



TRIGULFCOAST
MULTISPORT ATHLETES

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1 January 2020

Greetings!

Welcome to 2020. We are deep into the off-season but there is still plenty to do as we mix up our usual activities and/or begin training for Pensacola Triathlon! Keep a close eye on the Facebook Events Calendar for some group trail running and mountain biking opportunities.

With the new year I also wanted to take a moment to talk about friendship. One of the great things about TGC is the friendships that you can develop. We (as a club) spend a lot of time together, in spandex, and members can often bond over a ride through a thunderstorm or swim in 6 ft waves. Before you know it, you'll be participating in a unique relay around a bay or jumping into the Gulf in December just because. Cultivate these friendships while you build your fitness and grow as an athlete.



Stay active,
Patrick Willi
TGC President

In This Newsletter:

[Life Lessons](#)

[Write for the Newsletter](#)

[Get Excited about Youth Multisport](#)

[Group Training](#)

[Meet the 2020 TGC Board](#)

[Integrate Yoga in Your Life](#)

[Upcoming Events](#)

[ONLINE STORE](#)

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6" Sub-of-the-Day, Chips, and Drink



Life Lessons

Life Lessons seem to be what is filling my head these days. Before I get into this month's article, I think it's prevalent to mention that as I'm writing, I am sitting in Baptist Hospital awaiting the birth of Baby Guess! I think the reason life lessons have been on my mind is that for the past nine months I've been wondering what and how I'm going to teach my son how to navigate life.

Working events the past 15 years has taught me several lessons that carry over into other parts of my life. Today I want to discuss **PREPARATION**. Events take a ton of prep work prior to igniting the start cannon. From permits, to staffing, to traffic control, to EMS, to contingency plans... the list goes on. In my roughly 500 events there have been multiple levels of preparation.

The worst type of preparation is when an event is operating under-prepared. This usually happens with first time Race Directors when lack of experience is the main cause, but it can also happen with the experienced Race Director that has lost the passion or is just overly confident. An under-prepared event is easy to spot. It looks unorganized with a lot of hustling and fussing just before the start which is most likely delayed. I'm sure you've seen this at events as well as with athletes at races. There's not much you can do on race day to help

with this except pray that things fall in order. Most of the time it does and organizers go on their way, hopefully learning that this isn't the way to do things and will be better prepared the next go around.

An over-prepared event is tougher to see from an athlete's perspective than it is from behind the scenes. It can be just as bad as the under-prepared. Being over-prepared is usually characterized by the minute to minute timelines and micro management. In events, as in life, you can't plan for everything. You have to leave room for the unexpected. Sometimes you have to purposely space the dominoes farther apart so that that you have time to change or reset if something happens.

So, what am I trying to say here? What is the life lesson to pass on? The best way to prepare for anything in life is to plan, but when making that plan always leave a little space. Situations change and unexpected things happen. Leaving that extra space allows you a chance to deal with the unexpected.

Oh, I almost forgot: y'all have a great 2020 and go ahead and register for the Pensacola Triathlon!



To the Finish Line,

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

Stay Connected



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.

Getting Our Youth excited about Multisport Events



If you are reading this newsletter there is a good chance you are an avid triathlete or looking to do your first triathlon in the near future. There is probably a reason that you came to enjoy the multisport life?

At Tri Gulf Coast we have seen it all - a friend convinced you to join, weight loss journey, mental well-being, the thrill of a challenge and the list goes on. There is no doubt that triathlon has had an impact on your life in some way or another.



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
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- Fencing



Take an opportunity to share that impact and encourage a youth to try the multisport life. This could be your child, a niece, nephew or grandchild. It can be a friend or work colleagues child or a student you teach.

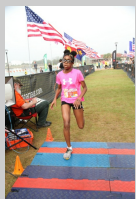
Most of us realize that keeping active is beneficial - and for kids it is just as important. Establishing a good relationship with exercise is just as important as establishing a good relationship with food. We can teach kids that being active is FUN and making it part of your life is essential. When kids stay active, they have less chance of becoming overweight, have stronger bones, lower chances of getting Type 2 Diabetes, lower blood pressure and blood lipid levels, better mental outlook, and sleep better.

As adult triathletes, we put ourselves through grueling training plans to accomplish our goals. That is perfectly acceptable as we know what we are getting into and we seem to like the torture. With youth we want to instill that exercise is fun and we should look forward to race day. Training with children is much different. Here are some tips:

1. **Training should be FUN** - Children do not need to have training plans. Distances for youth multisport events are attainable for all ages.
2. **Make training a family or friend affair** - I personally learned so much about my child's day when I spent time being active with them. It's amazing what they would tell me. :)
3. **Bike Training** - Family bike rides after school are good for everyone and allows fresh air to clear the brain before homework.
4. **Run Training** - Many schools offer weekly jogging clubs for students. Head to the beach and run in the sand or go to the park and run with the family dog.
5. **Swim Training** - Just being comfortable in the water is the first step. I highly recommend swim lessons for all children, as water safety is #1 in life. After that, play in the pool. Lap games with the kids are always fun in the summer.

Pensacola and Tri Gulf Coast have 2 annual youth specific multisport events. The [Maritime DeLuna Youth Duathlon](#) (March 29th) and the [Sea Turtle Triathlon](#) (October 4th). These are the only YOUTH SPECIFIC events in the area. This means that no adults will be participating and race is all about the youth athletes! We spend countless hours making sure that race day is perfect for the athletes with the perfect venue that makes each athlete feel like a superstar as well as a fancy medal, shirt, and custom age group awards. Most importantly, the race course is closed to all vehicle traffic and we have an abundance of volunteers to make sure the course is perfectly safe.

I encourage each of you to find a youth - whether it is yours or a friend's child - that you would love to introduce to the multisport life. Get them registered for the Maritime DeLuna Duathlon. Because of our generous sponsors we are able to keep the cost low (we all know multisport events are not cheap) so every child has the ability to compete!



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

[Email for code!](#)





ATHLETE REGISTRATION

Be a part of our team of volunteers. We love and appreciate all who come out to be a part of these great events.



VOLUNTEER REGISTRATION

**Juice Babe
Juice Bar**



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:

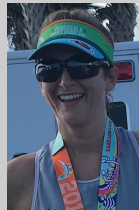
[TGC Trains](#)

Meet the 2020 TGC Board



Patrick

President



Dani

Vice President



Sheila

Treasurer



Mark

Secretary



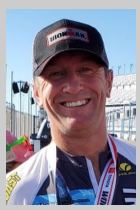
Bryan

At Large



Dom

At Large



Travis

**At Large
Merch.
Co-Chair**



Brian

**Merch.
Co-Chair**

Miles

**Sponsor
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Co-Chair**

Gary

**Sponsor
Advocate
Co-Chair**

Teresa

**Mere Mortals
Co-Chair**

Tom

**Mere Mortals
Co-Chair**

Mindi

**Youth Events
Chair**

How to Integrate Yoga into Your Life for the First Time

You know Amanda, the Juice Babe, from Mere Mortals & the Summer Social where she shared some of her awesome juice concoctions. She is also a yoga instructor. Yoga is what started her personal, spiritual, and entrepreneurial journeys. If you are interested in more, She teaches a slow flow yoga class every Monday @ 3:30 PM at NiaVana Studio and @ 5:30 PM at Empathic Practice.



Are you wanting to try out yoga? Before you start, ask yourself: What drew you to this decision? Are you looking for more flexibility? More strength? More peace? Looking for your overall goal and intention is a great place to start to keep yourself aware and mindful.

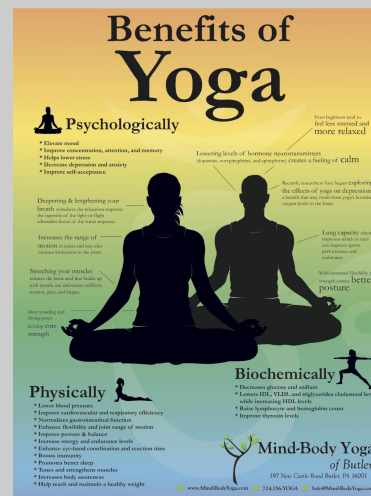
Maybe you're thinking a Q&A isn't necessary but usually there is an underlying reason to push yourself to try something new. For me, I have a goal to do a triathlon. Why??? Because I'm not a very good swimmer, so I want to learn how to swim better. Because I have a fear of sharks and I want to break that fear. Because the entire idea of swim, bike, run simply seems like a challenge! I am personally a yogi, this is my form of activity, so a 'tri' is out of my box comfort.

Makes sense, right? Sign me up! Ha. Maybe it does sound a little far-fetched but we all should push ourselves in different ways and at different times in our lives. Maybe starting a yoga practice is a stretch (pun intended) for you. Maybe it's a new adventure. Maybe you're wanting a fun change! Maybe you just simply want a new exercise routine. Or, maybe you have a goal to stand on your head. Hey, why not?

No matter your *answer*, yay for you for trying something new, expanding yourself, and getting out of your comfort zone. Getting out of your comfort zone or experiencing change, is growth. Growth is so necessary to break barriers inside yourself, discover more of who you are, to pleasantly surprise yourself, and to inspire others to do the same.

Some quick tips to remember as you're starting out:

1. Move slowly.
2. Always keep your back/spine straight (except when curving your spine, i.e. in "cat" pose).
3. Keep your shoulders back & down, away from your ears. Relax them (your shoulders).
4. In the more challenging poses (i.e. a "warrior" poses), push yourself just a tiny bit more.
5. Don't push too hard. Find that balance between a small challenge and pain. You should never be in pain. Listen to your body and do what feels right to YOU.
6. Don't compare yourself to others in the classroom. This is such an individualized practice and everyone is so different.
7. Be kind to yourself and be patient with yourself.
8. BREATHE. This is unbelievably helpful. Deep inhales & exhales through the nose.
9. Let go of everything you need to do and focus on the present moment.
10. Set an intention at the beginning of your practice.



A 15-minute beginner sequence to try at home:

Take 5 long breaths per pose, moving very slowly and with a flow.

1. Mountain pose
2. Standing Crescent Moon pose
3. Chair pose
4. Rag Doll
5. Plank
6. Downward Dog
7. Child's pose
8. Cat & Cow
9. Seated Twist
10. Boat pose *lie down*
11. Straight legs up inversion
12. Savasana

Never practice a pose you don't feel comfortable with without a teacher close by. Being patient and working with what you have is best. A little goes a long way especially when you're focused on the present moment, your intention, and breathing.

No matter your reason for trying yoga, or trying anything new for that matter, recognize your expansion and keep growing!

Yoga is the perfect opportunity to be curious about who you are.
~Jason Crandell

Amanda Simmons
Certified Health Coach/Skin Coach
Yoga Instructor
Juice Babe Juice Bar



UPCOMING EVENTS





[TGC Group Trail Run](#)

Jan. 4
Pate Trail Head Parking Area

Board Meeting

Jan. 8 (Wednesday)
Email: President@TriGulfCoast.org

PNS Tri Bike Course with Trek
Feb. 8

[TGC Women's Seminar](#)

Mar. 10

PNS Tri Course Preview

Mar. 14



Triathlon is SOUTH for the winter

[HITS Sarasota](#) (Multiple Distances)

Jan. 5, 2020
Sarasota, FL

[Chilly Willy Duathlon](#)

Jan. 26, 2020
St. Petersburg, FL



[Pensacola Triathlon](#)
Sprint & International Distances
April 26, 2020
Pensacola, FL



[Tampa Bay Frogman Swim](#)

(3.1 Mile OWS)
Jan. 12, 2020

[Pensacola Slow Ride](#)

TBD
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)



A PRA Event

[Jan. 11 & 12.](#)

[Pensacola Beach, FL & Mobile, AL](#)



[Joe Relaxo Challenge](#)

1 mile, every 30 minutes, for 24 hours

A Run Pensacola Event

Jan. 24-25

Maritime Park - Pensacola, FL

[Double Bridge \(15K / 5K\)](#)

Feb. 01
Pensacola, FL

[Blackwater 50K Relay](#)

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

[I Pink I Can Run \(4 miler\)](#)

Feb. 29
Flora-Bama

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](#)



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



Headwear 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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