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July 1, 2022



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Greetings!

Some people are good at what they do. Some are even elite. A select few are completely unstoppable. Those who are unstoppable are in their own world. They don't compete with anyone but themselves. You never know what they will do — only that you will be forced to respond. Even though they don't compete with you, they make you compete with them.

We are inspired by people who face their fears and chase their dreams. What we fail to realize is that they are no different from us. A person's ability to do anything hard — is more a reflection of their level of confidence than their actual ability. Your confidence determines the size of challenges and goals you undertake.

Accomplishing short term goals only fuels your passion to conquer greater challenges. When you are confident, you don't care how many times you



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fail, and it doesn't matter how stacked the odds seem against you. You are going to succeed.

“I think that everything is possible as long as you put your mind to it and you put the work and time into it. I think your mind really controls everything.”
Michael Phelps

In order to become unstoppable you need to set goals that far exceed your current capabilities. You need to aim beyond what you are capable of. You need to develop a complete disregard for where your abilities end. Only then will you become unstoppable.

The best training you will ever do is mental training. Wherever your mind goes, your body follows. Wherever your thoughts go, your life follows.

The better you can be under pressure, the further you'll go than anyone else, because they'll crumble under pressure. We should always look for opportunities in our obstacles, purpose in our problems, and be willing to take risks to reach our reward.

Are you unstoppable? You can be.



Stronger, smarter, safer, together,

Jim Britnell
TGC President, 2022
president@trigulfcoast.org



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2022 MERE MORTALS SCHEDULE

05/29	Orientation 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	Swim Clinic	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
SEPTEMBER 18 MEMBERS ONLY TRI		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. 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).



10% off with code: TGCMC

RŌKA®

Team Handle: TRIGULF
Email for Team Passcode



Discount Code: C-TRIGULF



VOLUNTEERS NEEDED

Help us put on our weekly Mere Mortals clinic for new athletes. Variety of tasks and times to fit your schedule!

www.trigulfcoast.org/volunteer
or text Macy @ 573-631-4123



Open Water Swim Tip of the Month

Swimming a straight course seems to be an elusive skill even for veteran swimmers. Lifting your head to sight is usually necessary, but the interval depends on the propensity of the swimmer to go off course. If you are swimming parallel to the shore, you can use your depth perception if you breathe to the shoreline side. If you breathe opposite to the shoreline, breathe bilaterally every few strokes. Bilateral breathing should be incorporated in your pool workouts. Also, if the water is clear note the pattern in the sand at the bottom. Once you have established your orientation to the beach note the angle at which you intersect the pattern and hold that angle.

West Florida Wheelmen Independence Day Ride



Join WFW for our
INDEPENDENCE DAY RIDE



July 4th Ride from
Veterans Park

5 Ride Groups!
6:30am - 10:00am
200 S 10th Ave, Pensacola

A group 67 miles 21+mph
B group 48 miles 18-20mph
C group 26 miles 16-18mph
D group 17 miles 13-16mph
E group 12 miles 12-15mph



A Secret ingredient - In Memory of Ann Knight



A Secret Ingredient by Tom Henderson

It's easy to look at the triathlon scene here in the Pensacola area and believe that triathlon has always thrived here. After all, we have beautiful beaches, scenic run and ride routes, and short, mild winters. All of the ingredients needed for a "tri paradise." And today we have very active swimming, biking, and running communities, and nearly a dozen multi sport events this year in the Florida Panhandle to enjoy. We have a well established tri club, and each year we put on a training program that welcomes new participants to the sport.

But even though it's true that we have always had those ingredients that make up our little tri paradise, I'm not sure that it would exist today without our own very special ingredient, Ann Knight. I met Ann when I signed up for my very first tri, which was the second annual Santa Rosa Island Triathlon. It was a very windy day with huge surf, and the swim was canceled. Fighting my way into the headwinds coming back from fort Pickens, I realized I needed a lot more training. That's when someone told me about a new training group that Ann and her friend and race co-founder Janet Boylan had organized. It was called "The Mere Mortals."

Through regular attendance at the Mere Mortals training, I got to know Ann and her husband Charlie. At some point along the way, I asked if she would like me to put together a website for the race, and she put me to work immediately. That's when I got a glimpse into what an amazing person she really was. She was small in stature, but big in personality, drive, and ambition. She had a warm smile backed by a mountain of willpower.

Ann was married to Charlie, who was a navy man. Being a military family, they moved

often, and many times Ann managed the move on her own, even as the family grew to include seven children! Perhaps this is how she honed her ability to get things done well and on time. Watching her work through weather challenges, road closures, hurricane threats, and all the myriad details of running a race was a masterclass in event management.

Through her efforts, the Santa Rosa Island Tri went on to be named the nation's best small triathlon in 1999, one of the 7 top destination events in the world in 2003, included a win by Olympic silver medalist Michellie Jones just months after she competed in the 2000 Summer Olympics, has provided over \$100,000 dollars to charities, and is now preparing for its 26th year. Along the way, Ann helped organize local Triathletes for the founding of Tri Gulf Coast.

I don't know what the triathlon scene in Northwest Florida would look like today if Ann and Charlie had picked another town to retire to, but I do know how it looks because they chose our town.

Anne was told many years ago that her lungs were failing her, and that she might not have long to live. She managed to fight her way back, and eventually told her doctors that she was no longer going to take all of the medicines that had helped her to recover. She was told again that she would not last long without them, and again, she persisted many years longer than even the most optimistic predictions.

Next time you finish a run at Mere Mortals, or as you make your way down the finish chute at this years Santa Rosa Island Tri, look to your right. At the end of row 17 in the parking lot, there is a monument to Ann and Charlie's work here in Pensacola. That is only one of the many ways that Ann left an indelible mark on our community.

Ann joined Charlie, her husband of 53 years on May 24th. Somewhere out there, there is another great race being organized in paradise.



Bike Pensacola June Slow Ride (Friday, July 1st)



What: *Extreme heat forces rescheduling of June Slow Ride*

Where: 11 Palafox Pl Suite C, Pensacola, FL 32502

When: Friday July 1 6:00 pm

Due to extreme heat conditions, the June Slow Ride has been postponed one week to Friday, July 1. Please 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.

This month our host and sponsor is One Palafox Pl. (<https://www.onepalafoxplace.com/>), with the historic Blount and Brent Buildings and businesses that include The Nest, 86 Forks, Bluejay Bakery, Cowork Annex, Wilfrid's Barber and Fine Goods and more. We'll start the ride on the west side of the building at the breezeway that connects to Palafox.

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

Christian Wagley
Executive Director
(850) 687-9968



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 June Strava training challenge award winner is **Hiroataka Sato**



Hiroataka Sato (who goes by Joey) has really taken his triathlon training to the next level in the month of June. He is currently training for Ironman 70.3 Wisconsin on September 10th, and his dedication to this goal is very apparent when you take a look at his workouts on Strava.

The thing that stands out to me about Joey's training is how consistent and balanced his routine is. From week to week, he finds time to fit in all three sports and vary it up within each discipline. Joey spends a lot of time on his bike, and uses the Zwift platform to mix in virtual rides. Joey makes time to attend the clubs open water swims, but also supplements yardage in the pool. When it comes to running, Joey sticks to the roads around the airport, but mixes up the route to log some impressive mileage. Way to go Joey, you win a free TGC visor!



Swimmer's Itch is a Thing?



DISCLAIMER: This article is written based on personal experience and online research. I am NOT a Doctor or medical professional of any kind. If you are dealing with a serious condition, seek actual MEDICAL advice/attention. If you are unusually itchy after

swimming, biking, or running, this information may be helpful and informative.

Today I itch, and it is not pleasant. As an athlete this has happened to me at varying degrees previously and you have also probably dealt with athlete's foot, jock-itch, or swimmers itch – a little more on these later. Kayaker's often refer to the affliction as, "Itchy Ass Syndrome." I'm not even kidding.

The first time I experienced whatever this is, it was the day after my wife's very epic swim from Juana's Pagodas (Navarre Beach, FL) to Quiet Water Beach (Pensacola Beach, FL). I was in a kayak for the duration of the 12-plus-hour swim in damp board shorts. Afterwards, I itched. It wasn't a typical "jock itch" kind of situation. It was a "the surface of my butt cheeks" itch. It was unbearable for a couple days, but finally resolved with the use of over-the-counter creams and sprays. The problem is that I didn't really make a mental or written note of exactly what I did to curb these symptoms. This time around I've had the best luck with anti-fungal spray, cortisone cream, and menthol baby powder. I would not recommend diaper rash cream, but it is an option if you are in a similar situation. Try multiple things and figure out what works best for you.

This time the itch is even more miserable and it's my own fault. I itch from my waist to my feet. Here's what happened: We participated in a super-fun open water swim workout and transitioned immediately to a long beach day. While I changed from my swim jammers into board shorts, I did not take the 2 minutes to rinse off. I feel like that small decision and bit of laziness sealed my fate. The rest of the day was relaxing and enjoyable with little effort or exertions, but it is summer, humid, and hot. That evening, as I was scrubbing in the shower, I noticed a little itch. It's only gotten worse.

So what is it? Truthfully, I don't know for sure. It's either fungal, an allergic reaction, or bacterial.

Fungal: As you probably know, the most common athletic, itchy problems are fungal. Athlete's foot and jock-itch are arguably the most common ailments and fairly easy to treat with sprays, creams, or ointments. Yeast also falls into this fungal category. Yeast (and bacteria) can really thrive in moist, dark places, like a wet bathing suit or wet workout clothes. ANYONE can develop a yeast infection on multiple parts of your body. One of the symptoms is itching.

Allergic Reaction: Swimmer's itch appears as a skin rash caused by an allergic reaction to certain microscopic parasites that infect some birds and mammals. It's pretty much a sign of less than optimal water quality. The fix for swimmer's itch is anti-itch cream or lotion, cold compresses, and soaking in Epsom salt baths. Algae blooms can also produce the same type of itchy reactions. The bacteria associated with blooms pose health risks to swimmers, most commonly resulting in a skin rash.

Bacterial: My issue is probably not bacterial. Bacterial infections don't typically present as an external skin irritation and, generally, seem much more serious if they do. However, bacteria are a real concern for women, in regards to wet swimwear and exercise clothes.

Prevention & Treatment:

- Pay attention to [water quality](#).
- ALWAYS rinse off (at the very least) after swimming in open water.
- Change out of wet/damp swimwear or exercise gear as soon as possible.
- Use powders to keep certain areas drier and inhibit the chances of fungal
- growth.

- If you experience any kind of athletically induced itchiness, try anti-fungal and/or anti-itch sprays, creams, ointments, etc.
- IF symptoms get worse or are prolonged, SEE YOUR DOCTOR!

References:

- <https://www.cdc.gov/parasites/swimmersitch/faqs.html>
- https://www.cdc.gov/healthywater/hygiene/disease/athletes_foot.html
- <https://www.cdc.gov/fungal/diseases/ringworm/symptoms.html>
- <https://www.hopkinsmedicine.org/health/conditions-and-diseases/candidiasis-yeast-infection>
- https://www.huffpost.com/entry/wet-bathing-suit-bacteria_n_57a3dbe7e4b03ba68011e886
- <https://www.uhhospitals.org/health-information/health-and-wellness-library/article/adult-diseases-and-conditions-v0/other-bacterial-skin-infections>

Patrick Willi, NAFC Personal Trainer
Ironman Triathlete; Endurance Athlete

Join us for our weekly morning open water swim with instruction provided by
TriPossibilities Coaching!



Where is the TGC: Weekly Morning Open Water Swim?



Photo: TGC: Weekly Morning Swim meeting location.

Weekly swims

- 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 business is Key Sailing.

- 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.
- FROM THE TOLL BOOTHS: Continue south on Pensacola Beach Blvd. for about 1 mile. Turn LEFT into the parking lot. Shaggy's Restaurant will be on the right side of the road (for reference).
- We may move to the Gulf Side Pavilion at Casino Beach when conditions are favorable. ALWAYS check the Facebook Page for updates.
- 800 yard loops
- 400 yard loops
- **New this year!** Separate instructional area in shallow swim area .

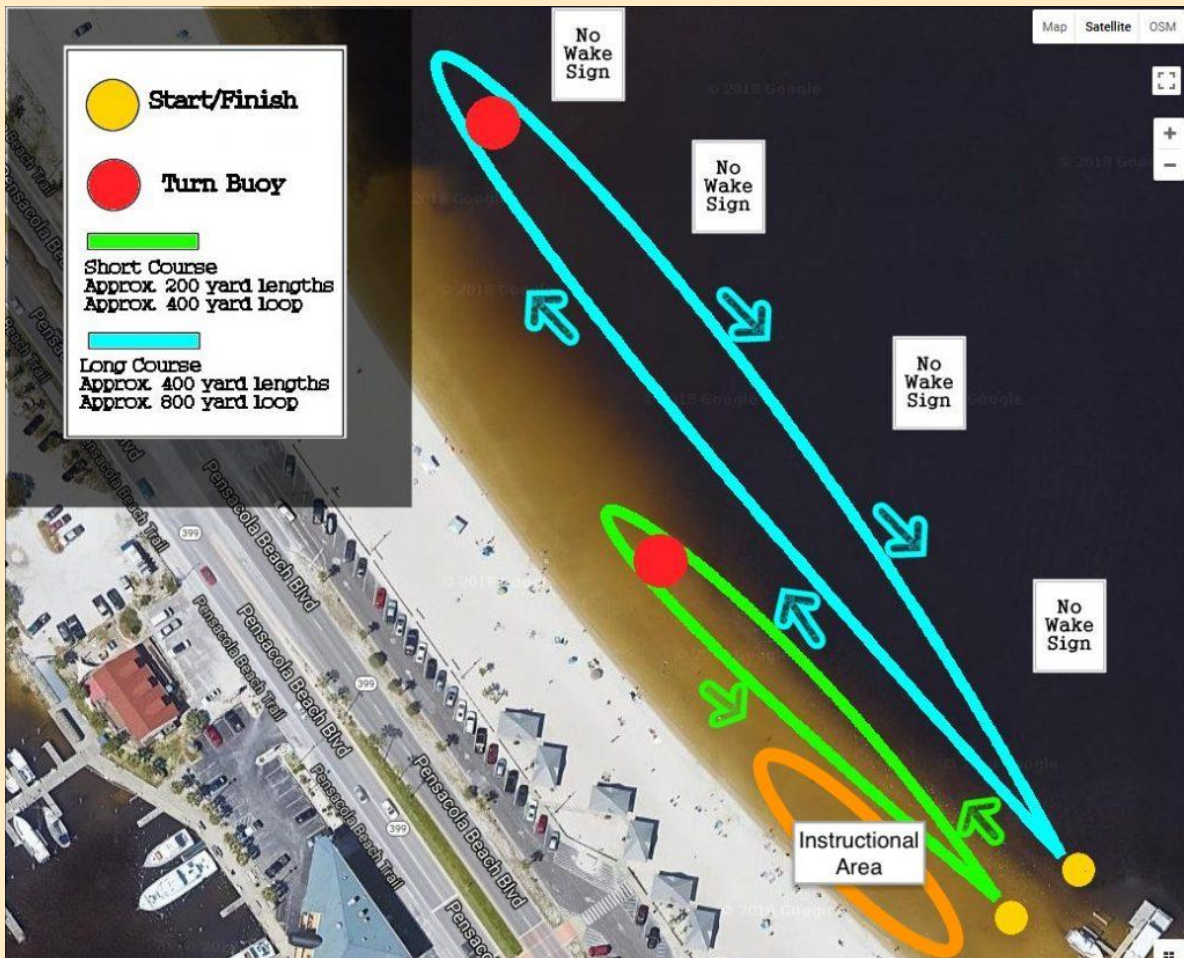
Each month there will be a different focus, for those who want instruction! (Instruction and drills provided from 6:45 - 7:15)

Start - 6:30 (check in 6:15)

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

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

Volunteers always welcome - for swim support/instruction



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

[Submit an Article](#)



Local Events

Freedom Springs Triathlon 7/2/2022 (Marianna, FL) [Sign Up Here](#)

Fourth of July 5K 7/4/2022 (Pensacola Beach, FL) [Sign Up Here](#)

Argonaut 5K 8/20/2022 (This is a fundraiser for the UWF Men's and Women's Cross Country Teams and 100% of the proceeds will be going directly to support the team this upcoming season) [Sign Up Here](#)

Cultivation Nation Sprint Triathlon 8/27/2022 (Wiggins, MS) [Sign Up Here](#)

Brett Robinson Alabama Coastal Triathlon 9/10/2022 (Gulf Shores, AL)
[Sign Up Here](#)

Zarzur Law Santa Rosa Island Triathlon 10/1/2022 (Pensacola Beach, FL)
[Sign Up Here](#)

Pensacola Half Marathon & 5k 10/9/2022 (Pensacola, FL) [Sign Up Here](#)



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

