



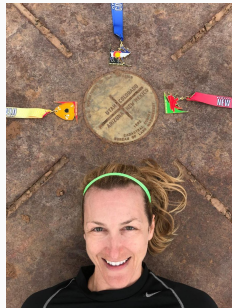
1 January 2021

Greetings!

Happy New Year everyone! 2020 is over and 2021 is officially here! My name is Dani Hoffmann, and I am the 2021 TGC President. I had hoped to meet everyone I haven't already met in person over last summer. Well, that didn't happen so please let me say it's nice to virtually meet you, and I look forward to meeting everyone in person this summer. Oh yes, I have some big ideas for how to have an in-person summer this year, even if it's not what we all have experienced traditionally.

Speaking of traditional experiences, it's been said that my experience as Vice President has been completely unlike any of the Vice Presidents before me as a result of COVID. I agree with that and embrace the uniqueness of my experience. And not just me, but the entire TGC club had a completely different experience in 2020 as a result of COVID.

The great thing about having unique experiences is what you learn about yourself in the process. Being a solo athlete this year, I learned: I can be my own accountability partner (at 4:30 in the morning); I can be brave enough to swim in the open water when I'm the only shark bait in a three mile radius; I can imagine seeing a remora dart for me in the UWF pool (yes, that really happened, groan); I can listen to my body and sleep in when recovery is what I really need; I can push myself to do running intervals when I don't think I feel like it; I know how to change a bike tire without help; and I still need to practice taking my wheels on and off my bike.



I already mentioned some plans for this summer. One of the other things I'd really love to do is make these newsletters as interactive as possible. **Please visit the January newsletter Facebook post and post about your unique 2020 experiences and what made them so fabulous, memorable, introspective, funny, picture-worthy, and/or awful that you wouldn't tell your best friend because you'd absolutely die if anyone found out.** No need to restrict your post to triathlon or race related - we want to hear it all. Can't wait to read your posts!

Until next time,
Dani

Dani Hoffmann
TGC President, 2021

Stay Connected



In This Newsletter:

- [Group Training](#)
- [2021 Leadership](#)
- [Find a Race](#)
- [Write for the Newsletter](#)
- [ONLINE STORE](#)

GROUP TRAINING

SWIM, BIKE, RUN

Members post their workouts for others to join:

[TGC Trains](#)

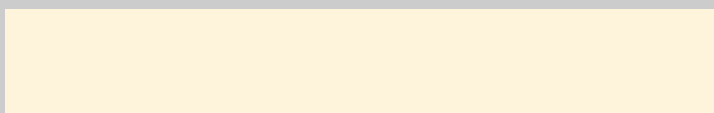
Sponsors & Supporters

Tri Gulf Coast events are possible because of these supporting businesses and organizations.

Please show your

Meet the 2021 Board!

These are the athletes who have stepped into club leadership roles for 2021. We hope you see you in the new year!



Dani Hoffmann
President



Jim Britnell
VP / President Elect



Danielle Wolfe
Treasurer



Bryan Oakes
Secretary



Mark Lee
At Large



Dom Risola
At Large



Travis Richards
At Large



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Mindi Straw
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Patrick Willi
Communications



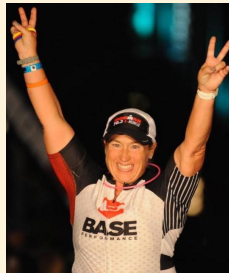
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Tom Henderson
Mere Mortals

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](#)

Resolutions: Why & Why Not



January-

It's that time of year where we set New Year's resolutions. Maybe you already have your list and are starting today!! New year new me-BUT WAIT, yep just hold on one second and let's really think about this whole *new me*. First, you are already AWESOME!!! Second, setting goals is AWESOME!!! Third, proper planning is AWESOME!!!

Making New Year's Resolutions can set us up for success or frustration. Over the years a number of studies have been done on following through on New Year's Resolutions. Most find that between 12-19% of people are successful in living out their resolutions. This is the moment when I tell you to keep reading and not get discouraged, because you are capable of being in that percentage.

The first thing is to realize that you are AWESOME!! We all have room to grow and improve, but that doesn't mean setting out to change everything about yourself. Find your strengths; those are the things that are going to help you to grow in areas where you aren't as strong. So before setting up resolutions get to know you for a moment. Maybe take this first week of the New Year to focus on who you are and what you really want to work towards. Once you have an idea of who you are, it is time to write those resolutions out. Let's lay out 8 ground rules for resolutions.

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TRIGULF

1. Focus your goal. Focusing your goal is being specific about the goal. For example instead of saying, "I am going to lose weight", you would say "I am going to lose 10 pounds." Choosing an obtainable and concrete goal gives you the advantage of being able to lay out a plan of action.

2. Limit your resolutions. Don't have twelve goals, stick to just one or two. You could even set up new goals at different times of the year, like when the seasons change, if you wanted to have more or new goals.

3. Make a plan. In scuba diving you are told "plan the dive, dive the plan." I apply this to a lot of different parts of my life. Making a plan gives you a course of action to achieve. It also breaks down your goal in to manageable tasks. If your goal is to lose ten pounds your plan will be comprised around tactics such as, running a mile a day, going to the gym three times a week, making a food log, drinking 6 glasses of water a day, etc.



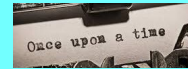
4. Baby steps. In your plan you will lay out tactics but it will be key to remember that you aren't going to put all those tactics into action at the same time. What you do here is decided in your year long plan when to implement new tactics. Maybe in January you focus on increasing your water consumption, then in February you start logging your food, and so on. You might have things that you start at the same time but you don't want to overwhelm yourself.

5. Accountability Buddies are the BEST. Remember how your parents use to bug you to make your bed or take out the trash? That's right, to get the job done you need someone there to make sure you "remember" to get it done! Accountability buddies shouldn't be a nagging person. He/She is just a person who shows up and positively says, "Time to go for a walk" or "What did you eat today? Did you write it down?" I find it best to have a buddy who has different goals than me but we help each other and maybe some of their goal rubs off on me a little.

6. Keep the Motivation train chugging. January 1st you are pumped and motivation is coursing through your veins. On January 10th you feel run down, you hate drinking water, you start telling yourself that the 10 pounds is just going to be there, you start down the path of giving up. UGH, we have all been there. Here is what I want you to do on January 1st, take that motivation and write it down. Write down why you are doing this-- all those positive things. Write down how it makes you feel to think about obtaining that goal. Write down how happy you are thinking about your goal. Then stand in front of the mirror and take a picture of that motivated person who is goal oriented and ready to take on the world. Now, each time you feel your motivation dragging read what you wrote, look at that picture, see yourself motivated again. When your motivation comes back write it down again, what got you past that hump. Read. Look. Motivate. Repeat.

7. Learn from your setbacks. This is the part where I tell you setbacks happen. It is the reality of life. And because it is a reality of life there is opportunity to learn from it and adapt. On that day when you pick up a chocolate cake and eat the whole thing in one sitting instead of the small piece you had been eating, this is not the day to end your goal journey. This is a moment to reflect. Remember reflection is not being mad at yourself and demanding the answer to why questions. Reflection is about how I felt before or after that cake. And you know what sometimes it feels good to eat the whole cake, of course tomorrow at the gym I know I am going to work harder because I needed that cake and need this gym workout.

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.

8. **Remember you have time.** I see people all the time set a New Year Resolution and they try to achieve it in one week or one month. It is called a New Year resolution because it is a goal that is allowed to take some time. I like the idea of having a big goal for the year and then baby goals for each month. Those baby goals when stacked on top of each other are going to get me to my year goal. This is a process be patient with yourself. Setting New Year's Resolutions is about feeling refreshed, motivated, and ready to be a better you. Remember change takes time. It takes a Loin's Mane Jellyfish a whole year to grow to the length of a blue whale. So give yourself a little time to grow too.



I am going to share my two New Year's resolutions with you on the TGC Facebook page TODAY!!! I am putting out my resolutions so that you can help me be accountable, let's see your resolutions so we can all offer you some support, encouragement, and motivation!!!



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

Tri Gulf Coast ONLINE STORE

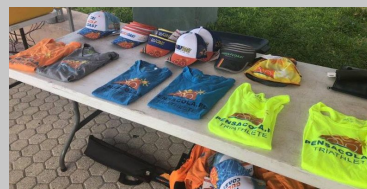


WE HAVE AN ONLINE STORE!
This is your last chance to get these items before THEY'RE GONE!

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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