



**TRIGULFCOAST**  
MULTISPORT ATHLETES

[JOIN](#)

[YOUTH RACES](#)

[NEWSLETTERS](#)

[MERE MORTALS](#)

[CONTACT](#)

**January 1, 2021**

## IN THIS NEWSLETTER

- **Words from the President**
- **Maritime Deluna Duathlon**
- **Seeing things from a Higher Perspective**
- **Your Ultimate Triathlon Off-Season Guide**
- **Words From the Newsletter Editor**
- **Join our Strava Club**
- **Local Events**
- **Tri Gulf Coast Gear Depot**



### **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**

*Greetings!*

I want to thank last year's president Dani Hoffman and the Board for doing a great job bringing the club back from the Covid shutdown. Fortunately, Dani and many board members agreed to serve again this year.

When I was asked to be on the Board, I re-read the club's legal documents. Article III of The Articles of Incorporation states: the specific purpose for which this corporation is organized is to promote the sport of triathlon in the Pensacola Bay area and help with the training of the athletes (members). This is the Board's goal. When enough of us make it our goal, we will easily double the size and level of influence of our club.

It's easy to accomplish a goal. Just chart a course that leads you to the desired destination then stick to the plan. Don't ever give up or back down. When you



Free phone consultations



\$6 Daily Meal Deal  
6" Sub-of-the-Day, Chips & Drink



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

get knocked down, get back up and keep moving forward.

The most important element in goal setting is not the 'how,' but the 'why.' When you have a strong 'why,' the 'how' becomes crystal clear. So, why should we grow our club?

The Club makes people better. Being a part of Tri Gulf Coast has made me a better person physically, mentally, and socially. Together we can help others be stronger, smarter, and safer.

Looking forward to another great year.

Jim Britnell

TGC President, 2022

[president@trigulfcoast.org](mailto:president@trigulfcoast.org)



## 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:

<http://www.tgcyouthmultisport.org/race-distances-awards1.html>.

Register while the price is only \$28.00.  
LINK TO REGISTER:

<http://www.tgcyouthmultisport.org/registration.html>

## VOLUNTEERS NEEDED

ZARZUAR LAW  
MARITIME DELUNA DUATHLON  
SUNDAY MARCH 27th, 2022



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

LINK TO REGISTER

<http://www.tgcyouthmultisport.org/volunteer-registration.html>



10% off with code:  
TGCMC

RŌKA®

Team Handle: TRIGULF  
Email for Team  
Passcode



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)

## Meet the 2022 Board



**Jim Britnell -President**



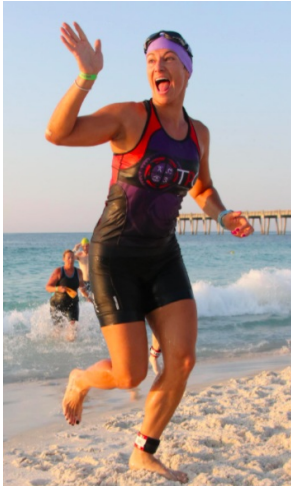
## Seeing things from a higher perspective

I've been interested in drones ever since I started seeing pictures and video from them. Getting one for myself took me from fascination to obsession. Anyone who has flown in a plane knows that the world is amazing to see from the air. What surprised me was that to experience this awe doesn't require you to be 30,000 feet in the air. In fact, you need to stay fairly low to really appreciate the details. Since drones are usually required to stay at or below 400 feet, they provide the perfect platform for providing this perspective.

Watching the Mere Mortals swim from the water's surface, you can't tell what's going on more than 20-30 yards from you most of the time. A mere 6-inch wave can completely block your view of a 6 foot tall buoy. But from just 10 feet over the water, you can see so much more. You can better tell how strong of a swimmer someone is, or how comfortable they are in the water. If the water is relatively clear, you can see how well they are kicking and how good their stroke form is. As you climb, you can see who has learned to draft other swimmers, and who is struggling with sighting and swimming a straight line. By the time you reach 100 feet, you can begin to appreciate just how lucky we are compared to most of the triathlon world. We are truly training in paradise.

You also begin to see the sea life better. Sea turtles, who somehow seem to be able to hold their breath for about 30 seconds longer than whatever is left on my drone batteries while I wait for them to surface. Dolphin, sometimes riding the waves, other times just cruising along checking things out. Huge Manta Rays moving majestically through the water. Beautiful Spotted Eagle Rays that are dazzling when

**Macy Williams -  
VP/President Elect**



**Danielle Wolfe - Treasurer**



**Jeannette Plichta -  
Secretary**



**Dominick Zambrano -  
Member at Large**

they come to the surface. Cobia and Tarpon, and so much more. And yes, sharks. Not every time I fly, but most times. Sometimes just one, other times more than 30 at a time. Usually black tip reef sharks. It used to make me nervous to see them. But when I realized that they are almost always there, sometimes in large numbers, and I watched them go out of their way to avoid getting too close to people, I started to appreciate just how low of a risk they really are. And they are truly beautiful swimmers, moving with absolutely no wasted motion. By the time I get up to maximum altitude, I get some perspective on what an amazing thing Tri Gulf Coast has accomplished. Even though they look like ants from 400 feet, you start to realize that there are more than 100 of them out there. How rare is it to have access to an organized mass swim workout with 100-200 other athletes once a week? And even better, another organized group swim with Tri Possibilities on Fridays!

The bike and run are also a lot of fun to film, especially trying to track fast moving cyclists while flying sideways or backwards. But I must admit that the swim is my favorite to film, mostly because at that point everyone is pretty close together. Another thing you notice as you watch from above is that this successful program is no accident. It works because there is a dedicated group of volunteers there, making sure that everything runs as smoothly and successfully as possible. People are watching swimmers from kayaks and paddle boards, while others stay close to the swimmers with rescue tubes. Others show up long before sunrise (the beach looks cool from the air at night too!) to set everything up, handle check in, coordinate speakers and presentations, work aid stations, and track cyclists. I loved this new perspective so much that I've decided to start a new business that will someday allow me to do it all the time. I think there are a lot of people out there who need to see things from a new perspective, whether it's a special event, some property they want to buy or sell, or anything else they want to capture from the air. In the mean time, I hope you're enjoying the view of Tri Gulf Coast from above as much as I am.

Fair winds and clear skies!

--

Tom Henderson  
H4 Services LLC  
<http://henderson4.us/>





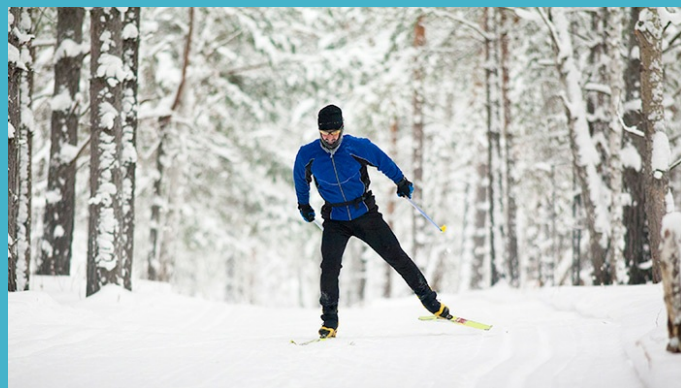
**Ryan Crisco -  
Communications  
Chairperson**



**Dani Hoffmann - TGC  
Merchandise**



**Gary Garza - Sponsorship  
Chairperson**



### **Your Ultimate Triathlon Off-Season Guide | TrainingPeaks**

Champions are made in the off-season, which is maybe the most underestimated part of the training cycle. But how to tackle the off-season, that period of time before base training and long before your "A" race can be a tricky road to navigate.

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



## Happy New Year Tri Gulf Coast!!!



**Mindi Straw - Youth  
Events Chairperson**



**Tom Henderson - Mere  
Mortals Chairperson**



**Kim White - Team Kits  
Chairperson**

Looking back on this past season, we have A LOT to be proud of. Tri Gulf Coast managed to navigate a wild year of uncertainty with amazing success. We had stellar participation in our Mere Mortals Events, TPC Open water swims, and Members Only Tri. Even “The Last Tri You’ll Ever Do” was a big hit (thanks weather).

When Patrick asked me if I would be interested in taking over his responsibilities as newsletter editor, I knew that it would be an excellent opportunity to give back to this group that has given me so much. When I attended my first open water swim in May of 2018, I had no idea where this club was going to take me (I didn’t even have a bicycle). I joined TGC so that I could lose a little bit of weight and get back into swimming.... And then the tri bug bit. This group was so incredibly supportive and accepting, it was hard not to fall in love.

Since then, I have managed to lose nearly 100 pounds! As the weight fell off, I found myself slowly but surely regaining my fitness, health, and self-confidence. I have found a new sport that I am absolutely hooked on, and it is amazing to consider myself an athlete again. I am truly grateful for this club! I am very proud of my athletic achievements this past season and was even recognized as “Male Athlete of the Year” at our end of the year banquet. All this to say, my success would have never materialized without the support and camaraderie that this group provides.

As I reflect on my goals for the upcoming year, I would like to make it a priority to continue to “pay it forward”. Tri Gulf Coast is run completely on volunteer efforts, and I found it exceptionally rewarding to volunteer this past year. One of my favorite things to do was help set up the bike racks. It is super easy to do, and only requires you to arrive a little bit early. This is a great way to chip in without it getting in the way of your workout. During the TPC open water swims, I spent many mornings guiding our blind athlete, Joey. This is super fun, and a great challenge. Joey is a strong swimmer but has stories and jokes that will keep you laughing the whole time. The day after the Alabama Coastal Tri, I volunteered to stand at the mount/dismount line to make sure people got on and off their bike on the right side of the line. It was a great excuse to get out of a workout, but I also got the chance to meet a lot



of new people! There are so many things that you can do to contribute to the success of this club, and I hope it is something you will consider in the upcoming season.



Ryan Crisco  
TGC Chairperson 2022  
[ryan@trigulfcoast.org](mailto:ryan@trigulfcoast.org)



New in 2022- Join our Strava Club! - Search for "Official Mere Mortals 2022"

Strava is a fitness-tracking and social media app designed for 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, among other features. Strava's club feature allows member of TGC to connect and support one another. This season there will be training multiple training challenges tracked on the platform. Challenge winners will be eligible to win free TGC swag. Stay tuned for more info!

## Upcoming Events

### Pensacola Beach Run Half Marathon

Sat January 8, 2022

Gulf Breeze, FL 32561 US

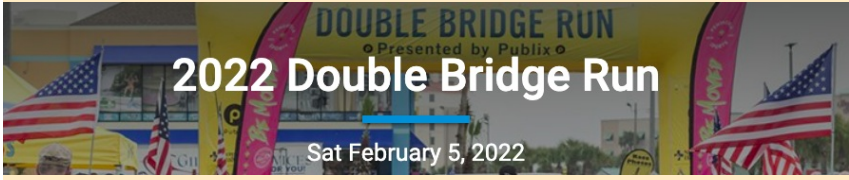


**JOE RELAXO  
CHALLENGE**

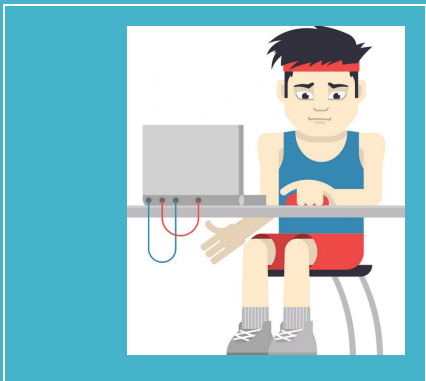


**JANUARY 21ST  
BAYVIEW PARK**

**2022 Double Bridge Run**  
Presented by Publix



Sat February 5, 2022



**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 and beyond.**

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



**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](mailto:ReallyCoolStuff@TriGulfCoast.org)

**Tri Gulf Coast |**  
**[TriGulfCoast.org](http://TriGulfCoast.org)**

