



TRIGULFCOAST
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1 August 2020

Greetings!

As a triathlete, being able to bounce among swimming, biking, or running usually keeps the boredom down, but any routine can become mundane. We all suffer lapses in motivation or a defined plateau in performance. The secret to getting past these almost certain roadblocks is variety, experimentation, and fun. When your normal run route gets overly familiar, try a trail run or go for a hike. When you're tired of staring at the same sea grass, go for a kayak or a paddle board trip. Opt for SUP Yoga (or regular Yoga). There is an almost infinite possibility of alternative, healthy, activities that can keep you moving and re-ignite a desire for athletics. [trail running, rock or indoor climbing, rollerblading, yoga, gym, mountain biking, snorkeling, rafting]

The point is that cross-training doesn't have to be a strict workout. Being active with a new and fun activity can really break the monotony of exercise.

We are slowly adding group activities to our calendar. For each, we are taking precautions to require masks (when possible), small groups, social distancing, and disinfecting. We are following current regulations and suggested best practices.

- *If regulations change, so will these group activities.*
- *If you are uncomfortable wearing a mask, uncomfortable in small groups, or feel ill in any way, we ask that you skip participation.*

Continue setting goals, working hard, and honing your skills.

*When you have questions, ask!
When you need encouragement,
reach out! When you hit a
milestone, tell us!*

*Patrick Willi
TGC President*



Stay Connected



**Cyclists and Driver Crash-Risks.
Do You Know the Rules?**

Florida's roads and streets are the main scenario for the interaction between pedestrians, drivers, cyclists, motorcyclists and more. We face the everyday hazardous act of sharing the roads, trusting in the driving and riding knowledge of everyone in the traffic. Zarzaur Law has represented many cyclists who have been involved in serious and life changing accidents involving drivers. Zarzaur Law, P.A. is currently representing a cyclist who was on a group training ride in Pensacola and suffered a severe injury when a truck making too tight of a turn caused the cyclist to wreck. How did the driver not see this group of riders?

According to a report by the National Highway Traffic administration, on average, two cyclists were killed each day in

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OFFICIAL CLUB



AMERICA'S TRIATHLON

traffic crashes in 2018. Distracted drivers and bigger vehicles may be the culprits, experts say.

Looking into the statistics published by the [Florida Department of Highway Safety and Motor Vehicle](#) the annual average number of bicycle accidents in the last five years is 6,800 bicycle crashes and 135 bicycle fatalities per year. This fact makes it even more imperative for both party's to become aware of the dangers they face when driving and riding the public roads.

Zarzaur Law, P.A., [The National Highway Traffic Safety Administration](#) and [bicycling.com](#) reminds us to keep in mind the following guidelines when riding a bicycle to reduce the risk of accidents and avoid injuries.

- **BE VISIBLE** - Use protective equipment such as a helmet, a white front light, and a red rear light. Don't forget to use reflectors on the bicycle, helmet, and clothes.
- **GO STRAIGHT** - Plan a safe route. Choose roads with less traffic and slower speeds. Always ride in a straight a line as possible so drivers can sense how far left they have to go to get past you safely. Don't weave in and out of traffic.
- **DON'T GET DOORED** - Avoid getting clotheslined by a car door! On a road line with parked cars, take up more of the lane. Assume that the person in car does not know you are coming and will open the car door. Look over your left shoulder to check that traffic is clear and give the car a wide berth. Also, look at wheels and be prepared to take defensive maneuvers if the car's wheels are turned and they pull out in front of you. The driver may honk at you...but at least they saw you.
- **USE COMMON SENSE** - Do not use your cell phone or listen to music during your trip. It requires that your vision and attention stay focused on the road.
- **SIGNAL A WARNING** - Before passing a pedestrian announce yourself with "on your left" or "passing on your left" or using a bell so they can be aware of your presence. It is also important to use your ears in vehicle traffic, since many engine sounds can tip you off to any danger, with possibly the exception of hybrid engines that don't make much noise. When a potential dangerous encounter occurs, a scream is instant and can get a driver's attention.
- **STAY TO THE RIGHT AND BE PREPARED FOR AN EMERGENCY MOVE** - Drive in the same direction as traffic. If the driver passes you and immediately begins to turn right, you have two choices: a panic stop or instant turn. If you must panic stop, then shift your butt to the right of your saddle, straighten your arms as you lower your chest, and squeeze both brakes firmly. Never squeeze just the front brake or you'll pitch forward. Or you can avoid the collisions by making a right turn with the car. If possible, brake before the turn, not during it. Keep your right pedal up so it won't hit the curb. Be fair and take your fair share of the lane to avoid being overtaken by a car.
- **READ THE LIGHTS** - Obey road signs and drive predictably. Stay clear of traffic by staying ahead of it, however, don't gain ground at red lights by passing a lane of cars on the right. It's illegal and you can get "doored" from either side.
- **KEEP PEDALING & RIDE ASSERTIVELY** - If you have the right of way to an intersection, don't coast through or drivers may assume they can cut in front of you. Keep pedaling, but be prepared to stop.

Drivers should also keep in mind the following key points when sharing the public roads with other cyclists.

- **BE COURTEOUS** - Give way to cyclists in the same way you would with another vehicle on the road.
- **RIGHT ON RED** - Avoid hitting a cyclist when you turn right in red. Observe to your right and behind you to make sure there are no cyclists nearby.



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- **OBEY SPEED LIMITS** - Reduce speed if road conditions are hazardous and drive defensively to avoid a crash with a cyclist.
- **PASSING** - Do not pass a cyclist too closely. Pass a cyclist only when it is safe if you need to cross into the adjacent lane.

Common Motorist Errors: How to Avoid them

- **TURNING LEFT AND CUTTING CYCLIST OFF** - When turning left in front of an oncoming cyclist who is going straight through an intersection: Make eye contact with the driver and nod to indicate you're moving forward.
- **RUNNING THROUGH A STOP SIGN** - If a driver fails to obey a stop sign and pulls in front of a rider: Stand on your pedals at stop signs to improve visibility.
- **TURNING RIGHT AFTER PASSING** - Keep your hand on the brake when a driver passes and look for a turn signal.

Sharing the road is mandatory, so it is important to have a sense of safety and security for both cyclists and drivers. Practice the guidelines above to keep roads free of accidents. Remember that sharing the streets is about promoting mutual understanding and above all avoiding accidents and injuries.

If you or a loved one has been involved in a bicycle accident, it is important to consult with a Board Certified Trial lawyer who has the knowledge and experience to help you. We know accidents can be stressful and want to make the process as easy as possible for you. Call Zarzaur Law, P.A. today at **(855) Hire-Joe** for a free legal consultation or visit www.zarzaurlaw.com.

Joe Zarzaur is a Board Certified Civil Trial Attorney whose firm is dedicated to promoting community safety since 2007.



OUR AREAS OF PRACTICE:
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Sources:

Association for Psychological Science. (n.d.). *Bicyclists beware: The psychology of car-bike crash risks.* Retrieved from <https://www.psychologicalscience.org/news/motr/bicyclist-beware-cars-view-less-risk-in-crashes-with-bikes.html>

Florida Department of Highway Safety and Motor Vehicles (2016) *Crash and Citation Reports & Statistics [Statistics]*. Retrieved from <https://www.flhsmv.gov/resources/crash-citation-reports/>

The National Highway Traffic Safety Administration (n.d.). *Bicycle safety.* Retrieved from <https://www.nhtsa.gov/road-safety/bicycle-safety>

333 Secrets of the Lifetime Rider. <https://www.bicycling.com>

Deadliest Year for Pedestrians and Cyclists in U.S. Since 1990. <https://www.nytimes.com/2019/10/22/us/pedestrian-cyclist-deaths-traffic.html>

GROUP TRAINING



10% off with code:
TGCMC

SWIM, BIKE, RUN

Members post their workouts for others to join:

[TGC Trains](#)

Bring your old athletic shoes for donation to the [Swim Clinic!](#)

Nike Reuse-A-Shoe

- Any brand of athletic sneakers
- Only running/tennis shoes
- Nothing with metal cleats or spikes
- Remove laces

Bring to Weekly Morning Swim (or any TGC meet-up)

Collecting Through July 31

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Patrick
TGC President

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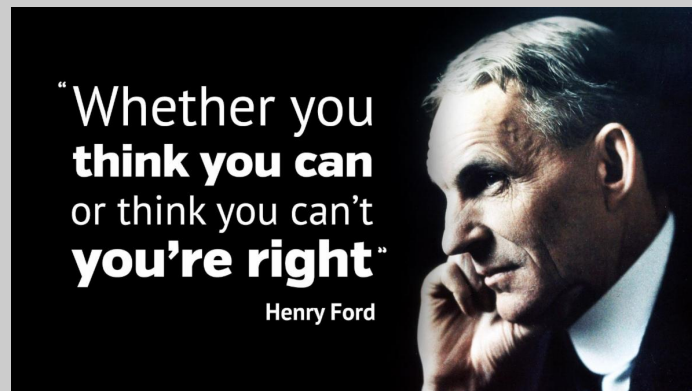
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Finding Your Motivation



Motivation is a tricky thing. Certainly much more so this year than any other for all types of athletes. I only began my triathlon career 18 months ago, but I've been an athlete my entire life. There was always one constant no matter what the sport: COMPETITION. It was my motivation. It is what got me up at 4:45 a.m. on a cold, wet February morning in order to get my workout in before heading to the office. I needed to measure myself against others in order to stay engaged and keep pushing. Unfortunately, it appears that we're not going to have as many official events this year (except SRITRI of course!) so I have had to find other ways to keep up my current level of training.

For those that don't know me I'm a Prosthetist and have worked with amputees for 25 years. I have met people at their absolute lowest point and watched them learn to live again. It isn't

easy but they do it, often one day at a time. I have gotten to know some that were truly inspirational. I have used their situations as inspiration some mornings to drag myself out of bed, because I know that they would give up everything to have the ability to just wake up, throw on shoes and go run outside at 5 a.m. like I can. To paraphrase my favorite runner, "Don't waste the gift!"

I know there have been many amputees in triathlon over the years, but now that I can actually call myself a triathlete I guess I paid a lot more attention to Roderick Sewell's accomplishments at Kona last year. [For those that didn't, read this.](#)



In the world of prosthetics there is an exponential difference between a below knee (BK) and an above knee (AK) amputation. I can look most single limb BK patients in the eye and assure them that they will get back to doing most of what they used to do if they put in the work at physical therapy and at home. They will have to modify how they do some of those things but at least we know it's possible if they want it bad enough. Statistically it's much harder for an AK. I'm sure you can figure out the percentages as we enter into double limb territory. Training a double limb AK just to walk unassisted is an accomplishment. To do what Roderick did at Kona is otherworldly.

I got another shot of inspiration at a recent Weekly OWS. I had the pleasure of swimming with a local athlete, Joey, who is completely blind. I have watched Dom and Joey train together in the past and always wondered how well their system worked. To be honest I was surprised at how well Joey swam. He's straight and fast. The tension on the bungee tether around our waists is all he needs. During one of our breaks, Joey was laughing about his usual response to people who ask him how he swims... his answer, "Just like you. I jump in the water and start paddling." :) My kind of guy!

My point is that I now realize I don't need competition to keep training. I just need to remind myself once in a while why we do this in the first place. There are many ways to push yourself physically and mentally. I hope everyone finds a way that works for them. If not, I can introduce you to a couple friends.



Travis
TGC Board Member
Prosthetist
Triathlete

So, the unexpected happened...Now what?

We've all been there... a bad race, or NO RACE, a horrible training ride complete with flats and muscle cramps, stormy weather during the *ONLY* hour you had to fit that workout in, a bad day at work, family issues... and the list goes on.

So, how do you deal with it? How do you overcome these extrinsic factors and focus on the task at hand - in this case growing into a stronger ATHLETE, while maintaining the delicate

balance of life responsibilities? Or more simply put, how do you clear your mind? We know that no matter how bad a day we're having, a workout might just help... [AND THESE ARE TECHNIQUES THAT WORK FOR US.](#)

Finish Strong,
Coaches Helen & Dom
Tripossibilities.com



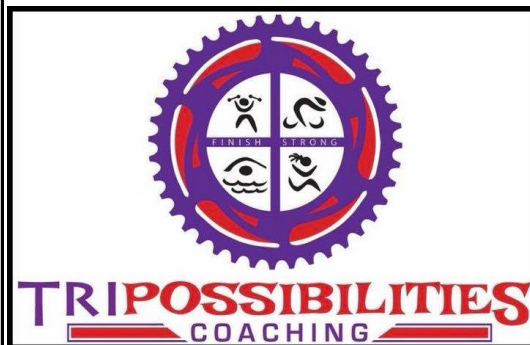
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Updated USAT Rules for 2020



If you are racing a triathlon in the U.S., it is most likely sanctioned by USA Triathlon (USAT).

There are new USA Triathlon Competitive Rules that will apply at all USA Triathlon sanctioned events, effective July 1, and we want to make sure you're in the know.

Notable changes include:

- Participants competing in the same event may assist each other with incidental items such as, but not restricted to, food and drinks after an aid station, pumps, tubular tires, inner tubes and puncture repair kits. Participants may not provide any item of equipment to another participant competing in the same event which results in the donor participant being unable to continue with their own competition. This includes but is not restricted to complete bicycle, frame, wheels and helmet. The penalty for this will be disqualification of both participants.
- A participant's helmet must be securely fastened at all times when the participant is in possession of the bike, which means from the time they remove their bike from the rack at the start of the bike leg, until after they have placed their bike on the rack at the finish of the bike leg.
- Any non-traditional or unusual bicycle construction or equipment to which the USA Triathlon bike specifications in Section 5.11 cannot easily be applied shall be illegal unless details have been submitted to the USA Triathlon Commissioner of Officials, who will forward to the ITU for a decision.
- USA Triathlon officials at sanctioned events, when safe and appropriate, will warn and amend on new rules as they take effect. The purpose of the warning is to allow athletes time to adjust to the changes and promote a "proactive" attitude on the part of officials. However, it is not necessary for an official to give a warning prior to issuing a more serious penalty.

These changes to the USA Triathlon Competitive Rules are the first step toward a more uniformed set of rules across multisport events, from USA Triathlon to IRONMAN to ITU. The objective for the Rules Harmonization Task Force, which was created last year, is to create one global competitive rulebook, develop international event standards and guidelines for

competitive races, and provide flexibility for recreational rules dispensations and event standards for local races.

Safety and fairness remain USA Triathlon's highest priority, while portions of the rule book were also redesigned to provide a better understanding and educate athletes while also applying better global standards across the sport. [Please review \(and download\) the 2020 Rule Book today to familiarize yourself with the changes.](#)

Mere Mortals Phase I

We've created new online forums for Mere Mortals 2020.

Join the [TGC Mere Mortals 2020](#), private Facebook Group.

Join the [Official Mere Mortals 2020](#), Strava Club.

Subscribe to the Tri Gulf Coast [YouTube Channel](#).

Watch for periodic Zoom [video conferencing] sessions about triathlon related topics.

Read the Mere Mortals COVID-19 [Three Phase Plan](#).

COVID-19 Tips & Resources

Continue to make healthy choices, get your information from reputable sources, follow the directions of State & 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)



U.S. Resources & Tips

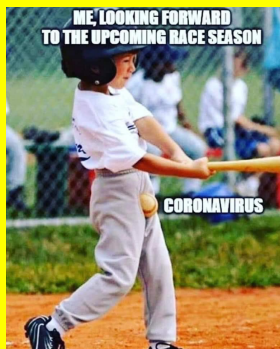


Local COVID19 briefs with Joe Zarzaur and Dr. Evan Malone.



International Information

UPCOMING EVENTS



Most events in 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

| | |
|------------|----------------------------|
| 08/01/2020 | Group Run @ Veteran's Park |
| 08/02/2020 | Swim Clinic @ Park West |
| 08/02/2020 | T3: Beach Day w/ SRITRI |
| 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
09/13/2020
09/20/2020

Swim/Bike/Run
Swim/Bike/Run
Member's Only Triathlon
(Practice Tri)



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!

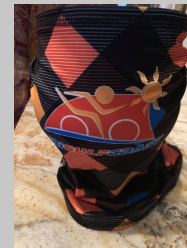
This is your last chance to get these items before THEY'RE GONE!

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



Headswear Gaiter



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