



TRIGULFCOAST
MULTISPORT ATHLETES

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YOUTH RACES

NEWSLETTERS

MERE MORTALS

CALENDAR

CONTACT

1 May 2020

Greetings!

It is truly hard to believe it's already been a month since the last Newsletter. COVID-19 has created an actual time warp. Time flies! We have ALL been doing our best to flatten the curve. As things begin to get back to normal, and they will, remain cautious and CONTINUE to maintain a reasonable distance, wash your hands, and disinfect surfaces frequently.

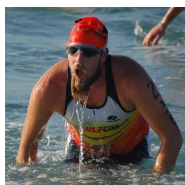
If you haven't heard, Pensacola Beach is re-opening in a limited capacity. This means it's easier to get back to those open water swims in our favorite areas. Practice SAFETY & SAFELY SWIM!

While things are slowly getting back to normal, there is a real chance that Mere Mortals will be impacted by the Pandemic. We don't know what things will look like at the end of May, but we are planning contingencies to allow us to move forward while adhering to social distancing and group size limits. Mere Mortals may look a little different, but the end-goal of training for triathlon and maintaining our sense of community will remain intact.

2020 Registration is OPENED!

On a more personal note, remember that mental health is just as important as physical health. [Allow yourself opportunities to manage stress!](#)

All the best,
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



Race Local

As things start to normalize, please remember to support Local Race Directors and Local Races.

Keep LOCAL your priority. First, fill your schedule with local events and then sprinkle in your destination races. The best way to support your sport, your past time, is to support it locally. To do that you need to participate locally!

RunPensacola is still logging miles toward our 50,000 mile goal for 2020. We are asking our runners (you) to exercise during this time and log those miles with a post (swim/bike/run/jog photo) to RunPensacola's [Facebook](#) or [Instagram](#), #RunPensacola.

To the Start line,



Adam Guess
Race Director
Pensacola Triathlon
 (Registration is OPEN)
gness.adam@gmail.com

Stay Connected



Trek Store of Pensacola

We know how important it is to a lot of you that you get to ride your bike. If you need anything to continue riding, whether it be service, parts, or accessories, we can accommodate any situation and precaution. If you have any questions, please reach out to us.

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

Tripossibilities Triathlon Tip

Hello Athletes,

Two quick things this month:

1. We're hosting a [Virtual Olympic Triathlon](#), May 1 - 7.
2. Beaches are opening back up - yay! Come on, let's swim!

I can't stress enough the importance of breathing to both sides - "bi-lateral" (yep, left AND right ;)). Does this sound familiar?

- The waves are hitting me from the left, so I think I'll just breathe to the right... (no, don't do it!)
- I can't even breathe when I turn left, and it's sooooo difficult!



Well, here is why bi-lateral breathing is so important:

1. You need to swim straight! If you only breathe to one side, you will go to that side. Sighting only helps to see if you're going straight, and to see if you need to make corrections - if you don't swim straight, you have to make more corrections when you sight.
2. You can actually increase lung capacity by practicing breathing to both sides. If the waves are hitting from your left, you might only get a small breath on that side. Do it anyway, anticipating that you won't get a full



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MASSAGE THERAPY BY
JAMES FRITSCHLE

breath. You'll get a larger breath on the right, and that's ok!

3. Another option is to lift your body enough on the 'wavy side' to get that full breath that you want. This takes core strength, and is a little more exhausting, but it's doable too.
4. Don't you want to see what's on the other side of you? If you breathe to one side, you don't get a full picture of where you are, who (and what) is around you. You need a full view - breathe to both sides!

So let's hit the beach and when I say "breathe to both sides" now you know why!

Coach Helen

www.tripossibilities.com

[If you are going as stir-crazy as the rest of us, consider this: Tri Ply 2020 Virtual Oly Tri](#)



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OCTOBER 17, 2020

COVID 19
CORONAVIRUS
DISEASE

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

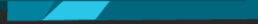
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19

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.

REGISTER ONLINE

Secure Online Event Registration

CLICK HERE

POWERED BY GetMeRegistered

Ride More Bicycles

Pensacola has more 'cyclists' right now than ever before. We have been overwhelmed with business and I know our fellow bike shops have been as well.

In the shop, we are disinfecting all shared surfaces at regular intervals and keeping our distance while servicing you to the best of our ability. We're open regular hours and able to assist!

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GROUP TRAINING

SWIM, BIKE, RUN

Members post their workouts for others to join:

[TGC Trains](#)



Ride More Bicycles
850-912-8805



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 Zarzur and Dr. Evan
Malone.



International Information

Gasparilla Distance Classic Race Report

Basic Info:

The Gasparilla Distance Classic happens the 4th weekend of February in Tampa FL. It consists of four separate races: a 15K on Saturday at 6:40 a.m.; 5K on Saturday at 9:15 a.m.; Half-Marathon on Sunday at 6:00 a.m.; and a 5K on Sunday at 9:15 a.m. Registration is limited to 6.5K for the 15K, 14K for the 5K, 6.5K for the Half, and 5.5K for the 8K. There are another 2K registrations for the four "challenges" which combine races: 15K/8K (Bud Light Orange Challenge), 15K/Half (Michelob Ultra Pure Gold Challenge), 15K/5K/Half (Bud Light Lime Challenge), and 15K/5K/Half/8K (Michelob Ultra Challenge).



Getting talked into it (again): My daughter lived in Orlando, and had run a Gasparilla race the last few years. In 2016, she stepped up her game, and ran one of the "challenges" (15K on Sat and Half on Sun). After the 2016 races, she told me how much fun (and CHALLENGING) it was, and talked me into doing the "Michelob Ultra Challenge", which comprises all four races. I had a blast doing the 4 races in 2017, but almost crashed the car driving home Sunday afternoon. (Almost ran into a McDonald's when I couldn't push the clutch in.) I knew a couple of friends were doing it again in 2020, so I jumped on the bandwagon...again.

Training Plan: Other than one bridge to go up and over on the Half-Marathon, the course is FLAT. (My watch showed 132 feet of elevation change between all four races.) So the challenge was building enough stamina into the legs to survive multiple runs (races!), and still be ready for the NEXT race. A steady pace that would get me through everything was the goal, so I planned to run a BUNCH of short runs the 3 months prior.

Training plan Grade C-: I ran 101 runs (511.92 miles) in the 3 months prior to 2017 Gasparilla. But only got in 30 runs (133.81 miles) in this year (not counting Joe Relaxo's 48 miles). Not quite the same preparation. :)

Travel: I left work Thursday afternoon for the short drive to Tallahassee, stayed at the Travelodge (\$24 a night), and got up at my usual 4:30 for a morning run. 42 degree weather cancelled those thoughts...but it's gonna get warmer!!!! I ate my Frosted Flakes and headed out. Stopping at Weeki Wachee Springs just north of Tampa to check out the Mermaids provided a little rest and a KEWL show that I highly recommend if you have a few hours. (Not big, nor expensive - \$13.) I got to the Tampa Convention Center for packet pick-up about 3 and picked up my "booty" (race number, 4 race shirts, and a nice "Finisher's" jacket). The rest of the evening got me to the Motel 6, checked-in, pizza dinner, and in bed by 9. The hotel was a 13 minute freeway drive from the start, so race morning was event-less.

Goal: My goal for this year was to complete all the runs (should be everyone's initial goal), and hopefully be within 3 minutes of my 2017 times.

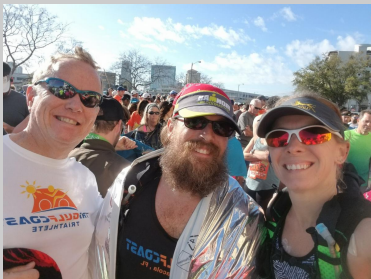
15K: Most folks were complaining about the cold temps (52?), but I was happy with the dry pavement and my Wal-Mart clothing/hat purchases from last night. I took off slow and smooth, easing into a sustainable pace. At the far turn-around, we were greeted by a stiff headwind that developed while we were running. I started running behind ANYBODY I could for the drafting effect. Most hobby joggers just slowed down, but I kept looking for backs to follow. The trip back was longer than it seemed it should be, but I was very happy with the time despite being a bit slower than planned. I picked up my first Finisher's Medal and finishers towel, and sauntered to the Challenge baggers. (Since all the folks doing multiple races had to go run again Gasparilla provides a "Medal Check-in" place where you could leave your stuff until after the next race.)

- *15K Time: 1:47:16 (11:24s) 3,045/4,605 finishers; 151/191 Age Group*
- *15K Grade: B: Ran the right pace for the first race of the day. I was a bit disappointed in not being faster, but it's gonna be a LONG weekend.*

With only about 30 minutes until the 5K, I ate a little bit of fruit, and meandered over to the Start Line.

5K: They had time corrals based on your predicted time for the 5K. I got into the back end of the 10 minute mile group with 10-minutes to go. I should have gone WAY farther up because I was battling people the entire way out. (Why are you in the 10 minute corral if you are gonna walk from the start?) Other than being frustrated with non-runners, I just made my way through as best as I could.

- *5K Time: 37:13 (11:40s) 4,184/9,993 finishers; 169/346 Age Group*
- *5K Grade: A: Ran the pace I could when I could, and didn't trip anybody else. It was CROWDED with 14,000 people there. I think I would be a faster if it had been clearer.*



Again, I gathered my Finisher's Medal and towel, and noticed that the medal was a bit smaller than the 15K medal. Interesting. I joined Patrick and Teresa, and we wandered over to pick-up our checked 15K medals. It was time for food, but there wasn't much offered. I staggered inside to get my clean clothes bag, got a dry t-shirt and soft flip flops for the drive back to the Motel 6 and 2-hour nap. A late lunch and movie...followed by an early dinner, a Slurpee on the way back to the hotel, and my day ended in bed before 8.

Half-Marathon: The next morning I got into the second corral, and it was much warmer (58?). Sunrise wasn't for another hour, so the first half of the Half would be in the dark/under street lights. Again, I kept an eye on my watch, because I really felt good considering what I did the day before. I made sure to hydrate through each aid station, and used a port-a-potty at mile 9. I won't go into details, but I spent 4 minutes there and felt GREAT coming out...of the port-a-potty. I was SMART, and did NOT try to make up any lost time. (Not really lost, more like "invested".) I kept my pace easy all the way through even though there was 'only' a 5K left.

- *Half-Marathon Time: 2:38:19 (12:38s) 3,089/4,194 finishers; 139/171 Age Group*
- *Half-Marathon Grade: B-: Ran slow at first, and then tapered off towards the end. I felt I ran smart.*

Again, I had about 30 minutes between races, so I grabbed some food (better choices today versus yesterday). I also checked out my Half Medal (biggest medal so far) and tried to do some static stretches before the 8K. I didn't want to hurt myself so I mostly just tried to NOT cool-off too much.

8K: I learned from yesterday to get closer to the front of my time corral (about 100 feet from the front). I think I was in the 9 minute per mile section. I tried to run hard from the start, but just couldn't get much more out of my legs. It had already been a LONG weekend, and 8K (4.96 miles) is LONG.

- *8K Time: 1:01:07 (12:07s) 2,454/4,050 finishers; 111/152 Age Group*
- *8K Grade: B+: Ran. What more do you want at this point? :)*

Overall: I'm happy with my race. I missed the projected goals in three of the four races, but I felt that I ran the paces I NEEDED to run at that time in order to feel good for the NEXT race.

Overall Time: 6:03:55 (11:57s) 470/767 finishers; 26/37 AG

Overall Grade: A- : FUN TIMES!!!! I had hoped to be within 3 minutes of my 2017 times, and I made it. In 2017 I ran 4:40:29 (9:10s), so I was within 2:47 of my 2017 pace. You didn't think I meant with 3 minutes of my overall time did you?

:) BTW - I did spend Sunday night at the Motel 6, and SAFELY drove home Monday.



Recommendation: I fully recommend any of these races singularly. Having that many folks doing something healthy is a blast, and doing it with folks you know makes it even better.

When I got home, Kelly was impressed with the 4 shirts, 5 medals (yes, you get an additional HUGE medal after finishing the fourth race), 4 finisher "towels", and the waterproof running rain jacket. She was so impressed that we'll be going back for the 2021 Gasparilla Distance Classic Michelob Ultra Challenge.



By the way, registrations opens on 1 May. :) Just sayin'.

Kevin
TGC Volunteer
Bike Sweep/SAG
Multiple Ironman Finisher

UPCOMING EVENTS



As most of you know many events in April and May 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

- 05/24/2020 Swim Test- at the Shell
- 05/31/2020 Bike/Run
- 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.

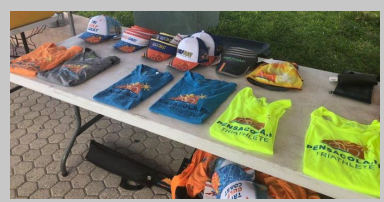
[Tri Gulf Coast Calendar](#)
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[Run Pensacola](#)
[Pensacola Runners Association Calendar](#)
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[USA Swimming](#)

Tri Gulf Coast ONLINE STORE



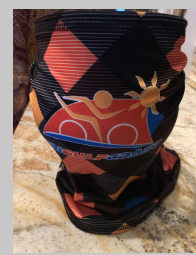
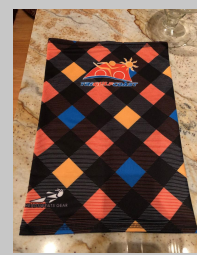
WE HAVE AN ONLINE STORE!
 This is your last chance to get these items before THEY'RE GONE!

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



Headsweat Gaiter





Stay Connected



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