



TRIGULFCOAST
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May 2, 2022

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Please show your appreciation by utilizing their products and services.



OFFICIAL CLUB



Free phone consultations



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Greetings!

May is here and that means more daylight hours to swim, bike and run. We are fortunate to live in such a beautiful place where we can train with so many wonderful people. Our club provides many ways to connect with like-minded triathletes.

If you can make it out to Quietwater Beach Friday mornings, we would love to have you join us for the Tri Gulf Coast weekly morning swim. Please be there at 6:15 to check-in. The water is now warm enough to swim without a wetsuit. If you are not a strong swimmer this is a safe place to start.

We are all looking forward to the start of Mere Mortals, May 29th, Sunday morning at 6:30.

Remember that all Tri Gulf Coast memberships will expire on May 31, 2022. So, if you have not registered yet, take a moment to renew. Please encourage your friends, family, co-workers, neighbors, and training partners to consider joining Tri Gulf Coast.



MASSAGE THERAPY BY
JAMES FRITSCHLE



RHouse

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Stronger, smarter, safer,
together,

Jim Britnell
TGC President, 2022
president@trigulfcoast.org

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. Because of this, everybody is eligible for our new member discount!! Sign up between now and June 1st with the promo code **TGCNEW** to save!

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).

Nice Truck! - We need your help!!!



10% off with code: TGCMC



Team Handle: TRIGULF
Email for Team Passcode



Discount Code: C-TRIGULF

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(850) 723-1541

www.Henderson4.us



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.



FLORIDA BICYCLE ACCIDENT LAWS - WHAT YOU NEED TO KNOW

Whether a cyclist is riding a bicycle as a means of commuting, recreation, or exercise, it is imperative that those taking to the roadways, sidewalks, or pedestrian travel lanes in anything other than a motorized vehicle understand the rights extended to the cyclist as well as the responsibilities expected of the cyclist.

According to the latest figures from the National Highway Traffic Safety Administration, Florida is the deadliest state in the country for bicyclists. In all, 846 bicyclists were killed in the United States, with Florida taking the lead with 161 deaths.

Most jurisdictions, whether state, county, or city, have some form of "bike law(s)" that apply to both motorists and cyclists. Understanding those laws is a great first step for many and should be reviewed on a regular basis by seasoned cyclists regardless of the purpose of the endeavor: recreation, commuting, etc.

Bicycle vs. Car Accident

In these situations, it is far more likely that the cyclist will be significantly injured. In fact, Florida has the highest rate of bicycle accident deaths in the US (0.57 per 100,000 residents versus the national average of 0.23). A higher number of bicycles on the road surely plays a part in this statistic.

Cyclists are required to follow the rules of the road just like drivers are. For example:

- They must ride with the flow of traffic instead of against it.
- They must yield the right of way when indicated.
- They must stay in the designated bike lane. If there is no bike lane, they must ride as far to the right as possible. However, they may edge closer into the lane to avoid obstacles like potholes. Always be on the lookout for this type of maneuver. Paying attention can prevent many accidents.

So, yes, cyclists have to stop at stop signs. They have to wait to turn left at a green light when there is oncoming traffic. They have to stop for pedestrians! The rules apply to them as well, and when they disregard them, it can have devastating consequences.

In addition to that, taking the basic steps to mitigate the ever-present risk of an accident or avoiding/limiting the likelihood of an accident altogether should also be something that is requisite for all cyclists.

Florida Biking Laws, Broken Down

- Bikes are treated as vehicles.
- Cyclists must obey all traffic controls and signals.
- Cyclists must use a fixed, regular seat for riding.
- You cannot carry passengers on a bike that is not intended to carry more than one person.

Florida Bicycle Accident Laws

- Parents must not allow minors to violate any of Florida's provisions.
- All bikes must come equipped with a braking system.
- If riding on the sidewalk, bicyclists have the same rights and duties as pedestrians.
- Bikes must be equipped with a lamp when operating between sunset and sunrise.

- Bicyclists must use the designated bike path when not traveling at the speed of other traffic.
- Other laws at floridabicycle.org

Steps to Avoiding An Accident With A Vehicle

This is along the lines of what is in the personal control of the cyclist, and much of this is also addressed by bike laws:

- a tuned, functional, and road-fit bicycle (brakes, reflectors)
- adequate safety lights (forward and backward facing)
- a safe helmet intended for bicycle use; bright or reflective attire; eyewear for the weather or daylight conditions.

Proper planning is also in the control of the cyclist, though not mandated by bike laws:

- choosing a well-lit route
- choosing roadways with fewer obstacles such as crossroads, driveways, construction zones
- avoiding dawn and dusk riding when a blinding sun may be on the horizon... The list could go on depending on the specifics of the cycling location chosen.

These factors, combined with the notion of respecting the rules of the road and anticipating vehicles and other pedestrians ("riding defensively"), are a fantastic frame for controlling what can be controlled to the best of the ability of the cyclist.

In the unfortunate event that a motorist versus cyclist accident does occur, this should be treated much like any other motor vehicle accident involving cars-attention to the health, safety, and wellness of those involved with immediate deployment of emergency medical personnel and law enforcement. Documentation of the scene (photos), notation of or digital voice memos regarding the incident (document the weather and road conditions, time of day, identification of all parties and vehicles involved (first and last name, phone number, dates of birth, vehicle make/model/ color, license plate or tag numbers), identification of any witnesses to the event (first and last name, contact information), documentation of any bodily injuries, including damage to property

Bicycle Accident Checklist:

1. Call the police and report the accident (even if you don't think you are hurt).
2. Pay attention to and remember what the other party says about how the accident occurred.
3. Preserve the condition of your bike, helmet, clothing, lighting, and other property.
4. Report the crash to your own car insurance company as soon as possible. Florida is a no-fault state when it comes to accident claims (let your lawyer deal with the at-fault party and their insurance company).
5. [FLORIDA BICYCLE ACCIDENT LAWS](#)
6. Seek medical attention. Under Florida law, your car insurance is "primary" for your medical bills. Allow the ER or hospital to bill you for your car ins.
7. Keep documentation of the accident. Police report, photos of the bike (etc.), the scene, surroundings, other party's vehicle
8. Keep track of injuries.
9. Don't discuss the accident on social media.
10. Consult a personal injury lawyer that specializes in bicycle accidents in Florida.

11. Always remember: you are invisible on a bicycle.

Seeking medical care for a thorough assessment by a qualified medical professional (emergency department, urgent care, primary care provider, medical specialist) should not be overlooked or delayed. The most common injuries, such as skin abrasions (i.e., road rash), may be a harbinger of an underlying injury such as fractures, dislocations, cardiopulmonary or vascular injury, or disrupted tendons/ligaments, while a broken helmet could be an indication that an evaluation for intracranial, neck, or cervical spine injury may be warranted.

Pensacola injury lawyer Joe Zarzaur and Dr. Evan Malone are active cyclists and participate in triathlons on a regular basis. By hiring Zarzaur Law, you will hire a legal team that understands cycling, knows cyclist rights, and who will aggressively help you fight for your rights. At Zarzaur Law, we handle bicycle injury cases, defective bicycle components, defective roadway conditions, as well as everything else related to bicycling accident cases.

Call us today for a free case evaluation at **(855) hire joe** or visit our website at zarzaurlaw.com.

[Test Your Bike Law Knowledge](#)

For more information review the links below and research the organizations specific to your locale:

[CDC Bicycle Safety](#)

[2021 Florida Statutes - 316.2065: Bicycle regulations](#)

[Florida Bicycle Association](#)

[Bike Pensacola](#)

[Florida Bicycle Accident Laws](#)

[West Florida Wheelmen Ride of Silence](#)

[NHTSA Traffic Safety Facts](#)

[5 Bicycle Safety Tips Every Rider Should Know](#)



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 January Strava training challenge award winner is Sam Lawrence!



The days are getting longer, and the weather is getting warmer. It's Tri Season! For many Triathletes, this is the time of year to start building a strong base that will improve their fitness and give them the best chance of success in that race down the road. In the past month, Triathlete Sam Lawrence has really started putting that "hay in the barn". On a weekly basis, Sam's training routine has averaged 8500 yards of swimming, 82 miles of cycling, and 20 miles of running. Sam also sits at the top of our weekly Strava leaderboard with 13 hours and 30 minutes of weekly exercise. Wow!

Way to go Sam, keep up the amazing work! You win a free TGC visor!



Can imagery improve your run?



Researcher: Teresa J. Hess

I am a doctoral student at Capella University in the School of Psychology. I am conducting this research as a part of my doctoral education program.

The research is being conducted to evaluate the impact of imagery on a runner's overall performance and confidence.

What Will Happen in the Study?

The research will take place over six weeks. There will be four Zoom sessions to teach and utilize the imagery skills during this time. These sessions will be approximately one hour. As part of the research, runners will complete three 5K runs, after which they will complete a survey including documentation of pace and heart rate and complete the self-efficacy survey.

I am seeking participants who meet the following criteria:

- 18 or older
- Should own a personal monitoring device with running speed and heart rate metrics. The personal monitoring device can be of any brand, but the same device must be used for all three measure points.
- The participant must have run a 5K (or longer) race four times in the last month.
- The participant must be able to complete a 5K at least three times during the six-week study.
- The 5K must be run on an unassisted course; the athlete will not use a treadmill.
- Should be available to complete the imagery skills training via an online meeting platform.
- Willing to complete three-time online self-efficacy surveys (pre-, mid, and post-intervention).

If you are interested, please [email me](#) to begin the screening process.

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 May will focus on **breathing and body position**.

May focus:

Continuation of proper breathing technique, and adding proper body position - 2 key components of long distance swimming.

-drills

-how to do it in pool

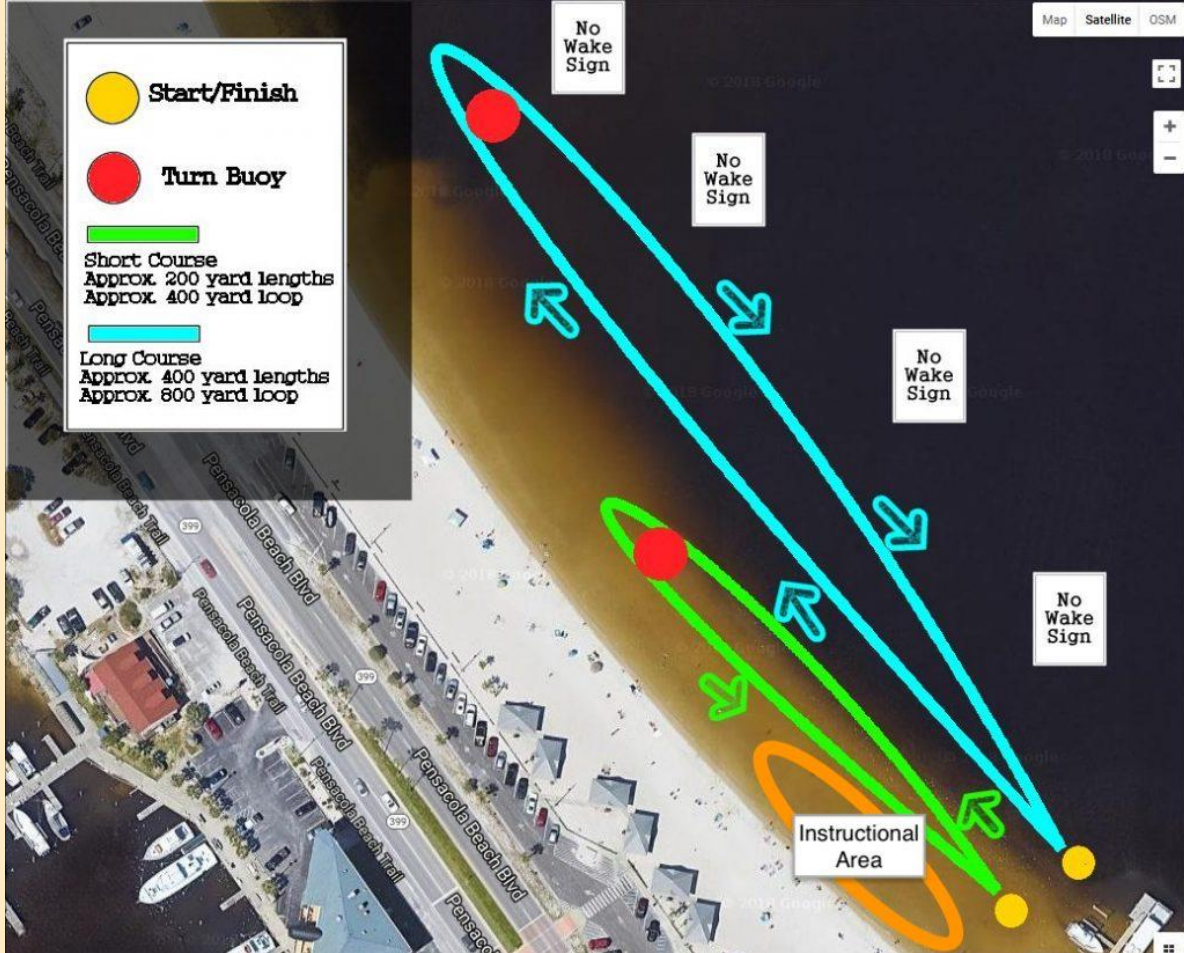
-how to adjust for open water

Start - 6:30 OR when Sun peeks 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

IRONMAN 70.3 Gulf Coast 5/7/2022 (Panama City Beach, FL) [Sign Up Here](#)

DeFuniak Springs Triathlon 5/21/22 (DeFuniak Springs, FL) [Sign Up Here](#)

Publix Grandman Triathlon 5/21/22 (Fairhope, AL) [Sign Up Here](#)

First Mere Mortals (Swim Clinic- Pensacola Beach, FL)
5/28/2022 (TGC Event - [Register Here](#))

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

