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**OFFICIAL CLUB**

November 1, 2022



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*Greetings!*

November is one of my favorite months of the year. Around here it's never too hot or too cold to get outside and bike or run, and the conditions in the Gulf of Mexico are often perfect for open water swimming. Some people are still swimming without a wetsuit. Others are going with a sleeveless or full wetsuit. The water is crystal clear and usually very smooth. We see hundreds of fish, lots of dolphins, and even the occasional sea turtle. Once we saw a spinning shark jump out of the water twice just as we were getting started. If you want to join us for year-round open water swimming, now is the time to get acclimated to the cooler water.

November is also the month with my favorite holiday: Thanksgiving. I love Thanksgiving because it's all about food, family, and fun. Thanksgiving is also a time to rest and to reflect on the reasons we have to be thankful. I have countless reasons to be thankful.

This year I have been especially thankful for Tri Gulf Coast and the Board of Directors. All of the board members are not only accomplished triathletes, but they are good people. Even when we had a difference of opinions, everyone was kind, supportive, and willing to work together to create the best experience for our members and sponsors. I am forever grateful to each of them for all the work they do. THANK YOU **Ryan Crisco, Gary Garza, Melanie Henderson, Tom Henderson, Dani Hoffman, Jennette Hagon, Mindi Straw, Kim White, Macy Williams, Danielle Wolfe and Dom Zambrano**. When you see these people, please thank them for their faithful service.



Stronger, smarter, safer, together,

Jim Britnell  
TGC President 2022  
TGC Membership Coordinator 2023  
[president@trigulfcoast.org](mailto:president@trigulfcoast.org)

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## What is Next?

I have heard lots of members say, "I don't know what to do without Mere Mortals!" Even though we do not meet every Sunday to hold you accountable and provide a workout there are some great things you can do this off-season with your new friends from Mere Mortals. Here are some of my favorite things to do in the off-season.

1. I am a strong believer in training for life, so don't stop! Reach out to your new friends and plan a meet-up weekly at one of the local runs, ride with the [West Florida Wheelman](#), or do your own thing!

## Weekly Runs

- Monday: PRA Track 6 pm
- Tuesday: ALGA Beer Co. 5:30 PM
- Wednesday: WOB Run 6:00 PM
- Wednesday: Running Wild Cheeta Girlz 8:30 AM
- Thursday: Coastal County Brewery Run Club 6:00 PM

2. Focus on your weakness...If you are not a good swimmer, swim more. Find someone who is better than you and ask if they will swim with you. The same goes for running and biking – whatever you feel is your weakness do it 2x more than you normally would each week.

3. Join a gym and take a class that is outside your box. Putting yourself in uncomfortable fitness situations and dealing with the nervousness and anxiety that comes with this can only help you on race day! Additionally, strength training will make you a better athlete all around – I promise.

4. Take a break from training and attend one of the great events we have in Pensacola! From the Foo Foo Festival to Pensacon, there is something for everyone.

5. Stay tuned for some TGC off-season events.

Lastly, be sure to invite anyone you meet to join the club and join us for another great season in 2023.

## **What should I do in the offseason to prepare my gear and equipment for next season?**

1. Clean your bike or take it in for a cleaning and have everything checked (This will allow you to know what parts you may have to replace next year and can save for).

2. Take inventory of ALL your gear! (Make a wish list of what you may need for next year and keep an eye out for all the sales that will be coming up for the holiday)

3. Start creating your dream race schedule for next year

- Write out each race, dates, early registration dates/price, and goals for each race
- Be realistic about what your body can handle – don't plan to do 5 weekends of racing in a row...speaking from experience, your body will break down.
- Share with your friends so you can plan some amazing races together



Macy Williams

TGC Vice President 2022

TGC President 2023



## Learn More About Team RWB



Team Red, White, & Blue (Team RWB) is free for service members, veterans, and civilians and it exists to guide veterans on how to prioritize their well-being first. Team RWB offers real-life and virtual opportunities focused on building a healthier lifestyle. As a member of Team RWB, when you travel throughout the United States, look for a local Team RWB Chapter for your workouts. They will welcome you to their in-person events!

There is a Team RWB Chapter in Pensacola and in Fort Walton. Each group offers real-life activities such as running and biking. In Pensacola, Team RWB members participate in the weekly World of Beer Run on Wednesdays. Additionally, they have a no drop bike ride from April to September on Thursday evenings. Now that it is too dark to bike, Pensacola Team RWB will meet at Militia Fitness for a workout on Thursday nights. Members will pay \$10 per session to participate. On Saturday mornings at 7:30 AM, the team participates in Park Run at UWF.

The past two years, Pensacola Team RWB has also participated in the Old Glory Relay. The Old Glory Relay is a national movement showcasing the strength, grit, and commitment of American veterans in support of their well-being. This year the Old Glory Relay traveled through 15 states including Florida. Pensacola Team RWB ran and biked with Old Glory from Pensacola to Andalusia, Alabama all in one day. It was rewarding and an honor to participate in such a patriotic event.

On Veteran's Day, Pensacola Team RWB will host Workout of the Day (WOD) for Warriors at Militia Fitness. This day is celebrated throughout the United States at local chapters and gyms. In December, members from Pensacola and Fort Walton Team RWB will compete in a Spartan race sponsored by Spartan.

We try to stay active and have a lot of fun. If you are interested in signing up with Team

RWB, go to [www.teamrwb.org](http://www.teamrwb.org).



### Local Beer Runs

Be active! Have Fun! Grab a beer! All runs start at 6:00 PM and are 3 miles in distance.

- Monday: The Bridge Bar and Sunset Lounge – best sunset at a beer run
- Tuesday: Alga Beer Company – best food truck to pair with your beer after a beer run
- Wednesday: World of Beer – best attendance and course for a beer run
- Thursday: Coast County Brewing – best outdoors games after a beer run



Jeanette Hagon  
2022 TGC Secretary  
2023 TGC Vice President

# STRAVA™

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

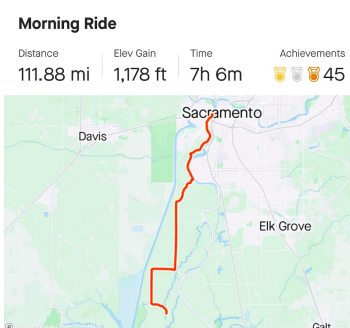
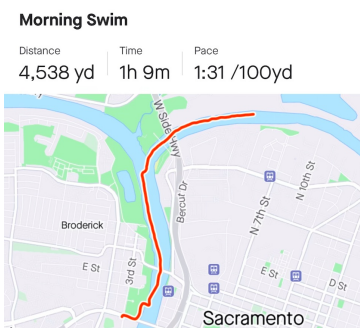
Strava is a fitness-tracking and social media app designed for swimmers, runners, and cyclists with three main features: Tracking, connecting, and competing. Users can track their fitness via GPS within the app or log their fitness manually. Strava's club feature allows members of TGC to connect and 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 October Strava training challenge award winner is **Steve Reynolds!**



This month's Strava athlete of the month award goes to **Steve Reynolds!** In what is likely the most impressive athletic endeavor recorded on our Mere Mortals 2022 Strava page this month, Steve completed Ironman California in 13 hours 52 minutes and seven seconds. This challenging 140.6-mile course was Steve's second full Ironman, and he completed it in a personal record. Great job Steve you win a free piece of TGC swag!







## Mix Thing Up Through Fall and Winter



Each year my real age catches up with my USAT age in Oct. This year, Teresa and I spent the day working our way through trails, lakes, and waterfalls within North Carolina's Flat Rock State Park at SwimRun NC. "What does this have to do with triathlon?" Absolutely nothing but it will connect shortly.

Even in Florida, we have what I like to think of as athletic seasons and, while we can remain active all year long, it is usually necessary to change things up. Most open water swimmers switch to a pool in winter. Most road runners will spend some time on trails in the fall/winter months. Most cyclists will also pull their mountain bikes out of storage for the cooler weather.

There are a lot of benefits to these changes. You maintain a consistent activity level. The cross training can develop different muscles, improve balance, or strengthen control and handling. Pool swimming can improve technique and confidence. MOST importantly for me is that it fights boredom. By the end of the summer, I'm tired of triathlon. The challenge and the spark are virtually gone, but a trail run is invigorating. Mountain biking is challenging. Pool drills are fun (not really, but they are better than endless laps). Switching up your training in winter can lead you to new sports, new challenges, new friends, and inspiration to become a better athlete.

We use the Fall and Winter months to do different things. This year, we picked up backpacking and got re-acquainted with SwimRun. We are also focusing on trail mileage as we train for longer runs. All of these things keep us engaged and excited about exercise and regulate our moods during the shorter days and general lack of sunshine this time of year.

Circling back, SwimRun NC kicked off our off-season activities for 2022. For those who are unfamiliar, it's a bad-ass race where teams of two tether together (or stay within 10 meters of each other) while you both race through a course alternating between trail running and swimming. You run in your wetsuit carrying your goggles, swim cap, pull buoy, and paddles, and swim in your shoes. The distances for this particular course end up at about 17 miles of running and 2+ miles of swimming in cold water. It's a great time! Teresa and I managed to remain talking to each other for 80% of the day. I admittedly got moody on our last run segment. I think I was silent for the final 3 miles. The last swim segment seemed much colder than the rest of the swims. It was a swift river vs. the previous mountain lakes. Our time was slightly longer this year than when we hit the same

course in 2017. Ultimately, we enjoyed the day. We rarely pick an event with the expectation of winning. We ALWAYS pick an event with the expectation of having FUN – otherwise, what’s the point?

SwimRun piqued our interest, and we took a chance to try something new. It worked for us. I encourage you to do the same. Use the cooler months to mix things up a little. Otherwise, you may be looking at boredom and burnout.



Patrick Willi  
Former TGC President

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

**Submit an Article**



## Upcoming Local Events

Semper Fi 5K 11/12/2022 (Pensacola, FL) [Sign Up Here](#)

Krul Lake Half Marathon 11/19/2022 (Milton, FL) [Sign Up Here](#)

The Last Mile 5k 11/20/2022 (4:30PM Pensacola, FL) [Sign Up Here](#)

Pensacola Turkey Trot 5k 11/24/2022 (Pensacola, FL) [Sign Up Here](#)

Pensacola Beach Turkey Trot 5k 11/24/2022 (Pensacola Beach, FL) [Sign Up Here](#)

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](#)





### 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](http://TriGulfCoast.org)

