

1 June 2019

Greetings!

Today marks the first day of your TGC 2019-2020 season, and we've already kicked it off with the start of Mere Mortals last weekend! It's always invigorating to see all the new faces, many of them brand new to the sport, and it keeps me fired up about the future of triathlon here on the Gulf Coast.

It's also important to remember that this is the last newsletter we will be sending to 2018-19 members. **As of today, you must be a 2019-20 member** in order to receive future newsletters, participate in Mere Mortals, or join us at the Tri Possibilities Coaching Thursday Morning Open Water Swims.

Whether you're joining us at one of these great workouts or attending a race, I encourage you to look around and see the hard work that goes into organizing and safely managing them, and take a moment to appreciate the people and organizations who make up our triathlon community. They include **sponsors**, who make significant investments to support the sport and athletes, and without whom there simply could not be any events. There are countless **volunteers**, both the all volunteer board and staff of your club, and event volunteers who use their time and experience to keep the event organized and safe. **Race directors and staff**, who work countless hours to put on quality events in our community. **Clubs**, not just Tri Gulf Coast, but USAT, West Florida Wheelmen, PRA, GPAC, and many others help to shape the future of the sport. And of course there are the **athletes**, who not only show up to strive for their personal best, but also support and cheer on each other.

The more sponsors that you thank and patronize, the more you thank a volunteer or act as one, when you join or staff a club, and of course the more events you go out and enjoy as an athlete, the stronger our Tri community remains, and the more growth you will see. I say this not because I think we lack it here, but because we have so much of it, and we should be proud and appreciate what we have as we welcome a new freshmen class via Mere Mortals.



Tom Henderson
TGC President

Enjoy the season! It's in full swing now!



Reflecting on the 2019 Pensacola Triathlon

In my world of event planning, one of the most unpredictable aspects of race day is weather and conditions. The mantra is always, "Plan for the worst, but hope for the best." Were you outside on April 28? Because it was absolutely gorgeous for the 4th Annual Pensacola Triathlon.

Athletes lined up on Bruce's Beach to a calm Pensacola Bay. The sun was shining. The breeze was light, at best. The current was non-existent. We made adjustments this year to the swim course so athletes could navigate easier with the sun rising. While the run to transition was longer this year, athletes took it in stride. The bike was largely the same with some tweaks to avoid construction. Again, the breeze was light, at best. The sun continued to shine, but the temperatures stayed perfect for racing. Ideal race-day weather continued for the run portion as athletes meandered around downtown Pensacola.

It was truly a Chamber of Commerce type of day in Pensacola, FL with downtown bustling with various activities. Cheers, athletes finishing strong, goals being achieved, and the Joe Relaxo Goal Bell being rung repeatedly.

Building up to the event we've talked about how lucky we are

In This Newsletter

[Post Race: Pensacola Triathlon](#)

[Trek Bike Maintenance Special](#)

[You Have Gears, Use Them](#)

[Group Training](#)

[TPC Thurs. Morning OWS](#)

[Recognizing Heat Stroke](#)

[Upcoming Events](#)

[ONLINE STORE](#)



[TGC / Mere Mortals REGISTRATION](#)

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.

to showcase Maritime Park and Pensacola for this Triathlon. Our 2019 event could have been on a postcard. To those that came out on race day, THANK YOU! We hope you enjoyed it as much as we did. The Pensacola Triathlon would not have happened without the support of the City, Athletic Community, Volunteers, and Sponsors. This in a local event that we hope you are proud of and are inspired to not only be a part of, but one that you will share and encourage friends and fellow athletes to come down and participate in 2020.

We can't wait to see you at the starting line April 29, 2020. Mark your calendars and register now!

Pensacola Triathlon - A destination race in our own backyard.

Cheers,



-Live Here, Run Here -

Adam Guess
Gulf Coast Event Group, Inc.



Pensacola Triathlon
[Registration is OPEN](#)
RunPensacola.com

Stay Connected



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.



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)

You Have Gears, Use Them!

Bicycle gears are a valuable tool that are too often untapped by many riders. Shifting can provide advantages in both training and competition. Learning to shift can be intimidating, but with a little practice it can become second nature.

Let's start with a little about the gear mechanisms themselves: The front sprockets (attached to the pedal crankarm) are called chainrings. If you have two chainrings (a big ring and a little ring,) that setup is called a "double." If you have three chainrings (big, middle, and little,) you have



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!](#)



MASSAGE THERAPY BY
JAMES FRITSCHLE

a "triple" chainring setup. Most newer road bikes come with double chainring setups.

The rear wheel gear cluster usually has between five and eleven gears. Each gear, or ring, is often referred to as a cog. Our example will be a newer road bike with two chainrings and an 9-ring rear cluster. Some people might call this a "18 speed," but most avid cyclists and bike mechanics refer to this simply as an "9 speed." Even though there are 18 combinations, your actual options are a bit limited since you want to avoid "cross chaining" - or riding with the chain on extreme opposites between the front and rear clusters (avoid riding in the smallest rear gear when you are using the largest front gear; likewise, avoid using the largest rear cog when you are using the small front chainring). Cross chaining can be stressful on the chain and put you and your bike in a dangerous situation. Also, your bike will run more smoothly when you keep your chain in a straight line between front and rear.

Next, we will review when to use which gears: It's simple - and complicated. Choosing a gear depends on numerous factors, not the least of which is comfort. Gearing is influenced by personal preference. You will likely find that you and your friends ride in different gears, even if you are going the same speed on the same road.

A good indicator of your gear need/use is your cadence. Cadence is another word for your pedaling speed (basically, how fast your legs spin in circles) and is measured in RPM, or "revolutions per minute."

Cadence directly impacts your comfort level. If you are pedaling at a slower cadence, you may be using too hard of a gear, and your leg muscles will tire out quickly. It can also hurt your knees. A good rule of thumb is to keep your cadence fairly high, usually in the range of 75-90 RPM. Find the gear combination that will enable you to maintain the desired cadence range based upon the terrain and length of your ride.

Start in the middle: The middle of your gear range is a good starting point. Say you're starting out on a flat road at an easy to moderate pace (on the "9 speed" bike.) You should be in your small ring up front, and roughly your fourth largest cog (4) in the rear.

To make small adjustments to your speed, shift the rear gears. If you need to go a little faster, shift to a smaller cog (5, 6, or 7.) If you want to ease up on the pace, shift to a bigger cog (1, 2, or 3.) But if you come to a steep hill climb, or a long downhill, you will want to make a big jump in your gearing. So instead of shifting the rear derailleur, you'll shift the front gear to the large ring.

The bottom line is that shifting the left shifter makes a big impact, and shifting the right shifter is to fine tune your gear selection. You will shift the right shifter (for the rear gears) much more often than the left shifter.



Robbie Mott
(850) 912-6858

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



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



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

[Email for code!](#)



It's Who I Am.

Vitamins, Minerals, and a Healthy Diet

As athletes, we tend to gravitate towards healthy foods and thinking about what may be best for our bodies - nutritionally speaking. To improve our speed or performance, the right nutrition plan tends to enter our minds. The information can be overwhelming and vast. Should we eat more plant based foods or find a diet rich in animal protein? It is so easy to get swept up into the latest diet fad. At the end of the day it will always come down to moderation on items like chocolate cake or waffle fries and leaving the majority of what we consume to serve a nutritional intent. That purpose will change drastically depending on what physical exercise is being done weekly. If you have ever looked into a professional athlete's diet, the caloric intake tends to be off the charts!! They are crushing the

cardio and killing it in strength training. This type of high energy training needs a whole lot of fuel or their bodies won't be able to hold the demands they are requesting on their muscles. As we grow and mature our vision of what looks and feels good may shift. Aim to feel awesome!! Listen to your body when it comes to what you are eating and move towards items that fit your current lifestyle.



As we settle into a regime that works well in our lives, the decision to move towards proper vitamin and mineral health is equally as imperative. A lot of people don't realize that vitamin deficiency and a lack of minerals can cause a string of unruly side effects. Before you get started on your journey to find what your body needs always start with your family doctor. They will gladly run blood work to find what levels are low. Vitamin D deficiency can lead to feelings of sadness, fatigue, bone discomfort in the back, shins, and ankles, and lastly, the body may struggle to heal in a timely manner. When we get low on B12 we may feel sluggish, have shortness of breath, lose color in our skin or have feelings of depression. Because B12 is found in meat, poultry, seafood, dairy, and eggs individuals that are choosing a vegan diet may need to take extra precautions to ensure they are getting enough of this beautiful vitamin. Vitamin C is a strong antioxidant and helps to promote iron absorption. It also assists white blood cells to function more optimally. As if these aren't great points it also encourages healthy memory function. Adding a good quality multi vitamin into your daily routine may be the perfect little gift your body will appreciate immensely.

To put the icing on your cinnamon roll, don't forget the significance of important minerals. These little guys promote strong bones, teeth, blood, skin, hair, and muscles. The side effects for becoming scarce on vital minerals may include muscle spasms, weakness, irregular heartbeat or loss of hair. Your doctor can check to see if you are low on minerals like iron, potassium, calcium, and magnesium. Adding lots of colorful fruits and vegetables to your diet may help tremendously or your physician can help you choose the right supplements to make certain you get what you need. My doctor suggested I add a beet root and turmeric / cumin supplement to my regimen.



We have to care for our bodies. Exercising is just a small part of what we must do to nurture all the vital components involved with this sophisticated miracle. Listen to the needs of your temple and work towards a wholesome relationship with yourself. To wake up and see what a new day has in store for you is so incredibly exciting!!!! Love every single minute of your life and know that feeling physically great as you travel makes it that much more joyous!!!!

**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](#)



All My Love,
Danika Marie Turner
TGC, Mere Mortals

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.

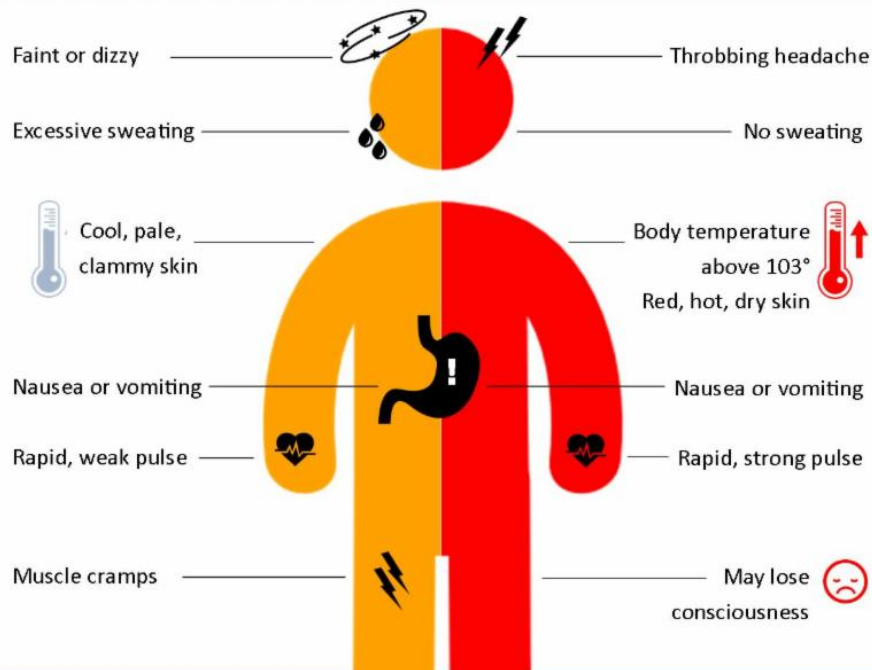
The [Facebook Event](#) is the best place to check for any changes or cancellations due to weather and conditions.



HEAT EXHAUSTION

OR

HEAT STROKE



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives

[Weather.gov/socialmedia](https://www.weather.gov/socialmedia)
[Weather.gov/heat](https://www.weather.gov/heat)



@SacramentoOES
[SacramentoReady.org](https://www.sacramento-ready.org)

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
	6/16 Swim Clinic
Board Meeting	6/23 Swim/Bike/Run
June 12 (Wednesday)	6/30 Swim/Bike/Run
Email: President@TriGulfCoast.org	7/07 Swim/Bike/Run
T3 (Beach After Party/Chill)	7/14 OFF - Recovery
Weather Permitting	7/21 Swim/Bike/Run
June 16	7/28 Swim/Bike/Run
(Sunday, immediately after Mere Mortals)	8/04 Swim/Bike/Run
Summer Social	8/11 Swim/Bike/Run
Aug. 11 (Sunday)	8/18 Swim/Bike/Run
Shoreline Park, Gulf Breeze	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.**



[Jubilee Youth Triathlon](#)

June 2
Fairhope, AL

[Jax Olympic & Sprint Triathlon](#)

June 22
Jacksonville, FL

[Chattanooga Waterfront Triathlon](#)

Sprint & Olympic
June 23
Chattanooga, TN

[Sunfish Triathlon](#)

July 13
Meridian, MS



Chattanooga, TN

[Swim for Alligator Lighthouse](#)

8 mile Open Water Swim
Sept. 14, 2019
Islamorada, FL Keys

[Swim Around](#)

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



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

June 14
Pensacola, FL

[Ride Yellow](#)

Multiple Distances
June 15
Bay Minette, AL

[Pensacola Parkrun](#)

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



Pensacola Parkrun:
[PRA Membership Run](#)
June 1
UWF (Trail Run)

[Billy Bowlegs 5K](#)

June 1
Fort Walton Beach, FL

[Flag Day 5K](#)

June 8
Gulf Breeze, FL

[Ronald McDonald House](#)

[Firecracker 5K](#)
June 29
Pensacola, FL



[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

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

Copyright © 2019. All Rights Reserved.