



TRIGULFCOAST
MULTISPORT ATHLETES

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1 December 2020

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Greetings!

Well, it's been one hell of a year! This is the time of year the outgoing President usually gets to reminisce about an awesome year and the fun times had at Mere Mortals, races, & socials with new friends, old friends, new triathletes & experienced triathletes while meeting & exceeding athletic goals.

AND THAT'S EXACTLY WHAT IT IS GOING TO BE... because, frankly, 2020 can suck it.

We did these things SAFELY in spite of COVID-19 and it's far-reaching effects.

When things got canceled, we rallied and continued to workout, train, set goals, and follow through. When regulations changed, we adapted. We went virtual, but stayed connected to and encouraging of each other. We stayed strong; stayed vigilant; stayed active; and stayed healthy. This wasn't the year I hoped for as President, but it is a year for which I am proud. Wholeheartedly, "Thank you for sticking with Tri Gulf Coast this year!"

The struggles aren't over. COVID is still a concern. As we approach the Christmas & New Year Holidays it's very important to continue with the precautions we've all been practicing for months!

I do ask a few things of everyone reading this:



1. As you are gift shopping for the upcoming holiday, consider our many Sponsors as your point-of-purchase. Their goods & services promote a healthy lifestyle and shopping local helps OUR community.
2. If you give a gift with wheels (bike, skateboard, rollerblades, scooter, etc.) include a HELMET.
3. Forget about COVID and take a moment to reflect on the POSITIVE things you accomplished in 2020.

I look forward to seeing [and racing with] everyone in 2021.

*Stay active & healthy,
Patrick Willi
TGC President, 2020*

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



AMERICA'S TRIATHLON

Stay Connected



Click here to
Subscribe to our
You Tube Channel

GROUP TRAINING

SWIM, BIKE, RUN

Members post their workouts for others to join:

[TGC Trains](#)

Let's Talk Cross Training

So, let's talk cross training... how good it is for you; how it helps strengthen your body and prevent injury; and how a triathlete can benefit from lifting weights and incorporating strength training into workout routines.



The gym isn't the only place to get that cross training. There are so many options out there, so many ways to round out your swim/bike/run workouts. One of the more fun and adventurous ways is to get out into nature. Get into the woods. Yep - hiking, mountain biking, kayaking, rappelling, trail running, canoeing... all of these things require core strength, and stamina, and goodness knows tons of grit and determination.

Are you intrigued yet? We're talking about Adventure racing, and it's a whole other type of racing. It's been around forever, but it's not nearly as publicized or as well known as triathlon. By its very nature, adventure racing doesn't require the advertising, the bling is a little *muted*, and the blessing of a city sharing its streets and public swim areas isn't needed because it's in the woods! It's a great way to get dirty, build some strength, include your family in some adventures, and have some good old fashioned fun!

Recently, we had several people try out one such race in Oak Mountain, AL. There was a 4-hour race (team-Ann Floyd, her son, her daughter's boyfriend and Shana Thomas who placed 2nd! and individual-Valerie Shows) and a 24-hour race (team-Carol Gentry, Gabe Levai, James Fritschle, and Coach Dom).



If you want to read the race report head to:

<http://www.tripossibilities.com/our-blog/2020/11/30/adventure-calls>

...AND when you see them out and about, ask them about it!



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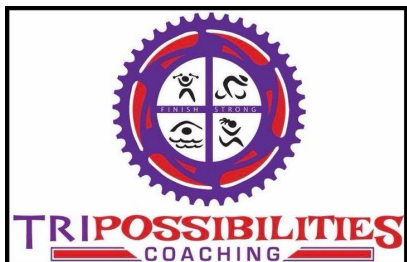
Find us on social media!

[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.](#)



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



International
Information

Happy Holidays... I'm HUNGRY!!!



Many of us know (or feel) that with the holidays comes over eating



or restrictions. I am going to challenge you to think a little differently this holiday season. Here are five helpful tips for holiday feasting:


1. Instead of an all or nothing attitude towards food, have a "food-itude" that's about balance. You want a cookie or a slice of pie, have one... but don't have the entire pie in one sitting (no matter how good).
2. Remember to keep your healthy foods at the table - you know the green things. A salad with pecans and cranberries makes a nice Christmas side dish.
3. If your Holiday eating habit includes going back for seconds, start with a smaller plate. The smaller plate helps you to collect smaller portions and gives you a chance to go back for seconds without over-indulging.
4. Planning ahead for your meal can also help to keep you focused AND satisfied.
5. Get up and get moving. Go on a walk-about after dinner. This can help with digestion and forces you to move instead of becoming lethargic on the couch.



BALANCE is ONE key and **PERMISSION** is the other. Balance your meals with healthy choices and special treats-like Aunt June's famous chocolate cream pie. Give yourself permission to not be perfect. Last, let's remember that whether you are visiting with family via Zoom or seeing a few friends across your dining table, the holidays is a time to take a moment to share happiness, thankfulness, and love with those in our lives.

Happy Holidays and Happy Eating!!!

Teresa, LMHC
Licensed Mental Health Counselor
Mere Mortals Co-Chair
Ironman Athlete



Peruse the resources listed to the right for local events that span our membership area and beyond.

- [Tri Gulf Coast Calendar](#)
- [Pensacola Sports: Running](#)
- [Pensacola Run Pensacola](#)
- [Pensacola Runners Association Calendar](#)
- [TriFind](#)
- [USA Swimming](#)



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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.

Tri Gulf Coast ONLINE STORE



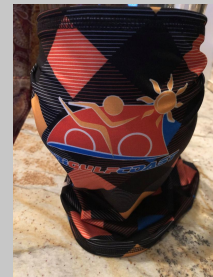
WE HAVE AN ONLINE STORE!

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



Headswear Gaiter



Stay Connected



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