

1 October 2019

**Greetings!**

October? Already?

Well, I guess I should have seen it coming when they started selling Christmas decorations, right?

A lot is happening as the season winds down. First of all, due to pressing commitments elsewhere, Jason Slaughter had to step down as Vice President effective this month. A very big thank you goes to Jason for all of the work he's put into the club this year!

TGC's charter dictates that the VP takes on the role of President the next year. The reasoning behind this is that it provides continuity from one year to the next and ensures the presidential role is filled by someone familiar with the workings of the club. Therefore it's critical that the person stepping in as VP this year be someone who has been active in running the club and really understands how things work.

I'd love to claim that as President, I had detailed back up plans for the possible loss of every key position on the board, and that the filling of the new role was the result of my careful planning. The truth is, I just got really lucky!

I am pleased to announce that Patrick Willi has volunteered to serve the remainder of the year as Vice President, and to take over as President next year. I have appointed him to that position and the board confirmed the appointment. As our social media chairperson, Patrick has been right in the middle of everything Tri Gulf Coast has done for quite some time now. I am very excited for the future of the club!

On top of that, we are quickly coming up on the TGC end of year party, where you will meet and approve next year's board, enjoy the company of your fellow triathletes, and have some great food and drink! Look for PARTY INFO below or on our [Facebook Event](#).

Last but not least, I will again be in charge of the bike handlers at Ironman Florida, and would love to have lots of TGCers come out and join me as volunteers. It's a great place to cheer on your favorite athletes, and you will make a big difference in someone's race experience by being there. For more info, please email me at [president@trigulfcoast.org](mailto:president@trigulfcoast.org).

Happy racing!



*Tom Henderson  
TGC President*



**ALWAYS Helping You Get from the Start to the Finish**

**What's the one thing that is the most essential part of any race?**

**It keeps you on course. It provides you with hydration, nutrition, and motivation. It's there well before you show up and well after you finish. It's the first thing you see in the morning and the last thing you'll see when you finish. Rain, sleet, snow, or hail, as long as the race is on it will be there. Without it you wouldn't be able to start the race.**

**In This Newsletter**

[Volunteers - the Secret Ingredient](#)

[Save the Dates](#)

[Exercising with Friends](#)

[IMFL Volunteers](#)

[Fenner Ride](#)

[Volunteer Opportunities](#)

[Group Training](#)

[Write for the New sletter](#)

[Preparing for... Life](#)

[MOT Recap](#)

[Sea Turtle Volunteers](#)

[Upcoming Events](#)

[ONLINE STORE](#)

**TGC Sponsors & Supporters**

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

It's a VOLUNTEER.

These are the folks that stand in the pouring rain just to point you in the right direction. They endure the heat of the hot sun so they can give you water when you need it most. They wake up at o'dark-thirty just so they can greet you with a smile as you walk in to rack your bike. They paddle for miles just to give you something to hold onto when you are tired. They stand at the finish line giving high fives and hugs to sweaty strangers to celebrate a finish with those athletes. VOLUNTEERS are the hero's of the day.



During your next race, do me a favor: From the time you walk into packet pick-up until the time you leave after the race, count how many volunteers and police officers helped you to get to that finish line. Then I'd like to you count the times you said THANK YOU during the day. I'm sure you'll say it to the body marker in the morning and the person that hands you the T-shirt and/or finishers medal. What about the volunteer that is manning an intersection that's keeping cars from coming on the bike course? Or the volunteer that is watching you exit transition to make sure your helmet is buckled? Or the one that loses their voice informing you of where the mount/dismount line is? Did they get a THANK YOU today?

It's important to acknowledge the Volunteers. The more you acknowledge them, the better your chances are of not missing a important piece of information. If there's a course change while you're racing, it'll be a volunteer telling you. If there's a dangerous section ahead, a bump, a sharp turn, an obstacle in the road, it'll be a volunteer that is there to let you know. So many things can happen from the time a race starts until it finishes. So many variables. So many threats. So many impossible unknowns. And if or when something happens, it'll be a volunteer out there informing you of what to do and where to go.

It's important to acknowledge the volunteers during any race. They are out there for you to give you a great race experience. Please give them the RESPECT and the THANKS that are due. They are out there sweating, yelling, cheering, picking up trash, handing out water, and giving high fives all so you can have a good day. Now you got the easy part, all you have to do is say 2 simple but powerful words to let them know that are appreciated: **THANK YOU.**



To the Finish Line,

Adam Guess  
Race Director  
Pensacola Triathlon ([Registration is OPEN](#))  
[guess.adam@gmail.com](mailto:guess.adam@gmail.com)

Stay Connected



Save the Dates



We have things to do!

These are the important TGC dates to remember:

- Oct. 6: [Sea Turtle Triathlon](#) (Volunteers Needed)
- Oct. 17: [End of the Year Party](#)

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!](#)



## Effectively Exercising with a Training Partner

A question we get asked a lot is, "How do I train with my partner or a group without sacrificing my own personal goals?"

The short answer is easy -- be selfish and train by yourself. ;)

The real answer is a bit more complicated. You still need to be a little selfish, but you can train with others!

Coach Helen is currently training for her first Full Ironman, a daunting task for sure, especially as single parent with 3 kids, a small business owner, and having a "real" job. I (Coach Dom) am not currently training for Ironman. I did mine years ago and have different goals than Coach Helen. In fact, we routinely have different goals. For instance the past 3 years I've been heavily invested in endurance mountain biking and Xterra off-road triathlons. Yet we train together all the time. We also train with our athletes and various groups ALL training for different goals and distances.



So how do we do it? Well, she follows her plan, and I follow mine. Let's say she needs to do an hour run at an aerobic effort, yet I need to run 39 minutes of 6 x 1 minute all out sprints with a 3-minute active rest and a warm-up/cool-down. Simple. For the first 10 minutes we run together then when my watch beeps to go, I sprint ahead for my minute, then I turn around and jog back towards her for the 3 minute rest. Back and forth we go. When I've finished my sprints, we jog together at her pace back to our starting location where I hop on a cruiser bike to spin my legs out while she completes her workout. We're running "together" yet doing our own thing.

This concept works on group bike rides with you either powering ahead or falling back at various times. You should know bike course and let the other riders know your intentions beforehand.

We have successfully used this strategy for the past 5 years with little tweaks here and there to adjust for new goals. If you want to try it or have questions so that you can effectively exercise with your training partner, message us. We would love to help you figure it out.



Coaches Dom & Helen  
[www.TriPossibilities.com](http://www.TriPossibilities.com)



Tri anything!

## Ironman Florida Call for Transition Area Volunteers

This year, we have a goal of turning the Ironman Florida Transition area into Tri Gulf Coast territory!

We are looking for bike handler volunteers. What's a bike handler?



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!](#)



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



If you have ever wanted to make a difference in an athlete's day and cheer them on up-close and personal, this is the place to do it! If you hope to attend and cheer on a friend or family member who is racing, there is not a better seat in the house than you'll have in transition.

And finally, if you've thought about trying out an Ironman race yourself, you will have a great learning opportunity by seeing what works and doesn't work for these athletes as they make their way through the course.

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

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

## The 2019 Fenner McConnell / Matt Wantz Memorial Blackwater Heritage Century Ride



## 2019 Fenner McConnell / Matt Wantz Memorial Blackwater Heritage Century Ride

October 26 in Milton, FL

This annual event draws a huge turnout from Gulf Coast area cyclists and helps fund:

### Big Brothers Big Sisters of Northwest Florida

Ride 18, 42, 62 or the full 100 miles!

This event is expertly organized and wonderfully staffed. The beautiful roads of Blackwater are lightly traveled, well maintained, and teaming with natural beauty.



[REGISTER](#)

[MORE INFORMATION](#)



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



10% off with code: **TGCMC**



Discount Code: **C-TRIGULF**

#### GROUP TRAINING

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

[Write for the Newsletter](#)

[Ironman FL Transition Volunteer](#)

[Youth Events Volunteer](#)



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

[YMS@TriGulfCoast.org](mailto:YMS@TriGulfCoast.org)



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 New sletter.

## Triathlon & Mere Mortals Prepared Me for More Than Athletics

In October of 2014, I was prepared for what I thought was the race of my life at Ironman Florida. I had spent the year leading up preparing. I was ready. I was in the best shape of my life, and my family and friends were there to watch me put it all on the line. We woke up the morning of the race and looked out the door to see monster waves and gale force winds whipping across Panama City Beach. I had prepared to swim in some pretty nasty stuff and was ready for anything, but we had a feeling that they would call the swim. All the athletes were sitting at the water as officials announced that the swim was cancelled. It was like a punch in the gut. It meant that I was not going to complete a full Ironman that day, and it took a little while to wrap my head around that fact. Some people walked out of the race. Others were happy they got to skip the swim. I was disappointed. I shifted gears and circled the wagons, talked to my TGC training buddies and mentors, and made a decision to race the race I was given on that day in October. I jumped on the bike and hit my cycling goals. After the bike, I set out on the run with a mission to run a 4 hour marathon. I figured if I could not swim, I needed to kill the run. I ended up with a 4:20:00 ish marathon that was 1 hour faster than my first marathon AFTER finishing the 112 mile bike in high winds. It was amazing!



**Training swim with TGC peeps.**



**@IMCHOO**

Fast forward two years. I made another go at Ironman, this time in Chattanooga. Again, I was ready. I had this training thing down. I woke up to clear skies and a forecast of 95 degree temperatures by the time we got off the bike... Yeah 95...

We hit the water and I met my goal with an under 1 hour swim. I jumped on the bike and peddled like a beast hitting my goal of a 20 mph average speed. I started the run with 96 degree temps, and the first 6 miles was down a busy road with no shade. I realized very quickly that I had to change gears and prepare for the long haul. Naturally, I was upset that I was not going to hit my goal run times, but

I reminded myself that the ultimate goal was to finish the race healthy. Thank goodness for all the TGC support and friends and family on that run course. I crossed the finish line with about a 5:30:00 marathon, which was about 1 hour longer than I anticipated. Regardless, I did it - I was an IRONMAN!

I had just completed a full Ironman... Now what? What do you do now? What was all of it for? Was it as important as I thought? These things start going through my head...

Then began some real struggles. Not a canceled swim, high winds on a bike, or a hot run - REAL struggles. The struggles that you really can't train for, or so you think.

After Ironman Chattanooga my family was having some issues which triggered incredible anxiety. I spent 6 months chasing illnesses that I thought were Ironman related, but they were actually physical manifestations of anxiety. Just about the time I thought I was getting that figured out, I got punched in the gut with an unexpected divorce. I was settling into my new normal, life did its thing, and then I was smacked in the face with the loss of my job after a corporate acquisition.

So here I am an Ironman, looking back at my life and trying to figure out the "whys?" Was it worth it? Did Ironman cause this? And what do I do now ...

Then I realized, I had trained for this. It was not going to be easy. I might not get to race the race I planned, but I was ready to race the race I was given. Triathlon training and TGC helped prepare me for real life outside of racing. I knew how to adjust. I knew how to hammer down. I knew how to slow down when necessary. Triathlon introduced me to amazing friends and mentors that I could lean on. Our fellow

members reached out and picked me up when I needed it. TGC friends showed up to my new house to help me get it move-in ready for my three young daughters. They called to check on me over that first crazy year even though I was not racing or training at Mere Mortals, like I had been for years.

Fast forward to today. I still live with anxiety. I am out of shape and not racing in triathlons. BUT I am racing to be the best dad I can be to my three daughters, racing to be the best partner to my new fiancé Taylor, and racing to build R House Home Services into the best home services company in our area.

I will be back racing one day soon, but no matter what, I will always be a member of TGC and an advocate of this sport. This group of people and this sport prepared me and continues to guide me on the race of life with the twists and turns it throws us everyday.

Thank you for everything TGC!



**Chris Rawson**  
[R House](#)

- Home Services
- Handyman Services
- Building Maintenance
- Property Management Support
- Fencing



## Members Only Tri Recap



Nearly 180 members participated in the Members Only Triathlon (MOT) backed by Ride MORE Bicycles this year. The MOT is the culmination of the Mere Mortals training season with the goal of preparing new triathletes for RACEDAY.

Tri Gulf Coast tries very hard to make the MOT as real as possible with a true transition area, volunteers, wave starts, and professionally timed results.

To give you more insight into what goes into this production, consider these other behind-the-scenes tasks related to MOT morning:

- The club hires police officers to provide traffic safety.
- Our dedicated kayakers and in-water safety personnel provide assistance along the entire swim course.
- We have amateur radio operators assigned to the race director and various personnel to keep tabs on the participants and provide "real time" updates.
- We pull permits from the Santa Rosa Island Authority to hold the event.
- We also receive additional extra-special permission to hang a flag off the fishing pier so we can properly set the swim buoys for a Gulf swim.

Our Sponsors made things even better:

- Subway provided sandwiches and cookies for participants.
- Massage Therapy by James was on-hand offering massages and stretching.
- Santa Rosa Island Triathlon helped with course support and additional equipment.
- Tripossibilities provided additional swim and run course support.
- Gulf Sport Timing tracked you throughout the morning and provided your results.
- Ride More & TREK provided emergency last minute bicycle services and bike course support.

Finally, we coordinate over 30 volunteers to lead and direct the athletes along the entire practice course.

All this is done to ensure a safe, quality practice triathlon for Tri Gulf Coast members. We hope this was a benefit to each member, and we hope you find the time to serve and volunteer in future MOTs or Mere Mortals workouts. We also hope and encourage you to thank our sponsors, volunteers, Escambia County Sheriff's Office, and Santa Rosa Island Authority when given the opportunity.



[Gulf Sport Timing Results](#)

[Members Only Tri Pictures \(Album 1\)](#)





## We need Volunteers to do ALL this and more...



## So the kids can do ALL this safely!



Zarzaur Law Sea Turtle Youth Triathlon  
is looking for Volunteers!

Oct. 6, the day after SRITRI,  
you can help usher in the next generation of triathletes.

VOLUNTEER AT THE YOUTH TRIATHLON

### UPCOMING EVENTS



TPC Thursday Morning OWS Series  
Frequently Asked Questions

6:30 a.m.

Oct. 3 (Weather Permitting)

LAST SWIM THIS SEASON

Sea Turtle Youth Triathlon Volunteers

Oct. 6

Park East, Pensacola Beach

Board Meeting

Oct. 9 (Wednesday)

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

IMFL Tri Gulf Coast Volunteers

Nov. 2

Panama City Beach, FL



End-of-Year Party

Oct. 17 (Thursday)

Gulf Coast Brewery - 6:00 to 8:30 p.m.

Adults Only

TGC Presents: The Turkey Trots

Group Prediction Run (4+ miles)

Nov. 28

Pace, FL





**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 Triathlon**  
Sprint & Olympic Distances  
April 26, 2020  
Pensacola, FL



**Swim Around  
Charleston**  
12 Mile Open Water Swim  
Oct. 6  
Charleston, SC



**Pensacola Slow Ride**  
Oct. 12  
Downtown Pensacola



**Fenner Ride (Multiple  
Distances)**  
Oct. 26  
Milton, FL

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

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

**Run for the Reef 5K**  
Oct. 12  
Navarre, FL

**Sasquatch Trail Run 5K**  
Oct. 13 (Evening)  
Jay, FL



**Pensacola Half Marathon**  
A Run Pensacola Event  
Oct. 13  
Pensacola, FL



**Bridge to Bridge 5K**  
A Run Pensacola Event  
Oct. 19  
Pensacola, FL

**Wicked Triple (5K, 10K, 13.1)**  
Oct. 19-20  
Fort Walton Beach, FL

**Pensacola Woman's Half**  
Nov. 2  
Pensacola, FL

**Great Pumpkin Run 5K**  
Nov. 2  
East Hill, Pensacola



**Krul Lake Trail Half**  
A Run Pensacola Event  
Nov. 16  
Munson, FL

**Pensacola Turkey Trot**  
A Run Pensacola Event  
Nov. 28  
Pensacola, FL



**Pensacola Runway Run**  
Benefiting the USO  
Dec. 7  
Pensacola, FL



**Ho Ho Hustle 5K**  
A Run Pensacola Event  
Dec. 14  
Pensacola, FL



**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

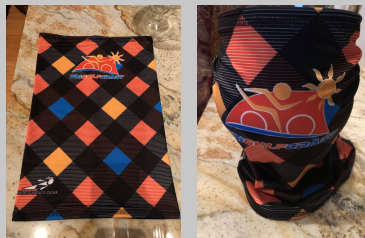


**WE HAVE AN ONLINE STORE!**  
 This is your last chance to get these items before THEY'RE GONE!

Contact: [ReallyCoolStuff@TriGulfCoast.org](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
- Orange Mud Changing Towels



Headsweat 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