



TRIGULFCOAST
MULTISPORT ATHLETES

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YOUTH RACES

NEWSLETTERS

MERE
MORTALS

CALENDAR CONTACT

1 March 2021

Dear Teresa,

Happy March everyone!

As I write this, it is a gorgeous 73 degrees outside with a delightful breeze blowing. It's a great reminder that warmer weather is on the way and the realization that race season is upon us. So this month, I want to take a deeper dive into the interactive component of this newsletter and talk about race planning. Specifically, how you find and plan your races for the year, as well as how you prepare for them.

I personally have a goal of running a marathon in all 50 states. The website I use to plan my races, www.runningintheusa.com, has been my go-to for several years. We all know there are some pretty large and well known races out there. Yet it never ceases to amaze me when I mention an obscure race to someone else who knows all about it and even has it on their "bucket list," ahem, Wizard of Oz Marathon in Womego, KS anyone?

*While the website I mentioned above also lists triathlons, when I first got in to triathlon, it wasn't the logical first place I looked for information. So what about you? **Where do you find your races, be they multi-discipline or otherwise? Head on over to the TGC Facebook page and share how you find/plan your races.***

Once you have a race selected, it's time to figure out how you are going to train for that race. Historically, my go-to for marathon training schedules has been www.halhighdon.com. His website only includes training for running so for someone looking to do a triathlon, it wouldn't be a good source for a training plan. Our very own Mere Mortals group is hands down, the number one place to start if you are looking to train for a tri and don't know where to start. But what about longer distances? I had the pleasure of running into a few TGcer's in the wild who were focused on the longer distances, like a 70.3.



Again, please head on over to Facebook and share where you find your longer distance triathlon training plans with your fellow TGcer's. Next step, find a training buddy and go take advantage of this beautiful weather!

*Until next time,
Dani*

*Dani Hoffmann
TGC President, 2021*

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In This
Newsletter:



MARCH 28TH, 2021

Community Maritime Park
Pensacola, FL



[YOUTH Athlete SPOTS available](#)

[VOLUNTEERS NEEDED](#)

Listen to Your Body

As we are coming out of the 2020 season, with many of our races canceled, and tri season quickly approaching, most of us are beginning our training back up. As you get back on track and your training plans begin to ramp up, one thing you should always remember is, listen to your body! Listening to your body is imperative when training for a running race or a triathlon. These symptoms that you might feel during training could either indicate joint stiffness, muscular tightness, muscle soreness or pain from a previous injury. Normal symptoms that you may encounter during training, especially in a warm-up, include stiffness, soreness and tightness. Though most of these symptoms should subside after about 10 minutes of an easy warm-up, if sharp pain or severe tightness persists during the workout, this could indicate a serious injury.

As most of us have experienced, there is a certain "pain" threshold we all cross when the effort gets hard and we have to push ourselves to continue. That pain you may be feeling, the pain of your muscles burning with lactate, or your lungs gasping for oxygen, is



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very different from muscle discomfort or burnout. From the pain you may experience, running a few miles or another intense exercise, is due to a build-up of lactic acid, but the nagging pain you feel in your foot or the shooting pain in your shin is not the same. This is when we need to learn to listen to our body.



You may find yourself asking:

*** Will skipping a workout ruin my race?**

Skipping a workout will not ruin your race, especially if your body needs it to help heal or recover.

*** Should I push onward or take time off?**

If you are feeling pain, that is not normal, slow down and reevaluate the possible cause of the pain. Also, allow time for recovery!

*** How do I know when to stick to the training plan and when I should relax and take my foot off the gas for a minute?**

If you have a coach, it is always important to stick to the plan your coach has designed for you, which will allow for recovery days. If injury has occurred, always consult with your doctor and let your coach know of this injury.

When training, many of the injuries you may sustain are minor and go away on their own or with a bit of stretching. Others persist and become worse. When they get to this point, it is important to stop doing the activity that is causing the pain, identify the potential cause of the injury with the aid of a medical doctor, and listen to their recommendations. The sooner you listen to your body, they sooner you may get back to training, once you are healed.

When starting back your training, patience is key! Great results and breakthrough performances do not come from big sessions and pushing harder in certain sessions, they come from consistent training over long periods of time. Always remember: consistency is key, and sickness and injuries are the two major obstacles to your consistency. If you always listen to your body, and you can get through these obstacles and build that performance you have been looking for.



Dr. Bryan Oakes, DHSc, CPT
Triathlete
TGC Secretary 2021

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MASSAGE THERAPY BY
JAMES FRITSCHLE



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- Home Services
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- Fencing



EVENTS

		<p><u>Zarzur Law Maritime DeLuna YOUTH Duathlon</u></p> <p>March 28</p>
		<p><u>Gulf Coast Half Marathon & 5K</u></p> <p>April 11</p>
		<p><u>DeLuna Open Water Swim</u></p> <p>April 24</p>
		<p><u>Fiesta Run 5K/10K</u></p> <p>May 1</p>
		
		<p><u>DeFuniak Springs Sprint Triathlon</u></p> <p>May 15 *Discount available for TGC*</p>
		<p><u>Pensacola Triathlon</u> (Sprint or Olympic)</p> <p>June 6</p>
		<p><u>Santa Rosa Island Sprint Triathlon</u></p> <p>October 2</p>
		<p><u>Tri the Gulf Sprint Triathlon</u></p> <p>October 16</p>

Peruse the resources listed to the right for local events that span our membership area and

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

TRIATHLON

BAGELHEADS

Pensacola Runners Association

GulfSport Timing

TRI THE GULF
DAUPHIN ISLAND, AL
OCTOBER 17, 2020

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• [USA Swimming](#)



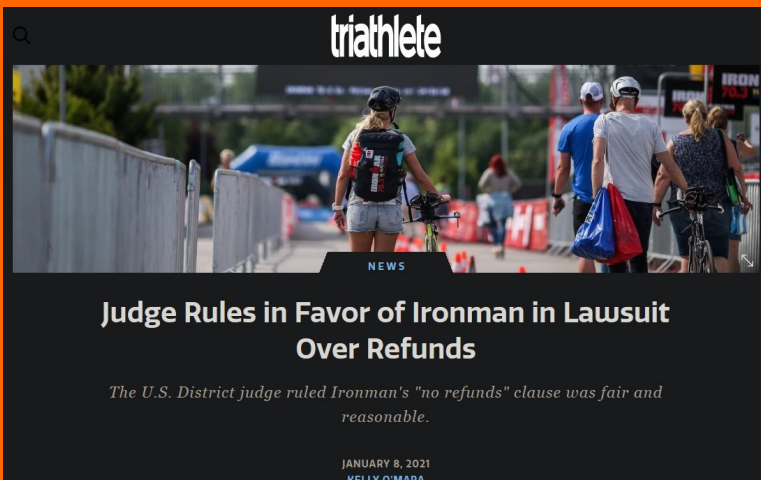
Write for the Newsletter



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.



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GROUP TRAINING

SWIM, BIKE, RUN

Members post their workouts for others to join:

[TGC Trains](#)

So we are clear from the start, I love triathlon and consider all the money I have spent on this border-line obsession as money well spent. I have awesome gear, cool clothes and memories and adventures my wife and I would have never had if not for this sport. Not to mention all the friends we have made.



That being said, this can be a very expensive sport and the intention of this article is to help you plan appropriately and point out some things you may not have considered. You need to factor in the hard costs as well as the soft costs.

Hard Costs

Registration fees. Fees are generally around \$125 for a sprint distance up to \$750 for a full *Iron* distance.

Now that you have paid to participate you will need various equipment for each leg of the race. Let's tackle those in order.



First is the swim. Fairly simple here. You can get away with a set of well-fitting goggles and a brightly colored swim cap for open water swimming. You can cover this for easily under \$100.

For the second leg, you will, clearly, need a bicycle. You can blow your kid's college fund here. Top-end tri bikes can go for north of \$12,000, but I would not start there unless you just have money to burn. Considering the bike is the longest leg of the race and comfort is vital, you will probably need to consider spending around

\$1,000 for a decent ride. Be aware the bike is only part of the equation. You are going to need a way to get that sucker from point "A" to point "B". A bike carrier can cost from \$50 to over \$500. A helmet is an important piece of safety equipment and required in any sanctioned race. A quality helmet can range from \$75 to \$500. A lot of competitors have special, clip-less pedals that are more efficient but require special shoes. Pedals and accompanying shoes can run anywhere from \$150 to \$500. Lastly, depending on how much of a data freak you are, you may want to invest in a bike computer which keeps track of your time, speed, distance, etc. Those, again, have a range depending on how many features you get. They can range from \$49 up to \$700.



For the run leg you obviously need running shoes. Plan on spending around \$120 for a quality pair of shoes. Like the bike, don't skimp on your shoes. You need to protect your joints so invest in a quality pair of shoes. If you stick with the sport, eventually you may want a GPS watch. They run around \$150 to over \$700 depending on the features included. You will need appropriate clothing. Many triathletes wear a "kit." This apparel is designed to be worn during the entire race. You can buy one of these for between \$125- \$250 depending on make, branding, etc.

Other hard costs to consider. Destination races include gas, lodging and food expenses. If you are flying to the race, beside your airline tickets, you will need to factor in the cost to get your bike to the race (there are various vendors that will do this for you for a certain fee).

Soft Costs

A few soft costs need mentioning. There are tolls for bridges and pool passes that need to be calculated into the equation. Nutrition will eventually be a consideration. Gels, Gus, powder, and Little Debbie Oatmeal cakes all cost money. You need fuel to power YOU during an event and training so don't forget them. Speaking of fuel, the car or SUV is going to need gas to get you back and forth to training activities. Finally, laundry detergent and power/water bills. Your gear is going to need to be washed because otherwise it will become horrifyingly stinky. In my household, our gear adds to a minimum of two extra loads of wash per week.

In conclusion, like any other hobby or activity you should budget. Do not let all these numbers deter you. I will share an article that provides some tips on cutting down some of these costs.

Happy racing.



John Fitzgerald
Licensed Insurance Agent
Past-TGC President

Tri Gulf Coast ONLINE STORE



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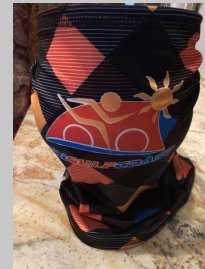
Contact: ReallyCoolStuff@TriGulfCoast.org

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
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Headsweat Gaiter



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