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OFFICIAL CLUB

October 1, 2022



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Greetings!

Today marks the beginning of the Fourth quarter of 2022. The fourth quarter can be filled with distractions. This time of year, the world starts to move at warp speed. First, we have Halloween, then suddenly it's Thanksgiving time. Then, we're staring down Christmas. We must do our best to stay focused during this final stretch.

The fourth quarter is often when games are won or lost. Players must remain ALL IN and play their hearts out until the final whistle of the game. The need to finish strong is something every coach and player understands. Triathletes know the perfect ending to any race is to FINISH STRONG. We all know that whatever you want to do in a race, you must first do in training. The things you need to do to finish the year strong are the exact same things you planned to do at the beginning of the year.

Many of you started 2022 strong. How many will finish strong? It's impossible to go back and change the mistakes you've made, or the opportunities you lost, or the setbacks you faced. Remember that setbacks are only challenges in disguise. Look at them as lessons. Do not beat yourself up. Just get back on track. Keep your eyes focused on your long-term goals. Dig deep, strengthen your resolve to finish strong. There is always a hidden reserve of fuel within us that is available to help us finish strong.

We all possess the capacity to finish strong. While training, or in a race and in life, keep telling yourself, "Don't slow down, don't quit! Don't slow down don't quit!

Together we will Finish Strong!



Stronger, smarter, safer, together,

Jim Britnell
TGC President, 2022
president@trigulfcoast.org

Racing Weight

Most of us know that body weight affects running performance. The lighter you are, the less weight you must lift off the ground with each stride and the more economically you can run. It's no accident that the men's marathon world record holder weighs 113 pounds. Many studies have been done that also prove that for every pound of extra weight a runner carries, the knee feels an extra four pounds of pressure per stride... repeated

strides to apply undue pressure on your knees and shorten the flexibility and usefulness of them.

Stay Strong.

1. I take a cold shower every morning and every evening (it's OK to "ease yourself in" with warm water)
2. I eat the same thing for breakfast (smoothie) and lunch (salad) every day because it makes it far, far easier for me to "keep track" of calories I'm consuming
3. After every meal I do **something** for 5 minutes: jumping jacks, air squats, walking outside, you name it. This helps to reduce blood glucose
4. For any meal, I eat all proteins and any fats BEFORE the carbs, which has been shown to reduce the amount of actual carbs you eat
5. After dinner every night, I look at the clock, and then I don't eat again until 12 hours have passed. Period. So, if I eat a midnight snack, I don't eat again until noon. That's called "intermittent fasting". It takes discipline, but lucky for you, you've got that!

Here are a few reference books on this subject:

Racing Weight- Matt Fitzgerald

Racing Weight Cookbook- Matt Fitzgerald

-Gary Garza

Sponsor Chair for Tri Gulf Coast



Solar Fall Fun
October 22, 2022
 Slow Ride, UWF Solar Car, Food Truck,
 Art, Solar Fun, Garden Tours, Bees,
 Music

“ Saturday, October 22, 2022

9:30am -2pm UWF Solar Car Team, Solar Fun, GardenTours & Pensapreneur Kids

10:30am Slow Ride Take Off time

11:30am-2ish Mad Munchies Food Truck

12:00-1:45pm Monarch & Milkweeds

From the Ground Up Community Garden
501 North Hayne Street, P'Cola, FL
 Thanks to Schmidt Consulting Group
 for Sponsorship

”

FROM THE GROUND UP
 COMMUNITY GARDEN
 PROJECT OF INNISFREE HOTELS • MIWA

UNIVERSITY of WEST FLORIDA
 Solar Car Team

MAD MUNCHIES
 800 YEAH
 JUNK FOOD

BIKE PENSACOLA

PENSAPRENEUR
 kids
 inc.

SCHMIDT
 CONSULTING GROUP, INC.

What: Bike Pensacola's October Slow Ride

Where:

From the Ground Up Community Garden, 501 N. Hayne St. Pensacola

When: Saturday, October 22 10:30 am

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's Ride will be part of From the Ground Up Community Garden's Solar Fall Fun event, and is sponsored by Schmidt Consulting Group. Come join-in before and after the Slow Ride to see the UWF solar car and enjoy live music, Pensapreneur kids, garden tours and the Mad Munchies Food Truck.

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 ages 10 - 16 must be accompanied by an adult, and 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. And 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



UNIVERSITY *of*
WEST FLORIDA
Solar Car Team



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 **Beverly Fair**



Our Members Only Tri was a huge success this year. We had many rookie triathletes toe the line for the first time and it was incredible to see so many people pushing their limits. A triathlete who really stole the show was veteran triathlete Beverly Fair. Beverly was the fastest female finisher by 3 minutes, and placed 4th overall (within 3 minutes of the fastest Male). With the female wave starting 5 minutes behind the male wave, Beverly had to pass 32 of the 37 males in the field on her way to victory! Way to go Beverly you win a free piece of TGC swag!



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

[Submit an Article](#)



[Upcoming Local Events](#)

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

Bridge to Bridge 5K 10/15/2022 (Pensacola/Gulf Breeze, FL) [Sign Up Here](#)

2022 October Splash Masters Swim Meet 10/22/2022 (Fairhope, AL) [Sign Up Here](#)

West Florida Wheelmen Fenner Ride 10/29/2022 (Milton, FL) [Sign Up Here](#)

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

Krul Lake Half Marathon 11/19/2022 (Milton, 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](#)



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

