



TRIGULFCOAST
MULTISPORT ATHLETES

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NEWSLETTERS

MERE MORTALS

CONTACT

June 1, 2021

Sponsors & Supporters

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

Please show your appreciation by utilizing their products and services.



OFFICIAL CLUB



Free phone consultations



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



Humana



Greetings!

There is a lot to celebrate this month. The 3 Mile bridge re-opened! We've kicked off Mere Mortals, and we have an entire in-person Mere Mortals planned for this summer season! We're also seeing a lot of races deferred from last year take place this year – I saw a lot of folks participating in recent triathlons and other races. It is such a beautiful sight to see.

A very successful Mere Mortals Session 1 took place last weekend. It was great to see our new and returning members after our COVID-hiatus. If you haven't [renewed your TGC registration](#), now is a great time to do so. Invite a friend who might be interested in the sport to come join you. We look forward to growing our TGC family this year.

Until next time,
Dani

Dani Hoffmann
TGC President, 2021



IN THIS NEWSLETTER

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Pensacola Triathlon
Sunday, June 6th



A large number of Tri Gulf Coast Members and Mere Mortals participants are competing in next Sunday's Pensacola Triathlon.

We will NOT have a supported Mere Mortals



MASSAGE THERAPY BY
JAMES FRITSCHLE



RHouse

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



10% off with code: TGCMC

workout on 6/6/2021 and encourage our Mere Mortals Athletes and Volunteers to pitch in at Maritime Park volunteering, spectating, and cheering at Pensacola Triathlon.



EXTRA INCENTIVE:

Pensacola Triathlon is offering 50% off entry to the [Pensacola Half Marathon](#), for TGC Members who **VOLUNTEER for the 2021 PNS Triathlon!**

[Volunteer](#)

[Email](#)

Kraken Triathlon Team

The Krakens are a local kids triathlon team/club for ages 7-18. The kids practice 2-3 days a week to work on skills to help them during a triathlon. The team is a registered club with USA Triathlon and has met the Safe Sport requirements.



The young athletes learn stroke techniques, bike handling and safety, and running form year around. Yes, year around training! We adjust for weather conditions and the group keeps on going. As with training you have races that are scheduled throughout the year.



Race distances vary per the age of the athlete. Most kids' events are shorter than sprint or super sprint adult triathlons. Krakens love to compete against the kids in their age group in a variety of events including triathlons, duathlons and sometimes a splash and dash. Our coaches have found out that there are kids out there they may not be as enthusiastic about more common team sports but that really enjoy triathlon.

The summer into fall is the busiest for these young triathletes. We have had team members enjoy many of the great local kid's multi-sport events as well as travel to Gulf Shores, New Orleans, and Daytona for events. They have been able to enjoy going to various places to race and have had some exciting age group placings. Our most recent event was The Phinman Triathlon on May 29th in Gulf Shores.

If you would like your young athlete to start enjoying triathlon, email [Coach Steven Fair](#). We are looking forward to providing updates on kid's events and thoughts for kids training in future Tri Gulf Coast

RÖKA™

Team Handle: TRIGULF
Email for Team Passcode



Discount Code: C-TRIGULF

Newsletters!



EMAIL COACH FAIR

The emailed Monthly TGC Newsletter is a member perk.
The next issue will only email to 2021 (Current) members.

REGISTER ONLINE
CLICK HERE



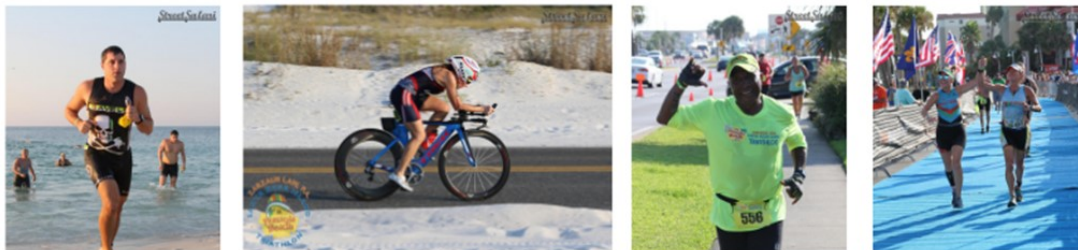
GetMeRegistered.com
* A BETTER WAY TO REGISTER

Time to RENEW!

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

REGISTER

Zarzur Law, P.A. Santa Rosa Island Triathlon Pensacola Beach - October 2, 2021



The 25th Annual [Zarzur Law](#) Santa Rosa Island Triathlon is located on beautiful [Pensacola Beach, Florida](#) on October 2nd, 2021. This is a great destination sprint triathlon for seasoned triathletes and new ones alike. Every athlete will be treated to a custom Headsweats visor from the premiere sponsor Zarzur Law as well as cool SWAG from our loyal sponsors.



Athletes will be met at the finish line with a custom medal and chocolate milk from our refuel sponsor, [The Florida Dairy Farmers](#). Beverages and post-race food from Sonny's and complimentary beer from Lewis Bear Company. Come join the fun!

REGISTRATION IS OPEN!

This year's event has limited spots available so sign up now to guarantee



your entry and for best pricing.

**TGC DISCOUNT CODE for \$5.00 OFF
TGC2021**

RACE REGISTRATION

For 2021 we are offering a virtual race option for those unsure about in-person racing. The Virtual Zarzaur Law Santa Rosa Island Triathlon powered by [Publix](#) can be raced in your own backyard. Athletes will get the same athlete goodies and medal.

VIRTUAL RACE REGISTRATION



Santa Rosa Island Triathlon is produced by Give It A Tri, Inc. (GIAT) which manages and executes multi-sport race events. The monies raised through sponsorship and race registration are used to assist youth athletics with charitable donations and grants in Escambia and Santa Rosa counties. GIAT concentrates its outreach to youth organizations that promote athletics including swimming, biking, running, and multisport but not limited to these categories of organizations.

SantaRosalslandTriathlon.com



Mindi S.
TGC Youth Events Chair
SRITRI Race Director
Ironman Triathlete

Healthier Hair for Athletes!

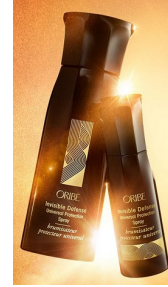
We are just as excited as you are to see more and more events popping up on the calendar this year! As you soak in the morning miles, long days, and the hot summer sun, here are a few ideas for daily hair care and what to ask for when you are in the salon! Because, let's face it, your tan lines might be a conversation starter when you go out but you don't want your hair to look like you've been overdoing the sun, chlorine, or salt water.



- 1. Wear a hat.** Visors will keep the sun off your face, but a hat can give your hair extra protection. UV rays damage the cuticle of your hair, resulting in brittle hair that will break more easily.

2. Use a leave in conditioner with UV protection.

Speaking of UV rays, using a leave in conditioner will help protect from the harmful rays as well as help treat any damage from sun, salt, and chlorine. One of our favorite leave in products is called Oribe Invisible Defense Universal Protection Spray. Use it on wet hair after you shower and use it on damp hair before you go out into the sun. This product will also help keep moisture in your hair and keep the frizz down.



3. Treat your hair once per week...

...or more! Replacing your conditioner with a deep treatment masque at least once per week will really help hydrate, soften, and soothe your hair and scalp. Our favorite masques are Oribe's Signature Moisture Masque for fine to medium hair and the Moisture and Control Deep Treatment Masque for curly or very dry hair.

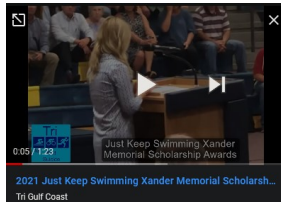


When you book your appointment at 10th Avenue, consider adding on a conditioning treatment to your hair cut or color service. In addition to hair services we are also offering skincare services including several different types of facials. We can't wait to see you, in the meantime be safe out there and happy training!



Cody and Namrita Brooke
[10th Avenue Hair Designs](#)

Just Keep Swimming Xander Scholarship UPDATES



The Ballmann family worked with area businesses, organizations, and Gulf Breeze High School to setup the Just Keep Swimming Xander Memorial Scholarship in loving memory of their son. They recently awarded several one-time \$500 scholarships to be used towards any post high school endeavor (college, military, trade school, etc.).

[WATCH VIDEO](#)

Adventures in Endurance Swimming The Grace in Failure - SCAR Swim 2021



I fully believe how we define ourselves is not rooted in the good times, but rather in the times of hardship. The times where your spirit is challenged. The times where success is not defined in mortal terms. The times where you cry, laugh, and yell all in hopes that your sanity returns. Those are the moments that define who we are and how we live. Those are the moments that the rest of the world wants to see failure but we find growth and solace. These moments come in MANY shapes and sizes-- for me it was spelled SCAR.

The SCAR event provided me with several moments of hardship. Hardships that my body gave into, that my mind could not process, and that left my soul feeling stamped. It



was a hell of a four-day adventure. One I will never look back on with regret.

Before I tell you the rest I will tell you two very important facts-- 1) I failed to complete the SCAR challenge and 2) I am every bit just as determined to go back.

For those of you not familiar with SCAR, here is the easy description: Four Lakes, Four Days, Forty Miles. The event takes place in Arizona, but do not be fooled one of the biggest challenges in this event is the cold waters...

[READ MORE](#)



Teresa, LMHC
 Licensed Mental Health Counselor
 Mere Mortals Co-Chair
 Endurance Swimmer



Mere Mortals is dependent upon Volunteers. If you, friends, or family can help, we can use you!

Throughout the summer, we need and entire squad of in-water and on-land support to keep things running smoothly.

[MERE MORTALS VOLUNTEERS](#)

Events



[Friday Morning Swims](#), hosted by
 Tripossibilities
 April 16 - Splash Time: 6:30 a.m.



[Mere Mortals: Triathlon Training Program](#)
 Most Sundays
 May 30 - Sept. 19





[Mere Mortals Volunteers @ Pensacola Triathlon](#)

June 6

50% off entry to the Pensacola Half Marathon, for TGC Members who VOLUNTEER for the 2021 Pensacola Triathlon!



[Pensacola Triathlon](#)

(Sprint or Olympic)
June 6



[4th of July 5K](#)

July 4



[Santa Rosa Island Sprint Triathlon](#)

October 2

Discount available for TGC
\$5.00 OFF
TGC2021



[Pensacola Half Marathon](#)

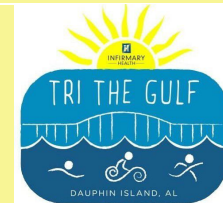
October 10

Discount available
IF YOU VOLUNTEER FOR
PENSACOLA TRIATHLON 2021



[Tri The Gulf](#)

October 16



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

- [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



