



September 1, 2021

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Greetings!

Happy September! In August, I shared my experience with volunteering for races and encouraged you to explore your own volunteer opportunities. This month, I also want to talk about volunteering but from a different angle.

For every race you've ever participated in, there were countless volunteers behind the scenes who made your race experience possible. Some of those volunteers gave their time long before race day engaging in hours, weeks, and even months of planning and logistical activities. Some of those volunteers gave their time on race day, but they likely got up hours before you and stayed there long after you got home for a shower and a hot meal. They stand in the same spot, cheer, and clap, often saying the same encouraging words over and over. They have water spilled on them, have athletes ignore them in favor of the music playing in their ears, and brave either the blistering sun or freezing rain.

There is amazing power in the following two words, "Thank you." The power of these words belongs to you.

*This month, I challenge you to use your power wisely and say **THANK YOU** to every volunteer who supports you – both on race day and training days.*

*Until next time,
Dani*

*Dani Hoffmann
TGC President, 2021*



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It's time to register for the Member's Only Triathlon (MOT)



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



10% off with code: TGCMC



Team Handle: TRIGULF
Email for Team Passcode

ENERGIZED by Ride More Bicycles!



TGC Members Only Triathlon 2021

Sunday, September 19, 2021 in Pensacola Beach, FL at Casino Beach Gulfside Pavilion



• **Triathlon**

» Free registration (through 9/15 at 11:59 PM US/Central)

Triathlon Registration

Unstoppable

Some people are good at what they do. Some are even elite. A select few are completely unstoppable. Those who are unstoppable are in their own world. They don't compete with anyone but themselves. You never know what they will do — only that you will be forced to respond. Even though they don't compete with you, they make you compete with them.



We are inspired by people who face their fears and chase their dreams. What we fail to realize is that they are no different from us. A person's ability to do anything hard — is more a reflection of their level of confidence than their actual ability. Your confidence determines the size of challenges and goals you undertake.

Accomplishing short term goals only fuels your passion to conquer greater challenges. When you are confident, you don't care how many times you fail, and it doesn't matter how stacked the odds seem against you. You are going to succeed.

I think that everything is possible as long as you put your mind to it and you put the work and time into it. I think your mind really controls everything. -- Michael Phelps



In order to become unstoppable you need to set goals that far exceed your current capabilities. You need to aim beyond what you are capable of. You need to develop a complete disregard for where your abilities end. Only then will you become unstoppable.



Discount Code: C-TRIGULF

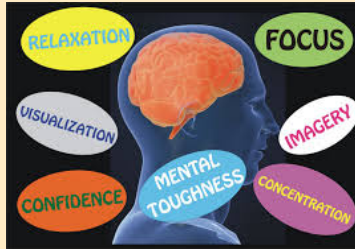
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Have an article or idea and want to be published? Write for the TGC Newsletter!

[Submit an Article](#)



The best training you will ever do is mental training. Wherever your mind goes, your body follows. Wherever your thoughts go, your life follows.

The better you can be under pressure, the further you'll go than anyone else, because they'll crumble under pressure. We should always look for opportunities in our obstacles, purpose in our problems, and be willing to take risks to reach our rewards.

Are you unstoppable? You can be!



Jim Britnell
TGC Vice President / President Elect



Mere Mortals & the upcoming Member's Only Triathlon (MOT) 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.

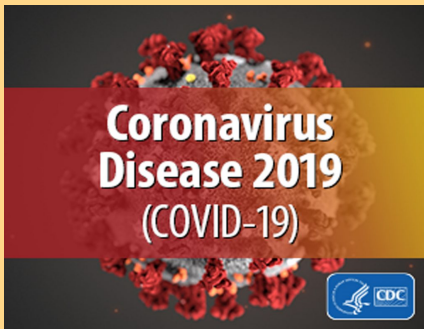
MERE MORTALS VOLUNTEERS

SARS-CoV-2 RECOVERY AND MULTISPORT ATHLETES



Last month, Joe and the Gavel Triathlon Team visited Mere Mortals to talk about Joe's personal experience with COVID-19 and how, as an athlete, his recovery was impacted.

This article discusses medical approaches and studies relevant to athletes in similar circumstances.



It is not difficult to speak with someone and not have them share their first-hand experience with SARS-CoV-2 infection. If anything, someone close to them has been infected and impacted by the infection.

What is not as readily discussed is the rebound and recovery from an acute infection. Acute infection being distinct from a positive test in that there is a period of defining symptoms: fever, myalgia, dyspnea, cough, lethargy, etc.

Just as the spectrum of symptoms is broad - ranging from nuisance, innocent symptoms (loss of smell, mild headache) to the more extreme hypoxia warranting hospitalization - the same is true for the duration of the symptomatic period across

various individuals - some limited to less than two days, others spanning many weeks.

Applying this nebulous symptom severity index and symptom duration time frame to an acute infection in an otherwise active, fitness-minded, perhaps obsessed age-group athlete and it leaves one wondering, "Can I get back to working out?" For the first many months of the global pandemic this perhaps may have been taken as a bit of a selfish query - the desire to return to exercise when raised in the context of the gravity of the illness for many (death, hospitalization, loss of livelihood).

Along the way in 2020 we collectively learned about the virus and its impact on the population and the human body. Research into the mechanisms of infection, transmission, prevention, treatment, recovery, and short- and long-term impact - a different study or dataset or conclusion was being published nearly every hour of every day.

In the late-summer of 2020 some guidance began to take shape for the exercise-minded individual recovering from acute infection. Domestically, much of this was driven by research focusing on collegiate-level athletes, to understand when and in what manner it was safe for these young athletes to return to their respective sports.

In Joe's situation his symptom onset was around September 5, 2020 (Labor Day weekend), his positive PCR sample would result on September 7, 2020. During the next many days his prime goal apart from strict isolation protocol was managing his symptoms and monitoring any systemic manifestations (shortness of breath, chest pain, confusion). As that initial string of days wound by, interrupted by Hurricane Sally (landfall September 15-16, 2020), he would be confronted with fatigue and the sensation of breathlessness which was temporized and stabilized with supplemental oxygen use and a combination of systemic (oral) and inhaled steroid agents. At this point he understood that this was likely impacting his cardiopulmonary system beyond the simple nuisance symptoms which are mostly contained to the upper respiratory tract (nasal and sinus congestion). This added another layer to what would end up being an additional step to take prior to returning to physical exertion (exercise) which is part of his daily routine as a multi-sport athlete. This was somewhat uncharted territory for both Joe as well as the medical community as a whole - studies were being conducted to best understand the next step or steps to take.



One of the first such studies was published on September 11, 2020, in JAMA Cardiology (Rajpal S, Tong MS, Borchers J, et al. Cardiovascular Magnetic Resonance Findings in Competitive Athletes Recovering From COVID-19 Infection. JAMA Cardiol. 2021;6(1):116–118. doi:10.1001/jamacardio.2020.4916) detailing cardiac evaluation including studies such as electrocardiogram (EKG), echocardiogram (ultrasound of the heart), and cardiac MRI. The test modality of choice to be dictated by the severity of the symptoms and the findings along each step of the algorithm. This would provide some guidance as to which athletes were at higher risk for myocarditis, cardiomyopathy, malignant dysrhythmia, or even sudden cardiac death and then to help apply some guidelines on activity limitations moving forward.



So, using that as a launching pad for the discussion with his physician, Joe and his medical provider team decided it was best to proceed with cardiac screening - EKG (electrical tracing of the heartbeat and myocardial contraction) and echocardiogram (ultrasound of the heart). These studies would occur in late-September, roughly 4 weeks after his initial symptom onset. The tests were not fully "normal" as the echocardiogram (ultrasound image of the heart) revealed some enlargement of the right side of the heart - a potential sign that there was

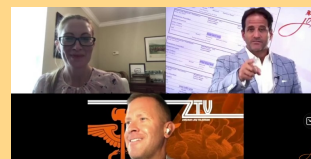
some increased stress or workload on the right side of the heart attempting to pump blood to the lungs for oxygenation (and carbon dioxide removal). This prompted Joe and his medical provider to lean on some of these recent studies and pursue the cardiac MRI study to best visualize and understand if there was any myocardial involvement (i.e. myocarditis) otherwise known as inflammation of the muscle tissue which makes up the heart.

Inflamed muscles are something Joe is keenly aware of with his exercise routine, but an inflamed cardiac muscle is not on the same level as inflamed skeletal muscles weary from a long workout or race.

As the cardiac MRI was being coordinated, the instructions were simple: *Take it easy and don't get the heart rate up.* Translated, this meant NO EXERCISE. The potential risk being cardiac arrhythmia or heart failure if the already-angry myocardial tissue was additionally stressed.

Fortunately for Joe, the cardiac MRI would reveal normal myocardial tissue and the right side of the heart appeared normal as well. The suggestion of the abnormal right-sided chambers on the echocardiogram was not present (or had resolved with additional time for recovery) on the MRI study.

[WATCH JOE'S VIDEO ABOUT HIS COVID JOURNEY >](#)



[WATCH VIDEO ON DR. MALONE'S DELTA VARIANT EXPERIENCE \(Part 1\) >](#)



[WATCH VIDEO ON DR. MALONE'S DELTA VARIANT EXPERIENCE \(Part 2\) >](#)



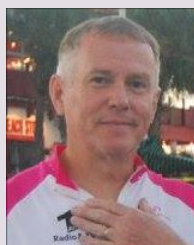
Joe was now free to get back into his daily exercise routine - only limitation being, "Do what you can, take it easy getting back into it, and listen to your body."

Fast forward many months later, and very similar guidance has emerged for application to the recreational athlete desiring to return to exercise. The algorithm is meant to accompany the examination by and assessment of a qualified medical professional.

Key Point: For any age-group athlete looking to get back to fitness, exercise, physical exertion, the first step following the acute infection (i.e., isolation period) should be an evaluation by your primary care provider. A "return to play" or "return to physical exertion" discussion should be had. For some it may be as simple as routine, annual blood work, or non-invasive testing. For others, it may include a larger, more-involved battery of tests.

[VIEW A "RETURN TO PLAY" FLOW CHART](#)

Confessions of the Sweep Dawg



For several years, I've been doing the sweep duties on the bike course for Mere Mortals. It might appear to be an unselfish act of volunteerism, but there's more to it. First, let's talk about how I got to be the **Sweep Dawg**.

Most events have a "Sweep" or "Caboose" that follows the last person on the course to ensure their safety, and to know when everyone has made it back to Race HQ. In farm life, traditional "Sheep Dogs" run around the pasture keeping all the sheep in-line, and herding them where they need to go even when the sheep don't necessarily have a clue. I've combined the two to signify that I make sure everyone makes it back on the bike, but I

don't just follow the last person. I move around, but am intentionally the last person to head back after the cone-marked turnaround...hence **Sweep Dawg**. ;)



Kelly and I moved here in April 2009. I was registered for Ironman Canada in August and IM Arizona in November of that year. Living just across the water near the Gulf Breeze Zoo, riding from Navarre Beach to P-Cola Beach was one of my safest routes. I rode it often. On a Sunday in late September, I rode with some Mere Mortals and they told me about the program. In 2010, I became a member of TGC, and trained through the summer, setting a bike PR at IM Florida by 39 minutes, and an overall PR by 78 minutes. (I actually hugged Tom Henderson as I got off the bike.) I was hooked.



The summers of 2011 to 2013 were filled with being an MM participant, but I figured there had to be some way to give back. Being a mediocre (at best) swimmer, I knew that wasn't the way to go. I can run, but wasn't very excited about it. Cycling is my passion, so I figured I could help there. I believe the biggest apprehension beginning cyclists have is getting lost, breaking down, or being forgotten, so I asked if I could be the "Sweep" in 2014. I'd swim as fast as I could to get on the bike, then ride loops on Via De Luna to gather all my sheep to get them to the end... safely. (I typically get about 12 more miles done in addition to the workout distance...sometimes MORE!!!!)



I've never changed a tire for someone, but I have coached about a dozen folks through their first tire change on the road. I haven't had to call an ambulance for a crash, but I have bandaged a few egos after a (minor) crash and gotten riders back on their bikes. I don't carry a tool bag, but I have adjusted many a seat post/skewer/drop-out to make folks more comfortable and efficient. Almost every week that I sweep I get the enjoyment of riding with a relatively new cyclist that is pushing their own boundaries... hence the real reason I love being the Sweep Dawg.

I'm reminded why we do these things...for FUN. When I'm doing a training ride in the Blackwater Forest, and I'm 4 hours into a 6 hour ride, I need to remind myself that I love to ride. I need to remember the Kevin of 1991 who was ecstatic when he did his first 10-mile ride. I need to think of the joy that the (next-to) last person feels at MM. (I'm ALWAYS the last rider in.) I need to enjoy (and appreciate) LIFE.



Keep Sweeping Dawgs!!!!

**Some graphics used in this article were borrowed from the wikiHow article, How to Ride Sweep for a Bicycle Group. It can be found [here](#).*



WE NEED YOU!!

I'm Interested

Tri Gulf Coast is a 100% volunteer run organization. Each year we look for new recruits to fill the leadership and chairperson positions. If you are interested in taking on a more active role in the club, please reach out.

Kraken Youth Triathlon Team Team Kraken, Race Cancellations, & the Sea Turtle Triathlon Clinic

The Kraken Youth Triathletes are not immune from race postponements or cancellations. Just like us adults, the kids prepare for a certain event and the piano drops days before the event that it has been postponed or cancelled. This past summer the team had two race postponements for later this year. We were excited to see when the races may fall on the calendar. Then they were rescheduled for the same weekend this year. :(

The Lakeside Country Club Kid's Triathlon was scheduled for August 8th and the Opelika Sportsplex Kids Triathlon on August 7. We chose Louisiana and luckily booked a hotel in Metairie, LA for the race at Lakeside within 2 miles of the venue! A week before raceday COVID makes a surge, and the race director makes the call to postpone to a later date. The rush to find a hotel room in Opelika, AL begins.

Auburn/Opelika is very busy on the new race date this year. For you parents that have students at Auburn the hotel prices went through the roof! The cost of a room is over \$300 a night and searching the innerwebs for a deal brought us to the famous, "We'll leave the light on for you" motel. The Motel 6 was an adventure and learning experience not to be repeated. It would have been better to pay the Auburn parent rate at another hotel.

The race venue in Opelika is awesome! Plenty of space to park and race! The pool is indoors and very new! The bike course was hilly into the countryside of Opelika. The speeds hit over 30 mph down hill and 14 mph uphill. The best part was that the running course was a real cross county paved surface. We were able to watch most of the race from the pool area and an easy walk to the finish line. Great after party for the kids with slides and kid friendly food. Parents, put this youth event on your race calendar.



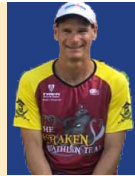
In other August news, the Krakens were able to assist Mindy with the Zarzaur Law Sea Turtle Kids Triathlon CLINIC. Our youth team got to help with coaching the new kids on setting up for transition, bike handling skills with Robbie Mott – The Trek Store of Pensacola, and running (after a swim & bike). They helped make sure the kids understood each part of the clinic.

I'd like to pass along a special "Thank you!" to Bill Evans and Stan Adams, along with the Gulf Breeze Swim Team who helped in the water and Well Trained Fitness of Gulf Breeze who came out a did a warmup and stretching program for the kids!



The Zarzaur Law Sea Turtle Youth Triathlon is Oct. 3.

Registration is Open.



The kids practice 2-3 times a week from 4:30-5:30 pm.

If you would like your young athlete to start enjoying triathlon, email Coach Steven Fair.

EMAIL COACH FAIR

Events



Friday Morning Swims, hosted by Tripossibilities
April 16 - Oct. 1
Splash Time: 6:30 a.m.



Mere Mortals: Triathlon Training Program
Most Sundays
May 30 - Sept. 19



T3 Beach Day
AFTER MERE MORTALS
September 5



Labor Day Weekend 5K
Sept. 5



Pensacola Seafood Don McCloskey 5K
Sept. 25
VOLUNTEERS NEEDED



Santa Rosa Island Sprint Triathlon
October 2



Zarzaur Law Sea Turtle Youth Triathlon
October 3
VOLUNTEERS NEEDED



Pensacola Half Marathon or 5K
October 10



Fenner Ride
(18, 42, 62, or 100-mile options)
October 30



Tri The Gulf
October 16





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



[Krul Lake Half](#) (trail)
November 20



Pensacola Turkey Trot
5K
November 25



[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](#)

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