from a thigh or even a kidney.

This is one of the easiest checks a USAT officials can make in order to keep a rider safe. At virtually every race bar end plugs are made available by the race director and the athlete incurs no penalty by fixing the situation. That is all it is, a safety check. I never understood why athletes get so bent out of shape about this one....

Unfortunately, I can't make this bigger for the article. If you look closely on the left side you can see where the bars punctured this 13 yr old's pelvis, missing internal organs, arteries, and veins.



© North News & Pictures Ltd

Brake lever in thigh



Handle bar through arm



Bar plug injury

Please be aware that your race officials (or Trek Bicycle Store staff at Mere Mortals) are not having a bad day and being mean when they go looking for your bar end plugs. This requirement is an easily-mitigated safety issue. Also be aware that it is your responsibility to make sure that the bar plugs are intact and in place for all events. They can easily pop out on the way to your race or practice session. The solution? Carry a set of spares in your transport vehicle, (USAT rules prohibit officials from providing repair parts or repairing bikes at race events) and when you arrive, inspect your bike. It may be the last 'most important' thing you do before your race. Pop the plug in and you're good to go!

If you have questions or need anything, our staff of professionals offer educational programs about bike maintenance, traffic skills, nutrition, and other relevant topics.

[Like us on Facebook](#) and check in often for the latest schedule of programs.



Robbie Mott
(850) 912-6858

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



TREK
Bicycle Stores

UPCOMING EVENTS



[TPC Thursday Morning OWS Series](#)

[Frequently Asked Questions](#)

6:30 a.m.

Apr. 4 - Oct. 3 (Weather Permitting)

[Zone3 Wetsuit Demo Fleet](#)

Multiple Dates in JULY.

Try Zone3 Wetsuits, Buoyancy Shorts, & Googles

Board Meeting

July 10 (Wednesday)

Email: President@TriGulfCoast.org

[Summer Social](#)

Aug. 11 (Sunday)

Shoreline Park, Gulf Breeze

[2019 Mere Mortals Triathlon Training](#)

- 5/26 Opening Day & Swim
- 6/02 Swim/Bike/Run
- 6/09 Swim/Bike/Run
- 6/16 Swim Clinic
- 6/23 Swim/Bike/Run
- 6/30 Transition Day & Swim/Bike/Run
- 7/07 Swim/Bike/Run
- 7/14 OFF - Recovery
- 7/21 Swim/Bike/Run
- 7/28 Swim/Bike/Run
- 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.



[Sunfish Triathlon](#)

July 13

Meridian, MS

[Mountain Lakes Triathlon](#)

July 13

Guntersville, AL

[Heart O' Dixie Triathlon](#)

July 27

Louisville, MS

[Cultivation Nation Sprint Triathlon](#)

Aug. 24

Wiggins, MS

Discount Available

[Brett Robinson Alabama Coastal Tri](#)

Sept. 7

Gulf Shores, AL

[Zarzur Law Santa Rosa Island Triathlon](#)

(Sprint)

Oct. 5

Pensacola Beach, FL

[Zarzur Law Sea Turtle Triathlon](#)

(YOUTH)

Oct. 6

Park East, Pensacola Beach



[Tri the Gulf](#)

Oct. 19

Dauphin Island, AL

**Discount Available*



[Pensacola Parkrun](#)

Weekly, free, timed, trail runs

Saturdays - 7:30 a.m.

University of West Florida (UWF)



[Pensacola Beach 4th of July 5K](#)

A RunPensacola Event

July 4

Pensacola Beach, FL

[Celebrate Freedom 5K](#)

July 4

Jay, FL

[AJC Peachtree Road Race 10K](#)

July 4

Atlanta, GA

[Diane Keller Kiwanis Charity 5K](#)

July 13

Fort Walton Beach, FL

[Niceville Sunset Stampede 5K](#)

July 19 (Evening)

Niceville, FL

[Running of the Bulls 3K](#)

July 20

Pensacola, FL

[Bushwacker 5K](#)

Aug. 3

Pensacola Beach, FL

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

Aug. 10

O'Riley's Uptown - Pensacola



[Swim for Alligator Lighthouse](#)

8 mile Open Water Swim

Sept. 14, 2019

Islamorada, FL Keys

[Independence Day Unity Ride](#)

July 4

Pensacola, FL

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

July 19

Pensacola, FL

[Daphne Trojan Century Ride](#)

July 20

Daphne, AL

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



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

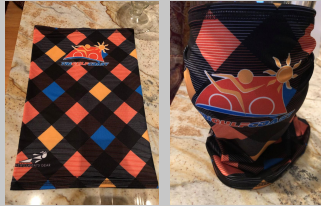


WE HAVE AN ONLINE STORE!
 This is your last chance to get these items before THEY'RE GONE!

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)
- Orange Mud Changing Towels (New for 2019)



Headsweat Gaiter



Charcoal towel with the TGC logo



Stay Connected



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

P.O. Box 544
 Gulf Breeze, FL 32562