



TRIGULFCOAST
MULTISPORT ATHLETES

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December 1, 2022



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Greetings!

I want to start off by saying a great big THANK YOU for all the help and encouragement I have received this year from so many TGC athletes. It has been my honor and pleasure to serve as president this year. One thing I focused on was recruitment, and I'm happy to say that we have grown 20% in the time that I was president. Members are inviting their friends, and those friends are deciding to join because they have found you to be warm and friendly, and they know that they can become better athletes as they train and compete as part of a team. I am confident that next year will be even better because of those who have accepted the challenge to serve as leaders for the club.

I want to especially thank Tom Henderson for his years of sacrifice and faithful service to the club. The board members would arrive at the beach at 5:30am to set up for Mere Mortals every week, but Tom had to get up even earlier to go get the trailer hooked up. Then he stopped and bought ice and was always there by 5:30, smiling and always willing to help with anything. Tom has served this club for many years. He is an original board member. He is a mentor, coach, and friend to so many triathletes. Everybody loves Tom.

Finally, I hope you have a wonderful Christmas and get all the cool gear you've been needing or wanting. Hope to see you all at one of our off-season training events.



Stronger, smarter, safer, together,

Jim Britnell
TGC President 2022
TGC Membership Coordinator 2023
president@trigulfcoast.org

From the Archives: Holiday Shopping Tips by Patrick Willi

1. As you are gift shopping for the upcoming holiday, consider our many Sponsors as your point-of-purchase. Their goods & services promote a healthy lifestyle and shopping local helps OUR community.
2. If you give a gift with wheels (bike, skateboard, rollerblades, scooter, etc.) include a HELMET.

TGC Takeover Events: Monday Night Track Recap



We had a great turnout last Monday night at Pensacola Runners Association's Monday Night Track. Thank you to Coach Caleb Carmichael for the fun and challenging workout!

We started with a 1-mile warmup from the track to the baseball fields and back, continued with a series of active stretch/warmup drills, and then began our main set (4-6 x 800 meters at or slightly faster than 5k pace with one minute rest between rounds). After the main set, we kicked off our shoes and did a barefoot cooldown in the grass on the inside of the track. It was a great opportunity to catch up with triathlon friends and try something new!

We hope you will continue to attend MNT which takes place every Monday at 6pm (at the UWF Track). Keep reading for details about our next takeover event!

[Click Here](#) to register for PRA so that you can continue participating in MNT events. (it's only \$15/year per person and \$20/year for a family!)



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

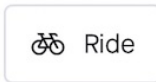
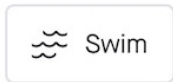
their fitness via GPS within the app or log their fitness manually. Strava's club feature allows members of TGC to connect and support one another.

This season there will be a monthly training challenge award, based on activities tracked on the platform. The challenge will focus on highlighting club members who excel in various metrics that are tracked by the app. Strava has a paid feature and a free option (I have been using the free option and like it just fine!)

The November Strava training challenge award winner is **Joel Balistreri!**



This month's Strava athlete of the month award goes to Joel Balistreri! If you attended our banquet this year, you heard Coach Dom talk about the amazing improvement Joel has had in the water when he was presenting him the Grace Ruckstuhl Swimmer of the Year award. Joel is also phenomenal cyclist, but this offseason, he is focusing on the third discipline, and his coaches at TriPossibilities Coaching have him running further and faster than ever. In the month of November, Joel recorded a whopping 105 miles or running that culminated with 30 miles last week. Wow!!! Great job Joel, you win a free piece of TGC swag!



Week of Nov 21 - Nov 27

Distance 30.60 mi | Time 4h 49m | Elevation 417 ft



The Last Tri You'll Do (This Year)



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!

We plan to swim in the Gulf, ride along the beach road, and run the paved beach path.

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

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

Self Supported. Wetsuits recommended, Helmets required.

December 31st. Park East 8am - Facebook event with additional details to follow.



Last Tri 2022

2022 TGC Award Winners

Congrats to all the annual award winners presented at this years end of season banquet. We had a great time and look forward to seeing you all next year!!!



Male Rookie Of the Year - Frankie Russell



Male Athlete of the Year - Jason Cawby



Female Rookie of the Year - Brooke Richardson



Female Rookie of the Year - Candi Dierenfield



Female Athlete of the Year - Emma Meyers



Grace Ruckstuhl Swimmer of the Year - Joel Balistreri



Tom Henderson Mentor of The Year - Bill Evans



Volunteer of the Year - Danielle Wolfe

Save the Date - TGC Takeover Event: WFW Ride



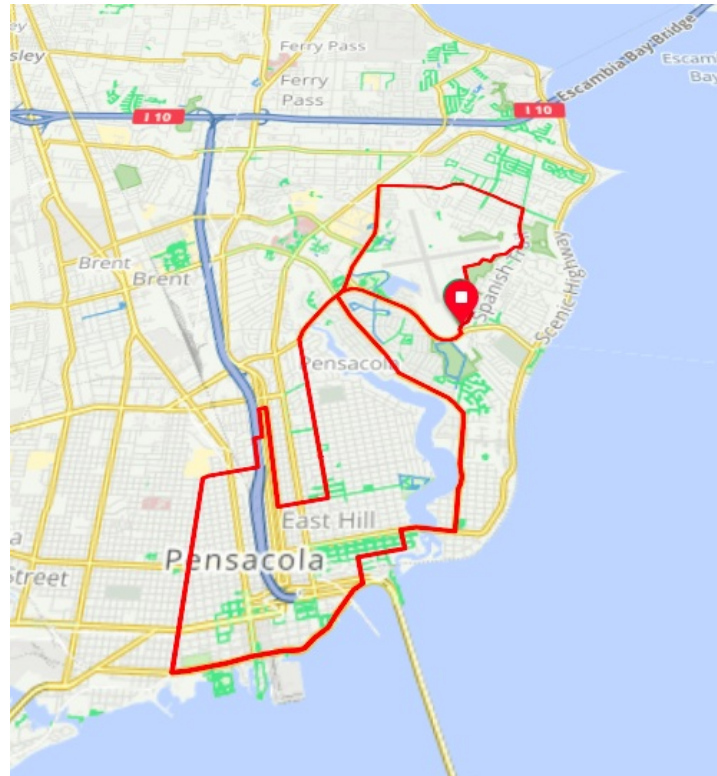
For our second takeover event, we will be joining the West Florida Wheelmen for their Sunday S'Cool Recovery Ride starting at Summit and Maygarden on Sunday, December 18th from 7:00am-8:30am

This ride is described as "a good leisurely ride on the shorter side before your church service or just to help recover from a hard Saturday ride." The Wheelmen Roll out at 7am (so get there early) The ride is around 20 miles at a B/C group pace.

This ride will Start/End from Summit Blvd. and Jerry Maygarden Rd. The empty lot where the old fire station used to be across the street (2750 Summit Blvd.) has plenty of parking.

Please see the [Wheelmen website](#) for more information! While membership isn't required if this is your first ride with WFW, we highly recommend you join their club (Just like TGC,

it's a great value!)



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

[Submit an Article](#)



Upcoming Local Events

Runway 5k 12/03/2022 (Pensacola, FL) [Sign Up Here](#)

HoHo Hustle 12/10/2022 (Pensacola, FL) [Sign Up Here](#)

PRA Christmas Parade 1 Mile Dash 12/10/2022 (Pensacola, FL) [Sign Up Here](#)

Pensacola Beach Half Marathon and 10k 01/07/2023 (Pensacola Beach, FL)
[Sign Up Here](#)

Double Bridge Run 15k and 5k 02/04/2023 (Pensacola, FL)
[Sign Up Here](#)



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.

Preferred Sponsors:



Participation Sponsors:





Affiliation Sponsors:



Trade Sponsors:



Team Discounts



10% off with code: TGCMC

Team Handle: TRIGULF
Email for Team Passcode

Discount Code: C-TRIGULF

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 | TriGulfCoast.org

