



TRIGULFCOAST
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1 November 2020

In This Newsletter:

[Group Training](#)

[Finding Your FLOW](#)

[YouTube Channel](#)

[Write for the Newsletter](#)

[IMFL Volunteers](#)

[The 1st Hundred-Mile Trail Ultra](#)

[Finding Events](#)

[ONLINE STORE](#)

Greetings!

First and foremost - today is Daylight Savings. You should have already set your clock BACK 1-hour!

With the time change, the sun will rise earlier in the morning and set earlier in the evening so take the necessary precautions while exercising in the DARK with lights and reflective gear. SAFETY. SAFETY. SAFETY.

It's officially trail season! Athletes are transitioning to the trails to take advantage of Nature in our cooler months. Our local trails took a hit during the hurricane, but they are making a comeback and are hike-able/run-able if you don't mind dodging some downed trees here and there. We'll schedule a Trail Day Group Run soon!

We've seen in-person events begin again. More local runs are hitting the calendar for the remainder of the third quarter. We've even added our annual Turkey Trots Prediction Run in Pace for Black Friday.

We are also scheduling multiple "Check Points" in the next couple of months, on both sides of the bridge, to facilitate the distribution of Member Shirts and the remaining Weekly Challenge prizes. Keep checking Facebook.



That's all for now. It's a short 2 months before we can put 2020 in the rear view mirror.

Stay the course, keep active, and remain positive!

Patrick Willi
TGC President

Stay Connected



GROUP TRAINING

SWIM, BIKE, RUN

Post workout plans/routes/paces for others to join

[TGC Trains](#)

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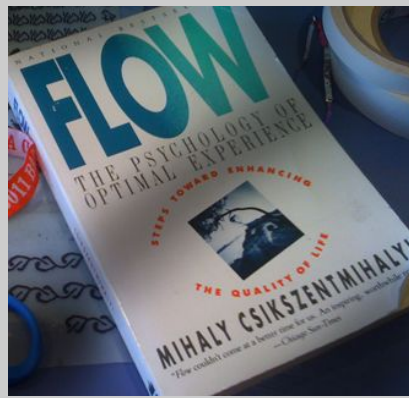
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AMERICA'S TRIATHLON

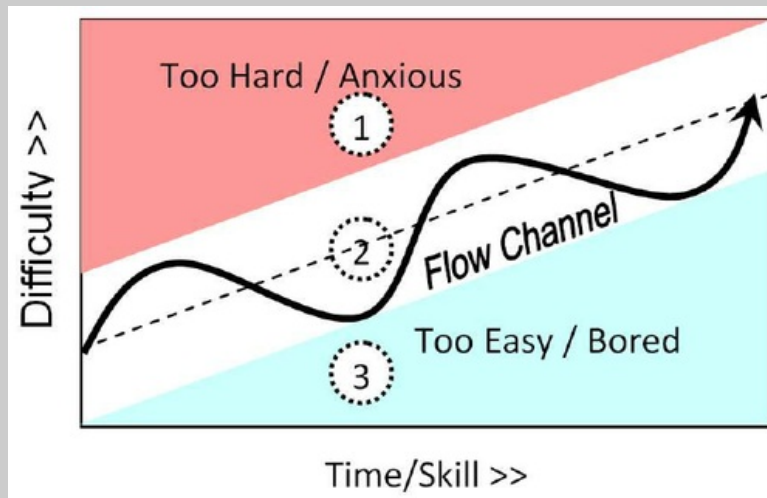
Finding Your FLOW

Maybe you have heard of FLOW before or maybe you call it something else. It is that moment when you are fully immersed in what you are doing, so much that there is a heightened attention to what you are doing but also a feeling of ease to the activity.



This feeling often brings athletes back to working out just to recapture the feeling. Csikszentmihalyi developed the theory of FLOW in the 1970's. He gave 9 dimensions to FLOW. I am not going to get into all of them, because Google is a wonderful thing. But I do want to highlight a few points.

How do you know when you are in FLOW? First you feel positive and strong; you are not worried about failing because there is not failure in this feeling. It isn't about first or last; it is about your experience. Now you might not recognize this state of FLOW while you are in it (yet) but you normally feel it afterwards. Think back to a workout when you felt all over good -- your body and mind came together and you felt like the rhythm you created could last forever (well for a very long time). At the end of that workout you were high-fiving yourself, fist bumping the air, and all over pumped to do it again. Sure you were also tired and sore but the good kind. The kind that says, "I just killed it out there!"



In FLOW there is a balance of challenge and skill. FLOW doesn't come from doing what is easy. It comes from taking on a challenge and meeting it with skill. No, this does not mean that only marathons count in reaching FLOW. What it does mean is that in any 5K in which you challenge yourself and bring your skill to a point that you relax and achieve all those happy feelings, you are in FLOW.

Additionally, when in this FLOW feeling you feel confident. You feel focused on the present. You aren't making a grocery list while running. You know exactly what to do and have clarity of the steps to achievement. You have a sense of time that is different from others; the feeling that a 3 hour bike ride was only an hour. In this state, time passes without your focus on it or worry about it. Lastly and most importantly you are working for you and you alone. This is why FLOW for athletes drives them to return, even in team sports. The work being done holds value and purpose to the individual.



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MESSAGE THERAPY BY JAMES FRITSCHLE



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This all sounds great, and maybe you have had a few of these moments, but how to do create these moments and how do you grab on to them? Here are a few steps (I want to say easy but matters of the mind are never easy):

1. **Be aware of how you feel.** Last month I mentioned sitting with your feelings. Turns out you don't reach FLOW without knowing how you feel.
2. **Analyze your feelings.** If you feel anxious break it down. What is making you anxious? Take for example swimming. Most triathletes are not anxious about swimming as a skill, they are anxious about swimming in open water, and even more so they are actually anxious about getting eaten by a great white shark. This anxiety can be addressed by swimming more in open water, which also builds technique. The two feed each other to build more confidence. Technique gets you started in a skill but experience brings confidence and trust in yourself.
3. **Visualize.** Before you head out to your workout, visualize your confidence and your skills. "That road will not own me today; I will pound it down." It might sound silly to practice this before our 3 mile 5 a.m. run, but practice is exactly why you are going on that run in the first place. Also a moment of visualization gives your mind a jump start in preparing your body. Think about watching the Olympics. Those moments when the athlete is standing on the sidelines waiting to take their mark. Do you think they are focused on if the lunch meat in the fridge will last another day? NOPE, they are visualizing the win.
4. **LET IT GO!!** That's right. Let everything else go. Be in the moment. Give yourself this moment to spend time with you and honor yourself. Don't worry and don't take on the worries of others, just engage in the activity!! This is your "thrusters on" moment. Give into your self confidence; give into your mind focusing only here and now; give in to letting go.

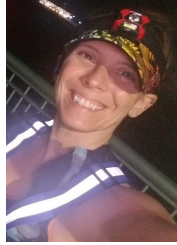


So a few of my control freak friends, just nearly had a heart attack when I said, "Let it go." So let me help you rethink it. If you could solve the problems in your world in the time it will take you to do your workout, my advice would be to go solve all those problems THEN do your workout. The reality is that many of those stressors are going to exist and not be able to be "fixed" during your workout. Realizing this, my advice is, "Just workout." Here's why: if you spend that time focused on only you, being mindful of you, obtaining your goals, executing your skills, you will walk away after that workout being ready to take on the world with a clear head and a healthy body. If you reach FLOW or micro-FLOW you will be pumped for the day including being more confident, being more focused, and having your cup to giveth from already filled.

Give it a try and let us know what FLOW feels like to you!!!



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



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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.

Ironman Florida and Gulf Coast 70.3 Swim Volunteers Nov. 7



IMFL and GC70.3 is a GO on NOVEMBER 7th.

They are in need of water support for the event! They have the kayaks, SUPS, PFD's for the volunteers, but they need assistance on the course.

If you are interested contact the SWIM VOLUNTEER COORDINATOR directly to help out in any way!!



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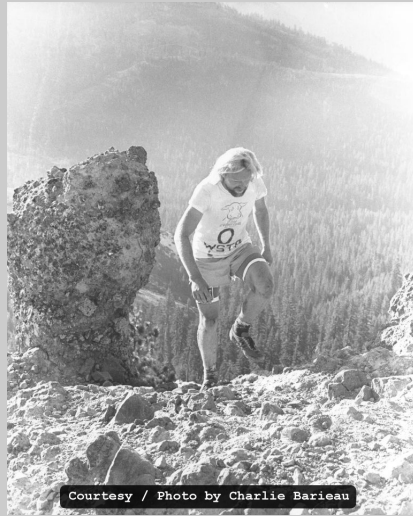


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A Horse Race Without A Horse: How Modern Trail Ultramarathoning was Invented by Karen Given (From WBUR-FM's Only A Game)



Stop me if you've heard this one before: the modern-day sport of trail ultramarathoning began 45 years ago when a man showed up to a 100-mile horse race - without a horse.

An ultramarathon is defined as anything longer than 26.2 miles. And it's true - tens of thousands of people every year run 50, 100 and even 1,000 miles over rough terrain because of that man and his nonexistent horse.

But the story of ultramarathoning actually begins with another man - named Wendell Robie - and another horse...

[READ Or LISTEN to the rest!](#)

These are the website and resources we use to keep up with 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](#)

Tri Gulf Coast ONLINE STORE



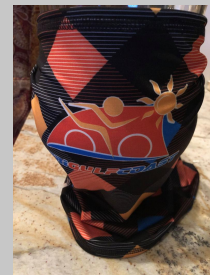
WE HAVE AN ONLINE STORE!
This is your last chance to get these items before THEY'RE GONE!

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
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Stay Connected



Tri Gulf Coast | president@trigulfcoast.org | <http://www.trigulfcoast.org>

P.O. Box 544
Gulf Breeze, FL 32562

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