



TRIGULFCOAST
MULTISPORT ATHLETES

JOIN

YOUTH RACES

NEWSLETTERS

MERE MORTALS

CONTACT

April 1, 2021

Sponsors & Supporters

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

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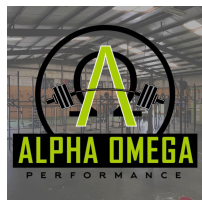
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Free phone consultations



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



Hello Teresa,

Happy April everyone!

The time has changed, the days are getting longer (and warmer) and by now you have likely selected a race and have started to plan your training. We hope to have an in-person Mere Mortals this year so hopefully, your training plans include Sunday mornings with your fellow TGC'ers.

Until we can be together for an in-person session, keep in mind connections are possible through our Facebook pages [[Mere Mortals](#); [TGC Trains](#)]. If you're looking for a group to run with or someone who might be running a similar distance, reach out and make a connection for an accountability partner. It does help hold you accountable as well as makes the workout more fun!

Until next time,
Dani

Dani Hoffmann
TGC President, 2021



IN THIS NEWSLETTER

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- You have to Pay to Play (Part 2)
- Local Events Listing

Friday Morning Swims



Friday Morning Swims are back for the 2021 season.

Expect the same COVID measures taken last year



MASSAGE THERAPY BY
JAMES FRITSCHLE



RHouse

- Termite & Pest
- Home Services
- Handyman Services
- Building Maintenance
- Property Mgmt. Support
- Fencing



(social distancing; text check-in).

Details to post to Facebook closer to the start date:
April 16, 2021.

Frequently Asked Questions



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](#)



Fascinating...

...from Around the Web

These items should not be considered product endorsements. As an athlete, I think they are fascinating and/or informative. These articles are external links to various websites.

Gatorade's new Gx Sweat Patch Tests Your Sweat for Smarter Hydration

via: TheVerge

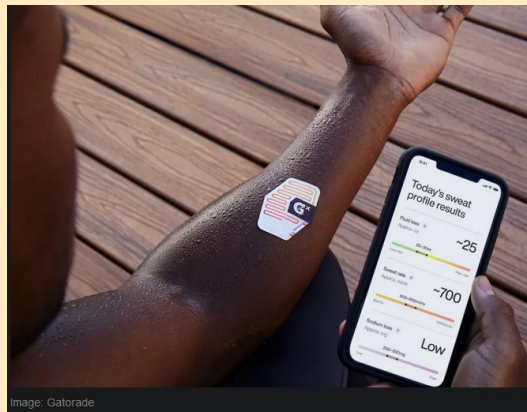


Image: Gatorade

[Read More](#)

**Juice Babe
Juice Bar**



10% off with code: TGCMC



Wetsuits & Swim Gear
30% Discount
Email for code!



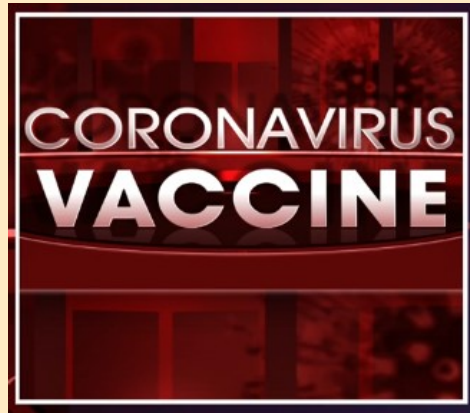
Team Handle: TRIGULF
Email for Team Passcode



Discount Code: C-TRIGULF

Florida to Lower Vaccine Eligibility
on Mar. 29 to Ages 40+

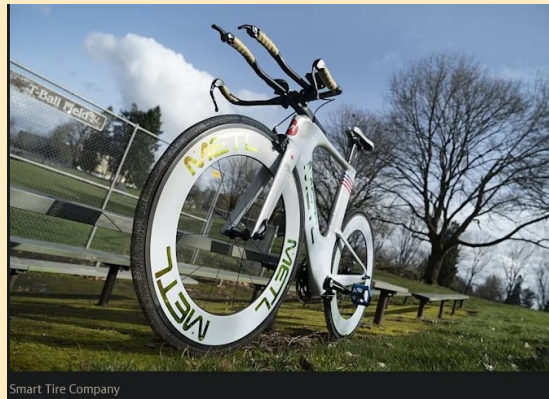
via: WKRG



[Read More](#)

Smart's Airless Bike Tires
Use NASA Tech to Defeat Punctures

via: Engadget



[Read More](#)

**REGISTER
ONLINE**

CLICK HERE



GetMeRegistered.com

* A BETTER WAY TO REGISTER

Time to RENEW!

Member dues for the
2021-2022 season are valid
through May 31, 2022.

[Register](#)

Sun Burn = Cancer!

Welcome longer daylight hours with skin protection! If you plan on being in the SUN for more than 30 minutes you should plan on covering up to prevent sun damage. If you can avoid being out from 10 a.m. until 3 p.m. do it!



How and where should I cover? Clothing, and hats or do rags to cover large areas and sunblock to get those tougher areas. Don't want to cover up, use sunblock 30+ everywhere visible!

Where are the most vital spots? All surfaces facing the sun are in danger.

- **Swimming** - backside
- **Biking**- head, neck, back, top of legs, calves
- **Running**, that's the top of your head, nose, shoulders, chest, glutes, top of feet

After visiting the dermatologist for several years and having been burnt, scraped, cut, sewn and creamed, I can tell you prevention is worth a pound of cure! Be nice to your future self and protect your largest organ, your skin.

Get up early get your training done and enjoy the indoors with some A/C and a Subway sandwich during the heat of the day!

Happy Triathlon Training,



Jeff Boulton
Subway
West Florida Wheelmen Treasurer
Cycling Advocate; Triathlete



You Have to Pay to Play (Part 2)

Last month we discussed the costs of participating in the sport of triathlon. This month's article will touch on some ways to reduce those costs.

First and foremost, be realistic. Most of us do this for fun and are not paid

professionals. **Start with a budget and stick to it.**

As highlighted last article, a lot of the costs of a race has to do with travel. Airline tickets, lodging, gas, etc. can add up quickly. **Start with local races** to reduce or eliminate some of these costs. We are fortunate that the panhandle area has many events, of various distances, under a three-hour drive time.



Buy used equipment. You can pick up quality bikes off Craigslist, Facebook Marketplace, or other market sites. Ask other TGC members for help if you are not tech savvy. If you know what you want, **make the purchase as a package.** If you pick up a tri bike already equipped with aerobars, pedals, and carbon fiber wheels, you will save money when compared to upgrading these components later. Some of TGC's local sponsors offer club member discounts.

As with I-phones, you don't always need the latest versions of tech. **Wait to replace your tech.** I upgrade my GPS watch about every three years and usually save well over 50% on the cost and have all the functionality I need. Also, your GPS watch can function as a bike computer and display speed, distance, and pace until you are confident you want, and can afford, a bike computer that may be easier to read and give you additional data such as cadence and power output.



Although triathlon is an individual sport, you can save money when you **travel with a friend** and split the cost of the gas and lodging. Pretend it is spring break back in college.

More and more events are going to tiered pricing. Especially the longer races. Once you set your sights on a particular race, **get registered as early as possible.** Make sure to check out the event's website. Usually, hotels and other vendors will offer discounts to racers.

Lastly, generally each race you participate in becomes less expensive than the previous. Think about it. The bike is often the highest monetary output. Hopefully, you invest in a quality bike that will last for years and several races if maintained properly. Conversely, if you are overly not confident you are going to pursue this sport for several years, simply buy a decent bike that you can use recreationally if you decide to just be one-and-done.

I hope this helps. Race on.





John Fitzgerald
 Licensed Insurance Agent
 Past-TGC President
 Ironman Athlete

Events



Friday Morning Swims, hosted by
Tripossibilities
 April 16 - Splash Time: 6:30 a.m.



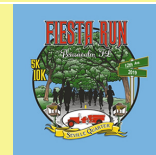
Gulf Coast Half Marathon & 5K
 April 11



Deluna Open Water Swim
 April 25



Fiesta Run 5K/10K
 May 1



DeFuniak Springs Sprint Triathlon
 May 15
**Discount available for TGC* [Email for Code.](#)*



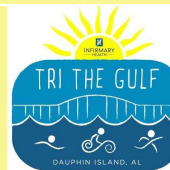
Pensacola Triathlon
 (Sprint or Olympic)
 June 6



Santa Rosa Island Sprint Triathlon
 October 2



Tri The Gulf
 October 16



Peruse these resources for local events that span our membership area and beyond.

- [Tri Gulf Coast Calendar](#)
- [Pensacola Sports: Running Pensacola](#)
- [Run Pensacola](#)
- [Pensacola Runners Association Calendar](#)
- [RunningintheUSA](#)
- [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!

Store: Tri Gulf Coast Gear Depot

Contact: ReallyCoolStuff@TriGulfCoast.org

Tri Gulf Coast | TriGulfCoast.org



Tri Gulf Coast | P.O. Box 544, Gulf Breeze, FL 32562

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