



TRIGULFCOAST
MULTISPORT ATHLETES

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NEWSLETTERS

MERE MORTALS

CONTACT

February 1, 2021

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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.



Greetings!

I am amazed at the level of athletic ability we have amongst our board members. We have All World Athletes, 70.3 World Championship qualifying athletes, Ironman 140.6 athletes, ultra marathoners, race directors and an original TGC board member. These men and women are passionate about triathlon. They are willing to serve this club and want to inspire and help every beginner and experienced triathlete reach their goals.

Not only are they accomplished triathletes, but they are also great leaders. Leaders don't merely want to keep doing things like we've always done them. They are never satisfied with the status quo. Leaders see a better future. Leaders have a vision of what can be. Their vision is like headlights that illuminate the road ahead.



Free phone consultations



MESSAGE THERAPY BY JAMES FRITSCHLE



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Leaders are willing to question everything, change anything, in order to move others forward. Most people naturally resist change. They resist leaving their comfort zone. However, leaders understand that without struggle, there is no progress. Leaders' vision takes the team from their present limitations to future greatness.

Although some may cling to the comfort of "the way things used to be," at the core of every change initiative is a burning desire to set conditions for all club members to achieve their goals.

Stronger, smarter, safer, together,

Jim Britnell

TGC President, 2022

president@trigulfcoast.org



New in 2022- Join our Strava Club! - Search for



10% off with code:

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 **Michael Gross!**



Everyone knows how hard it is to grind out those off-season workouts. Even in our "Florida Winter", there are many days were it is so tempting to just hit that snooze button and live to fight another day. Mike has been a training machine in the first month of the year! He is being awarded the January Strava training award for demonstrating the most consistent training up to this point in the year, averaging 4 Rides, 3 Runs, and 1 swim per week! Keep up the great work Mike, you win a TGC visor!



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Tom Henderson
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(850) 723-1541

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Meet the 2022 Board



Jim Britnell -President

ZARZAUR LAW MARITIME DELUNA DUATHLON



SUNDAY MARCH 27, 2022

This is a must do race for youth athletes between 6-15 years old. Each athlete will run/bike/run and finish on our spectacular finishers chute. Each athlete goes home with a cool race shirt and medal. For complete race distances visit our website:

[VISIT THE RACE WEBSITE](#)

Registration is only \$35, but the price will go up soon!

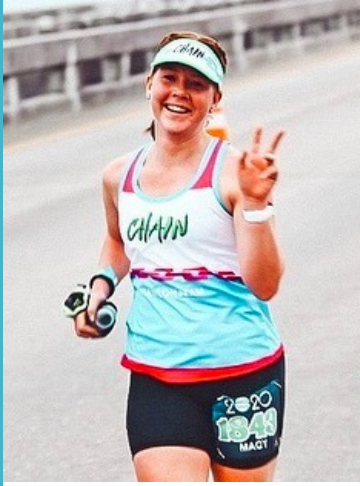
[LINK TO REGISTER](#)

VOLUNTEERS NEEDED

ZARZUAR LAW

MARITIME DELUNA DUATHLON

SUNDAY MARCH 27th, 2022



**Macy Williams -
VP/President Elect**



Danielle Wolfe - Treasurer

We need you!! Come join us on Sunday March 27th for a morning filled with fun and excitement as we help support our youth athletes in their first event for 2022. You won't be disappointed this is one of the most rewarding experiences

[CLICK HERE TO VOLUNTEER!](#)



**Jeannette Plichta -
Secretary**



Top Workouts To Improve Your Swim This Winter

The Gulf may be cold, but UWF, PSC, and the YMCA all have water that is nice and warm! Here are three key workouts to improve your



**Dominick Zambrano -
Member at Large**



**Ryan Crisco -
Communications
Chairperson**



**Dani Hoffmann - TGC
Merchandise**

swimming this winter.

[Read more](#)
www.triathlete.com

Events and Important Dates:

Pensacola Double Bridge Run (5k and 15k)
2/15/2022 [Sign Up Here](#)

McGuire's St. Patrick's Day Prediction 5k run
3/12/2022 [Sign Up Here](#)

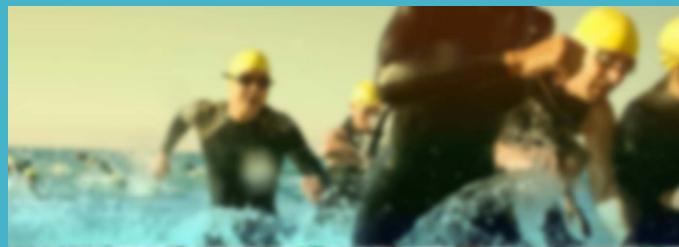
Gulf Coast Half Marathon and 5k
4/3/2022 [Sign Up Here](#)

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)
4/23/2022 [Sign Up Here](#)

First Mere Mortals (Swim Clinic)
5/28/2022

Pensacola Triathlon 6/5/2022 (Sign up coming soon!)



Winter Triathlon Training: 5 Tips From the Trenches

Most triathletes don't live in the Arctic, in Siberia or near a frigid, icy pole. Nonetheless, many of us do live in climates where heading



**Gary Garza - Sponsorship
Chairperson**



**Mindi Straw - Youth
Events Chairperson**



**Tom Henderson - Mere
Mortals Chairperson**

out the door for winter triathlon training in a T-shirt and shorts is a recipe for a bad day.

[Read more](http://www.active.com)
www.active.com



**Kim White - Team Kits
Chairperson**



**Melanie Henderson-
Member at Large**



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

Submit an Article



**Check these
resources for local
events that span our
membership area**

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

and beyond.



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

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