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NEWSLETTERS

MERE MORTALS

CONTACT

July 1, 2021

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Humana.



Greetings!

*Greetings and Happy July!*

*Mere Mortals has been up and running for a few weeks now and boy is it good to be back. I'm so excited to see so many familiar faces AND new athletes.*

*It's funny, this being my first year experiencing Mere Mortals as a volunteer and official board member. It's such a different experience. I remember my first year as a TGC member, sitting on the benches for the morning talk, and looking around me and thinking how confident everyone else looked and so sure that I stuck out like a sore thumb. "There, that girl, she's the one that can't swim, doesn't know how to rack her bike, doesn't know how to put a swim cap on correctly" and so on. I was so sure that everyone else seated around me were seasoned veterans of the sport.*

*Sure, over the years as I've met more and more TGC members, I came to realize that there were a few others who were newer to the sport and weren't radiating confidence. But they still seemed few and far between.*

*As a volunteer, I'm getting to see that while we have a wide spectrum of experience in our club, it's far more balanced than I thought. Why do I share this? Well, if you're new (or you've been around for a while but aren't feeling uber-confident), I want you to know you're not alone. You're not standing in the spotlight you think you are. And my hope is that knowing that will make you feel more confident. You should also know, those uber-confident people... they want to help you. They want to share what they know; let you learn from their experiences. They want to welcome you into this sport that they love and want you to love it as much as they do. So please, each time you show up to a Friday Morning Swim or to a Sunday Mere Mortals session, introduce yourself to someone new and ask for advice. (You are showing up to each and every Friday morning swim and Sunday Mere Mortals sessions, right? : )*

*And for you seasoned vets, it's always good to remember how intimidating it is to be new. You are a much needed mentor in this sport and I encourage you to take someone under your wing, introduce yourself to a new face, and see where those around you could use a bit of your sage wisdom.*

*I'm so glad to be part of this TGC family and to continue to have unique experiences alongside you. I wish you all a safe and happy holiday weekend.*

Until next time,  
Dani

Dani Hoffmann  
TGC President, 2021



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## IN THIS NEWSLETTER

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## Kraken Youth Triathlon Team

School is out and the Krakens have been busy training and going to camps. We have several Krakens at various camps to let out a little steam and do something different.



While they are playing with friends, they are also getting exercise in the pool.

We forget that when we were kids that playing IS exercise. This summer the team is practicing skills in the water to help them become better swimmers. What better way to exercise than to challenge each other with a game of tag in the water?

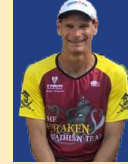


The Krakens are getting ready for Freedom Springs Triathlon on July 3rd and Lakeside Triathlon in August. These races have ongoing registration and are great opportunities for your young athlete to experience triathlon!

We are also extremely excited about the annual Sea Turtle Triathlon on Pensacola Beach, October 3rd. The Krakens Youth Triathlon Team accepts applications year-round, but now is a great time to start for training for the [Zarzur Law Sea Turtle Youth Triathlon](#).

If you would like your young athlete to start enjoying triathlon, email [Coach Steven Fair](#).

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**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**

## Race Report: Ironman Hawai'i 70.3 (aka Honu 70.3)



*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. Each of the athletes in this blog series participated in the same race, but each of the athletes had a completely different experience. I hope these race reports inspire other athletes to take a chance, set a goal, and do something outside of his/her comfort zone.*

From Kim White...

**Ironman Hawai'i 70.3 (aka Honu 70.3)** Hawai'i was incredible! It was a tough race with the scariest bike I've done, but it was such a beautiful venue, a bucket list race for sure!

During my first practice swim, I saw a Honu (green sea turtle) floating at the surface right next to me within 3 minutes of getting in the water. I see why the race is nicknamed, "Honu 70.3"! I saw pufferfish, angelfish, triggerfish, trumpetfish, beautiful corals, giant orange pencil urchins, black spiny urchins, etc. I was good to get all of that incredible viewing out of my system, so I could focus on the swimming on race day.

**READ Kim's Race Report**

Kim W.  
TGC Kits Chair  
Ironman Triathlete



## A Cheaper Way onto Pensacola Beach



It costs \$1.00 per trip to access Pensacola Beach via the Bob Sikes Toll Bridge. For our athletes that partake in both the Friday Morning Swims and Sunday Mere Mortals workouts, that is \$2 a week. With our 16 week training program, that can add up fast (\$32 #Math)!

It surprises me that so many locals are unaware of the season pass option for the Beach Toll. An annual pass is only \$20 and gets you onto Pensacola Beach an unlimited amount of times. Here's how:

1. Buy and activate a SunPass Transponder.
2. Enroll in the Pensacola Beach Annual Pass program ([online](#) or in person at the Santa Rosa Island Authority office).

### Get your pass to the Pensacola Beach Ball

## Find Your WHY

Google why do a triathlon

<https://www.active.com> > Triathlon > Articles > **10 Reasons to Do a Triathlon | ACTIVE**  
\*You feel a lot of different sensory experiences during a race—wind, water, sun, dirt, cold, heat, pain—and they all add up to the triumph of crossing the finish line.

<https://trihillmagazine.ca> > feature > why-triathlon-is... > **Why triathlon is the best of all - Triathlon Magazine Canada**  
May 30, 2019 — Nine reasons why triathlon is superior to running and cycling - 1) Cyclists want to be us. We (triathletes) all know you want to be like us. 2) ...

<https://ben.greenfieldfitness.com> > Articles > Fitness > **Why Do You Do Triathlon? - Ben Greenfield Fitness**  
I do triathlon for a variety of reasons. First is the indescribable personal satisfaction I get out of sheer physical exhaustion. I love how simple things become when I...

<https://www.mymetaboli.com> > training > general > top... > **Top 10 Reasons to Give it a Tri - Time to Tri**  
1. Training for one sport gets boring. 2. Cross-training strengthens your primary sport. 3. Amazing venues. 4. Triathlon singlets are like superhero costumes. 5. The...

<https://www.reddit.com> > triathlon > comments > why... > **Why do you do triathlons? : triathlon - Reddit**  
Jun 10, 2018 — 15 votes, 42 comments. Triathlon isn't like other hobbies I've had before (extreme sports). I'm trying to work out why I do it, but I'm really not...

If you search Google for, “Why do a triathlon?” you find article upon article listing the top 10 or 20 reasons to do a triathlon. I read several of these lists, and I walked away realizing *their* reasons for doing a triathlon and mine are ultimately very different. There are similarities. I like being healthy. I like challenging myself. I even like the idea of triathlon being a tool for finding new connections and friends. While these things are on several of the lists I found, there was not a clear list of *my* reasons. I know looking to Google to answer my life’s questions isn’t always

for the best but we do it so often: looking for the weather instead of looking outside or seeing what movies others like to watch instead of blindly clicking on Netflix. Google was as good a place as any to start after I heard a friend of mine ask an athlete to complete a very important task. This task can’t be asked of Google because Google doesn’t understand. This task is often laughed at by others outwardly, but taken to heart as they ponder quietly later. My friend asked an athlete to do this: **Find your why.**

How often do we get the power and permission to explore our ever-changing *why*? It is a very important task in many facets of our lives and can help us to answer the questions of our personal universe—even if the answer is, “I don’t know why,” or my personal favorite inter monologue answer of, “Because.”

The *why* task holds a lot of power for athletes but is seldom leaned into, not often pushed,

and rarely in the forefront. I challenge that knowing at least a piece or your sets you up to dig in at the hard points, to push when it feels hopeless, and to regroup when it all falls apart.

# WHY

The *why* task lets us ask, “Why am I doing this race/distance/workout?” We can come up with easy answers—to be healthier, to challenge myself, to meet new people. Those are all great answers. These are usually the answers we give and hear during the good times. However, the reality of sport, triathlon included, is that it isn’t always easy and if we are being real sometimes the answer to the *why* task scares us. To be healthier becomes a fear of having a heart attack at 45 like my grandfather. To challenge myself becomes an ability to control a small part of my world when I feel out of control at work or home. To meet new people becomes a way to combat a feeling that I am alone, isolated, or forgotten. Those changes to the answers might be scary but they are just as real.

For me, those deeper answers are no more true or false than the answers I give out freely for why I do this sport. But those deeper answers are mine to hold onto to and use on mile 20 of a headwind heavy bike ride that won’t end for 10 more miles. Because on that mile 20, I am no longer pedaling to challenge myself. I am now pedaling because no matter how hard my workday was I CAN and WILL pedal one more turn, and one more after that, and one more after that, all to control a little piece of my world and to take back a piece of myself. My *why* answer morphs into, “Because today I am stronger.”



My *why* may not make sense to you and it doesn’t have to—that’s why it is mine. My *why* is ever-changing. Like a spinning kaleidoscope it fades from one thing to another, not so much changing as evolving. *Why* is hard. The truth is, *why* is risky, making us vulnerable, even to ourselves. Yet in that *why* is the freedom to push, dig, and survive that difficult moment in a race or in life.

So here we go, in true *Teresa-Writes-a-TGC-Article* fashion, I am asking you to, “Find your why.”



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

## 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



**4th of July 5K**  
July 4



**The O'Riley's 26.2** (feet)  
August 14



**Argonaut 5K**  
August 21





[Pensacola Seafood Don McCloskey 5K](#)  
Sept. 25



[Santa Rosa Island Sprint Triathlon](#)  
October 2



[Pensacola Half Marathon](#)  
October 10



[Tri The Gulf](#)  
October 16



[Bridge to Bridge 5K](#)  
October 16



[Ho Ho Hustle 5K](#)  
December 11



Check 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!**

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Contact: [ReallyCoolStuff@TriGulfCoast.org](mailto:ReallyCoolStuff@TriGulfCoast.org)

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