



**TRIGULFCOAST**  
MULTISPORT ATHLETES

JOIN

YOUTH RACES

NEWSLETTERS

MERE MORTALS

CONTACT

April 1, 2022

### 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



### IN THIS NEWSLETTER

- **Words from the President**
- **Mere Mortals Training Calendar**
- **Tri Gulf Coast 2022 - Register Today!**
- **Zarzur Law Maritime Deluna Duathlon Recap**
- **Strava Athlete of the Month**
- **Weekly Morning Open Water Swim sponsored by TriPossibilities Coaching**
- **Race Local by Mindi Straw**
- **Why you Need a Life Insurance Policy by John Fitzgerald**
- **Bike Pensacola's April Slow Ride**
- **Local Events**

### Greetings!

The days are finally getting warmer here along the beautiful Gulf Coast. You can now ride your bike without needing to wear a jacket or a vest. You can easily swim in the Gulf wearing a sleeveless wetsuit, or if you're brave enough you can swim without one.

You have probably noticed that there are a lot more people outdoors exercising. This is the time of year when many began to try to get back in shape.

It's a great time to invite others to join one of the best exercise clubs in this area. Two of the goals the board has set for this year are to increase the number of members and to increase participation in club training events.

Working towards the board's goals will help more members of our community to reach their own personal fitness goals. You probably know many people who would like to join us, but they'll never know what they're missing if you don't invite them.

Most of us became triathletes because someone invited us to join them. I clearly remember my



**RHouse**

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



friend Don, the first person who ever invited me to do a triathlon. I didn't even know what a triathlon was, so I had to look it up. I am forever grateful for the invitation. Never doubt the power of a personal invitation.



Stronger, smarter, safer, together,

Jim Britnell  
TGC President, 2022  
[president@trigulfcoast.org](mailto:president@trigulfcoast.org)

**2022 MERE MORTALS SCHEDULE**

05/29	<b>Orientation</b> Drills	07/31	400 yds  16 miles  2 miles
06/12	150 yds  12 miles  1 mile	08/07	400 yds  18 miles  2 miles
06/19	<b>Swim Clinic</b>	08/14	450 yds  14 miles  3.1 miles
06/26	300 yds  14 miles  2 miles	08/21	500 yds  16 miles  3.1 miles
07/03	300 yds  14 miles  2 miles	08/28	550 yds  18 miles  2 miles
07/17	300 yds  16 miles  2 miles	09/04	550 yds  14 miles  3.1 miles
07/24	350 yds  3.1 miles	09/11	600 yds  16 miles  2 miles
<b>SEPTEMBER 18 MEMBERS ONLY TRI</b>		600 yds	18 miles  3.1 miles



Big news TGC! Our brand-new registration page is live! You can sign up for the 2022 season now! A few important changes: Because we are using a new platform, you may need to register as a new member even if you are an existing member. Because of this, everybody is

tenth  
ave  
HAIR DESIGNS

Lagniappe  
HOME STORE

TADLOCK  
ROOFING  
When trust counts!  
US 0003847

WEST FLORIDA  
WHEELMEN

INFINIT Nutrition  
Performance Sports Fuel

10% off with code: TGCMC

RŌKA®

Team Handle: TRIGULF  
Email for Team Passcode



XTEERRA  
WETSUITS

Discount Code: C-TRIGULF

H4 Services, LLC  
- Aerial Photography/Videography  
- Technical services  
- Web design  
Tom Henderson  
Tom@Henderson4.us  
(850) 723-1541  
[www.Henderson4.us](http://www.Henderson4.us)

eligible for our new member discount!! Sign up between now and June 1st with the promo code TGCNEW to save!

We are now offering 1 and 3 day membership passes for \$10 and \$15! Tell your vacationing friends and family to join us this summer!

Our annual membership option is now valid for the calendar year (January 1st- December 31st).

## ZARZAUR LAW MARITIME DELUNA DUATHLON 2022



### MARITIME DELUNA DUATHLON

It was a fabulous day for our Zarzur Law Maritime DeLuna Duathlon on Sunday March 27th at the Community Maritime Park. We had 195 athletes racing on this beautiful morning. More importantly we had over 70 volunteers, many are Tri Gulf Coast members and avid triathletes. We are grateful for everyone that joined us to cheer and keep our young athletes safe. Just remember these kids will be the future of our sport. We hope to see you when we host the Zarzur Law Sea Turtle Triathlon on October 2nd, 2022.

# STRAVA™

New in 2022- Join our Strava Club! - Search for "Official Mere Mortals 2022"  
Strava is a fitness-tracking and social media app designed for swimmers, runners, and cyclists with three main features: Tracking, connecting, and competing. Users can track their fitness via GPS within the app, or log their fitness manually. Strava's club feature allows member of TGC to connect and support one another. This season there will be multiple training challenges tracked on the platform. Strava has a paid feature and a free option (I have been using the free option and like it just fine!)

The January Strava training challenge award winner is Carol Gentry!



Anyone who is putting in a lot of training volume will tell you that a balanced routine is key to success. Everyone has a discipline that they prefer over the rest, and everyone has a discipline that they would rather avoid. One thing I love about Carol's training is that she does it all, and does it consistently. Every week, Carol makes time to swim, bike, run, and hit the weight room. Also, Carol is an avid competitor who doesn't know the word "offseason". Recently, she competed in the Scratch Ankle Gravel Race where she was the 6th overall female finisher and 2nd in her age group! Way to go Carol, keep up the Amazing work! You win a free piece of TGC swag!



**Weekly Morning Open Water Swim sponsored by TriPossibilities Coaching Start April 8th!**



## Where is the TPC: Weekly Morning Open Water Swim?



Photo: TPC: Weekly Morning Swim meeting location.

- Friday's morning swim location is typically at "Mommy Beach."
- This is the Sound Side beach that has a series of pavilions. There is no actual address to provide.
- The closest businesses are Key Sailing and Hemmingways.
- This photo shows the entrance to the parking lot. The pink building is the public restroom. The blue building is Key Sailing. Our normal meeting Pavilion is highlighted.

### Weekly swims

- 800 yard loops
- 400 yard loops
- **New this year!** Separate instructional area in shallow swim area .

Each month there will be a different focus, for those who want instruction! (Instruction and drills provided from 6:45 - 7:15)

April focus: Breathing: proper breathing technique - why it is so important and how to do it.

- drills to work on breathing
- technique in pool/flat open water/rough open water
- bilateral breathing

Start - 6:30 OR when Sun peeks over horizon

Finish - 7:30 buoys are pulled and safety gear packed up

Check-in on TGC list Required (no text check-in this year)



### Why Should I Race Local??

As we come out of this COVID era of social distancing and isolating it is more important than ever to get out and race the local events. Over recent months I have seen many of my long-lost training friends, usually in conversation one of my first question is “you have any races on the calendar?” Some are up and racing and have a full schedule, while others are still in a COVID funk and trying to get motivated to get back at it. Wherever you sit on this spectrum – now is the time to get out and participate and race in local events.

**Local races are great for social time** . Time to see fellow athletes and friends that have common interests. I love being with those that embrace my happy time of o’dark thirty. I am obviously not a night owl so the early morning social hour is the best time to enjoy friends. What is better than a cold beer, Bushwacker or Bloody Mary before 9am after a

good race!

**Local races are great for speed-work** . Racing local is a great way to set a goal and push it. Possibly use it as a tempo run, work on negative splits, or even get a new PR. We have some great courses throughout the community – some with hills and some flat and fast.

**Local races mean you know the terrain and weather** . When the race is in your backyard it is easy to know what to expect for the terrain conditions and weather. A race on Pensacola Beach, with less than 40 degrees and wind I know exactly what to wear. But if I travel to a destination my whole wardrobe decision is up in the air and generally a game day decision. So I end up bringing everything from my closet...just in case!

**Local races are cheap** . The race itself may not be cheap, but add in gas, hotel, and dining out and all of a sudden, your weekend turns into a \$1000 out of your pocket. Personally, there is something to say about sleeping in your own bed the night before a race. For me it is always a gamble on whether you will get a good night's sleep in a hotel because of a crappy pillow or party-goers in the hallways.

**Many local races support a charity** : I know many may not look at this as a benefit as you may just want to run. But many of your local short distance races are fundraisers for an organization. It is a win-win for you and the charity – you get to race and this provides a donation to a charitable organization. Some of my personal favorites include Micah 6:8 Running for Life benefits Safe Harbor Pregnancy Medical Center, Bayou Hills Run benefits Creative Learning Academy, Firecracker 5k benefits The Ronald McDonald House and the JellyBean 5k benefits Living Waters of the World.

**Keep local races alive!!** Sadly, each year I hear of another event that “bites the dust.” Often times there is a financial aspect to them shutting the doors. By racing local and supporting the events in your backyard you can help keep these events alive. I will tell you; road races and triathlons are not cheap to execute. I won't bore you with everything that has to be paid for but they are not a inexpensive and sadly they are getting more expensive each year.

Of course I can't end this without giving a plug for the Santa Rosa Island Triathlon!! We are the premiere LOCAL triathlon on the Gulf Coast! We offer a great social atmosphere. Our fast & flat course will test your speed and stamina. SRI TRI is in your backyard, so training for a gulf swim ideal. We offer competitive pricing and you get to sleep in your own bed the night before. Lastly, we support youth athletics in Escambia and Santa Rosa Counties. Our charity, Give It A Tri, Inc. wants to be a part of developing our future triathletes through athletics. We hope to serve our triathlon community for the many years to come and we look forward to having you race local in 2022!



Mindi Straw  
Tri Gulf Coast Youth Events Chairperson  
Santa Rosa Island Triathlon Race Director



### **Why you Need a Life Insurance Policy**

Nothing kills the party like showing up and announcing you sell insurance for a living. That's why I usually lead with the fact I'm a triathlete. I've been fortunate enough to be involved with TGC for over seven years and during that time I've written about topics ranging from strength training to safety precautions to travel advice. That being said, at some point we have to have an adult conversation and discuss what is in place to protect our loved ones. This means thinking about how college is going to be paid for, how the mortgage is going to be kept up or just leaving a nest egg for our spouse and/or children. I lump insurance agents in with police officers and lawyers; no one wants to talk to them unless you have a problem. Unfortunately, in the insurance world, sometimes people realize the need after it is too late.

Why get a life insurance policy? I'm so glad you asked. A life insurance product can: provide money to replace income a person was earning in order to pay for things such as groceries, house payments, car payments, college tuition, the electric bill, etc. Some insurance products can protect and even potentially increase savings. Many families are dual-income households which means both spouses have jobs to generate income to support the household. That is my situation. If I or my wife passed early, that would significantly affect the family income. I have two daughters who plan to attend college. Therefore, we have specific life insurance policies in place that will cover the costs



of their college tuition and living expenses if one of us leaves this world earlier than expected. (There is a strategy called “laddering” that is intended for this scenario. If your agent hasn’t mentioned it, we should talk.) Additionally, we have a policy that will pay off our mortgage and another policy that protects part of our retirement funds.

Triathletes, generally speaking, have an advantage in the life insurance world. Here’s why. Whenever a person applies for insurance, that person goes through a process called *underwriting* where the company issuing the policy determines the risk associated with that individual. Those companies look at things such as: does the individual smoke, is that person overweight, is that person diabetic, etc. The more *risk factors* an individual has, the higher the premium an individual must pay for a specified amount of coverage. Most endurance athletes do not smoke, are in good physical condition and have a low occurrence of chronic conditions. This translates into the ability to get higher coverage amounts for lower premiums. In other words, more for less.

If you have been putting this conversation off because you didn’t know who to speak with or what questions to ask, I’m happy to help. I’m one of you. I’ve been racing consistently for about the past six (6) years, and I understand the needs, concerns and advantages of athletes. I approach all my appointments as simply a “meeting among friends”.



Be safe and have fun.

John Fitzgerald

850-292-1084



What: *Bike Pensacola's April Slow Ride*

Where: Pensacola Public Library, 239 N. Spring St.

When: Saturday, April 9 4 pm

*Join Bike Pensacola for the most popular bike ride in town--the Slow Ride! Each month we explore the quiet, scenic streets of Pensacola's many historic neighborhoods for a fun and leisurely ride among friends.*

*For April our host and sponsor is West Florida Public Libraries (WFPL), a regional organization that offers so much to our community, from reading clubs and STEAM activities to a summer feeding program for kids. The WFPL is truly a community gem! We will ride through parts of downtown and Belmont Devilliers this month, and following the Ride there will be a party with food, kid's activities, and more.*

*Because most cyclists are "self taught," each month we offer information about bicycle laws, safety tips, and addressing different bicycling skills that will help keep rides safe and enjoyable. The ride will be about one hour and ten minutes long, at a casual pace. Nobody will be "dropped" or left behind. Children must be at least 10 years of age to ride their own bicycle, and ages 10 - 16 must be accompanied by an adult. No pets are allowed on the Rides. Cyclists under 16 must wear a helmet by law; ages 16 and up helmets are recommended but are not required by law. We will enjoy a ride escort by officers of the Pensacola Police Department.*

*For much more information about the Slow Ride please visit Bike Pensacola on Facebook or call 850-687-9968 or [bike@pensacolacan.org](mailto:bike@pensacolacan.org)*

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

**Submit an Article**



## Events

Gulf Coast Half Marathon and 5k  
4/3/2022 [Sign Up Here](#)

First Weekly Morning Open Water Swim sponsored by TriPossibilities Coaching 4/8/2022  
(TGC Event - [Register Here](#))

DeLuna's Open Water Swim (.6, 1.2, and 2.4 miles) 4/23/2022 [Sign Up Here](#)  
(or claim your deferral from last year)

Fiesta of Five Flags (5k and 10k)

Pensacola Runners Association is excited to announce that this year, the 10K will be a State Championship Event and both 10K and 5K courses are certified courses! This year there will be cash awards for first, second and third overall male and female winners!  
4/23/2022 [Sign Up Here](#)

DeFuniak Springs Triathlon 5/21/22 [Sign Up Here](#)

First Mere Mortals (Swim Clinic)  
5/28/2022 (TGC Event - [Register Here](#))

Pensacola Triathlon (Sprint and Olympic Distance)  
6/5/2022 [Sign Up Here](#)

Note: Mere Mortals will not take place this weekend. If you are not racing, please volunteer!!! Please contact the race [here](#) to inquire about volunteer opportunities.



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

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

