



TRIGULFCOAST
MULTISPORT ATHLETES

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1 September 2020

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Greetings!

I read an article about Surge Capacity last week. [It's really worth the read so I'm linking to it.](#) Basically, it said that our mental/physical response to the stress of the pandemic was initially based on surge capacity meant for short-term survival in acutely stressful situations. Since this Pandemic is a long-term problem this surge capacity is depleting and hard for some people to replenish.

I'm one of those people having a hard time replenishing, and I'm sure others reading this are as well. Life feels especially hard right now. The article offers some ideas to reconcile and move past these feelings:

- Accept that life is different right now
- Expect less from yourself
- Recognize the different aspects of grief
- Experiment with "both-and" thinking
- Look for activities, new and old, that continue to fulfill you
- Focus on maintaining and strengthening important relationships
- Begin slowly building your resilience bank account

I realized everyone is dealing with a whole host of stressors right now in his/her own way, and everyone is seemingly dealing with it ALONE. I'm currently exploring the "both-and" thinking suggestion. The bottom line is that we aren't ALONE in this situation, and it's OK to reach out to friends, family, and/or professionals.

Locally, COVID numbers seem to be declining, which I choose to recognize as a very positive sign. Remain vigilant with your COVID precautions, stay active, and allow yourself to replenish your surge capacity. We'll get through this.



Patrick Willi
TGC President

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Why Sprint Triathlons?

I often hear fellow athletes downplay the shorter distance multisport events as "too short" and they want to do the longer events - particularly the half iron and iron distance events. Don't discount the sprint triathlon - there are so many great reasons to do shorter distance events.

First off, most of us know if you're new to the multisport a sprint distance tri is the best distance to experiment with to help you decide just how much you love the sport. No fancy gear is required for sprint triathlons. A pair of goggles; a simple road bike, mountain bike or hybrid will suffice and decent pair of running shoes and you will be good to go!

Sprint triathlons are less intimidating and full of fellow athletes ready to have fun! If you have ever been to an Ironman event you will understand this. Long distance events are filled with uptight triathletes that are focused on their race and obsessed with everything triathlon (which is okay, but not for all). With short distances and small fields, you could be done racing with your feet up and your favorite beverage in hand before noon.

A sprint triathlon is a great workout. The pace for a sprint tri is really simple: go hard. The high intensity, intense exertion workout will result in burning more calories than a steady-state cardio workout. This calorie and fat burning can last up to 24 hours.

The sport of triathlon is notoriously expensive - but sprint distance events are much cheaper than long distance events. There is no messing with \$750 entry fees in a sprint tri. Short-distance sprint races are generally \$75-\$100. I would prefer to do 7 sprint triathlons than just one iron distance event.

We know triathletes are planners and many triathletes follow intense "training plans" that result in time consuming training for the long-distance races. But not sprint triathlon - simply staying fit with swim, bike, and run and you will be race day ready. Also, if you don't want to risk "over-doing it" and getting injured-a sprint is your distance.

For the family - sprint triathlons are spectator friendly and short enough to keep your spectators interested and entertained. The venues are generally more compact and approachable allowing spectators to be able to see their athlete on all parts of the event. And you never know, they may offer a youth event for your future triathlete.



Cultivation Nation Triathlon



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Lastly, the Gulf Coast has so many wonderful sprint triathlons within 2-4 hours of our community. Some of these destinations you may never consider visiting but they are fabulous venues for a triathlon. This past weekend I was able to go to Wiggins, Mississippi for Cultivation Nation Triathlon. Wiggins, MS is a sleepy agriculture county that has a beautiful state park that offers a glass flat swim, bike through rolling pastures and a true trail run. AND, they were lucky enough to have an event in 2020! Despite the COVID safety measures it was such a fun event and great seeing fellow tri-friends.

Of course, I want everyone to come do the [Santa Rosa Island Triathlon](#) in 2021!! But, I am also a big advocate of supporting other multisport events. The multisport took a big financial hit because of COVID19. Support the sport you love and when you start to think about your 2021 race season - make sure you put a handful of sprint triathlons on your race calendar. You won't be disappointed!!



Mindi Straw
Avid Triathlete &
Santa Rosa Island Triathlon Race Director

GROUP TRAINING

SWIM, BIKE, RUN

Members post their workouts for others to join:

[TGC Trains](#)

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)



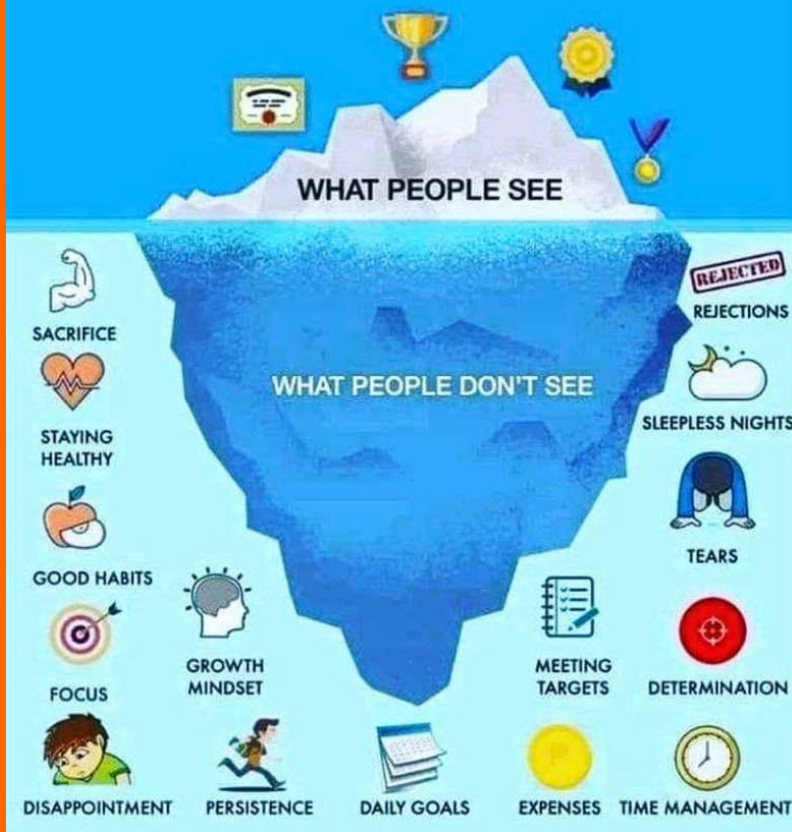
U.S. Resources &
Tips



International
Information



SUCCESS IS LIKE AN ICEBERG



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.

Staying Motivated in 2020!

The 2020 racing season is unprecedented...local races getting cancelled due to inability to get permitting, official Mere Mortals training can't happen, traveling is limited at best, Ironman is trying to put races on but the numbers are too staggering...it's HARD to stay motivated!

Just like anything else though, we are Better Together! Tri Gulf Coaster's are out in full force weekly. We see swimmers at the Friday Open Water Swims. We see triathletes out and about early Saturday and Sunday mornings. We see plenty of bikers all over - the beach, Blackwater trail, weekly Wheelmen rides, and in small groups all over town. Runners are keeping at it daily - we see them on Strava. EVERYwhere!

If you're paying close attention, you'll see that some races are able to happen...if you're willing to travel a bit for a sprint triathlon. There are also virtual races happening. We have even put on

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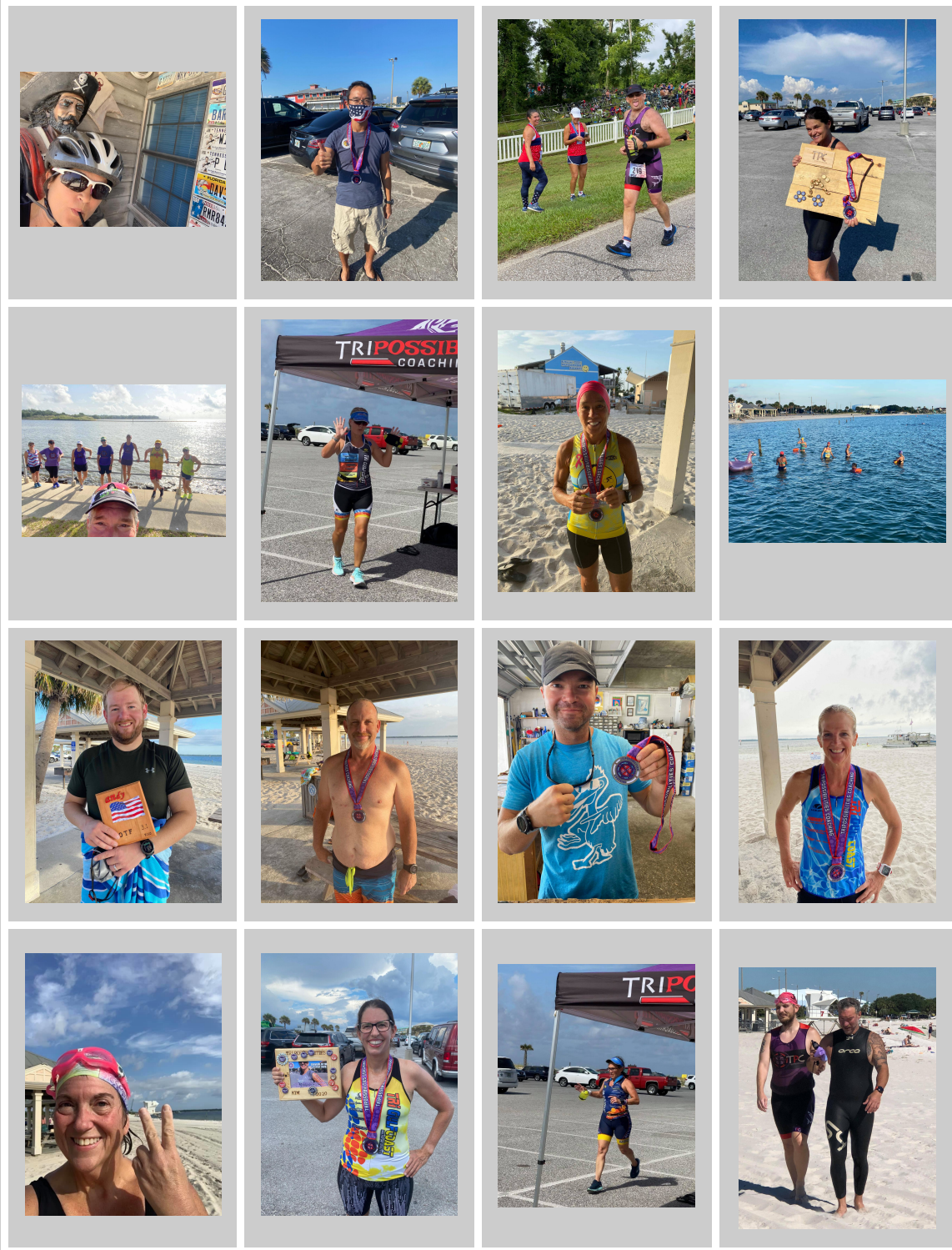
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some virtual events, which has kept our athletes a little more engaged during these ever-shifting times.

Here are a few pictures - hope to see you out there too!



Finish Strong,
Coaches Helen & Dom
Tripossibilities.com

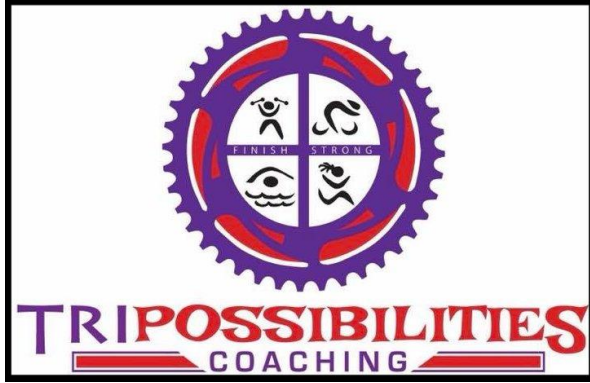
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UPCOMING EVENTS



Most events 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.

These "events" are hosted by TGC and/or Sponsors with care taken to satisfy COVID regulations.

Tentative Schedule

- 09/06 Swim/Bike/Run
- 09/06 T3 Beach Day w/SRITRI
- 09/09 TGC Board Meeting
- 09/12 Group Run @ Pensacola Bridge
- 09/13 Swim/Bike/Run
- 09/20 Member's Only Triathlon (VIRTUAL Tri)
- 09/26 Tri 101 Biking w/Ride More Bicycles



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

Tri Gulf Coast ONLINE STORE



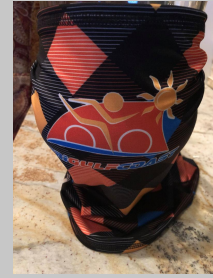
WE HAVE AN ONLINE STORE!
This is your last chance to get these items before THEY'RE GONE!

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
- Gaiters/Bufs



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Stay Connected



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