



TRIGULFCOAST
MULTISPORT ATHLETES

JOIN

YOUTH RACES

NEWSLETTERS

MERE MORTALS

CONTACT

May 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



Hello Teresa,

In case you missed it, [registration for TGC 2021 membership has now opened](#). We're still waiting on confirmation that we can have a more traditional Mere Mortals season but we're all staying optimistic. This is a great time to think about all the benefits of your membership and reasons to continue your membership in to 2021. In addition to a supported [Sunday workout](#), TGC membership includes so many other benefits:

- A community of athletes of varying skills, insights, and abilities
- Access to professionals in the athletic and medical community
- Loads of tips and tricks for training, nutrition, recovery, and race day
- Discounts on athletic gear you use in your training and race day
- Amazing sponsors with loads of helpful information and tools you may need
- Cool TGC logo'd gear
- Accountability partners
- A free shirt
- The famous Member's Only Practice Tri
- [Weekly \(FRIDAY\) Morning Open Water Swims with Tripossibilities](#)
- Group runs, rides, and swims
- And more!

If you know of others in the community that would benefit from a TGC membership, share the news of what an amazing club and community you are already a part of and invite them to join us in our love of the sport.



Until next time,
Dani

Dani Hoffmann
TGC President, 2021

IN THIS NEWSLETTER

- Suicide Awareness & the Just Keep Swimming



MASSAGE THERAPY BY
JAMES FRITSCHLE



RHouse

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



AMANDA SIMMONS
HAIR DESIGNER - BRISTOL



- Xander Memorial Scholarship
- TGC Membership Renewals
- Trying the Gatorade Sweat Test Patch
- Tripossibilities: Elbows!
- A Look at COVID Procedures from IM FL 70.3
- Highlights from IM FL 70.3
- Local Events: SRITRI Discount Code
- TGC Gear Depot

SUICIDE AWARENESS & PREVENTION

JUST KEEP SWIMMING XANDER

MEMORIAL SCHOLARSHIP

Suicide is the second leading cause of death for people ages 10-34, the fourth leading cause among people ages 35-44, and the fifth leading cause among people ages 45-54 (CDC, 2020).

Those are very scary numbers and numbers that are on the rise locally and nationally. Suicide affects ALL ages, and when you look at the breakdown, it becomes clear that every age demographic connected to Tri Gulf Coast, from Youth Events to our Adult Club, is susceptible.

Last year our athletic community unfortunately experienced this trend with news of another young athlete's suicide. In August 2020 the Ballmann Family and Gulf Breeze Community lost Xander. Xander was an accomplished high school athlete and swimmer, a member of Tri Gulf Coast, an assistant coach to the Kraken Youth Triathlon Team, and a much loved young man.



The 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 amazing son. They are awarding several one-time \$500 scholarships to be used towards any post high school endeavor (college, military, trade school, etc.). The 2021 Scholarships are being awarded soon, and they have designed t-shirts (TRI to End Suicide) with sales helping to fund more scholarships in 2022, which would have been Xander's graduating year.

Tri Gulf Coast has and is proud to support the Just Keep Swimming Xander Memorial Scholarship Fund. If you would like to support individually, please consider contacting the Ballmann Family or Gulf Breeze High School.

Donations Accepted Via:

Juice Babe
Juice Bar



10% off with code: TGCMC



Wetsuits & Swim Gear



Team Handle: TRIGULF
Email for Team Passcode



Discount Code: C-TRIGULF



a2zGirl@hotmail.com



ZBallmann
[0077]



Gulf Breeze High School
675 Gulf Breeze Pkwy
Gulf Breeze, FL 32561

Attention/Memo: Just Keep Swimming Xander
Memorial Scholarship Fund

SUICIDE FACTS

TEEN SUICIDE



If you or someone you know are struggling with thoughts of suicide, there is HELP.

Contact the [National Suicide Prevention Lifeline](#)

- Call 1-800-273-TALK (1-800-273-8255)
- Use the [online Lifeline Crisis Chat](#)

Both are free and confidential. You'll be connected to a skilled, trained counselor in your area.

You can also connect 24/7 to a crisis counselor by texting the [Crisis Text Line](#). Text HOME to 741741.

REGISTER
ONLINE

CLICK HERE



GetMeRegistered.com

* A BETTER WAY TO REGISTER

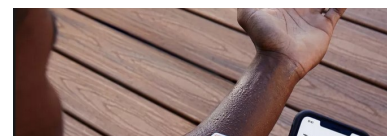
Time to RENEW!

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

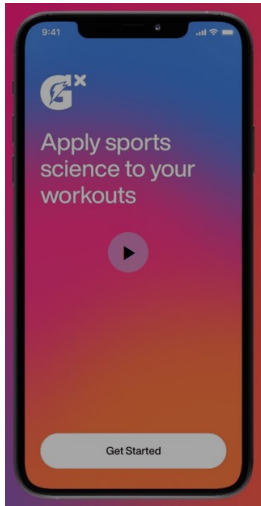
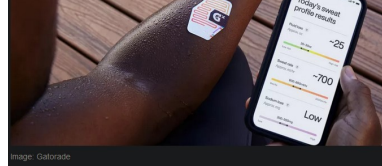
Register

Trying the Gatorade Sweat Test Patch

Wind tunnels, VO2 Max tests, sweat tests, etc... The stuff of dreams for us Mere Mortals who don't have access to the Olympic Training Facility in Colorado or



NAS in Dubai is now one of those things that is available to the masses thanks to [Gatorade's sweat test patch](#). For \$24.99 you can have two sweat test patches delivered to your mailbox that claim to measure fluid loss, sweat rate, and sodium loss. These are important metrics when choosing your race nutrition especially if doing a longer race here in the south. I always knew I was a “heavy” sweater just based on comparison to others--drenched clothing after a workout, white lines on all my hats and visors. I tried to factor this in when calculating my needs during a race but never could put a number on it. I was hoping that now I could after using these patches.

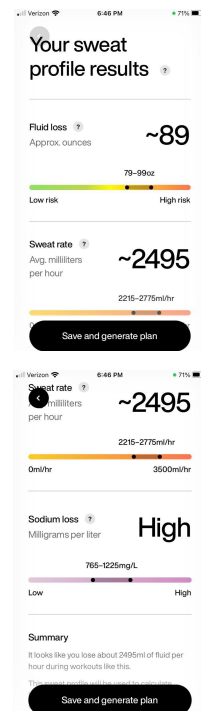


It's an easy process: stick a patch on your left forearm and then workout for 20-120 minutes in 47-95 degree weather. The challenging part is navigating the Gatorade GX app that you have to scan the patch with in order to read your results. Many 1 star reviews on the app store was my first clue that this might be a problem. After using it I have to agree. After signing up and linking my Garmin account I wasn't really directed on what to do next. Several times during sign up it mentions how it will import all your Apple Health data to give you a complete picture. I do not use that app so maybe that was part of the issue. The Gatorade app wants feedback after each workout and only after completing one did I realize that that is where you are expected to scan your patch in order to get your data. Once you get to that screen it is fairly straightforward.

My first workout was supposed to be a 90 minute tempo ride on the trainer with the A/C at 76 degrees. I had to stop the workout at 62 minutes as the patch was full and I had orange liquid running down my arm. Results stated I had lost 65 oz. of fluid and that my sodium loss is high with a range of 765-1225 mg/L. I simply didn't believe that volume as that is over 4 lbs. I can certainly lose a few during a long (3 hr.+) summer ride but there is no way I lost that in 62 minutes in A/C.

The second test was a planned 62 minute ride in the same conditions. I was able to finish that ride with the patch only 2/3 full so I expected to see different data at least in my fluid loss. Unfortunately I didn't as it said I had actually lost 4 more ounces than before (sodium loss was the same). Getting some sort of number regarding sodium loss is a good thing so I still feel like I got some benefit from the test, just not all that it promised.

I wish I had a more positive review as I really wanted these patches to work. What they did do was confirm what I already thought I knew: I lose a lot during workouts and I better account for it come race time.



Alternative Method (via Infnit Nutrition Blog):

[Here is a protocol for doing an "old school" sweat rate test. Do this on a training day when the weather/conditions will be similar to race day.](#)



Travis



TGC Merchandise Chairperson
Endurance Athlete

The Shoulder is Connected to the Elbow...

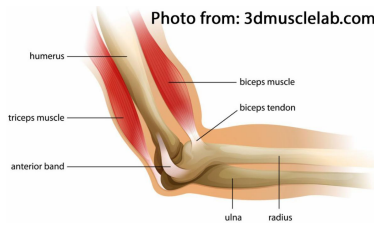


Photo from: 3dmusclelab.com

Yeah, the elbow never gets much credit.

It's not in the song about the skeleton; it's not a muscle, so it's not worked during strength training. How often do you hear about an elbow injury in swimming, biking, OR running? Yeah...not often, right?

But guess what? **Elbows** are important to triathletes – and this is how and why:

BIKE – elbows seated properly in aero bars!



Elbows should be directly behind the pads, forearms seated solidly in pads, and body at or close to a 90° position to arms. Coincidentally, this is a forearm plank – practice them!



SWIM – high elbows!

High elbows are important during the underwater arm pull, to ensure that you are utilizing the full surface area of your arm to get power into your pull. Secondary to this, but also important – high elbow recovery puts less pressure on the shoulders.



RUN – elbows drive back with each stride!

Elbows are a good indicator of core strength and use during the run. Swinging elbows = loose torso = weak core and less

endurance. When elbows drive back and fall forward with each stride, a runner is using his/her core to stabilize the body, so that the legs can do their job.

So next time you're swimming, biking, or running – check those **Elbows!**

And we'll see you out there – Just Keep Training and Finish Strong!

Coaches Dom & Helen

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, view our YouTube channel](#)



Back to Racing: A Look at COVID Procedures in Action

Oh, Happy Day. Racing is back!!! I was fortunate enough participate in the IRONMAN Florida 70.3 on April 18th and it was fantastic to see fellow athletes, spectators and feel the excitement and energy again.



To execute these events, organizers have put in place certain protocols to address COVID concerns. Initially, I felt this was going to be a train-wreck. I anticipated long lines and cranky people combined with mass confusion. As usual, I was completely wrong.

This race ran like a well-oiled machine. In fact, I liked this system better than the old system. Allow me to explain.

Check-In and Bike Racking

Pre-COVID, racers had a roughly eight-hour window to arrive at the venue, check-in and rack their bicycle. Inevitably, this resulted in huge crowds during “peak” times with a bunch of people mashed up together.



Under the “back to racing” plan, each athlete must register for a certain one-hour check-in window on Active.com roughly two weeks before the race. When you select your check-in time, you are given a QR code that you print out or store on your phone and bring that along with your ID and USAT card to check-in. Volunteers will give you a mask when you show up at IRONMAN village, check your temperature and ask you the usual screening questions we are all familiar with. Then it is like Disney World. You simply follow the one-way chutes to sign waivers, pick up your packet and receive your timing chip. IRONMAN supplies you with your very own IRONMAN stylus, so everything is touch-free.



During this process, one of your stops is the “bike drop-off table”. Fairly self-explanatory. A lovely volunteer asks you when you want to put your bike in the transition area and hands you a card with another one-hour window displayed on the card.

Be advised, when you show up at the transition area to check-in your bike, you must have already attached the various bike stickers supplied in your packet to the bike, have your bike check-in card and be wearing your timing chip. I have no idea why the timing chip is required but just wear it because I saw one guy get turned away because he was not wearing his.

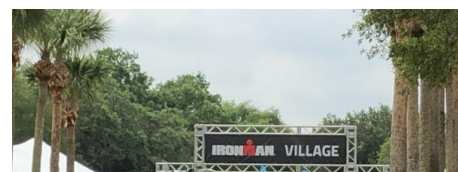
My check-in time was noon to one. It was around 45 minutes from the time I entered the Village to when I was racking my bike. Hassle-free.

Race Day

You are still allowed to set up your transition area race morning. The only difference is you must be wearing a mask and IRONMAN wants you to stay around your bike until they call you to the swim start (unless you are in the port-o-potty line). The swim start is “self-seeding” based on your predicted finish time. As you head toward the start, there will be marks on the ground about six feet apart where you wait as they move you toward the swim start. Masks are still required while waiting in the swim line. Three swimmers start every five seconds and you simply throw your mask away right before you enter the water.



The fact that a warm-up swim is currently not allowed under the new rules did make some athletes anxious so be mentally prepared.



Other than that, the race went along just about as usual. Aid stations were scattered along the bike and run legs with plenty of water, Gatorade, etc.



Spectators cannot enter the IRONMAN Village or transition area. However, they can be outside transition area and along the route. Clearly, have a pre-race meeting with your Sherpas and significant others to plan out meeting spots.

A word of caution. As I have, hopefully illustrated, the whole process went very smoothly but requires pre-work on your end. Make sure you look out for the e-mail instructing you to select your check-in time and do it quickly. There are only a certain number of slots available each hour and once they are filled up, that window closes. Don't wait around or you are going to be assigned a super early or super late time.

Speaking of being early. Due to the enormous number of cancellations in 2020, races are filling up very quickly. If you do not have a deferral, I highly suggest you register for upcoming events ASAP.

Happy racing!



[John Fitzgerald](#)

Licensed Insurance Agent
Past-TGC President
Ironman Athlete

Back in the Saddle

Our own Kim Maxwell (White) was interviewed as part of an Ironman Virtual Club Blog & showed up in Triathlete Magazine photos this month...

With recent IRONMAN 70.3 events in Galveston, Texas, and Haines City, Florida, the energy is mounting for a much-anticipated, revitalized race season. After a long year spent dreaming of finish lines, the red carpet is finally in sight.

Over the past year and a quarter, thousands of athletes have turned their disappointment into dedication by flipping their focus to virtual racing. The IRONMAN Virtual Club has helped motivate and push athletes to stay committed to their training and their goals. With weekly challenges and races, athletes haven't had to give up on their athletic progress despite the pandemic.

Some of those athletes have been able to see how their "virtual" fitness translates to physical racing as they get back out on the race courses once again.



Consistency Carrot

“COVID was a blessing in disguise,” says 50-year-old Kim Maxwell. “I think I was signed up for too many races!” The Florida-based athlete was one of the lucky athletes who was able to race IRONMAN Florida in November, the only full-distance race to go off in the U.S in 2020. Maxwell used the Virtual Club to keep focused for her late-season race, regardless of whether it happened or not. “It was like a carrot—something to work towards,” she adds.

Maxwell especially appreciated the Club after her race, when motivation threatened to wane once again. She took a break from coaching and used the Club’s daily holiday training challenges: “It was great during the holidays when things slow down even more than usual,” she said. Maxwell recently completed the IRONMAN 70.3 in Haines City.




Kim
TGC Kit Chairperson
Ironman Athlete

[READ THE IRONMAN VIRTUAL CLUB BLOG](#)


[SEE THE TRIATHLETE MAGAZINE PHOTOS](#)

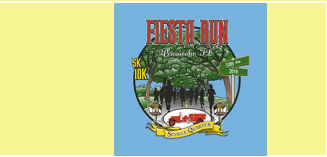
Photo by: Paul Higgins (Triathlete Magazine)
Athletes Enjoy Racing Despite Heat and Humidity at 70.3 Florida


Events

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



 [Fiesta Run 5K/10K](#)
May 1



 [Leftover 4 Miler](#)
May 15





[DeFuniak Springs Sprint Triathlon](#)

May 15

***Discount available for TGC* [Email for Code.](#)**



[Graffiti Bridge 5K](#)

May 29



[Pensacola Triathlon](#)

(Sprint or Olympic)

June 6



[Santa Rosa Island Sprint Triathlon](#)

October 2

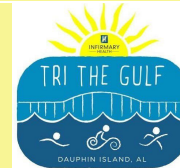
Discount available for TGC

**\$5.00 OFF
TGC2021**



[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



[Unsubscribe {recipient's email}](#).

[Constant Contact Data Notice](#)

Sent by president@trigulfcoast.org powered by



Try email marketing for free today!