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December 1, 2021

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MASSAGE THERAPY BY  
JAMES FRITSCHLE

*Greetings!*

*Happy December everyone!*

*I hope everyone had a fantastic Thanksgiving and is looking forward to the end of year holidays. Now is the perfect time to reflect on all your accomplishments from the past year, express gratitude for those achievements, and begin to set new goals for the coming year.*

*Speaking of gratitude, this will be my final newsletter as your TGC President and I just wanted to say, "Thank you!" Thank you to the amazing board who served alongside me and thank you to all of the members - past and present - who make this club possible. It has been an honor to serve as President this past year.*



*I wish you all a safe rest of your year and laughter and love filled holidays to come.*

*Cheers!*

*Dani*

*TGC President, 2021*

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## Tri the Gulf: A Look Back



*Tri Gulf Coast is fortunate to be sponsored by three premium, local triathlons, the last of which takes place on Dauphin Island, AL. We asked race director Don Davis to*

*recap this year's event.*



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The 2021 Tri the Gulf triathlon was held on Dauphin Island, AL on October 16, 2021. 305 persons registered for the event; there were 197 participants. This was the first time in two years that the Mobile Bar Foundation was able to actually conduct the triathlon and it was great doing so.



The wind situation on the Island didn't impede the triathlon, although it prompted the alternate bike course being utilized (no out-and-back over the Dauphin Island Bridge). Approximately 25 percent of the participants were first time/novice triathletes. We had participants from all over Alabama, Florida, Louisiana, Georgia, Kentucky, Tennessee, Arkansas, Indiana, Kansas, Maryland, New Mexico, South Carolina, Texas, Utah, Virginia and Mexico.

The triathlon was followed by a great party that featured food prepared by Clean EatZ and an awards ceremony. The Stanfield Dynamic Duo (Amy and Allen) from the Mississippi Coast, came in overall first place for women and men, respectively. The overall winners and other category winners received the traditional TTG ceramic plate and all winners received a specially designed/manufactured metal award that enables the winners to display their race bib and finisher's medal.

All of the proceeds of the triathlon benefit the Mobile Bar Foundation, which is the charitable "sister" organization of the Mobile Bar Association.

The Mobile Bar Foundation thanks all of the participants, volunteers (approximately 150), Dauphin Island Property Owners Association, Town of Dauphin Island, the law enforcement and fire-rescue squads and everyone who helped make the 2021 event happen and be the success that it was!

Don Davis  
Race Director  
Tri the Gulf  
[www.TriTheGulf.org](http://www.TriTheGulf.org)



**The Last Tri You'll Do... in 2021**



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Our December Group Workout is as unique as they come. This is not an actual race. It is an off-season group workout. If you are interested in a cold open water swim, frigid bike ride, and chilly run, join us on the last Sunday in December!

\*Conditions do dictate our ability to complete the workout. Safety!

Seriously, it sounds miserable but it is a lot of fun. There is likely to be some whiskey and some friendly banter involved.

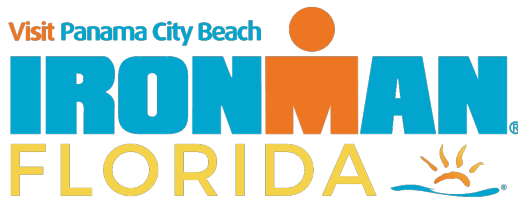
[More details HERE](#)



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Article

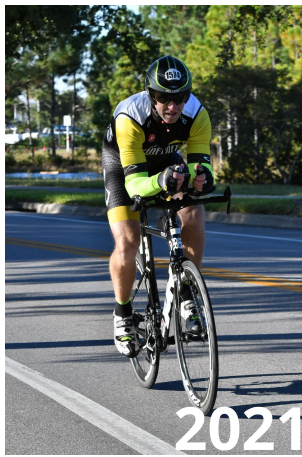
## '19 vs. '21: Experiences at IMFL 140.6



To compare my IMFL '19 experience to '21 is practically an apples/oranges discussion as almost every aspect of the '21 race was different. My training, physical, and mental health were all much better this year than 2 years ago. It was a different weekend entirely.

In '19 by the time I got to Panama City on Thursday, I knew it wasn't going to be quite the experience it was supposed to be for a first timer. I was burned out mentally and also sick. I had developed quite the head cold/sinus infection the two days before. I did my best to medicate but no significant progress was made by Saturday morning. My wife Carol (who can certainly attest to my stubbornness) did her best to support me that morning but I could tell she didn't think it was a great idea to be jumping in the water in that condition. Of course I did anyway because that's what we do right? By the end of the day I had survived the swim, lost my voice completely on the bike, and walked a bit on the second loop of the run. Regardless, I finished and was proud of it.





This year I expected much more. I already had a solid race season under my belt and knew my fitness was much better than '19 so a PR was expected. My swim was much stronger thanks to 2 more years of masters classes and I also took a much different approach to my bike training in that I rode as many disciplines I could in order to mix it up mentally.

- Mountain biking at UWF
- Gravel rides in Blackwater
- Zwift sessions on a smart trainer

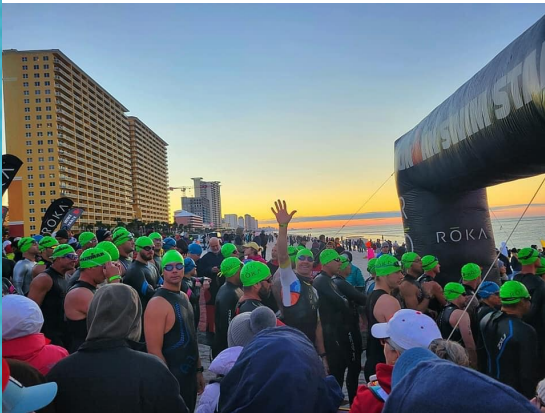
I literally did it all.

Three weeks before IMFL I did my first gravel race in Tallahassee and set several power PRs so I knew my training plan had worked. This time I arrived at my hotel on Thursday ready to roll and in a much better place mentally.

For those that don't know the swim at IMFL this year was a challenge to say the least. The pro times were much slower than normal and the DNF rate was significantly higher. I was not at all happy when I saw my watch coming out of the water but was reassured by many in T1 that my swim time was fine comparatively.

I then had exactly the bike ride I thought I could do which put me in a great place going into the run. Unfortunately my run fell off a bit due to an upset stomach which I believe was caused by ingesting an unholy amount of saltwater during the swim. The upside is that my legs were still there during the run so my training plan ended up a success by giving me exactly what I needed.

I am closing the '21 season pleased with my year and my IMFL result. I learned what worked for me training-wise which will be useful in the future. In true Ironman fashion I am again walking away with a couple "what ifs" in my head which should be enough fuel for my next one. Only question is where...



Travis R.  
Past TGC Board Member  
Ironman Athlete

## Why You Should Not Hail-Mary Every Event



In sports, as in life, there are moments where you make a desperate play that has a minimal chance of being successful; this is a Hail Mary, alluding to the factor that you should be praying for this to work. The problem with the Hail Mary approach is that sometimes it works out. I know you just read that line again asking yourself, "Isn't the WHOLE point of taking the chance for it to work out?" Well, yes...and no.

Sometimes a Hail Mary plan is a must. You couldn't train because you were sick or injured, but after healing up, you decide to try to muscle through an event. In this case, you are open to the best or the worse outcome. If the Hail Mary pays off, you get some positive feedback. You get an assurance that your earlier training for the particular event built a base where you could achieve your goal. If the Hail Mary does not pay off, you know you tried your best, but something derailed you in training. It is a good fail, but you walk away saying, "I gave it my best."



But a Hail Mary isn't necessarily always a good idea and can lead to bad habits and bad outcomes. Taking the Hail Mary approach to every event OR big events can lead to emotional and physically painful results. Without proper training, you are not teaching your brain how to overcome challenges or how to work through the problems you may encounter while racing. This can lead to you getting frustrated, nervous, or defeated by the tasks ahead. Those mindsets are never what you want in the forefront on race day. These feelings may result in you leaving the sport due to a lack of confidence or simply not feeling invigorated by the achievement.

Additionally, through training, we teach our bodies to take on more and more, be it miles or conditions. If you pull a Hail Mary, your body is unprepared for the pressures you are putting it under, leading to injuries. And let's face it, that Hail Mary marathon won't be worth the six weeks limping in a walking boot (ask your friends or significant other, because I assure you they don't want to hear about it).

Even worse for the person who Hail Mary's an event due to a willing lack of training is that IF they succeed with no negative consequences, this sets the wheels in motion for future "winging it" events. The thought of, "if you can run a marathon without the training, then maybe that 70.3 triathlon without training will go well too"... NO, just NO. Don't do it. It isn't worth the risk to your mental or physical well-being.

If you have to pull a Hail Mary, know your limitations, understand what got you into the situation, and be realistic about possible outcomes (including a DNF).



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

## Events



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



[The Last Tri You'll Do... in 2021](#)

\*TGC Dec. Group Workout  
December 26



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

- [Run Pensacola](#)
- [Pensacola Runners Association Calendar](#)
- [RunningintheUSA](#)
- [TriFind](#)
- [USA Swimming](#)

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