



**TRIGULFCOAST**  
MULTISPORT ATHLETES

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1 July 2020

**Greetings!**

Let me start by thanking everyone who is actively engaging with us and the things we are doing during these strange and unusual times. **This is the final Newsletter we are sending to last year's 2019 Members.** If you would like to renew for 2020, there are links in this Newsletter, on the website, and on Facebook. If you are waiting until things calm down, we completely understand and hope to see you at a workout or meetup once things normalize a little more. We'll be here when you are ready!

In the meantime, TPC/TGC Weekly Morning Swims have officially begun on Friday mornings! We are also doing periodic hydration checkpoints in various, changing locations. We are hoping to begin group rides and group runs. Facebook is the best place to check for this information and our weekly videos, chat conferences, challenges, etc.

As soon as we are able to begin the Mere Mortals Sunday workout, we will push the Start Date out on every communication platform at our disposal. At that time, we'll be in serious need of volunteers!

We see a lot of people setting goals, working hard, and honing their Triathlon skills.



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

All the best,  
Patrick Willi  
TGC President

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**6 Common Limiting Beliefs & How I Achieve Goals More Easily**

At the end of every year, I get out a journal and a pen and I write down all the things I want to accomplish, and the better 'me' I want to embody. This is a compassionate experience where I REALLY express these goals and wants for myself. I really want to make a change. I know I can be, do, and have more...if I can only achieve these goals, I can get "there."



But in the past, when February approached, these goals would magically start fading. Life happened. Life got in the way.

And it just seemed **OK**. It seemed validated. "Well, I'm just too busy, and I seem **OK**, so those goals can wait."

And what about: "Plus, I've been **FINE** without achieving these goals or other bigger goals I've had before so I'll still be **FINE**."

But then there is always this other voice that says (at some point), "**DON'T YOU WANT TO BE MORE THAN FINE?!**"

This "other" voice is always right.

Do you find yourself not following through with your goals?

**First, I want to share 6 ways we may be limiting ourselves in this area, and then I'll share what keeps me (now) on track with achieving all of my goals:**

**Limiting Belief 1** - We give up. It's easy to do. It gets us back to that comfortable, familiar space that we've been in for a long time, so we do it, we throw in the towel and give up. And this is validated by those thoughts & beliefs I mentioned earlier so we easily move on.

**Limiting Belief 2** - Even though we're super passionate and motivated when the goal(s) is set, over some time, we start to feel like it's not going to work. And why should it right?

**Limiting Belief 3** - "It worked for them, but it won't work for me" OR "It didn't work for them, so it probably won't work for me either." Comparison-itis is a very common limiting belief.

**Limiting Belief 4** - There's not enough time. As life starts happening and moving on after we've made a promise to go after our goals, we start feeling that sense of time pushing forward and we get hooked in the 'time is moving fast and running out', therefore, there is no time for these "extra" dreams and desires, because we have priorities and other responsibilities to take care of.

**Limiting Belief 5** - It just feels like too much effort, and "lazy sounds nice right about now." Oh how we loooooove to stay in comfort zone!

**Limiting Belief 6** - We feel like we're being too selfish. We have kids, a partner, job, household, etc., how could we seriously do this for ourselves when we have all of these lovely necessities to care for?

Do you resonate with any of these?

I've been there. And these all still pop up for me, however now I implement a system to dance around them and keep moving forward.

**One step in this system is: to take daily inspired and authentic action.**

This may sound too simple, but the consistency is key. And, when your action is focused towards what you're wanting, with love (hence inspired and authentic), there is no doubt that you will get to where you want to go.

And this doesn't mean to run yourself down. It's doesn't mean to hustle. It simply means "what can I do today, or right now, to move myself forward?" **Baby steps is literally what it takes.**

Balance these baby inspired steps with your life and you'll one day notice how far you've come.



Free phone consultations



\$6 Daily Meal Deal  
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Two free workouts and  
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## YOUTH RACING: What to expect for the Sea Turtle Youth Triathlon

Well 2020 has definitely thrown us a curve ball in the world of multisport - and many of us are asking for re-do on this year! Regardless, 2020 will go down as an unforgettable year when life stopped for COVID19.

I have been extremely impressed with the creativity of Tri Gulf Coast and how the club has adapted to the current situation as we start to re-open. The virtual Mere Mortals, Group Chats, Quasi Meet-ups, Virtual Clinics, and finally we are now having the TPC/TGC Weekly Open Water Swims on Fridays - be it in social distancing format. We will come back in the weeks and months to come but we are going to be mindful of space, distance, touching, and sanitation.

TGC Youth Multisport had to cancel our Maritime DeLuna Youth Duathlon on March 28th as the pandemic was entering our world. We managed to re-direct and were happy to put on a "virtual" race option that we felt was successful and rewarding for the athletes.

So what will happen with the Sea Turtle Youth Triathlon? We are moving forward as if we are having race day on October 4th. Our original plan with opening registration on July 1st will be pushed back to July 15th. The only reason for this is Florida has trended upwards on the number of COVID19 cases and we just want to see the trend head downwards to be assured we can get permitting. We anticipate this will happen. If we do have to cancel for COVID19, we will give athletes the option of deferral, refund, or donation.

How can YOU be a part of the Sea Turtle Triathlon? We will need volunteers and lots of them. Generally, race day requires 80 great volunteers. In addition to having a fun and rewarding experience, ALL volunteers will receive a NEW TGC Youth Multisport visor!



As I said earlier, we will be very mindful of space, distance, touching, and sanitation. We are formulating a plan to keep both athletes, spectators, and volunteers safe. This in a nutshell means lots more space and minimize touch points. You will see changes on how things are done.

Probably some of the most impactful things to POSSIBLY expect are the following:

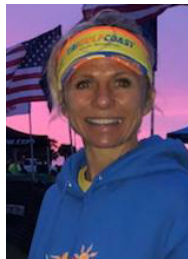


- Athlete field will be limited in size (most likely less than 200) to allow for spacing of athletes. Limited spectators.
- We will do a verbal health screening of all athletes and volunteers.
- Sanitizer, masks and gloves will be available for volunteers.
- Masks for staff and volunteers as per the current guidelines at the time of the event.
- More packet pick-up options and possibly NO race day packet pick up.
- Non-touching of athletes and equipment - this may be hard as some of the younger athletes sometimes require assistance. Parents will be notified of this.

- Time trial swim start with social distancing space between athletes.
- Athletes will have to take their own water from water stops.
- Athletes will grab their own medal and finish line goodies.
- Awards will be picked up by athletes at designated time with no awards ceremony.

From the Race Director's perspective this is a lot of extra steps and expense, but it is my belief that athletes want to race and they are willing to take the extra precautions to get back to some normalcy. I am excited to see some events happening and hoping we can learn from them. I am watching them closely to see what they do to keep athletes safe and yet preserve the race experience. Racing can be done, and we at TGC Youth Multisport maintain optimism that we will have fall races on the Gulf Coast.

Volunteer registration will open on July 15th with athlete registration. We look forward to having you join us as a volunteer.



Mindi  
TGC Youth Events  
Race Director  
[TGCYouthMultisport.org](http://TGCYouthMultisport.org)

[VOLUNTEERS NEEDED](#)



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**Ride More Bicycles**

**TRI 101 Group Ride with Tri Gulf Coast**  
**July 25, 2020**  
**Look for the full details on Facebook!**

**Basic Bike Maintenance Class**

Ride your bike. Wash your bike. Lube your bike.

Get a flat. Fix your flat. Ride your bike.

You know how to ride. We'll help you with all the other stuff.



Spend more time riding and less time waiting on repairs... it's

**GROUP TRAINING**

**SWIM, BIKE, RUN**

**Members post their workouts for others to join:**


[TGC Trains](#)

**Write for the Newsletter**



easy to keep your favorite ride rolling smoothly with a little bit of preventative maintenance. Learn simple tricks to take the sting out of washing a bike, lubing a chain, and repairing a flat.

We'll show you how to set up your wash bucket, where and when to apply chain specific lube and the easiest way to deal with a roadside flat.



Look for our next **Bicycle Maintenance Clinic** in July!

Tentative Date:  
July 25, 2020

Tentative Location:  
**The Ride More Bicycles Shop**



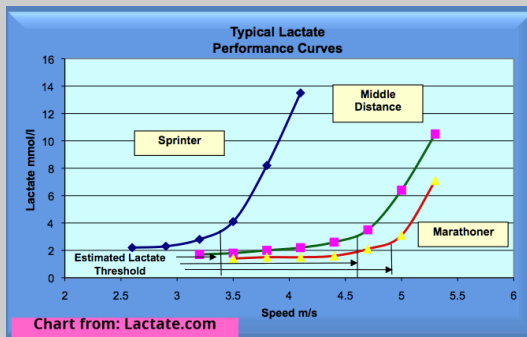
Do you have an idea, story, or article suggestion?

### **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.

## Improving Your Lactate Threshold

**We've all heard the experts talking about Lactate Threshold and how important it is** But what is it, why does it matter, and how important is it, really?



During heavy exertion, lactic acid builds up in your legs and makes them burn, while lactate serves as a neutralizing agent for the lactic acid. The harder you hammer, the faster the acid accumulates, until eventually the scales tip as your muscles generate more acid than you can neutralize. At this point, your screaming muscles cry uncle until you back off and slow down. This is called your Lactate Threshold, or the fastest pace/highest heart rate you can maintain for 60 minutes without feeling like you need a fire hose to put out the burning in your legs.

### HOW TO MEASURE YOUR LACTATE THRESHOLD

Most likely you won't find yourself in a lab where you pedal against an ever-increasing resistance while technicians take blood samples to measure the increasing lactate levels. But a field test on the road or on a trainer can serve as a much simpler alternative.

Thoroughly warm-up for 20 minutes, then hammer for the next 20, being sure to hit lap on your bike computer at the start and again at the end of the 20 minutes, then cool-down. Jot down your times and average paces, heart rate & power if you have it.

Repeat the test in eight weeks to see your progress.

### HOW TO RAISE YOUR LACTATE THRESHOLD (LT)

Like most things to do with the human body, LT is partially genetic, but it can be raised with some targeted effort. By pushing your limits intelligently, you can help your body become much more efficient at clearing lactic acid. The trick is riding that razor-thin edge between the point where you can ride comfortably for hours and where you can sustain only a few minutes before blowing up. It is important that you have plenty of base miles and some speed-work under your belt before you start LT training. The bigger your aerobic engine when you begin, the better your results will be. The following drills are designed to raise your LT. Do not use multiple drills within one workout, and do LT training no more than two days a week.

#### 1. STEADY STATE INTERVALS

After a good warm-up, ride 10 minutes at a steady effort, keeping your heart rate three to five beats below your LT heart rate. Recover for 10 minutes, then repeat two more times. Once you're comfortable at this level, do two 20-minute steady-state efforts, recovering for 20 minutes between. Eventually, work up to one 30-minute effort.

#### 2. LACTATE INTERVALS

These intervals simulate the effort you need when racing on a hilly course, where you have to push beyond your lactate threshold for short surges then clear the acid and recover quickly. First, warm up.



Then pick up the pace to your LT heart rate and hold that intensity for three minutes. Then drop it back down to your aerobic rate for three minutes. Continue for a total of three cycles, or about 18 minutes.

### 3. SPEED INTERVALS

Criterium, sprinters, and mountain bike racers need to elevate their PAIN THRESHOLD as well as their LT, because those situations demand pushing past LT and holding it there for extended bursts over and over. By training at an intensity where your body can't clear the lactate, you'll boost your ability to keep riding hard in the face of high lactate levels. After a thorough warm-up, increase your effort to about five beats above your LT heart rate. Hold it there for two to three minutes. Reduce your effort for 60 to 90 seconds, just long enough so you feel partially recovered, but not quite ready to go again. Repeat three times.

Want to ride faster for longer periods of time? Want to improve overall cycling fitness? Want to impress your followers on Strava with your ability to take charge of and own a segment? Want to crush your competition? Then Lactate Threshold training is for you.

Finish Strong,  
Coach Dom

[Tripossibilities.com](http://Tripossibilities.com)

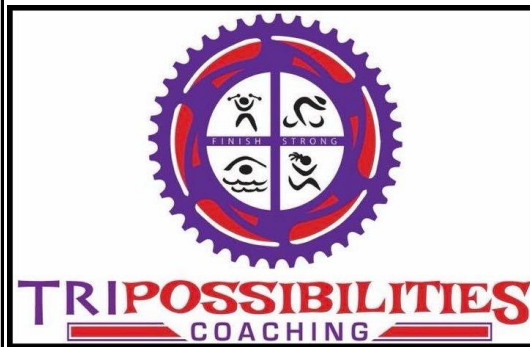
Find us on social media!

[Check out our website & blog.](#)

[Like our Facebook Page.](#)

[For fun and real-life stuff, follow us on Instagram.](#)

[For more tips and videos, check out our YouTube channel.](#)



### 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\*

- 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

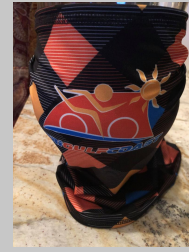
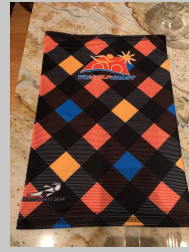


**WE HAVE AN ONLINE STORE!**  
This is your last chance to get these items before THEY'RE GONE!

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



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