



**TRIGULFCOAST**  
MULTISPORT ATHLETES

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1 February 2021

*Dear Teresa,*

*We couldn't wait for 2021 to get here and it's February already - where does the time go?!*

*One of my beginning of year traditions has usually been to plan out my races for the year. With so many of last year's races deferred to this year, I didn't have to go through that practice. So instead, I spent the time reflecting on how I felt about my training and performance last year. I won't lie, without the pressure of a race looming, I slept in far more mornings than I'd like to admit. But there's far more positives that came out of that than negatives or regrets. First, there's the recovery component. I ran 10 races of 26.2 miles or more in 2019. My body needed the break. Second, there's the recovering your love of the sport component. When was the last time you laced up, biked up, or goggled up and just went out for the love of the game? No watch. No bike computer. No distance goal. No pace goal. No expectations other than you and the act of relishing the amazing things your body is capable of? Before you get too far in to training for your first (next) race of 2021, I highly encourage you to dedicate a workout simply to having fun and reminding yourself why you fell in love with the sport.*



*Dani Hoffmann  
TGC President, 2021*

*Like last month, I want to hear from you. **Specifically, I want to hear how your back to basics workout went. How did you feel? What did you smell? What did you see? Where in your workout could you no longer suppress that smile and you just grinned from ear to ear because you were doing the one amazing thing that makes you feel whole?** Travel on over to Facebook and tell your adoring fans all about it - we can't wait to hear!*

*Until next time,  
Dani*

**Stay Connected**



**We will race in 2021!  
Please put us on the calendar for October 2nd, 2021.  
Registration will re-open on April 15th.**

**We will be sharing more details and exciting news about  
this year's event in the weeks/months to come!**

[www.santarosaislandtriathlon.com](http://www.santarosaislandtriathlon.com)

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### Cold Water Winter Swimming: What's Up with That? by Bill Benson

In winter, fellow Tri Gulf Coast members and I head down to the Gulf in wetsuits for our hour plus swim. We notice the look on faces of early morning beach goes - "What are those crazies doing?" One would think we were celebrities with people capturing photos of our entrance to the water. Winter is actually my favorite time of year to open water swim. In addition to the camaraderie associated with participating in a seemingly odd event such as open water swimming in winter, the Gulf is crystal clear, wildlife abounds, and there are few, if any jellyfish. Of course, cold water winter swimming does require preparation and acclimation, and one should always have a swim buddy in the event of a mishap regardless of swimming in warm or cold water. With regard to cold water swimming, unless you want to be very brave and go without, one needs a swimming or triathlete wetsuit, bright colored swimming cap, and a pair of goggles. I would also recommend a neoprene cap, and if not a bright color, wear a colorful swim cap over the neoprene one. I also wear both neoprene booties and gloves when the water temperature is in the mid- to lower 50s.

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Depending on wind, waves and tides, we typically swim one-way, or parallel to the shore for anywhere between 3,200 to 4,300 yards, and following the swim, I feel great. One may ask, "Why do you feel so great following a cold-water winter swim?" Increasing evidence, both anecdotal and in scientific peer-reviewed literature, support that cold water winter swimming has positive effects. Here is a brief summary:

- Positive effect on the cardiovascular and endocrine system
- Reduction of stress and enhanced mood
- Boosts your immune system
- Improves your circulation
- Camaraderie in enjoying the great outdoors

To give an example, with regard to one's immune system, increasing evidence shows that winter swimmers are more resistant to certain illnesses, experiencing them less frequently and more mildly. If interested in learning more about the health benefits associated with cold water swimming, there are numerous sources for information, and I would direct you to a recent publication by Knechtle, B., et al. 2020. Cold Water Swimming - Benefits and Risks: A Narrative Review. Int. J. Environ. Res. Public Health. 17(23):8984.

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7730683/>).

As with any sport, in addition to benefits there are also risks - the most significant being hypothermia. If you begin to shiver, feel exhausted, confused, or drowsy, head to shore and call it a day. Be careful not to take on too much at first. Begin with swimming close to shore until you acclimate to the temperature and surroundings. I can safely say that, for me, the benefits far outweigh the risks and I am thrilled to have discovered the many benefits of cold-water winter swimming.

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](#)

Humana.



MASSAGE THERAPY BY  
**JAMES FRITSCHLE**



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  - Property Mgmt. Support
  - Fencing



## COVID-19 and its Impact on our Youth

No doubt 2020 has created lots of change in how we do "life." I have spent countless hours reading articles and studies on children and the effects of COVID-19 and quarantine. I won't bore you with the literature and research data, but all say pretty much the same thing and that is:

**COVID-19 has resulted in children being less physically connected to friends, activities, and sports!!**

The long-term impact of COVID-19 on children is one of the top concerns of parents. With many children in virtual school or some form of hybrid school parents are concerned with overuse of screen time, poor eating habits, lack of physical play/exercise and depression.

I personally am a big advocate of youth athletics. Keeping our kids involved in sports and activities when they are young will have benefits as they get older. Both of my children participated in sports at a young age and despite neither excelling in on particular sport both of them know the importance of exercise for health and well-being. Both are grown but still exercise in some fashion daily. Each is successful in college and their personal lives. I always hope that it was my encouragement to participate in sports throughout their school-aged years that made them better humans...of course they would never admit to me. :)

### MARCH 28TH, 2021

Community Maritime Park  
Pensacola, FL



Enough of me and my children, I continue to want to help other children stay active and that is why I am passionate about the Tri Gulf Coast Youth Multisport Events and making the day all about our youth!



We would love to see your child, grandchild, next door neighbor and friends join us on race day. Let's us all be a part of the solution to COVID-19 and get the children physically active, connected and participating in sports again!



Mindi  
TGC Youth Events  
Race Director  
[TGCYouthMultisport.org](http://TGCYouthMultisport.org)

### Pushing Boundaries: Kim W. (IM FL Race Report)

*The amount of triathlon experience displayed each Sunday morning during Mere Mortals on Pensacola Beach is staggering. While the goal is to help, teach, mentor, and encourage new athletes, MANY experienced athletes also use the time to push themselves to new distances, speeds, and overall achievements. Ironman is often at the top of this list. From a TGC leadership perspective it's extremely gratifying to see an athlete continue past his/her original goals. I hope these race reports inspire other athletes to take a chance, set a goal, and do something outside of his/her comfort zone.*



Swim 2.4 mi, Bike 112 mi, Run 26.2 mi

This was the hardest race I've ever done. I finished in 12 hours, 51 minutes, 26 seconds and was 13th in my age group overall, bike, and run, and 4th on the swim! I was the last full distance Ironman to rank Bronze AWA in 2020!

#### An Excerpt:

I put my wetsuit bottom on at the hotel, because I wanted to make sure it was fitted right, and it can be hard to put on properly while sweaty. In transition, I checked my tires and



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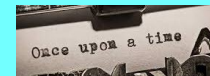


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### Write for the Newsletter



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.

### GROUP TRAINING

**SWIM, BIKE, RUN**

**Members post their  
workouts for others  
to join:**

derailleur and sprayed key areas of my neck and shoulders with Trislide... we migrated towards the swim start in an organized procession... I found myself crying during the "Star Spangled Banner" and told myself that it's way too early to get teary in a race this long...

[TGC Trains](#)

[READ MORE](#)

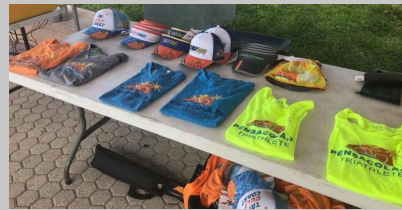
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**WE HAVE AN ONLINE STORE!**

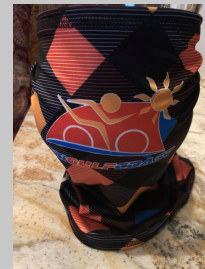
**This is your last chance to get these items before THEY'RE GONE!**

Contact: [ReallyCoolStuff@TriGulfCoast.org](mailto:ReallyCoolStuff@TriGulfCoast.org)  
Store: [Tri Gulf Coast Gear Depot](#)

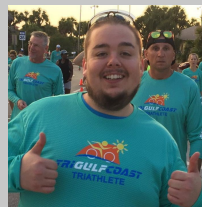


ALL available items are listed for sale at the ONLINE STORE, including:

- 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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