



**TRIGULFCOAST**  
MULTISPORT ATHLETES

JOIN!

YOUTH RACES

NEWSLETTERS

MERE MORTALS

CALENDAR

CONTACT

1 March 2020

**Greetings!**

Each day is one step closer to longer daylight hours, warmer weather, Mere Mortals, A-Races, and an entirely new list of things to do. Even with a little nip in the air, it's a great time to get outside and begin rebuilding those healthy habits we all aspire to conquering.

I hope everyone is keyed into our Facebook page. It's the best place to see what we have happening as a Club. We are very close to opening registration for the 2020 season and announcing the Weekly Swim and Mere Mortals training schedules.

Even though our off-season is coming to a close, we have some events on the horizon:

- [Woman-Power Seminar](#)
- [Bike/Run Brick - Group Workout - PNS Tri Course](#)
- [Trail Running Naval Live Oaks Preserve & Breakfast](#)
- [Zarzaur Law Maritime de Luna Du Youth Duathlon](#)
- A Night at the Wahoos ( **Details Soon** )
- Park East Reef Swim ( **Details Soon** )

I hope to see everyone out-and-about!

Be active,  
Patrick Willi  
TGC President



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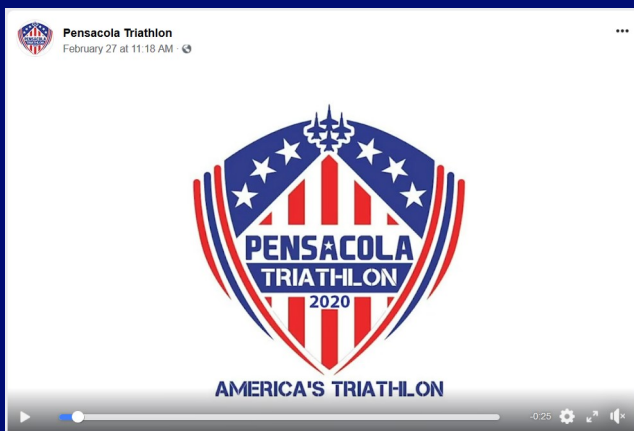


OFFICIAL CLUB



Two Month Count-Down

WATCH THIS!



Free phone consultations

We are two short months away from the Pensacola Triathlon. As one of the first races on the Gulf Coast's calendar, Pensacola Triathlon is a must-do. Start your race with a swim in the refreshing Pensacola Bay, bike along the scenic out-and-back course, and run through Historic Pensacola neighborhoods and past cheering spectators. Race Headquarters (Transition area) is held at Maritime Park, next to the Blue Wahoo's Stadium. The event concludes with a festive waterfront awards party featuring music, great food, and cold beverages. Overlook the beautiful Pensacola Bay while soaking in and celebrating your accomplishment!



To the Starting Line,

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

Stay Connected



You might be ready to ride... but is your bike?



It is that time of year again, cold and dark in the morning and the sun goes down way too early. Who wants to go for a bike ride outside? Not me. No way. I'll wait until it warms up a little more. If you lived in Pensacola long enough you know we can have warm spells in the middle of winter in the mid to high 70s and then drop back down into the 30s. I don't know about you, but I'm ready for a little warm weather to go for a nice bike ride to start the season off right.

So now let's think back to September/October of last year, or the last time you had your bicycle out and on the road. Do you remember the little voice in your head saying, "I need to get \_\_\_\_ fixed on my bike before I go out on another ride. What's that noise? I'll look at it later." Guess what. The time is NOW.

Everyone that knows me has heard me at least a dozen times talk about the importance of CLEANING your bike and Basic Maintenance. So let's talk a little bit about bicycle maintenance. How many of you drive a car that less than 20 years old? That's easy, almost all of us. What happens when the yellow oil light comes on? I know, we wait until the oil light turns red. Just kidding. We take the car in to have an oil change. Why, because our car is an investment. It gets you to work, it takes you to fun places, and most important it takes you to Mere Mortals on Sunday to train. So, what's so different about our bicycle? It's the most expensive part about triathlon (except for traveling) and let's face it, it's not a cheap sport. If we do some preventive maintenance like changing the oil in the car, our bicycle will ride better, have less issues, and be safer to ride. Many of you have bike computers, and many don't. Either way I would bet you aren't checking the odometer. So instead of looking at miles like you would in a car, let's look at time spent riding the bike.



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MASSAGE THERAPY BY  
JAMES FRITSCHLE



RHouse

Every 25 hours of riding:

- Wash and dry the frame, wheels, and tires. Look for anything out of place. For example, a new scratch in the frame that might be a crack OR you may notice a cut in a tire you didn't know about.
- Clean and lubricate the drivetrain. Using your preferred tool (old rag, toothbrush, t-shirt, etc.) remove the old lube and crud off the chain and your derailleurs. Once you've got as much of your drivetrain cleaned, you can add new lube. After applying lube on the entire chain use a clean rag to remove the excess. Now take a lubricant like Tri-Flow and add a small drop of lube on all the moving points on your front and rear derailleurs. Wipe off excess lube.
- Look over the entire bike visually to see if anything is out of place.
- Now you are good to go.

Every 50 hours of riding you will want to look for proper alignment and any wear:

- Drivetrain components
- Brake pads/rotors/surfaces
- Bearings in headset/bottom bracket/wheels
- All fastening bolts
- Wheels and tires
- Additionally, ask yourself if your bike is performing like it did previously.

By taking these steps, your bicycle will perform like a finely tuned race machine and one of your most expensive investments in triathlon will last you for years to come.

If you have any questions or concerns about what we just talked about, bring your bike in the shop and any one of us would be happy to answer any of your questions.

Oh, and don't wait for the red oil light to come on your bike.

Interact with us on our [Facebook Page](#) or just give us a call.

Trek Bicycle Store Pensacola Team



**Trek Bicycle Store**  
**Pensacola**  
850-912-6858

## Subway's Keys to Happy Racing

Consider these KEYS for happy racing

- Positive Mindset
- Making/Using a List
- Know Race Course
- Nutrition
- Bike Maintenance



The right mind frame is the first key. Think positive and happy thoughts. When you encounter a problem, turn it into an opportunity! Someone at our office says we have a problem, and I say we have an opportunity to

- Home Services
- Handyman Services
- Building Maintenance
- Property Mgmt. Support
- Fencing



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show our greatness at problem solving! Use this same mindset whatever the opportunity (problem) like when you get a flat in transition or discover your running shoes are at home.

Minimize the chance of these things happening by using a list and packing ahead of time. I even have a mantra before leaving the office: Keys, Phone, Wallet, Glasses. Make your packing a habit and your racing will be *HAPPIER*.

Next, consider the race course. Planning your transition setup can differ at different races. Normally, I like shoes mounted on my bike pedals for a faster transition, however, at Grandman Triathlon I put my shoes on my feet in transition because right out of transition there is a big hill which gives you no time to slip your toes into your shoes. (*Learn from my OOPs*).

Actively plan your Nutrition based on the race. The longer the race, the more important the plan. Test food ahead of time and remember: *Nothing new on race day*.

Now is the time to take care of necessary bike maintenance! Get your tune up before the masses start hitting the shops. Once May gets here, everyone digs out their bikes, boats, & RVs, and want to get them tuned up. Get your machine to the shop before the wait list.

These are a few of the things to keep you *HAPPY* on race day. What are some other keys? Talk with fellow athletes and see what they think. Sunblock...Post-race sandals...Tutu?

Race Happy and have a [Subway!](#)



Jeff (right)  
Subway  
Accomplished Athlete  
Long-Time Supporter of TGC



## Youth Duathlon - Request for Volunteers



We are weeks from race day and are in need of race day volunteers.

Join us for a fun filled morning!

[REGISTER HERE](#)



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Team Handle: [TRIGULF](#)  
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## 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](#)

## Keep Moving Forward

How many of you have been out running, riding, or swimming and hear from a distance, "Hey good job!" or "You got this!" One thing that I have truly fallen in love with within the triathlon and running community is the positive atmosphere. The sense of encouragement and positive attitudes is something that you cannot find anywhere else. Regardless, we are sometimes faced with unwanted stress, anxiety, and even depression.

These health issues can sideline you from your normal physical activities. As stress is an inevitable part of life, we sometimes need to find ways to get back on track. Studies have found that regular participation in aerobic exercise has been shown to decrease overall levels of tension, elevate and stabilize mood, improve sleep, and improve self-esteem.



If you are struggling to get back on track and hit the pavement running, here are some great ways to get yourself motivated and back out there among this amazing tri and running community:

1. **Start moving** - On the days when you feel like doing absolutely nothing, make yourself get up and walk around for a while. Once you're in motion, staying in motion becomes much, much easier.
2. **Choose activities you like and are comfortable doing** - Start this new journey with an exercise that you enjoy, because it is easier to stick with it when you are enjoying the activity.
3. **Stay accountable** - Find and train with a friend or group! Motivate and encourage each other to keep going!
4. **Set a goal** - Always set a goal. No matter if it is a small goal, reach that goal and keep moving forward to the next one.
5. **Make it a priority** - At first this can be difficult. It is important to not make excuses and make sure you keep to your training plan.
6. **Motivate others** - Pay it forward. Always make sure that as you continue on this journey, you continue to motivate others and encourage them to keep going.



Dr. Bryan Oakes  
DHSc CPT  
TGC Board Member



Hello from the 2020 West Florida Wheelmen (WFW)!

Whether you are new to WFW or rejoining, we are looking forward to an exciting year of riding. Take a few moments to think about your goals for 2020. Maybe it's to do your first century (100 mile ride), speed up your base pace, participate in a race, make friends, get healthier, ride more, or ALL OF THESE! Whatever the goal, don't forget to look us up on Strava and join in on the fun. We had impressive riding in 2019 and we have already begun grabbing miles for 2020. Kudos to all you beasts out there!

The West Florida Wheelmen club exists because of local cyclists and our love to ride our bikes. WFW is always open to new ideas so feel free to reach out to any of the 2020 board members via email at [advocate.wfw@gmail.com](mailto:advocate.wfw@gmail.com) or the club website at [westfloridawheelmen.org](http://westfloridawheelmen.org). We are also on Facebook, Twitter, Instagram, and Strava.

You have a voice and we encourage our membership to be involved. Consider attending a board meeting (just make sure to let us know you plan on coming so we can add you to the agenda). These are usually held the 4th Thursday of every month at the Pensacola YMCA at 5:30 PM. You could also join our FINE group of ride-leaders, volunteer at one of our great events, host a ride, become a sponsor, or attend City of Pensacola Bicycle Advisory meetings to help build safe cycling in our community. Don't be shy and let us know where you'd like to help.

Saddle up ... let's make 2020 a year to remember.



## UPCOMING EVENTS



[Pensacola Slow Ride](#)  
Mar. 7  
Downtown Pensacola

Board Meeting  
Mar. (Wednesday)  
Email: [President@TriGulfCoast.org](mailto:President@TriGulfCoast.org)

[TGC Women's Seminar](#)

Mar. 10  
Trek Store

[PNS Tri Course Preview \(Brick\)](#)

Mar. 14  
Downtown Pensacola

[Trails and Breakfast](#)

Mar. 22  
Naval Live Oaks Preserve  
Gulf Breeze, FL

[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



[Deluna's Open Water Swim](#)

April 18  
Pensacola Beach, FL (Flounder's)

[Chattanooga Swim Fest](#)

May 30-31  
Chattanooga, TN

[Swim for Alligator Lighthouse](#)

Sept. 12  
Islamorada, Florida Keys

[Bridges to Bluffs](#)

Sept. 13  
Knoxville, TN

[Swim Hobbs Island](#)

Sept. 20  
Huntsville, AL

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)

[McGuire's Prediction 5K](#)

Mar. 7  
Pensacola, FL

[Shamrockin' 8K](#)

Mar. 15  
New Orleans, LA

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

Mar. 21  
NAS Pensacola

[Kappa Delta Shamrock 5K](#)

Supporting Children's Home Society  
Mar. 21  
Pensacola Beach

[Spring Fever Chase 10K](#)

Mar. 21  
Fairhope, AL



[Blackwater Trail Run](#)

(10 miles)  
A Run Pensacola Event  
Mar. 28  
Blackwater State Park,

East Milton

[Bayou Hills Run](#)

Mar. 28  
Pensacola, FL (East Hill)

[Pensacola Ciclovía](#)

Open Streets  
Mar. 28  
Downtown Pensacola

[Navy Federal 5K](#)

Apr. 4  
Pensacola, FL

[Navarre Raider Run](#)

Apr. 4  
Navarre, FL

[Tiger Trot 5k](#)

Apr. 4  
Gulf Breeze, FL



[Gulf Coast Half](#)

[Marathon](#)

April 5  
A Run Pensacola Event  
Pensacola Beach

[Swim the Suck](#)

Oct. 10

Chattanooga, TN

[Swim Around Charleston](#)

Oct. 11

Charleston, SC

[Justice Jog 5K](#)

Apr. 11

Pensacola, FL

[Jelly Bean 5K](#)

Apr. 11

Pensacola, FL

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!**

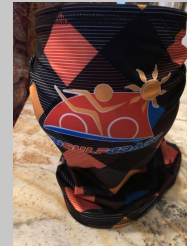
**This is your last chance to get these items before THEY'RE GONE!**

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



Headswear Gaiter



Stay Connected



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P.O. Box 544  
Gulf Breeze, FL 32562