



TRIGULFCOAST
MULTISPORT ATHLETES

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1 December 2019

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Greetings!

Thank you!

Those are the words I'd like to use to close out my term as TGC President. Thank you for trusting me with our club this year! Thank you for the best board of directors anyone could ever wish for. Thank you for the best volunteers always stepping forward to make things work, and to find new ways to make the club better. And THANK YOU for making our tri club into a community of friends from all backgrounds who come together to enjoy something they have in common.

If you made it to our end of season party, you've already met our new board, and you know what a great team we have for 2020. Based on the idea that you can estimate the future accomplishments of any organization by the quality of the people who make it up, TGC's future is very bright indeed!

Happy Holidays, and here's to TGC 2020!



Tom Henderson
TGC President

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



Keeping Busy During Winter

It may be the triathlon off-season for many Tri Gulf Coasters, but there are plenty of things to do to maintain fitness, lower stress, and train for 2020 events.

Please consider an upcoming Run Pensacola Event!

- Ho Ho Hustle 5K
- Joe Relaxo Challenge
- Blackwater 50K Relay
- Blackwater 10 Mile Trail Run
- Gulf Coast Half Marathon
- Crawfish 5K
- Pensacola Triathlon

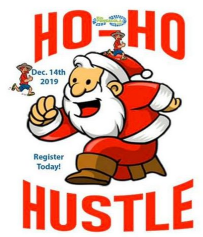
Information and registration can be found at:
RunPensacola.com and TriPensacola.com.



Free phone consultations



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



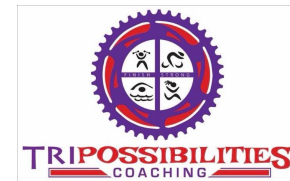
JOE RELAXO CHALLENGE



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



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



To the Finish Line, Adam Guess Race Director Pensacola Triathlon (Registration is OPEN) guess.adam@gmail.com

Stay Connected



GROUP TRAINING SWIM, BIKE, RUN Members post their workouts for others to join at: TGC Trains

Prepare Your Body for Winter from Alpha Omega Performance

Even here in Florida, temperatures are dropping, the days are shortening, and clothing choices are becoming more expansive. Winter is right around the corner. The time is perfect to start preparing your mind and body for a successful, happy, healthy season. Follow these tips to help maintain your wholesome habits through the upcoming season.



1. Build Meals with In-Season Options

Winter may not offer the same level of produce at the local Palafox Market, but there are more options than meat and potatoes. While oranges and

grapefruit become more prevalent in October to December in Florida, most of the country's produce production will slow; however, you can build meals around fun winter options like butternut squash, kale, and sweet potatoes. Check out some recipe options for butternut squash.

(Butternut Squash Recipes)



2. Do Not Stop Working Out

Keep your fitness routine intact, not only because it burns calories and helps keep your weight in check, but also because it fights off feelings of depression. Dark

mornings, darker evenings, and chilly gray days in between

can cause the "winter blues" and while there is no clinical diagnosis for the winter blues, the National Institute of Health states winter blues can be fairly common and typically indicated by feeling more down than usual, sad, or less energized. Lace up those shoes and make your way to [Alpha Omega Performance](#).



3. Go Outside for Daily Sunshine

Do not let the shorter days keep you from your daily dose of vitamin D. Make a point to go outside in the middle of the day for a walk or to soak up some

sunshine to keep your immune system healthy. This will minimize your opportunity for a cold or the flu. Don't make a common mistake of forgetting the sunscreen though. While the sun may not feel as hot, the UV rays can still burn you. Pick a moisturizer with sunscreen (at least SPF 15) and you will be set for winter, while keeping those dry elbows and knees moisturized .



4. Prioritize Rest

Shorter days are the perfect excuse for a bit of hibernating, but don't become a hermit. Keep those workouts and friendly outings, but assure you continue with the recommended seven to nine hours of sleep per night to

maintain your body as healthy as possible. Researchers have identified lower levels of sleep to fewer flu-fighting antibodies. Enjoy the darker nights for more meaningful rest.



5. Hydrate, Hydrate, Hydrate

When the temperatures drop, it becomes harder to keep drinking plenty of water, but hydration is just as important in the winter. It helps keep energy levels up,

assists with boosting your immune system, aids in digestion, and keeps your skin moisturized as the season becomes dry. Keep sipping on your water throughout the day or find other ways to consume more water by eating juicy fruits like Florida oranges.



Joseph McCrory
Alpha Omega Performance



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

[Email for code!](#)



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.

UPCOMING EVENTS



Board Meeting
Dec. 4 (Wednesday)
Email:
President@TriGulfCoast.org



[TGC Presents:
The Last Tri
You'll Do...in
2019](#)

Group Workout
Dec. 29
Park East, Pensacola Beach



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



10% off with code: TGCMC



Discount Code: C-TRIGULF



Multisports are moving SOUTH for the winter

[Tri Key West](#) (Multiple Distances)
Dec. 7
Key West, FL

[Challenge Daytona](#)
(5K, 10K, Sprint, or 70.3)
Dec. 14-15
Daytona, FL

[HITS Sarasota](#) (Multiple Distances)
Jan. 5, 2020
Sarasota, FL

[Chilly Willy Duathlon](#)
Jan. 26, 2020
St. Petersburg, FL



[Pensacola Triathlon](#)
Sprint & International Distances
April 26, 2020

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

[Pensacola Runway Run](#)
Benefiting the USO
Dec. 7
Pensacola, FL



[Ho Ho Hustle 5K](#)
A Run Pensacola Event
Dec. 14
Pensacola, FL



[Christmas Dash](#)
A PRA Event
Dec. 14 (Evening)
Downtown Pensacola

[Round the Bay Relay](#)
Dec. 28
Ft. Walton Beach, FL

[Make it to the Line \(4 miler\)](#)
Dec. 28
Flora-Bama



[Tampa Bay Frogman Swim](#) (3.1 Mile OWS)
Jan. 12, 2020



[Jan. 11 & 12, 2020 Pensacola Beach, FL & Mobile, AL](#)



[Pensacola Slow Ride](#)
Dec. 7
Downtown Pensacola



[Joe Relaxo Challenge](#)
1 mile, every 30 minutes, for 24 hours
A Run Pensacola Event
Jan. 24-25, 2020
Maritime Park - Pensacola, FL



[PORC Epic Ride or Run](#)
To benefit Toys for Tots
Dec. 8
Pate Trail Head
Pensacola, FL

[Double Bridge \(15K/5K\)](#)
Feb. 01, 2020
Pensacola, FL

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

[I Pink I Can Run \(4 miler\)](#)
Feb. 29
Flora-Bama

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

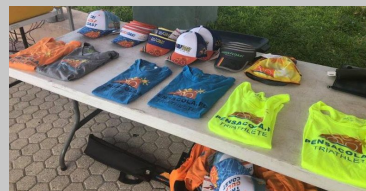


WE HAVE AN ONLINE STORE!
This is your last chance to get these items before THEY'RE GONE!

Contact: ReallyCoolStuff@TriGulfCoast.org
Store: [Tri Gulf Coast Gear Depot](#)

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

- Grey, Purple, or Teal Long Sleeve Tech Shirts
- Trucker Hats
- Visors
- Singlets
- T-Shirts
- Beanies
- Gaiters/Bufs
- Orange Mud Changing Towels



Headsweat Gaiter

Charcoal towel with the TGC logo



Stay Connected



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

P.O. Box 544
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