



TRIGULFCOAST
MULTISPORT ATHLETES

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1 September 2019

Greetings!

You can always tell when it's late summer. The heat gets brutal by 10:00 a.m., thunderstorms pop up and disappear on a moment's notice, and those stupid jellyfish start showing up. I've told several people that I'd much rather see a shark than a jellyfish, but I don't think most people realize that I'm serious. Sharks typically just swim away, but not jellies -- they sit there like blobs and let you run into them.

Argh!

Since odds are pretty good that you'll bump into one of them over the next month, here's some advice on how you can treat the sting:

- *Rinse the area with vinegar for at least 30 seconds.*
- *Remove tentacles with a pair of tweezers (this usually isn't necessary with the kind we have locally).*
- *Hot water may also help if you have access to it.*

As always, be careful in the heat while you're out cycling and running!

And my last bit of advice: If you're having fun at a race or organized training event, be sure to thank a volunteer!



Tom Henderson
TGC President



Power Isn't Everything

One of the best lessons I remember from school came from my drivers ed teacher. This has helped me out in all aspects of life, business, relationships, and of course driving. After the classroom lessons and after the parking lot skills, the next step was the open road part of the class.

By this time we basically knew how to drive a car, but before we got going, my instructor asked us to look at the brake. He said, "You see that? That stops the car when you need to stop. Remember, stopping is just one option. It's not necessary the BEST option. This car has lots of other ways to avoid crashing, and it's up to you to figure out what option to use in each situation." I took that advise to heart and it stuck. Sometimes you need swerve, and sometimes you need to accelerate. There are even times where the best option is to hit something head-on. It's up to you to have the knowledge and the skill to pick the appropriate response to minimize damage.

In cycling this same concept is valid. When cycling, as we all know, there are an uncountable number of things that

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Please show your appreciation by utilizing their products and services.

could happen and cause an adverse situation (aka: a crash). It's up to you to have the knowledge and skill to pick the appropriate response to minimize damage.

In talking with several bike course directors across the country, there seems to be a common theme that keeps popping up. Athletes now seem to have the power to complete the course, but a larger group of athletes seem to lack the appropriate skill set necessary to avoid crashes. Long story short: with the new indoor training systems and more athletes training indoors they are loosing technical bike skills that you learn from actually riding. *Don't believe me? Go to a race that has a left handed turnaround and watch the falls.*

Now we know that roads can be dangerous to ride and not everybody has a safe paved course to practice on, but that doesn't mean it's a skill to just wing. Bike handling skills are just as important, if not more important than building your engine. Building your muscle base is great, but if you don't have the skills to handle a speed bump then you might not make it to the finish line.

It's time to dust off that mountain bike and hit the trails. Go put on your helmet and act like a kid. Re-learn how to bunny hop. Learn how to take a jump (and land it). Practice riding on gravel/wet grass/dirt. Hitting the trails will help build your handling skills as well as teach you how to look forward and avoid obstacles. Sometimes, hitting the brakes is the worse thing you can do. Learn new ways to avoid crashes, re-wire your brain to always be on the look out for surprises, and determine other ways to react without just hitting the brakes.

Now go out, have fun, stay safe, register for the Pensacola Triathlon on April 26, and I'll see you at the Finish line.



-Live Here, Run Here -

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

RunPensacola.com



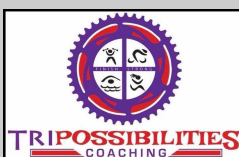
Stay Connected



Thursday Morning Open Water Swims

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

JOIN US!



OFFICIAL CLUB



Free phone consultations



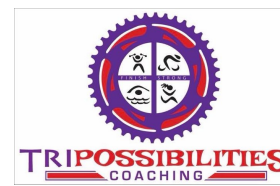
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- RHouse
- Home Services
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 - Fencing

Tri Gulf Coast - Member's Only Triathlon Backed by Ride More Bicycles

The crew with [Ride MORE Bicycles](#) returns this year as the Member's Only Triathlon sponsor!

Ride MORE Bicycles is a rider owned, rider operated community bike shop that specializes in quality parts and exceptional service. Check out their [website](#) or find them on [Facebook](#).



MEMBER'S ONLY TRIATHLON (MOT)

IT IS TIME TO REGISTER!



The Members Only Tri is Sunday, September 22nd at 7AM.

- You have to be an annual member of TGC in order to register.
- Registration closes at midnight on September 16.
- We are collecting donations for the Pensacola Beach Junior Lifeguard Program. Donation is completely optional regardless of your participation.
- The event is intended for relative newcomers, but it is open to all TGC members.
- The number of participants is capped, so sign-up early.
- **WE NEED VOLUNTEERS.** Contact [Jason Slaughter](#) if you can help.





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.

Reasons You should Never Bandit a Race

We are very close to what many athletes consider our Fall Event Season. With the weather on the cusp of cooling, a lot of people are out and about. During probably the busiest time of year, remember to support your local events, clubs, and community, and never run a race as a *BANDIT*.

First let's define a bandit, because I am sure many of you are already saying, "I don't bandit races I just run with my friend to help them to pace" or "I was going for a run anyway" or "I am allowed to run on public roads." Well... let's talk about these things... but first a definition:

RACE BANDIT: Someone who did not officially enter the race and jumps in at some point on the race course to run the "race" or course.



Now, the top 5 reasons *banditing* is bad for everyone:

5) **Cheating the Charity.** Many races benefit community charities. The race entry fees are supporting these charities and may be the charity's main source of income for that month, quarter, or year.

4) **Off Course.** Race bandits don't get the emails about changes to the course, like registered racers. This can lead to the bandit taking official racers down the wrong road or off trail. This can also happen when a bandit ducks out of the course. Remember not every race has thousands of people to follow or a volunteer at every corner.

3) **Crowding.** The bandit may think to themselves, "What's one more person?" But on a narrow road that one more person is taking up space and knocking elbows. Also, this can become a HUGE problem for race permits. If a race gets a permit to have 500 people run that day but there is a noticeable increase in persons on the course this can cause an inability of getting a permit the following year or even other races being able to get permits in that area of the city.

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NERE MORTALS & Member's Only Tri

2) **Resources.** Race organizers plan for support for a certain amount of participants. This includes fluids and nutrition on the course. It also includes medical response resources. Remember, bandits could fall or trip and need bandaids too!

1) **SAFETY!!!** Not only does the bandit pose a risk to the race in the form of potentially taking away medical resources, but they are one more person (an unaccounted for person) on the road which increases chances for people to get injured, especially if they are adding to a crowded road. The bandit also poses a security risk to the race. A police officer, race organizer, or race volunteer, may see this person out there with no bib and not know if they are a threat to the race.

While these are our top 5 reasons to not bandit a race let's also remember that as a runner, cyclist, swimmer, triathlete, or racer, you are an ambassador to these sports. There is someone on the side line or handing out waters looking up to you and your accomplishment out there, don't let them down by *banditing* a race.

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](#)

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



So the kids can do ALL this safely!



Zarzur 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

The Santa Rosa Island Triathlon is Coming, FAST!



The Zarzur Law Santa Rosa Island Triathlon is coming October 5th on beautiful Pensacola Beach.

Registration is capped at 700 and filling up. We fully expect to sell out this year!

NOW is absolutely the time to sign up if you have not already.

We always see TGC represented on the course and are looking forward to continuing that tradition.

[REGISTER NOW](#)

WE NEED VOLUNTEERS

We understand that some people are not able to participate in the race, or if you ARE racing, your family may want to play a larger role in your race experience. Regardless of the details, we would be happy to have you or your family and friends as VOLUNTEERS. There are "perks" to being a volunteer so that we show our gratitude and gratefulness for your help.

[SIGN UP TO VOLUNTEER](#)



UPCOMING EVENTS



[TPC Thursday Morning OWS Series](#)
[Frequently Asked Questions](#)

6:30 a.m.
Apr. 4 - Oct. 3 (**Weather Permitting**)

Board Meeting
Sept. 11 (Wednesday)
Email: President@TriGulfCoast.org

Member's Only Triathlon
Sept. 22

[2019 Mere Mortals Triathlon Training](#)

- 9/01 Swim & Bike OR 5K Race
- 9/08 Swim/Bike/Run
- 9/15 Swim/Bike/Run

9/22 [Member's Only Triathlon](#)
Backed by Ride More Bicycles

**All workouts are dependent upon weather and conditions and subject to change.*



[Brett Robinson Alabama Coastal Tri](#)
Sept. 7
Gulf Shores, AL

[Women's Sunrise Sprint Triathlon](#)
Sept. 14
Portofino,
Pensacola Beach



[Zarzur Law Santa Rosa Island Triathlon](#)
(Sprint)
Oct. 5
Pensacola Beach, FL

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



[Board Shorts & Bikinis 5K](#)
A Run Pensacola Event
Sept. 1
Pensacola Beach

[Zarzur Law Sea Turtle Triathlon](#)

(YOUTH)
Oct. 6
Park East,
Pensacola Beach



[MCL/TEL Semper Fi 5K](#)

Charity Run for the Children
Sept. 7
Pensacola, FL

[Pensacola's Finest 5K](#)

Sept. 14
Pensacola, FL

[Si Man Can 5K](#)

Sept. 21
Pace, FL

[St. Rose of Lima 5K](#)

Sept. 28
Milton, FL



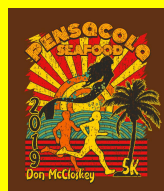
[Tri the Gulf](#)

Oct. 19
Dauphin Island, AL
**Discount Available*



[Pensacola Triathlon](#)

Sprint & Olympic Distances
April 26, 2020
Pensacola, FL



[Pensacola Seafood Don McCloskey 5K](#)

A PRA Event
Sept. 28
Downtown
Pensacola



[Swim for Alligator Lighthouse](#)

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



[Pensacola Half Marathon](#)

A Run Pensacola Event
Oct. 13
Pensacola, FL

[Swim Hobbs Island](#)

1, 2, & 5 Mile options
Sept. 15
Huntsville, AL



[Bridge to Bridge 5K](#)

A Run Pensacola Event
Oct. 10
Pensacola, FL

[Juana's 2nd Annual Open Water Swim](#)

To benefit Navarre HS Swim Team
Sept. 22
Navarre, FL



[Swim Around Charleston](#)

12 Mile Open Water
Swim
Oct. 6
Charleston, SC



[Pensacola Slow Ride](#)

Sept. 14
Downtown Pensacola

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**)



Charcoal towel with the TGC logo



Headswat Gaiter



Stay Connected



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

P.O. Box 544
Gulf Breeze, FL 32562

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