

Subject: Tri Gulf Coast: June 2022 Newsletter
From: Tri Gulf Coast <president@trigulfcoast.org>
Date: 6/2/22, 18:08
To: tom@henderson4.us



TRIGULFCOAST
MULTISPORT ATHLETES

[JOIN](#)

[YOUTH RACES](#)

[NEWSLETTERS](#)

[MERE MORTALS](#)

[CONTACT](#)

June 2, 2022

IN THIS NEWSLETTER



OFFICIAL CLUB

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:



- Words from the President
- Mere Mortals Training Calendar
- Tri Gulf Coast 2022 - Register Today
- Tri Gulf Coast 2022 - Volunteer Today
- We Need Your Truck!
- Parkrun: fun, challenging and free
- Come “Tri it on the Island”
- The annual Zarzur Law Sea Turtle Triathlon, coming October 2
- What Every Floridian Should Know About Hurricanes in 2022: by Tadlock Roofing
- Strava Athlete of the Month
- Participate in the Fight to Protect the Gulf
- Join The TriPosse!
- Weekly Morning Open Water Swim sponsored by TriPossibilities Coaching
- Local Events

Hello Tom,



Now that the weather is warmer, and the days are longer we have more opportunities to exercise. Mere Mortals is off to a great start, and the Friday morning swims are growing every week. Many members have already done a triathlon or two and have a full racing schedule

ahead. When you are in the beginning of the season it's easy to forget that your body needs to rest.



Rest is incredibly important to your body's health, and one of the most important parts of any exercise routine. A person should plan to take regular rest days and listen to their body when it's saying an extra day of rest is necessary.



Refusing to take a rest day can lead to discouragement, injury, or burnout. I respect those who have been a triathlete a long time because they know how to stay healthy and stay motivated. One of the greatest benefits of being in the club is all the help and encouragement that comes from other members.



In your life you will have many friends, own many cars and a few houses, but you only get one body. It's your job to take care of it! Remember to rest.

Participation Sponsors:

Stronger, smarter, safer, together,

Jim Britnell



Stronger, smarter, safer, together,

Jim Britnell
TGC President, 2022
president@trigulfcoast.org



RHouse

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



2022 MERE MORTALS SCHEDULE			
05/29	Orientation Drills	400 yds	16 miles 2 miles
06/12	150 yds	12 miles 1 mile	18 miles 2 miles
06/19	Swim Clinic	450 yds	14 miles 3.1 miles
06/26	300 yds	14 miles 2 miles	16 miles 3.1 miles
07/03	300 yds	14 miles 2 miles	18 miles 2 miles
07/17	300 yds	16 miles 2 miles	14 miles 3.1 miles
07/24	350 yds	3.1 miles	16 miles 2 miles
SEPTEMBER 18 MEMBERS ONLY TRI		600 yds	18 miles 3.1 miles



Affiliation Sponsors:



Trade Sponsors:



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).



VOLUNTEERS NEEDED



H4 Services, LLC
 - Aerial Photography/Videography
 - Technical services
 - Web design
Tom Henderson
Tom@Henderson4.us
(850) 723-1541
www.Henderson4.us



10% off with code: TGCMC



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



Nice Truck! - We need your help!!!



Tri Gulf Coast is one of the largest all-volunteer staffed clubs in the country. One of the most important volunteer positions for our weekly Mere Mortals triathlon training program is transporting our equipment trailer from Gulf Breeze to the beach and back. If you have a SUV or Truck with the towing capacity and would like to learn more, please email:

Mortals@trigulfcoast.org.

Parkrun: fun, challenging and free!



parkrun



We all know that training with a group adds a special energy that's hard to beat. If you're looking for a friendly running community, come check out Pensacola's [Rec Plex North parkrun](#) – a free, weekly 5k on the trails of UWF. This event every Saturday morning has a fun vibe on a challenging course that's sure to help tune up your running game.



Originally started in the UK in 2004, parkrun events have now spread [across the globe](#) to include over 3 million runners and walkers. The free weekly events are entirely organized by volunteers on community courses, and provide timed scoring to every finisher. Just register once for a [free parkrun barcode](#) and you'll receive an email after every finish [with your results](#), including age ranking, performance versus your personal best effort, and more.



The Rec Plex North parkrun [began in February 2019](#) and has developed a healthy community in the three years since. An average event sees close to 100 participants run or walk the wooded trail at 7:30 am every Saturday. As a first timer, you'll be welcomed with a helpful information briefing at 7:15, and you can easily register with your phone if you haven't already. A friendly group of parkrunners also gather for coffee and much Strava browsing at the Starbucks in Argonaut Village after each event.



The parkrun course is beautiful and challenging. The natural trail has a couple of formidable hills that offer over 250 feet of elevation on the route, plus some nice downhills and pleasant flat areas for the majority of the course. You definitely won't match your fastest road 5k on this course but it's a great challenge to chase!

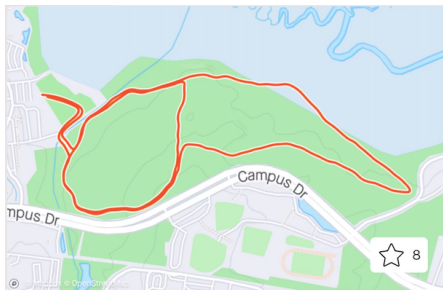


The trail is open to the public also, so if 5k isn't enough for your weekend running plan, no worries. A number of parkrunners grab extra miles on the trail and other surrounding UWF routes before and after each event.





Rec Plex North parkrun has an engaged and active regular group with plenty of room for new faces. [Check us out on Facebook](#) for more photos and videos to get a feel for the event, then come on out – we'd love to see you!



Segment			
RPN-parkrun			
Sport	Distance	Vertical	Grade
	3.01 mi	99 ft	0%

Where: [UWF Rec Plex North](#)
When: Every Saturday at 7:30am
What to bring:

- water
- bug spray
- trail shoes (regular running shoes are fine, but be prepared for a bit of mud after recent rains)
- [Barcode](#) (Bring a printed copy or store the image on your phone. In order to receive your result, you must present your barcode after each event.)



COME "TRI IT ON THE ISLAND"
Santa Rosa Island Triathlon
October 1, 2022



The 26th Annual [Zarzaur Law](#) Santa Rosa Island Triathlon is located on

beautiful [Pensacola Beach, Florida](#) on **October 1st, 2022**. Whether you are a seasoned triathlete looking to test your speed or a new triathlete competing in your first triathlon this event is for you! Don't miss this beautiful Gulf swim, a flat & fast bike with epic views and run through our local beach neighborhood.

Athletes will be met at the finish line with a SRI TRI custom medal, chilled PLAY TRI water and chocolate milk from our refuel sponsor, The Florida Dairy Farmers. Beverages and post-race food from Subway and beer from the Lewis Bear Company.

We love our athletes and that means lots of cool custom SWAG! Our title sponsor Zarzaur Law will provide each athlete with custom headwear, the unveiling will be coming soon. In addition, many of our sponsors are pitching in with cool SWAG to make race day special for each athlete.

AND... (drum roll) our custom campfire mugs are back and sponsored by Pensacola Sports/Visit Pensacola.

We are offering all our TGC members a \$5.00 discount until JUNE 23rd. Use the code TGC2022 to bring your race entry to \$85.00.

This event is limited to 700 athletes and will sell out!!! REGISTER NOW!!

[LINK to REGISTER](#)

Santa Rosa Island Triathlon is produced by Give It A Tri, Inc. ("GIAT")

santarosaislandtriathlon.com



The annual Zarzaur Law Sea Turtle Triathlon, coming October 2



As a multi-sport athlete, what is it that you love about being involved in triathlons? Is it the thrill of just being outside, in our pristine area, swimming, biking, and/or running? Maybe it's the excitement shared with so many fellow athletes coming together for a race? Perhaps it's the freedom and exhilaration of living in the moment out on the course, away from life's distractions. Possibly it's what you learn about yourself as you focus on that course, as well as the



awesome sense of accomplishment that comes after completing a triathlon. If any or all of these reasons drive your desire to participate in multi-sports, what if we could collectively offer our youth a taste of the same life-changing triathlon experiences and introduce them to all we enjoy and love about the multi-sport experience?



We have Great News in that the Tri Gulf Coast Youth Multisport arm of our club does just that! With the Tri Gulf Coast Club and other sponsors' support, the annual Zarzur Law Sea Turtle Triathlon, for youth ages 7 - 15 (as of Dec. 31), will take place on Sunday, October 2, out at Park East of Pensacola Beach, the day after the annual Santa Rosa Island Triathlon, which many of us will get to enjoy. We need volunteers, MANY volunteers, to make the Sea Turtle Triathlon a success for our young athletes. Please sign up to donate a little of your early morning time on Sunday, October 2, so that the kids, who are already being registered, may enjoy the same multi-sport excitement and thrills you have!!



[VOLUNTEER SIGN UP](#)
[REGISTER A YOUTH ATHLETE](#)
[ADDITIONAL RACE INFO](#)



What Every Floridian Should Know About Hurricanes in 2022





Over the past few years, Florida has seen an increase in the number of storms and hurricanes it experiences every season. In fact, according to the [National Oceanic and Atmospheric Administration](#), 2020 was one of the most active hurricane seasons thus far. And sadly, things don't seem to slow down, as recent forecasts are warning Floridians about another active season in 2022. But is there any reason to worry? And more importantly, what should you do to prepare your family and your home?

Florida and Hurricanes

As previously mentioned, Florida has a long history of dealing with severe storms and hurricanes. However, recently, the hurricane season has become more dangerous than ever, with at least one hurricane happening every year. To put things into perspective, some of the deadliest hurricanes occurred in the past five years. One example is Hurricane Irma, which took the lives of over 80 people and devastated Florida in 2018.

The 2022 Forecast

Although people were hoping to catch a break after previous year's record-breaking hurricane seasons, multiple forecasts are warning Florida residents. The Atlantic hurricane season begins on June 1, and the Gulf of Mexico is already warmer than average. One prominent forecast anticipated 19 tropical storms - 32% more than average - and nine hurricanes.

Preparing for the Worst

If you live in the Florida area, you are already familiar with the damage that hurricanes can bring. However, most people fail to understand that their roof is what protects both themselves and their families. As a result, it is essential that you prepare your house before things get out of hand. And while you might believe that your house is ready for anything, the following tips can still prove helpful:

- **Check Your Roof:** It's important to check your roof for any signs of damage before the next storm hits. We suggest looking for the obvious but also look for curled or missing shingles, as well as dents. Otherwise, you might be dealing with flooding and permanent structural damage.
- **Trim Nearby Trees:** Trim any tree branches near the house and roof. Also remove any dead trees. The strong winds of a hurricane can cause nearby tree branches to puncture your roof. If that happens during a hurricane, it will be almost impossible to fix the damage in time.
- **Clear Drains, Gutters and look for repairs needed:** Gutters allow water to drain from your roof, preventing infiltration and floodings. Failing to clear your gutters and draining system will increase the probability of water entering your house. The most common damage you'll see includes torn screens, and loose weather-stripping. Also look for any dents in them.

The Bottom Line

Overall, understanding the dangers of storms and hurricanes is essential when living in a high-risk area such as Florida. Whether you brace yourself for Alex, Bonnie, Colin or any other 2022 named hurricane, preparation is key. Therefore, getting in touch with a local contractor, like Tadlock Roofing, seems like the best way to protect your home from hurricane damage.

With a history that dates back to 1980, [Tadlock Roofing](#) is one of the most experienced roofing companies in the Florida area. You can count on our team to handle your roofing project with the utmost professionalism. So why waste any more of your time? Call us now at **(850) 542-3747** and let us help you prepare for this years hurricane season.



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 Theresa Clark!



If you are looking for a strong and motivated triathlete with lots of racing experience, look no further than Theresa Clark! Theresa has been a staple of this club for many years and is always willing to share encouragement and wisdom. Recently,

Theresa participated in the Graffiti Bridge 5k and clocked a blazing fast 27:45, finishing the last 400 meters in 1:54 (a personal record!). Way to go Theresa, you win a free TGC visor!



Participate in the Fight to Protect the Gulf



Many who enjoy our Gulf of Mexico feel lucky to have Christian Wagley in our community. Christian is a [HealthyGulf.Org](https://www.healthygulf.org) coastal organizer who recently, with [350 Pensacola](https://www.350pensacola.org), on a beautiful Saturday evening on Casino Beach, led the annual '*Hands Across the Sand*' stand against oil and gas drilling in the Gulf, with the goal of educating the public towards a transition to clean energy.

Hands Across the Sand started in South Walton in 2009 and takes place on beaches around the world. This year, in addition to Christian, civil rights activist Rodney Jones, Commissioner Robert Bender, 10-year-old 'Climate Activist' Rainey Richards and UWF grad/rising environmentalist Jay McGee spoke about the need to protect our white sands and blue-green waters, and otherwise preserve the planet for future generations. Talented singer-songwriter/dedicated environmental activist Katie Dineen performed at the gulfside pavilion.

Around sunset, Christian led us to the water's edge for 15 minutes where we silently formed a human chain and took a long look at our Gulf. After we held 'hands across the sand', Christian sliced and served cold watermelon and we all urged Katie Dineen to sing some more songs. (She's fantastic.) It was a great night. Florida's State Constitution forbids offshore drilling in 'State waters', but the Gulf has relied on a moratorium since 2006 to protect the waters beyond 9 miles of our shores. This moratorium is scheduled to end on June 30 of this year.

We can donate to [HealthyGulf.Org](https://www.healthygulf.org) and [350 Pensacola](https://www.350pensacola.org), and join our local County Commissioners, and Christian Wagley in urging Florida's Senators to fight to make the moratorium on offshore drilling in the eastern portion of the Gulf of Mexico permanent. If you haven't already met Christian, you'll find him to be knowledgeable and approachable. He can be reached at Christian@HealthyGulf.Org and 850-687-9968.

Gene Mitchell

Join The TriPosse!



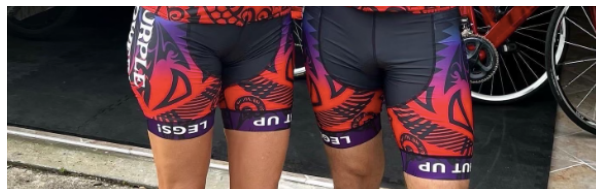
We offer many differing levels of coaching...
whether you are looking for:

- accountability of a workout plan and analysis of workouts
- daily or weekly communication
- one-on-ones to analyze and improve form
- joining an active team of accountability partners and encouragers
- a bike fit
- a swim stroke analysis
- workout and racing nutrition guidance

Go to <http://www.tripossibilities.com/> for more details!
See you out there training and racing!

Thanks
Coaches Dom & Helen
www.tripossibilities.com





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)

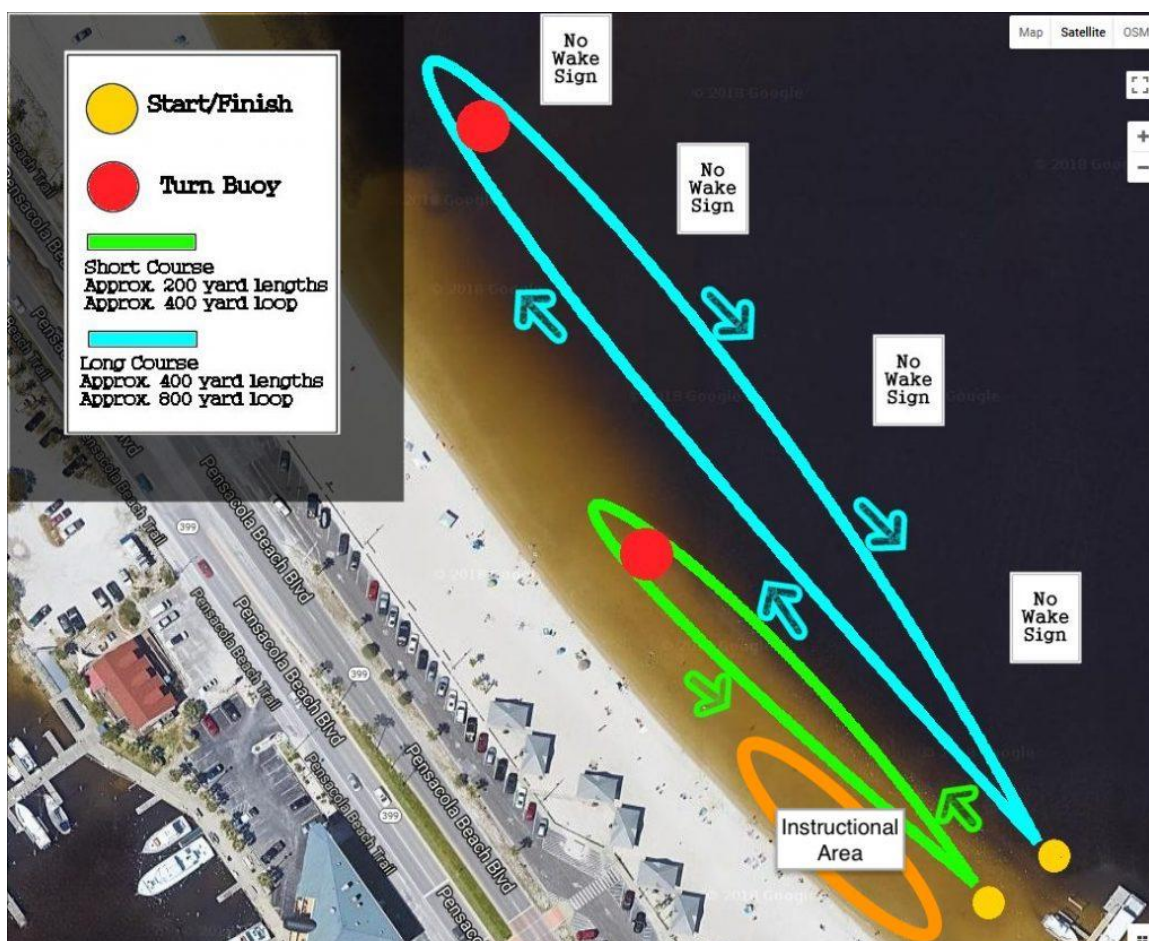
The month of June will focus on **entry and exit**.

Start - 6:30 OR when Sun peaks over horizon

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

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

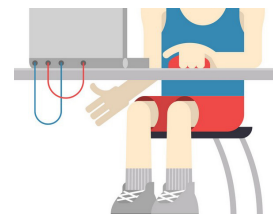
Volunteers always welcome - for swim support/instruction



Have an article or idea and want to be published?



Write for the TGC Newsletter!



Submit an Article

Events

Pensacola Triathlon 6/5/2022 (Sprint and Olympic Distance-Pensacola, FL)

[Sign Up Here](#)

(Note: Mere Mortals will not take place this weekend. If you are not racing, please volunteer!!! Please contact the race [here](#) to inquire about volunteer opportunities.)

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



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](https://www.trigulfcoast.org)



Tri Gulf Coast | P.O. Box 544, Gulf Breeze, FL 32562

[Unsubscribe tom@henderson4.us](mailto:Unsubscribe.tom@henderson4.us)

[Constant Contact Data Notice](#)

Sent by president@trigulfcoast.org powered by



Try email marketing for free today!