



**TRIGULFCOAST**  
MULTISPORT ATHLETES

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[NEWSLETTERS](#)

[MERE MORTALS](#)

[CALENDAR](#)

[CONTACT](#)

1 April 2020

**Greetings!**

So, Wow. It hasn't been a great month. As we all know, Coronavirus has impacted our lives. Many of our planned events have been canceled or rescheduled, we are stuck at home, and anxieties are high. All is not lost! Have you noticed the weather we've been experiencing? I know people are getting out and exercising in small groups, and I'm seeing more people open water swimming than usual. Many of our local sponsors remain open and ready to support you in any way possible. If in doubt, make a phone call, visit their websites, or find them on Facebook.

Rest assured, we are working to keep TGC going for the 2020 season. The permit for our Weekly Swims was impacted, but we'll start those as soon as the Santa Rosa Island Authority (SRIA) allows. Our March/April group runs and rides were canceled, but we'll get more on the Calendar once things smooth out.

I'm going to be honest, there is still a chance the SRIA will have to revoke permits into May. IF that happens, we'll have to delay the start to Mere Mortals. **However, as of RIGHT NOW, the start to Mere Mortals is NOT impacted, AND the 2020 Registration is OPENED!**

Continue to make healthy choices, get your information from reputable sources, follow the directions of State and Local Authorities, and do your part to slow the spread:

- Work from home, if possible
- Limit groups to 10 or fewer (and practice social distancing within those small groups)
- Use drive-thru, pickup, or food delivery options
- Avoid discretionary travel, shopping, or social visits
- Practice good hygiene (wash hands, don't touch face, cover coughs and sneezes, disinfect items and surfaces)

This too shall pass.

Be healthy,  
Patrick Willi  
TGC President



Social distancing during races since 2008 :), seen here during 2018 Graffiti Bridge 5K

**In This Newsletter:**

[That 50,000 Mile Goal](#)

[Trek Can Still Help](#)

[Tripossibilities TRI Tip](#)

[Subheading](#)



**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**



Free phone consultations



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



## Our 50,000 Mile Goal is Still Possible!

If you haven't seen, we are trying to reach 50,000 miles this year for [RunPensacola](#). The goal was to log participants' miles at each of our events throughout the year. Since we've had to cancel spring events and don't know when we will be able to start producing events again, we are asking our runners (you) to exercise during this time and log those miles with a post (swim/bike/run/jog photo) to RunPensacola's [Facebook](#) or [Instagram](#), #RunPensacola.

This way we can all have a goal that as a community we can strive for. Needless to say, the event business and industry is at a complete stand still (like many others) and even though we are not producing events, this is still our way of trying to find some sanity and build some community involvement in the current time. We would truly love if ya'll could help us and participate.



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

Stay Connected



### Trek Store of Pensacola

We know how important it is to a lot of you that you get to ride your bike. If you need anything to continue riding, whether it be service, parts, or accessories, we can accommodate any situation and precaution. If you have any questions, please reach out to us.

Interact with us on our [Facebook Page](#) or just give us a call.

Trek Bicycle Store Pensacola Team



 Find us on:  
**facebook**

[Trek Bicycle Store  
Pensacola](#)  
850-912-6858

### Tripossibilities Triathlon Tip

Hello Athletes,

Normally this space would be for a TRI TIP... but to say the last few weeks have been only a little bit insane would be an understatement, so why be normal?

We definitely don't want to add stress to your lives. Exactly the opposite... we want to assure everyone that TriPossibilities will continue as normally as possible, and that we are here for you!



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

We've been discussing with our athletes continuously how to handle their training and nutrition and still follow recommendations for social distancing. We don't know about you, but we're feeling burnt out having to hear about it, or perhaps more accurately, we're sick of hearing all the self-appointed experts posting misinformation, driving up our already heightened anxiety.

This is a serious messed-up situation for everyone, but this is going to be our reality for a while. So, our TIP: take whatever time you need to process the situation and its real-time effects on you, your family, your schedule, etc. Then, make a plan! Stay focused on living your life as normally and as healthily as you can.

Please Note: This advice actually applies ALWAYS, not just in emergency situations. No matter the situation, maintaining as much semblance of normalcy is always a positive and makes anything more sustainable.

Our hope is that when we come out on the other side (and we will eventually!) that we never again take our day-to-day freedoms for granted. Our hope is that we use the current situation as an opportunity to learn appreciation for all the small things we took for granted a few months ago... a sunset dinner in a restaurant, a never-ending supply of toilet paper (ha!), a fully-stocked grocery store, a peaceful ride on the Blackwater Heritage Trail, a race with friends, a visit with family whenever we wanted, etc.

'Til next month... peace out! Finish Strong, and be good to each other!

(And don't forget to wash your hands...)

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



15% off most items

Excluding Garmin, Stages, & Favero

[Email for code!](#)



Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

## 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.

**REGISTER ONLINE**

Secure Online Event Registration

[CLICK HERE](#)

POWERED BY GetMeRegistered

**GROUP TRAINING**

**SWIM, BIKE, RUN**

Members post their workouts for others to join:

[TGC Trains](#)

**UPCOMING EVENTS**



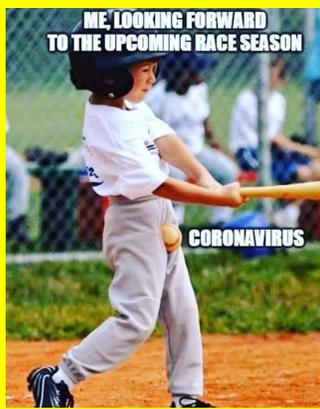
Team Handle: TRIGULF  
Email for Team [Passcode](#)



10% off with code: TGCMC



Discount Code: C-TRIGULF



As most of you know many events in April and May have been canceled or rescheduled.

If you are unsure of the status of a future race or event, please follow-up with the organizers directly.

Once things get back to normal, we'll start including Community Events in this Newsletter again.



**\*Tentative Mere Mortals Schedule\***

05/24/2020	Swim Test- at the Shell
05/31/2020	Bike/Run
06/07/2020	Swim/Bike/Run
06/14/2020	Swim Clinic
06/21/2020	Swim/Bike
06/28/2020	Swim/Bike/Run
07/05/2020	Swim/Bike/Run
07/12/2020	Skip/Recovery Week
07/19/2020	Swim/Run
07/26/2020	Swim/Bike/Run
08/02/2020	Swim/Bike
08/09/2020	Swim/Bike/Run
08/16/2020	Swim/Bike/Run
08/23/2020	Swim/Bike/Run
08/30/2020	Swim/Bike/Run
09/06/2020	Swim/Bike/Run
09/13/2020	Swim/Bike/Run
09/20/2020	Member's Only Triathlon (Practice Tri)



*\*Visitor/Guest, weekly passes also available\**

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: [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



Headsweat Gaiter



Stay Connected



Tri Gulf Coast | [president@trigulfcoast.org](mailto:president@trigulfcoast.org) | <http://www.trigulfcoast.org>

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