



**TRIGULFCOAST**  
MULTISPORT ATHLETES

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1 October 2020

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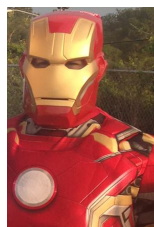
#### Greetings!

*It's been a heck of a year. Just when the light at the end of the COVID tunnel illuminates, Hurricane Sally effectively extinguishes that hope of normalcy. Pensacola is resilient and I know we will get through this too. With the 3 mile bridge down for the count and Pensacola Beach slowly recovering from Sally, many of our normal exercise routes are impacted with damage, roadside debris, and large vehicles. BE CAREFUL!*

*The good news is that Florida is officially in Phase 3 of reopening which means there is a good chance we'll see Fall/Winter events!*

*This is typically the time of year we dust off the mountain bikes and trail shoes to engage in some off-road adventures. The trails sustained damage too, but they are quickly being repaired and cleaned by volunteers with [Pensacola Off-Road Cyclists \(PORC\)](#).*

*We will continue to organize group runs/rides as we are able. Continue to watch the Facebook Page for the most up-to-date information.*



Patrick Willi  
TGC President

#### Stay Connected



Click here to  
Subscribe to our  
**You Tube Channel**

### LAST CHANCE to Order the 2020 TGC Tri Kit

#### Tri Kit Orders

Get Your 2020 Tri Gulf Coast / Mere Mortals Triathlon Kit!  
These are the snazzy uniforms/jerseys you see a lot of athletes wearing during our local events.  
If you want this version of kit, this is the last opportunity to order!

**The window to order the official 2020 TGC Kit is opened through Oct. 12, 11:59 p.m. (PST)**

#### 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



- Made in the USA!
- This is the same brand we've used for years.
- There are many gear options & configurations to choose.
  - Cycling jerseys
  - Mountain biking jerseys
  - Bibs
  - Tri skinsuits
  - Tri tops
  - Tri shorts
  - Tees
  - Singlets
  - Running shorts
  - Mountain biking shorts
  - Neck gaiters
  - Arm sleeves



## [VIEW KIT DETAILS & PURCHASE](#)

### Run Pensacola's - Pensacola Half Marathon & 5K



The [2020 Pensacola Half Marathon](#) is a race you do not want to miss! The race starts you off at Maritime park, behind the Blue Wahoos stadium overlooking Pensacola Bay. Then you will head through the architecturally renowned North Hill community just before you head over the Bayou Chico bridge capturing marina views of both Bayou Chico and Pensacola Bay. Next, the course will take you to Pensacola's downtown Historic District before returning you back to Maritime Park. A MUST DO event for Columbus Day weekend. After the race enjoy the wonderful after-party behind the Wahoo's Stadium, totally family-friendly!

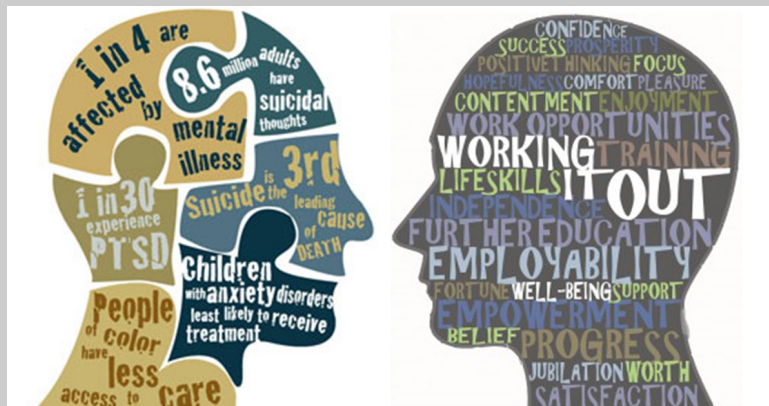
#### GROUP TRAINING

#### SWIM, BIKE, RUN

Members post their workouts for others to join:

[TGC Trains](#)

### Emotional Wellness Month



Free phone consultations



**\$6 Daily Meal Deal**  
6" Sub-of-the-Day, Chips, and Drink



Two free workouts and an unlimited rate of \$110/month for Cross Fit classes.

Youth performance training available.



MASSAGE THERAPY BY  
**JAMES FRITSCHLE**



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  - Property Mgmt. Support
  - Fencing

Since October is Emotional Wellness Month, I wanted to focus on your emotional health for a moment.

- Did your run make you more frustrated today?
- Did your bike ride seem like an exercise in futility?
- Did your swim seem as if you were in peanut butter with a 40 pound weight on your ankles?
- Did you want to give up, give in, and get the hell out?

WELCOME TO THE CLUB!!!!

Some days just suck and you know what, that's okay. It is even okay if you are not okay on those sucky days. We sometimes get stuck in those moments of negative emotions and we try to fight against them, try to struggle out, try to push and pull, and find ourselves still sitting in the darkness. So here is my advice: **Sit WITH your feelings.** Don't fight them. Don't push them. Don't yell at yourself about them. Just sit for a moment and be there in that emotional state. This is NOT giving up or giving in to the negative feelings or emotions. Instead it is acknowledging them and, to a certain extent, accepting them as a part of life. What do we do with all challenges in our lives? We make a path forward, we make a plan, and we conquer that plan by following that path!!!

When I was a kid everyone told me that to get better at something I had to practice. This applies to all of the parts and pieces of triathlon. Want to improve on the bike, then go out for a bike ride; want to run faster, do speed work; want to get over that fear of open water, go stand in the water. Practice. Practice. Practice. But what everyone forgot was the value of practicing our emotions, the good ones and the bad ones. Especially with feelings that are perceived as negative, we try to get rid of them for ourselves and for others. We try to "fake it til we make it" to happiness. Let's stop this hiding and do something a little different with our emotions (whether about swimming, biking, running, or life). Let's practice feeling our feelings! Here are a few steps to take... take a deep breath and let's go get emotional.

**First, identify the feeling.** Acknowledge it. Think of this as the monster under your bed, if you name the monster Frank, he has a lot less power over your fears. He is something and things can be managed. Ask yourself, "How am I feeling?" The key to this is to be honest with yourself. No lies. Are you hurt, frustrated, angry, sad, depressed, confused, grieving, anxious, guilty, fearful, or annoyed? The list can go on and on. And sometimes you might be sitting with more than one emotion-hey, now it's a tea party!! First step done. You named the emotion (and if you don't want to call it anger just call it Frank).



**Second, validate your feelings.** These are your emotions. You own them. No one else owns them. If you are pissed off, validate that it is okay for you to feel that way. (Remember it is okay for others to feel their feelings too, either about the situation or about you.) This is a judgment-free zone! You are allowed to feel that emotion whatever it is because it is your emotion.





You have identified and named the feeling, you have welcomed it to the party and said, "I am glad you came." **Now, talk to the emotion.** Yep, you are not going to get away with inviting this emotion over and then shoving it in the party. Talking to our emotions is a way of talking through our emotions. Asking our emotions might feel less threatening or accusatory than asking ourselves. Start with questions like:

- *What made me feeling this way?*
- *What was that like for the other person, if any?*
- *I am feeling this way because...*  
(This one is answered with an "I" statement. Like-I am feeling this way because I got my feelings hurt when I was not invited to go biking.)
- *Why do I think this situation happened?*  
(This one may not have a great answer to it and that's OKAY!!)

By asking these questions we can start to think about the emotion, the cause, and the path forward.

We have had our emotion talk, now what do we do with the information we gained? **This is where you pick your path** (or I like to think of it as a "pick your adventure book"). I do a few different things with this emotional information. Sometimes I talk with a trusted friend. Other times I might talk to a professional. I also journal. I put thoughts and emotions on sticky notes that over time get thrown away. I imagine putting things on a boat and sending it off a waterfall (oh, I am serious). Sometimes I go for a swim with my emotions and in time with the rhythm of my workout, the negative emotion has space to fade and not be so big and looming.


No matter how I address the emotion, I try to get it out. I might be friends with my negative emotions but that doesn't mean I want them living in my house all the time.

When you had a bad workout or a bad day take the opportunity to take a moment and practice that emotional state. **Identify. Validate. Ask. Find a Path.**

This emotional practice strengthens our minds, our bodies, and our souls!

Reach Within, Reach Up, Reach Out.

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



**Peruse the resources listed to the right for 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](#)

\*COVID-19 & Hurricane Sally impacted our area and affected events. Always check the status.



10% off with code: TGC MC



Wetsuits & Swim Gear  
30% Discount  
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Team Handle: TRIGULF  
Email for Team  
[Passcode](#)



Discount Code: C-TRIGULF

## 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



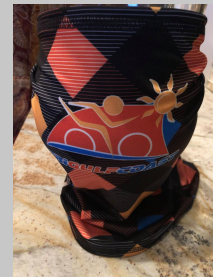
**WE HAVE AN ONLINE STORE!**

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

Contact: [ReallyCoolStuff@TriGulfCoast.org](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



*Headsweat Gaiter*



**Stay Connected**



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