



TRIGULFCOAST
MULTISPORT ATHLETES

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1 November 2019

Greetings!

Can it be? Is cooler weather actually beginning to happen? After such a brutal summer, I was beginning to think fall had been canceled! But finally, we are beginning to see hints of cooler weather. As I write this, the forecast for the first weekend in November actually shows the low temps getting down into the 40s!

For those of you heading to Ironman Florida this weekend, the conditions are starting to look very good! Have a great race, and say hi when you pass me in transition! For those of you going to cheer on friends and family, please consider joining me in transition, as i am still a bit short on volunteers, particularly on the T2 shift where we take the bikes from the athletes coming back from the bike and re-rack them. More details on how to volunteer can be found below.

We had a wonderful end-of-year celebration, and I'm really stoked about the new board members who will be taking over in January! What a great group!

Finally, since it is now November, I will honor the Thanksgiving tradition of giving thanks for the things I am grateful for. And one of those things is my TGC family, who has supported each other for years, and welcomed new family members with open arms. And I'm especially thankful for my TGC board, who worked very hard all year long to keep their President on the road and out of the ditches. :-) Seriously, this is a great team of folks you have working to manage the Club, and I encourage you to come to a board meeting when you can to see the great work they do for you.



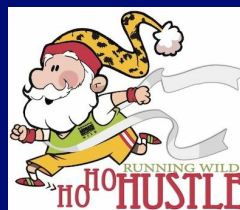
Tom Henderson
TGC President

Cheers! Happy Thanksgiving! Train and race safe!



It's Time to Recruit

With the local triathlon season over and fun holiday runs about to be in full bloom (*Shameless RunPensacola plug: [The Pensacola Turkey Trot](#) and the [HO HO Hustle](#)*), NOW is the time to start recruiting and planning for the next tri season. Lets be honest, the more friends that tri, the more you can talk to about triathlons. :P



Got a few friends that run but haven't moved into the triathlon circuit yet? From the outside, the tri community can be intimidating. Think about it - swim, bike, run, gear, kit, gear, bricks, caps, goggles, training - it's all a lot and can be tough for someone to just jump in. The winter running season is a great time to join your running friends in their comfort zone

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Sponsors & Supporters

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

Please show your appreciation by utilizing their

and show them that the tri community is a great one. It's a perfect bonding time to encourage athletic growth and help them get comfortable enough to try group rides, swims, or general workouts and start considering dipping toes into triathlon. What better way to work on your basic triathlon skills than to teach another? There is plenty of time to introduce friends to triathlon, train together, and compete in the Pensacola Triathlon that last weekend in April!



If you are reading this newsletter, you know that the Pensacola athletic community has a lot to offer, but others may not. As you build your 2020 race schedule, remember to remind Out-of-State or South Florida friends know that the [Pensacola Triathlon](#) is an event they should put on their calendar. We are

positioned to be an event to KICK OFF THE RACE SEASON. Downtown Pensacola and Pensacola Beach have become a great destinations. Encourage your friends to come visit during the last week in April and make the Pensacola Triathlon their 2020 Kick-Off Destination event.



To the Finish Line,

Adam Guess
Race Director
Pensacola Triathlon
(Registration is OPEN)
guess.adam@gmail.com

Stay Connected



Eat Fresh, Train Hard, Race Fast WINNING

Winning isn't about finishing in first place. It isn't about beating others. It is about overcoming yourself. Overcoming your body, your limitations, and your fears. Winning means surpassing yourself and turning your dreams into reality. - Kilian Jornet

The mind is a powerful muscle! View yourself as a winner in all you do, and you will be a winner. Whether you think you can, or you think you can't - you are right! You must commit 100% to whatever you choose, and then you don't



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.



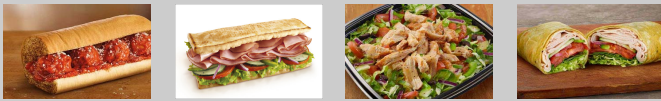
Wetsuits & Swim Gear
30% Discount
[Email for code!](#)

have to think about the "what ifs." When you say, "I'm going 100% refined sugar free," you won't wonder if you will have birthday cake or ice cream. You committed and the only choice is **NO, NONE, NOTTA!**

It's a strong state-of-mind. Apply this method to important goals in your life and you will WIN.



Come win with us at Subway! We have great salads if you have sworn off bread or carbs. We have great subs, wraps, and flat breads if you want a healthy meal. We have indulgent subs if you want to go out on the limb. There is nothing quite like a meatball sub with double meat, pepper jack cheese, jalapeños, Southwest sauce, onions, peppers and Parmesan cheese!



Keep active this winter season! The [West Florida Wheelmen](#) group has rides to keep you rolling several times a week. Check them out!

Pick an early-in-the-year triathlon like [Pensacola Triathlon](#), get a friend to join you, and take advantage of the mostly mild weather here in the FL Panhandle by training all winter!

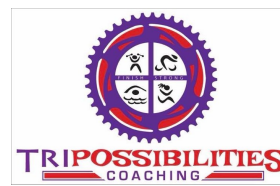
Feed your mind and get into a winning mindset with some Winter reading...

The Triathlete's Training Bible	The world's most comprehensive training guide	Paperback
Total Immersion	The revolutionary way to swim better, faster, and easier	Kindle, Paperback
The Power Meter Handbook	A user's guide for cyclists and triathletes	Kindle, Paperback
Fast-Track Triathlete	Balancing a big life with big performance in long-course triathlon	Paperback
Fast After 50	How to race strong for the rest of your life	Paperback
Strength Training for Triathletes	The complete program to build triathlon power, speed, and muscular endurance	Kindle, Paperback
The Big Book of Endurance Training and Racing	The Big Book of Endurance Training and Racing teaches athletes how to stay healthy, achieve optimal athletic potential, and be injury-free for many productive years	Kindle, Paperback
Finding Ultra	Rejecting middle age, becoming one of the world's fittest men, and discovering myself	Kindle, Hardcover, Paperback
Racing Weight	How to get lean for peak performance	Paperback
A Life Without Limits	A world champion's journey	Kindle, Hardcover, Paperback
The Brave Athlete	Solving of the 13 most common mental conundrums athletes face in their everyday training and in races	Paperback

Ironman Florida Call for Transition Area Volunteers

THERE IS STILL A NEED!

We are looking for bike handler volunteers. During T1, bike handlers assist the athletes in locating their bikes and getting out of transition and onto the 112 mile bike course. The during T2, we "catch" the bikes near the dismount line



MASSAGE THERAPY BY
JAMES FRITSCHLE



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



and re-rack them so that the athletes can move on to run their Marathon!



For more information about the bike handler jobs, or any other questions, email [Tom](#).

Sign up as a bike handler (either or both shifts) [here](#) but be sure to **let us know** if you registered to volunteer.

Zarzaur Law, PA Champions of Multisport, Community, and Clients

What is a champion? A champion is a person who has defeated or surpassed all rivals in a competition, especially in sports. As a verb, champion is to support the cause of; defend. Being a true champion not only encompasses the relentless work ethic and dedication to reach your full potential and realize the outcome of the choices you have made, but also the virtue of the causes you stand for.

By following a higher standard, a champion influences those around them to also excel and follow the same path. Competing in three IRONMAN® races as well as various triathlon and distance races provides Joe Zarzaur that additional drive for excellence that he applies to his ongoing training, his service to clients, and his ongoing support of the triathlon community. Zarzaur Law is proud to be the presenting sponsor of the Pensacola Triathlon, The Zarzaur Law Santa Rosa Island Triathlon, The Sea Turtle Triathlon, as well as an annual sponsor of Tri Gulf Coast. Supporting these endeavors helps ensure the continued growth and success of these races and organizations that are champions of multi-sport.



The Gavel Tri Team, sponsored by Zarzaur Law, also focuses its extracurricular time on community events and charities. In addition to volunteering at races, the Gavel Team gives back to the community by supporting organizations that promote safety, health, and fitness. The Gavel Team has adopted Favor House and Gulf Coast Kid's House as the two main charities to support and represent.



Zarzaur Law is a champion for the Pensacola community. We have sponsored races, events, many local non-profit organizations and have also donated more than \$100,000 over seven years through our "Legal Graffiti" events. "Legal Graffiti" is held during each Gallery Night in downtown Pensacola. "Legal Graffiti" is an opportunity for anyone to make a donation and then create artwork on the (recycled



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[Email for code!](#)



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



10% off with code: TGCMC



Discount Code: C-TRIGULF

GROUP TRAINING

billboard vinyl covered) side of the Zarzur Law office building with spray paint. The event raises money for non-profits & charities within the area. Donations are matched by the firm and given to the charity of choice. We are proud and honored to continue to give back to the community where we live, work, and play. We have represented many clients pro bono with their legal issues and know that we were able to effect their lives in a positive way.



We know that to be a champion requires discipline and consistency in action - whether training for a race or preparing for court. Our firm believes we can make a difference every day for our clients and be a champion for them during a very stressful and confusing time after they have experienced a life changing accident or personal injury. Each case is a marathon, not a sprint, and so we approach each one just like I would for a race with the same preparation, determination, and perseverance.

A true champion is someone who wants to make a difference, who never gives up, and who gives everything she has no matter what the circumstances are. A true champion works hard and never loses sight of her dreams. - Dot Richardson



(855) Hire Joe
ihatejoezarzur.com
info@zarzur.com
Corner of Palafox and Romana Street

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

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.

Save the Dates



We have things to do!

These are the important TGC dates to remember:

- Nov. 2: [Ironman FL Transition](#) (Volunteers Needed)
- Nov. 10 - Dec. 22 (Sundays): [Strength and Conditioning with Alpha Omega](#)
- Nov. 30: [TGC Presents the Turkey Trots](#) (Prediction Group Run)
- Dec. 29: [The Last Tri You'll Do...in 2019](#) (Group Workout)

We had a very good response to our poll for an off-season training program.

NOW WE NEED ACTUAL COMMITMENTS!

We've worked with Joe and Alpha Omega



Performance to put together a 7-session program to close 2019.

- Strength & Conditioning Training Program
- Nov. 10 - Dec. 22 (7 Sundays) @ 8:00 a.m.
- \$125 per person
- We need a minimum of 6 people to initiate this program
- [Sign-up and pay online](#)

QUESTIONS?

Email VicePresident@Trigulfcoast.org or check the [Facebook Event](#).

It's the 'Off - Season'...Now What?

Ahhhhh...the off season! Now that the 'A' race is over (or soon will be) the joyful sadness of the off season is already starting to set in. For many the rest period is a much-needed treat. The muscles are tired. The joints ache. The mind wanders. It's time for a vacation of sorts- normal bedtimes, normal waking hours and a normal number of bags under the arm will be a nice departure from the extraordinary schedules that are kept in order to be prepared for endurance sports.



It's shocking to learn that 'rest' can be a difficult process for some of our fellow athletes. Who doesn't want to hit the snooze button, enjoy a casual breakfast with family or friends, or leave the house at a more human hour? Truth is that 'taking a break' from the routine can be downright painful for a surprising number of us. The 'routine' is in fact our escape route that guides us through the monotony of the work week. What will become of our swim buddies, the run group? My bike will miss me. I can't let them down.

It's true, they do need you, but use this time to build a better you.

1. **Rest Period:** If you ended your season with a lot of volume, you'll likely find yourself needing a longer rest period- perhaps even up to 2 weeks. What does rest look like? It doesn't look like a workout. Consider taking a long walk, playing with a dog- anyone's dog, get a massage, go to a yoga class, play catch, enjoy some bird watching, volunteer with a service group...just don't work out.
2. **Cross Training:** *I'm always cross training!* Truer words have never been spoken. Triathletes are always cross training but now you have the freedom to really mix it up. Dust off the mountain bike, shuffle the road bike to the front of the rack, dig out the hiking gear, or splurge on some trail running shoes. Whatever you do, just pretend you aren't a multisport athlete for a bit. Do things that are fun. Reconnect with your non-competitive friends who just love being out there doing _____. They may not be fast, but they sure are fun to hang out with.
3. **Clean, Collect, and Organize:** The off season shouldn't take its toll on your equipment. Use this time as a chance to clean out the gear closet. How's that wetsuit looking? Are there tears or seams that need to be repaired? What was that piece of gear that would have made the last race or big training event easier? This might be a good time to find it on sale. How's the bike? Use the downtime to let your mechanic go through it properly. Re-apply those training weight wheels, put on training quality tires. Give the racy stuff a break. Do you find yourself still fighting some aches and pains during long rides? Not sure if your position matches your current fitness level or upcoming goals? Use the off season to build a better position with your fitter. You'll have plenty of time to acclimate to the new position and address any new aches and pains that may arise over the coming month's training.
4. **Goal Setting, Planning, and Assessment:** With this past season's efforts still top of mind, what's the game plan for next year? What's the #1 goal for the coming season? How prepared are you now, for that goal? What needs to happen between now and then? How do you get through the holiday season and stay on track? Who can help me get there? Do I have the right training partners, coaches, and training plan in place to help me achieve my goal? What are the steppingstones along the way? Did I stick to my plan this year? Did I achieve my goal? What obstacles will I have to overcome? Is my goal realistic?
5. **Building a Solid Base:** OK, so you are feeling good, having fun, your gear is all dialed, and you have a great plan for 2020. It's time to reconnect with your beloved sport. Welcome to Base Season. The key element to base training is restraint. These workouts often incorporate multiple exercises. Perhaps it's a run/stretch day, a

ride/yoga combo, or a weight training and swim session. Whatever your plan is, remember smooth is fast and fast is smooth. Have a coach check your form. Find exercises that will correct your deficiencies. Apply conscious work to improving your efficiency, building new muscle memory, and actively work to lay the foundation for a better racing season by exercising restraint. No speed work, no zone 4 or efforts. Just LSD...Long Slow Distance.

There is so much to be gained from the off-season. Rest, recharge, reorganize, reassess, and rebuild. This is going to be a great off season. What was that bit about a vacation?



Travis Coleman
Ride MORE Bicycles
59 E Gregory St,
Pensacola, FL 32502

RideMoreBicycles.com
850-912-8805



UPCOMING EVENTS



[IMFL Tri Gulf Coast Volunteers](#)

Nov. 2
Panama City Beach, FL

[Strength & Conditioning with Alpha Omega](#)

Nov. 10 - Dec. 22 (Sundays)
Pensacola, FL

Board Meeting
Nov. 13 (Wednesday)
Email: President@TriGulfCoast.org



[TGC Presents: The Turkey Trots](#)

Group Prediction Run (4+ miles)
Nov. 28
Pace, FL



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

Group Workout
Dec. 29
Park East, Pensacola Beach



Multisports are moving SOUTH for the winter

[IMFL Tri Gulf Coast Volunteers](#)

Nov. 2
Panama City Beach, FL

[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 Parkrun](#)

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

[Pensacola Woman's Half](#)

Nov. 2
Pensacola, FL

[Great Pumpkin Run 5K](#)

Nov. 2
East Hill, Pensacola

[The Last Mile 5K](#) (Run/Walk)

Nov. 10
Pensacola, FL



[Krul Lake Trail Half](#)

A Run Pensacola Eve nt
Nov. 16
Munson, FL



[Pensacola Triathlon](#)

Sprint & International Distances

April 26, 2020

Pensacola, FL



[Tampa Bay Frogman Swim](#) (3.1 Mile OWS)

Jan. 12, 2020



[Pensacola Slow Ride](#)

Nov. TBA

Downtown Pensacola

[Gears & Beers: Bayou 100](#)

Nov. 9

Mobile, AL

[9th Annual Turkey Fondo](#)

Nov. 28

Fairhope, AL



[PORC Epic Ride or Run](#)

To benefit Toys for Tots

Dec. 8

Pate Trail Head

Pensacola, FL

Weekly Rides:

[West Florida Wheelmen](#)

[Trek Store](#)

[Ride More Bicycles](#)

[Girlz Only Sunset Rides](#)

[Battleship 12K](#)

Nov. 17

Spanish Fort, AL

[Seville Quarter Wild Turkey Trot](#)

Nov. 23

Pensacola, FL

[Pensacola Turkey Trot](#)

THANKSGIVING DAY

A Run Pensacola Event

Nov. 28

Pensacola, FL



[Kaiser Coastal Half Marathon](#)

Nov. 30

Orange Beach, AL

[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)



[Joe Relaxo Challenge](#)

1 mile, every 30 minutes, for 24 hours

A Run Pensacola Event

Jan. 24-25, 2020

Maritime Park - Pensacola, 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, 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
Gulf Breeze, FL 32562

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