



**TRIGULFCOAST**  
MULTISPORT ATHLETES

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**March 1, 2021**

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### **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.

### *Greetings!*

A most amusing thing happened on Super Bowl Sunday: four of us were preparing to swim 3,200 yards in the open water of the Gulf of Mexico. It was a very cold day and quite windy. A woman walking down the beach approached us to ask about our swim. We told her our plan, and she responded that she was much too old to do that. She went on to explain that she used to run, but she's 41 now. We simultaneously erupted into a cacophony of protests! "That's not old! Two of us are over SIXTY and the two young'uns are over FIFTY." We didn't manage to talk her into joining us, but it got me to thinking: you're only as old as you feel.

How old would YOU be if you didn't know how old you were?



Free phone consultations



We have all known people that act old or think the number of birthdays they've had makes them old. If you have a good attitude toward aging, and you do what you can to live healthy and take care of yourself, that number doesn't matter. Aging is not a single process. It's many different processes happening that cause us to age. Exercise can slow down each of these processes. Any exercise is good exercise, but exercising with others can be a lot more fun and more sustainable over time. One of the greatest benefits of being a member of TGC is all the wonderful people you get to exercise with.

The next time you see us about to hop in the water, come join us!

Stronger, smarter, safer, together,

Jim Britnell

P.S. The woman on the beach sent us this picture.

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



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

Strava is a fitness-tracking and social media app



MASSAGE THERAPY BY  
JAMES FRITSCHLE



#### RHouse

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

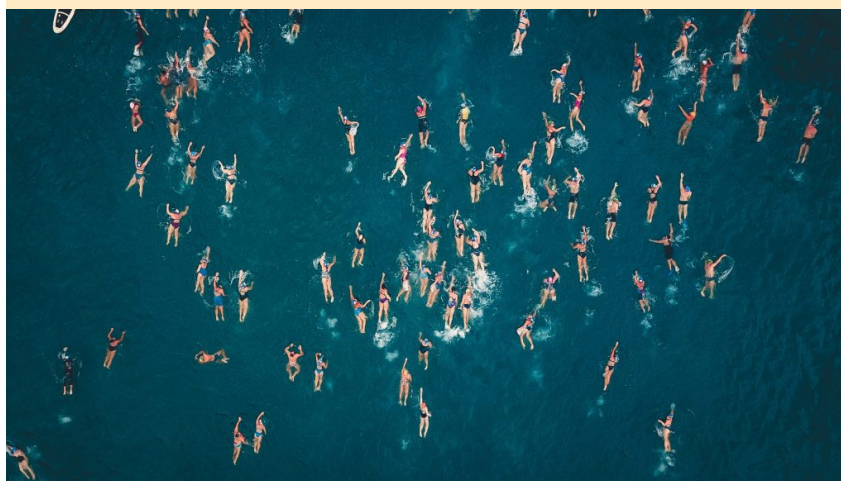


designed for swimmers, runners, and cyclists with three main features: Tracking, connecting, and competing. Users can track their fitness via GPS within the app, or log their fitness manually. Strava's club feature allows member of TGC to connect and support one another. This season there will be multiple 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 **Jason Cawby!**



Looking thru everyone's workouts this month, I am blown away at the dedication our club has committed to training this February! We added about a dozen club members to our Strava group, and it is great to see people challenging themselves this off-season. One workout that really stood out to me was the "off season, off road brick workout" by Jason on February 19th. After a 2 mile warmup, Jason participated in Parkrun's 5k on the UWF cross country trail. Within 45 minutes of completing this challenging timed event, Jason was on the other side of campus for another hour on his mountain bike on UWF's Pate trail. Way to go Jason, keep up the great work. You win a free piece of TGC merch!



### Open Water Swim Tip

By Harrison Lantz

OWS Tip: The importance of varying your pace during open water training. First issue is complacency, one tends to zone out thus not maximizing the benefit of the workout. Second, an important aspect of racing is drafting. To draft properly you will need to vary your pace to catch another swimmer's feet or to shake a competitor off your feet.



10% off with code:  
TGCMC

OCTOBER 1ST, 2022



PENSACOLA BEACH



The 26th annual [Zarzaur Law](#) Santa Rosa Island Triathlon is located on beautiful [Pensacola Beach](#).

# R Ō K A

Team Handle: TRIGULF

Email for Team

Passcode



Discount Code: C-TRIGULF

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

Meet the 2022 Board

[Florida on October 1<sup>st</sup>, 2022](#). This is a great destination sprint triathlon for seasoned triathletes and new ones alike.

We love our Tri Gulf Coast triathletes and what could be better than racing in your backyard?!? We also love rolling out the red carpet for athletes that come from all over the country to enjoy Pensacola Beach.

## REGISTRATION OPENS APRIL 15th!

This year's event will be limited to 700 athletes

Santa Rosa Island Triathlon is produced [Give It A Tri, Inc.](#) ("GIAT") which manages and execute multisport race events. The monies raised through sponsorship and race registration will be used to assist youth athletics with charitable donations and grants in Escambia and Santa Rosa counties. GIAT will concentrate its outreach to youth organizations that promote athletics in the area of swimming, biking, running, and multisport but not limited to these categories of organizations.

[santarosaislandtriathlon.com](http://santarosaislandtriathlon.com)



ZARZAUR LAW  
MARITIME DELUNA YOUTH DUATHLON



MARCH 27TH, 2022  
COMMUNITY MARITIME PARK



\*\*\* WE ARE IN NEED OF VOLUNTEERS \*\*\*

\*\*\* We have 45 signed up and we need at least 70 on

race day \*\*\*

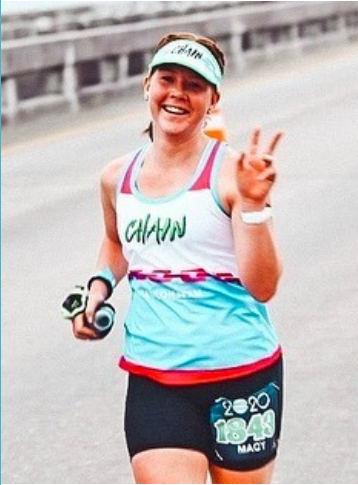


**Jim Britnell -President**

The TGC Youth Multisport Events (TGCYMS) #1 goal is SAFETY! We want all our youth athletes to be safe so they can have the very best race day experience. We need LOTS of volunteers to make this happen.

Volunteers will enjoy a fun filled morning of setting up, assisting athletes as they prepare for the race, and working the various areas of the course. We generally ask that you be available from 5am – 10am for your duties. We will email all our volunteers about 2 weeks from race day with all the race day details, arrival time and your race day duties.

**[CLICK HERE TO REGISTER AS A VOLUNTEER](#)**



**Macy Williams -  
VP/President Elect**

## VOLUNTEERS NEEDED

ZARZUAR LAW

MARITIME DELUNA DUATHLON

SUNDAY MARCH 27th, 2022



**Danielle Wolfe - Treasurer**



Let's get ready to ride...outdoors again.

Trainer season should be tapering off soon. The temperatures are gradually warming, the north



**Jeannette Plichta -  
Secretary**



**Dominick Zambrano -  
Member at Large**



**Ryan Crisco -**

winds are beginning to calm, and our daylight hours are growing longer. For many of us it's been a productive off-season of training with our favorite digital companions. It's hard to knock the ease and convenience of the trainer. It's always 'ready to ride' and regardless of the weather or the time of day it's easy to hop on, knock out a workout and get back to our regularly scheduled program.

The downside is often the unseen wear and tear that a trainer bike suffers over the cold and windy months. Sometimes the wear is obvious, take for instance the squared off rear tire that spun the resistance roller for hours on end. Often the wear is less apparent and it takes a well-trained eye to catch something like a worn chain, a loose bottom bracket, or rough bearings in a pedal. Issues like these can rob you of power, prematurely wear other components, or become the genesis of a repetitive motion injury.

Wear is normal- consider it a badge of honor! Riding indoors or out, miles are miles and revolutions are revolutions. Wearing out components from use is to be expected. 'Tear' on the other hand can often be avoided with regularly scheduled preventative maintenance...but who has time for that?

The biggest indoor culprit is sweat. Sweat is like an octopus- it will find its way into even the smallest of cracks. Think of a place where you don't want sweat to go...that's exactly where sweat wants to go. And indoor riding seems to make sweat stronger. No, not really but yeah, sort of. Stationary riding usually leaves us dripping wet. That sweat finds its way down our arms into the shifters, the brake levers, and under the handlebar tape creating its own environment of salt, slime and corrosion. Left untreated, this corrosion can weaken the handlebar causing pits in the metal which ultimately form holes rendering the bar unsafe to ride. Cable corrosion and/or salt build up in the housing can lead to missed shifts or slow to return brakes. Aerobars tend to collect sweat under the forearm pads and in the attachment hardware. Surface cleaning these areas may improve their appearance but the danger is often out of view. Another dangerous situation is the 'frozen headset'. Fixed in place for countless hours on the trainer below our dripping upper bodies, the bearings slowly trade their smooth lubricating grease for a caustic rusty brown sludge that eats bearings. Out of the trainer this can compromise bike handling. In the mild form it feels like drag or resistance in the steering. A more extreme form will

**Communications  
Chairperson**



**Dani Hoffmann - TGC  
Member at Large**



**Gary Garza - Sponsorship  
Chairperson**



**Mindi Straw - Youth  
Events Chairperson**

be a noticeable self-centering effect. This can be caused by a cracked ball bearing or a broken retainer. In some bike designs, left unchecked, this can cause damage to the frame itself.

So how do you transition from trainer season back to outdoor riding? Start with a good cleaning. Take that bike out of the trainer and give it a good washing. Remove the aerobar pads and peel back the bar tape where you can to inspect the hardware. Check your tires for wear and dry rot. Good rubber doesn't separate or show hairline cracks. While pedaling, shift the gears a few times checking for crisp actuation. Pull the brake levers a few times- do they move freely in both directions? Pick up the front end of the bike and turn the handlebars left and right feeling for drag or that 'self-centering' effect. Lastly, spin that front wheel. It too should spin freely.

Do all of those components check out properly? Great, stop into your local bike shop and ask them to give your drivetrain a quick inspection. We have great bike shops in this area and most will likely offer this inspection to you at no charge. Should you need further mechanical assistance, they'll be able to offer you recommendations and help you find the appropriate parts. Spring is just around the corner, make sure your bike is ready to make the most of it. Here's to a great 2022 race season!

**Travis Coleman - Owner  
Ride More Bicycles**

[59 E Gregory Street](https://www.ridemorebicycles.com)  
Pensacola, FL 32502  
[info@ridemorebicycles.com](mailto:info@ridemorebicycles.com)  
Tel: 850.912.8805



For the entire month of March, all Tri Gulf Coast members can receive a complimentary deep conditioning treatment with color service at 10th Avenue. Simply





**Tom Henderson - Mere Mortals Chairperson**



**Kim White - Team Kits Chairperson**

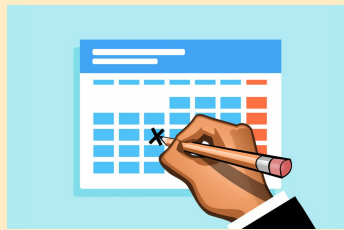


**Melanie Henderson-**



mention the offer and that you are a TGC member when you call 850-433-5207 to book your appointment.

## Events and Important Dates:



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

Scratch Ankle Gravel Race at Adventures Unlimited  
(55.4 and 30.4 mile courses)  
3/19/2022 [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)  
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](#)

First Mere Mortals (Swim Clinic)  
5/28/2022 Mere Mortals 2022 Registration coming soon!

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



**What: *Bike Pensacola's March Slow Ride***

**Where: Museum Plaza, 120 Church St., Pensacola**

**When: Saturday, March 12 3 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 March our host is Mountain Film on Tour - Pensacola. Mountainfilm on Tour brings a selection of culturally rich, adventure-packed and incredibly inspiring documentary films curated from the Mountainfilm festival in Telluride, Colorado. The films will follow the Ride at Museum Plaza. Come for the Ride and stay for the films. The Ride sponsors are The Radcliff-Schatzman Group at Morgan Stanley and Mountain Film on Tour - Pensacola.

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**



**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)**



