



1 June 2020

**Greetings!**

*Mere Mortals IS impacted by the Pandemic and we have gone "Virtual" for the time being. Regardless, the participation we are seeing through Facebook and out-and-about is OUTSTANDING.*

*Look for the Weekly email each Saturday around noon with the details for the week. Check in on Facebook periodically for Distance Challenges tracked via Strava, workout reports, Zoom meetings, videos, and other opportunities to connect with each other.*

*As we all continue to get outside and exercise, remember to keep groups small and practice social distancing. As a club, we cannot organize meetups or coordinated workouts until larger group sizes are allowed and our event permits are reinstated. As these milestones are reached, AND THEY WILL BE, we'll transition through our published plan. In the meantime, progress through the Mere Mortals distances and workouts and be PROUD of your accomplishments.*

*Things ARE slowly getting back to normal. Sponsors who were forced to close are reopening. Ease back into those healthy habits and physical activity. Allow your mental health to heal as well.*

**2019 TGC Memberships have been extended through June 30th. 2020.**

**Registration is OPENED!**

All the best,  
Patrick Willi  
TGC President



**Stay Connected**



**How will COVID19 impact the future of racing ... and locally, Santa Rosa Island Triathlon?**

It is hard to believe that in late February my husband and I took our yearly race-cation to USVI - 8 Tuff Miles Road Race. There we stood in the Cruz Bay start corral rubbing shoulders with other athletes waiting for the cannon to sound prior to running through crowds of sweaty athletes and spectators. We finished our day at Skinny Legs Bar in Coral Bay with a Painkiller celebrating with athletes from all over the USA and world. This is by far our most favorite destination race-cation of the year (if you haven't heard of the event - it's worth the read). Sorry, I digress, but my question still continues to be, "Will this be my last memory of sharing the race course with fellow athletes and celebrating my love for competition and physical challenge?"

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**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**



As a Race Director, I ask myself "when will we see events again?" Each day I spend some time looking for events that will be the first to jump in. But we aren't at that point yet as most governing bodies have yet to allow permits for events. Best I have seen is races being postponed and re-scheduled and the earliest I have seen is September. At this moment SRI TRI 2020 is on the calendar for October 3, 2020 but as expected no permitting and best answer I have received from the Santa Rosa Island Authority is "when we know something, you will be first to know." I remain hopeful and we continue to move forward with event planning with our sponsors, medals, and awards. We have the registration portal READY and are just waiting for a green light. But we are not sure what the green light is? In my head, I say IF they permit the Blue Angel Weekend...we are a go for SRI TRI. We are being as transparent as possible as we want an event and we want YOU to race SRI TRI. So, hold tight and as soon as we have the green light our athletes will be the first to know!

USA Triathlon has put out guidelines for athletes called "[Safe Return To Multisport Guidelines](#)." Currently USAT is in their Phase II which allows for in-person racing, size restrictions, social distancing and sanitizing procedures. For most large endurance events to happen we will need to be in USAT Phase III.

So "how will endurance events look?" and "will athletes have to social distance?" Will we be spreading out transition, change to time-trial start, volunteers wearing gloves, no water stops on the race course (self-supported), limit after-party or change to virtual? USA Triathlon has published a "brain dump" of guidelines for race directors of possibilities of to keep athletes safe. Some are great suggestions to keep the athletes safe but others are less than ideal for the race staff, athletes and venue. Sadly, depending on the restrictions set forth it can be very costly, time consuming and impossible given the venue. This could result in races folding or having to price themselves out of the market. We don't want to see that.

I will tell you this, SRI TRI strives to keep EVERY athlete safe on the race course. "Safety" to a race director has always referred to a safe swim, bike, run. Who knew we would have to be keeping athletes safe from a virus? We will implement the necessary safety measures to keep athletes safe that are reasonable and per guidelines set forth. This may mean extra hand sanitizer stations, more spacious transition, time-trial start, no water stops, and limited after party. But honestly, we don't know yet. But as soon as we do - you will be the first to know.

We understand 2020 may be a hard year for athletes to race - whether they have decided it is not in their best health interest or tough financial times - we understand. If we are able to have SRI TRI we do hope that those who are able to race will join us on October 3rd, 2020. Although race day may look a little different please be understanding, be patient, and, above all, be



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generous. Volunteer if you can or bring a friend who has never raced or hasn't raced in a while. Each of us can be a part of rebuilding the multisport community. We truly do want to put on premiere event for multisport athletes and we would love to share the return to racing with you!



Mindi Straw  
[SRI TRI Race](#) Director

### Alpha Omega Performance has REOPENED

Effective June 1, Alpha Omega resumes full hours with continued Wellness Checks for all classes to assure your well-being and safety. If you have friends interested in the gym, their first visit is free and drop-in rates are \$20 per visit including Saturday.

The Alpha Omega Performance team has worked diligently to create a clean and safe environment for athletes' return to the gym. Everything has been cleaned, disinfected, and sanitized for your safety. Please remember to be patient and kind as we all adapt to the changes in place to achieve our priorities of safety, health, and wellness.



In an effort to assist with the safety of our clients and employees, we've established new **Entry Guidelines**:

- Use Bay Door for gym entry
- Wellness Checks including temperatures will be implemented
- Everyone will be provided a towel for use in the gym
- Cleanliness guidelines will be reviewed
- Coach will check you in and record results
- Be Patient as we focus on safety for all



[Alpha Omega Performance](#)



### Train Smart & Finish Strong

Hello Athletes,

As an amateur athlete, you have many choices on how to train. You can plan on-the-go and hope to have great races when the time comes, or you can follow an organized training plan building up to your peak event. You can hope to reach your goals, or you

- Building Maintenance
- Property Mgmt. Support
- Fencing



can plan how you are going to achieve those goals. In reality, we all know which one gives you the greatest chance for success.

The difference between these two training methods is not the amount of work or motivation. The difference is in the pre-planning, so that your chance of hitting your peak form on the week of your big event is the greatest. Without a coach, planning your own training plan for an entire season can definitely be overwhelming. [Here are some guidelines to help you on your way:](#)

- 1) Realistic Goal Setting
- 2) Pick Races
- 3) Calendarize
- 4) Periodize
- 5) Recovery Weeks
- 6) Daily Workouts
- 7) Follow the Plan
- 8) Keep a Training Log

Keep in mind, training is NOT something that needs to control your life. Training randomly and doing what you are in the mood can certainly be enjoyable. There is no problem with setting aside specific times of the year for this. Also, if daily enjoyment is your goal, then riding based on your mood may be the right plan for you. However, if you are goal-oriented and would rather strive to do well during a few parts of the season, then I highly recommend you start planning ahead of time and take the time to create a training plan.

Finish Strong,  
Coach Dom  
[Tripossibilities.com](http://Tripossibilities.com)

## TRAININGPEAKS™

RESULTS START HERE

For **\$20**, Tripossibilities is offering TGC athletes an enhanced sprint training plan, delivered via Training Peaks, that culminates with the Members Only Tri (MOT).

- The plan provides an athlete with extra framework and additional workouts for each week to build up for the final, practice triathlon.
- It is also an opportunity to learn how to better utilize an exercise watch and understand different fitness metrics.
- Advanced coaching plans are available to provide directed accountability.

**We need at least 10 athletes to make this happen.**  
**If you are interested, please let us know by: June 15.**

Find us on social media!

[Check out our website.](#)

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

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



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GROUP TRAINING

SWIM, BIKE, RUN

Members post their  
workouts for others  
to join:

[TGC Trains](#)

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.

**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](#).

**Great Hair During Summer Training**



Tri training is great for the body and mind, but it can wreak havoc on your hair! Combine that with COVID-19 closures and you may be in serious need of some hair TLC right now. For a triathlete, heat and chlorine are your hair's biggest challenges. Both will leave your hair dry and frizzy and can discolor your hair. We've got some simple tips from Logan, a 10th Avenue stylist, to maintain healthy hair through your summer training!

**Use a clarifying shampoo.** Clarifying shampoos are essential for going deep to purify both the hair and the scalp from chlorine and environmental build up. This shampoo would only need to be used once or twice a week in rotation with your normal shampoo and conditioner.



**Try going longer between hair washing.** Dry shampoo is an amazing product that can get you through a couple days without washing and it also helps with oily scalp. [Make sure to use it correctly for optimal results!](#) Do not use it on wet or sweaty hair. If you're sweaty, use a blow dryer or air dry before spraying the dry shampoo. When spraying, focus on the crown section and spray from ~6 inches away from the scalp. After applied, comb or finger through to evenly distribute, then style.

**Apply texture lotion.** Everyone wants the beach hair look for summer. Is your TIME crunched between work and training? Enter Oribe Matte Waves Texture Lotion for wavy locks that you air dry! That's right, no blow dryer needed.

Once you try it, texture lotion will become a staple in your gear bag.

10th Avenue Hair Designs is located on the corner of 10th and Cervantes in East Hill. All of our stylists work in private rooms, and we are taking all COVID-19 precautions so that you feel safe when you visit. All of the products mentioned above are sold at 10th Avenue and you'll receive 20% off your purchase with the TGC club discount. Book an appointment with Logan, Nicole, Connor, Sandra, or Paola to also receive 20% off your hair cut and 10% off your color services. We can't wait to see you soon!

**Cody & Namrita Brooke**  
10th Avenue Hair Designs  
850-433-5207  
[www.10thavenuehair.com](http://www.10thavenuehair.com)

*10th*  
ave  
HAIR DESIGNS



## 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\***

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



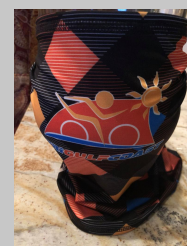
**WE HAVE AN ONLINE STORE!**  
This is your last chance to get these items before **THEY'RE GONE!**

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





Stay Connected



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