



TRIGULFCOAST
MULTISPORT ATHLETES

JOIN!

YOUTH RACES

NEWSLETTERS

MERE
MORTALS

CALENDAR CONTACT

1 February 2020

Greetings!

We are solidly in what most of us consider the coldest part of our FL winter. February and March can be more brutal in our area than most know. It's a wet cold - that ever present humidity bites in winter.

All is not lost. As we work on the TGC off-season, winter schedule there are a lot of options to get outside [wearing many layers] and enjoy all the things our corner of Florida has to offer. Time on the trails, both running and biking, are my personal favorites for this time of year. You don't typically see deer while exercising when riding your trainer or hitting the treadmill.

This month look for opportunities to sample parts of the Pensacola Triathlon Course, give mountain biking a try, or connect with friends on TGC Trains to organize your own adventures.

It's also time to order the 2020 TGC Triathlon Kits. This order window closes February 24!

Stay warm,
Patrick Willi
TGC President



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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



50,000 Miles in 2020

Wow!!! What a crazy month it's been! From being a 1st time Dad, to the 2nd annual Joe Relaxo Challenge, to planning for the 2020 Event Season, this first month has been intense.

Now that the year has started lets jump right in. As some of you may know, I like goals, and we think that this community [TGC] really understands the value of goals. Past articles, we've talked about the importance of building goals that are SPECIFIC. We talked about the positives of WRITING your goals down. We also mentioned the value of SHARING your goals so others can help hold you accountable and assist you in reaching those goals. Well, being one to not just talk the talk, I figured this year we try and walk that walk.

2020 is the year we've put pencil to paper, thought into action, and what was once private out into the public. Gulf Coast Event Group, Inc. (That's our official name: we're the ones that put on the [RunPensacola.com](#) events, as well as the [Pensacola Triathlon](#)), has decided on our 2020 goal, and we could really use your help in



Free phone consultations



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

attaining it. Our goal is Specific, Time oriented, and now Public.

In 2020 we would like to hit 50,000 miles.

That's 50,000 miles raced in all of our events combined, from the Joe Relaxo Challenge in January to the Ho Ho Hustle in December. This is a lofty goal, but one that we think is attainable. It won't be easy. It's going to take work on our part to produce the types of events that people want to run and participate in. We're stepping up our game this year with a few extras that focus on athlete experience and appreciation. We're listening to ya'll as to ways to improve our events, and we're teaming up with more local partners to really get the community behind this goal.

We can't hit this goal alone and we need your help. When filling out your 2020 race calendar, please consider sprinkling in some of our local events in your training programs. Encourage friends to get off the couch and come run some fun Local Events. Invite your out-of-town friends down for a visit and choose a weekend that has a run. As this is a triathlon community, sign up and participate in the 2020 Pensacola Triathlon. This 50,000 mile goal is one we'd like to share with the community, and we'd like to share it with you.

We've let you know our goal and how you can help. Now let us know your goals and if there is any way we can help you hit them. Be assured, we'll do our best to help.



To the Starting Line,

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

Stay Connected



Triathlon: Multisport for Healthy Lifespan

I don't know about you, but I LOVE the results of triathlon training! There is no denying some aspects of racing can be stressful and push us to our limits. However, as an athlete in my 40s, the benefits of training keep me motivated. So, beyond the thrill and prestige of becoming an *Ironman*, what are some of the benefits of training? The benefits can be increased longevity, maximized health-span, and how about preserving lean muscle mass into our seventies.

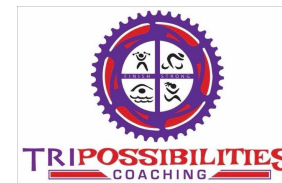
Take a close look at this set of MRIs:



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!](#)

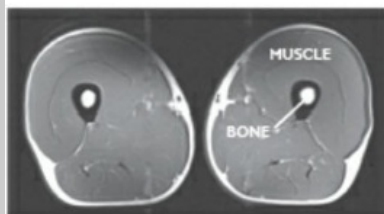


MASSAGE THERAPY BY
JAMES FRITSCHLE

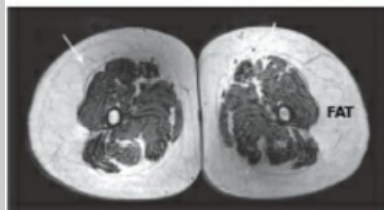


RHouse
- Home Services
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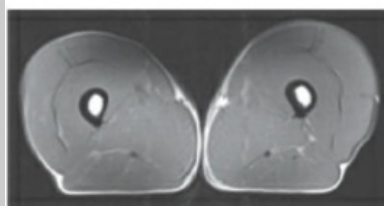
MRI scans of thigh showing bone, muscle and fat.



40 year old triathlete



74 year old sedentary male



70 year old triathlete

Reference: Andrew P. Wrablewski MBS, BS, Francesca Amati MD, PhD, Mark A. Smiley MBA, BS, Bret Goodpaster PhD & Yonda Wright MD, MS

These scans originate from a study by University of Pittsburgh, Center for Sports Medicine, "Chronic Exercise Preserves Lean Muscle Mass in Masters Athletes." The study involved 40 (20 male and 20 female) high level age-group-triathletes ranging from 40 to over 80 years old. The contrast between the leg muscle mass, fat, and bone density of the sedentary 74 year old male and that of the 70 year old triathlete is shocking!

It is hard to find a better piece of evidence for "Use it or Lose it" than this. In physiology, Wolf's Law is an observation of how bone tissue in a healthy person adapts under load. Under the right amounts of load, bone remodels itself over time to become stronger. The inverse of this law is also true; when load on a bone decreases, the bone will become less dense and weaker due to lack of stimulus required for continued remodeling. Davis's Law is this same observation of tissue adaptation of the body's soft-tissues (muscles, ligaments, tendons, fascia) to load and exercise.

Effects of age related muscle-loss, called sarcopenia, can start in our 4th decade of life. Muscle loss is a major concern for the world's aging population, especially related to the increased risk of injury from falls related to balance issues. Modern humans are enjoying a longer lifespan, but we are spending that extra time with limited physical mobility. The variety of movement from regular swimming, biking, and running (and walking too) gets us out in the fresh air, improves circulation and helps regulate our body's hormones. Strength and endurance training are well-proven ways to keep and build lean-mean muscle.

If I can only leave you with one exercise, let it be this one: there are two small but powerful lifting muscles located on either side of your face. Their names are zygomaticus and risorius.



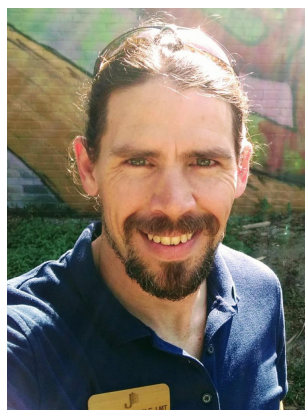
For a more fulfilling tri-training and social life, exercise these two muscles daily. And call me in the morning.



15% off most items
Excluding Garmin, Stages, & Favero

[Email for code!](#)





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JAMES FRITSCHLE

Massage Therapy By James Fritschle
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Team Handle: TRIGULF
Email for Team [Passcode](#)



10% off with code: TGCMC

2020 Tri Gulf Coast / Mere Mortals Triathlon Kit



[ORDER HERE by Feb. 24](#)

The window to order the official 2020 TGC Kit is opened
through Feb. 24, 11:59 p.m. (PST).

- Sponsor Logos are placeholders and subject to change.
- A 2nd order window is NOT GUARANTEED.
- There are many gear options & configurations to choose from.
- This is the same brand we've used for years.
- Items should ship by April 9 and be here in time for [Pensacola Triathlon](#).

[ORDER HERE by Feb. 24](#)



Discount Code: C-TRIGULF

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.

GROUP TRAINING

SWIM, BIKE, RUN

Members post their workouts for others to join:

[TGC Trains](#)

Cooking with Trek



One of Bob's GO-TO dishes after a nice bike ride around Pensacola Bay is **Rigatoni with Sausage and Kale**

If you have any questions about the dish, feel free to stop by the shop and talk food. Happy eating and safe riding!

Rigatoni with Italian Turkey Sausage

- Italian turkey sausage
- Rigatoni pasta
- Sweet potatoes
- Yellow onion
- Baby kale
- Fennel seed
- Feta
- Good quality olive oil

Cook your rigatoni noodles to al dente, firm to bite.

Par cook the sweet potatoes to where they are still firm so you can dice them into squares.

Cook your Italian turkey sausage and drain the fat.

Sauté the yellow onion in a large skillet. As the diced yellow onions starts to become translucent add your diced sweet potatoes with a pinch or two of Salt and the fennel seed to taste.

Just before you are ready to take everything out of your skillet, toss in your kale for a few seconds to wilt.

Add all cooked ingredients in a large bowl (pasta, sausage, sweet potatoes, yellow onion, kale) over your rigatoni pasta.

Drizzle olive oil, add crumbled Feta cheese and, of course, some fresh cracked pepper.

Now enjoy.



Let us know what you think on our [Facebook Page](#) or just give us a call.

Trek Bicycle Store Pensacola Team
850-912-6858

***Shop Special: \$50 or \$100 off tune ups all of February. ***



[Trek Bicycle Store Pensacola](#)

UPCOMING EVENTS



Board Meeting
Feb. 12 (Wednesday)
Email: President@TriGulfCoast.org

PNS Tri Bike Course with Trek
Feb. 8
Trek Store

TGC Mountain Biking Day
Feb. 29
Pate Trail Head

TGC Women's Seminar
Mar. 10
Trek Store

PNS Tri Course Preview (Brick)
Mar. 14
Downtown Pensacola

Maritime DeLuna Youth Duathlon
VOLUNTEERS ASSEMBLE!
Mar. 29
Maritime Park - Pensacola, FL



Triathlon is SOUTH for the winter

St. Marks Duathlon
Mar. 22
St. Marks, FL (South of Tallahassee)



Pensacola Triathlon
Sprint & International Distances
April 26, 2020
Pensacola, FL



Chattanooga Swim Fest
May 30-31
Chattanooga, TN

Swim for Alligator Lighthouse
Sept. 12
Islamorada, Florida Keys

WFW Annual Battleship Century Ride

Feb. 8
Pensacola to Mobile Loop

WFW Sunset/Full Moon Ride

Feb. 9
Ft. Pickens Loop

Pensacola Slow Ride

Feb. 15
Downtown Pensacola

Weekly Rides:

West Florida Wheelmen

Trek Store

Ride More Bicycles

Girlz Only Sunset Rides (Winter Hiatus)



Pensacola Parkrun

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

Double Bridge (15K / 5K)

Feb. 01
Pensacola, FL

Pensacola Beach Glow Run 5K

(Evening)
Feb. 8
Pensacola Beach



Blackwater 50K Relay

A Run Pensacola Event
Feb. 15
Bear Lake - Munson, FL

Sea Turtle Half / Sweetheart 5K

Feb. 15
Orange Beach, AL



Bay to Breakfast 8K

(Trail)
A PRA Event
Feb. 22
Big Lagoon State Park
Perdido, FL

Joe Cain Classic 5K

Feb. 23
Mobile, AL

I Pink I Can Run (4 miler)

Feb. 29
Flora-Bama

McGuire's Prediction 5K

[Bridges to Bluffs](#)

Sept. 13
Knoxville, TN

[Swim Hobbs Island](#)

Sept. 20
Huntsville, AL

[Swim the Suck](#)

Oct. 10
Chattanooga, TN

[Swim Around Charleston](#)

Oct. 11
Charleston, SC

Mar. 7
Pensacola, FL

[Shamrockin' 8K](#)

Mar. 15
New Orleans, LA

[Blue Angel Rock N Fly 5K & 13.1](#)

Mar. 21
NAS Pensacola

[Spring Fever Chase 10K](#)

Mar. 21
Fairhope, AL

[Blackwater Trail Run \(10 miles\)](#)

A Run Pensacola Event
Mar. 28
Blackwater State Park, East Milton

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
- Orange Mud Changing Towels



Headsweat Gaiter



Charcoal towel with the TGC logo





Stay Connected



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

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Gulf Breeze, FL 32562

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