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September 1, 2022



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Greetings!

So far this year we've only had to cancel one Mere Mortals. That is amazing considering the amount of rain we've had this summer.

I have really enjoyed listening to the different board members give their Sunday morning talks about everything to do with triathlons. If you've not been there on Sunday morning you have missed some very informative and entertaining discussions. Just a couple of quotes that I remember:

Macy Williams talked about cycling and the need to ride your bike more. She said, "When I ride my bike, I feel like a kid again."

Melanie Henderson gave us a lot of great tips on being quick in transition. The quote that I remember from her was, "oh good it's starting to rain we need to practice training in the rain. "

And I'll leave you with a quote about volunteers. "Volunteers are not paid - not because they are worthless, but because they are priceless."

I really appreciate all the people who come out early and or stay late on Sundays to help setup and teardown everything. We could not do Mere Mortals without great volunteers. Thank you for you being willing to help.



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	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	08/21	 500 yds	 16 miles	 3.1 miles
07/03	 300 yds	 14 miles	08/28	 550 yds	 18 miles	 2 miles
07/17	 300 yds	 16 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			 600 yds			 18 miles
MEMBERS ONLY TRI						 3.1 miles

Register Now!
click here 



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



Ten Things I Learned while Volunteering for Mere Mortals

10. The sunrise is more beautiful when you are volunteering.
9. The view of Casino Beach is breathtaking from a volunteer kayak.
8. Bike racks don't mysteriously appear, volunteers put them up and take them down.
7. Cheering at the run aid station is a blast, everyone is happy to see you!
6. Triathletes come with a range of abilities, but we all have a finishing mindset.
5. You can meet great training partners and friends while working registration.
4. A kayak flip is refreshing on a hot, humid volunteer morning.
3. Digging out the water spigot is like digging for lost treasure! It's in there somewhere!
2. The board provides an amazing TGC experience every weekend at Mere Mortals.
1. Mere Mortals can't happen without volunteers. You won't regret or forget the

rewarding experience of volunteering.

Jeannette Plichta - 2021 TGC Volunteer of the Year



Staying Fit at an Advanced Age

The other day the TGC President asked about staying fit at an advanced age. I wasn't sure if he was serious or just inviting himself to do my eulogy in the next couple weeks. This would be a payback for all my "kind" comments about his swimming. The answer is simply that I get more out of working out than not. It is motivating. Virtually all my friendships came about through sports: high school, college, military, and work. A few years back when my wife and I decided to retire to Pensacola, I knew it would be an easy transition, since Pensacola was a sports community. Pick a sport, play hard, and boom you had friends. Online social networks have nothing on sports when creating social connections. And it is not just about meeting people, you meet some interesting folks who are beacons of admiration. Quality in people is important. Sports breaks down all the barriers associated with race, age, politics, and gender. It makes friendship an equal opportunity event. You can virtually talk to anybody.

In general, everybody is looking to excel or is looking for that next big challenge. Jumping out of your comfort zone is a natural phenomenon. Sports opens all types of opportunities, whether it is to stand on the podium, cheer you buddy on or to mitigate some weird phobia about open water. In our open water swims, we are constantly on the hunt for rough water to make the next swim an epic event. I had someone point out that working out is a waste of your time. You are given so many heartbeats and then your time is up. Their math is off, raising your heart rate for a short period of time lowers is for a longer period. The health and quality of life aspects associated with fitness are irrefutable. Personally, I fear hospitals and the medical profession in general. Anything that allows me to keep my distance is a prime motivator.

The last secret to staying motivated is diversity. Yes, you can focus on that one sport, but inevitably you will get hurt. Diversity keeps things fresh. Break your foot, focus on swimming. Break your collarbone, focus on running. Sprain an Achilles, focus on water jogging. There is a plethora of sports where cross-training allows you seek a new challenge and be competitive. Bored in your current sport, switch gears for a while and find a new sport.

In my freshman year, I had a good friend who gave me great advice, just go out and do it and ignore the noise. So, if you want to be a rock star like Marge who started swimming in her seventies and became a world champion swimmer in her nineties, just stay motivated.



Santa Rosa Island Triathlon

**** VOLUNTEERS NEEDED ****

This event brings in over 700 athletes and with over 25 states represented we would love to have you volunteer to help us show all the athletes our Pensacola Pride for our hometown triathlon!

We have many opportunities to volunteer PRIOR to race day

Packet Pick-up (Thursday/Friday)
Pre-Race Set-up (Friday)

Do you have friends that love being in the water? – **we NEED water support for a few morning hours!**

Do you have a high school student looking for service hours? **We can offer LOTS of hours!**

Do you have family that wants to be part of race day? **We can make this happen!**

Signing up is easy – [Click her to volunteer.](#)

Email us at santarosaislandtriathlon@gmail.com if you have questions or a specific task you would like to do.

Positive Thinking

Positive thinking is a vital key to achieving the goals you set for yourself. Positive attitudes keep you grounded and help maintain your course on your journey to becoming a better

you.

Here's a few "life lesson" tips to help in athletics and on life. Deploy and enjoy!

Positive thinking:

1. Stop rushing. Breathe. Be where you are. You're where you're supposed to be at this very moment. Every step and experience is necessary.
2. Your track record for getting through hard days is 100% so far.
3. Even when it's tough, wear a smile anyway. Smiling doesn't always mean you are happy, sometimes it simply means you are strong. And YOU ARE.
4. The problem is rarely the problem. The problem is often the incredible amount of overthinking you're doing with the problem. Let it go and be free.
5. Letting go isn't about having the ability to forget the past – it's about having the wisdom and strength to embrace the present.
6. Whatever else may be going on, always remember that you have been blessed with today and the ability to live it as you can.
7. There is absolutely nothing about your present circumstances that prevents you from making progress, one tiny, mindful step at a time.
8. You may be exhausted. You may be discouraged. You may feel uncomfortable. No matter what, your best option is to move positively forward.
9. Maturity is learning to gracefully walk away from situations that threaten your peace of mind, self-respect, values, morals, or self-worth.
10. Sometimes you must accept the fact that things will never go back to how they used to be, and that this ending is really another beginning.

-Gary Garza

Sponsor Chair for Tri Gulf Coast



Have you volunteered yet?

TGC is an amazing club. The services we're able to provide our members at such a low cost of membership is rather amazing. We have open water swim training, Mere Mortals, which is basically an entire free weekly triathlon, group rides and runs through the off season, and members get a free gift each year that would cost most of the annual membership fee.

How do we make that happen?

Two main reasons.

First, we have amazing sponsors who support the club both financially and through in-kind

donations.

Second, we have a very dedicated crew of volunteers, many of whom show up week after week at the expense of their own training opportunities and work hard to help put on all of our events.

Each time we set up an event, we take inventory of the volunteers who've signed up to support it, and reach out to them to confirm their roles. Some weeks, we don't have enough, so we reach out to our members asking for more.

Since the presence of those volunteers is required to safely hold an event, we will actually cancel parts of it or the whole event if we can't find enough volunteers to maintain safety. That has already come close to happening at least twice this year with Mere Mortals.

Take a look at your time with TGC so far this year. Have you volunteered yet?

If not, please consider doing so at least once between now and the end of the year. The reason you're getting such a bargain is because your fellow club members are doing their part. Join them!

You can sign up at trigulfcoast.org/volunteer

Volunteer for the

--

Tom Henderson
H4 Services LLC



Genetics: We all have some!

I recently had triple heart bypass surgery caused by coronary artery disease. I have been an endurance athlete for 40 years. I started running after losing half of my left lung in 1980 due to an infection. I was active-duty military, married with two young children. I desired to stay in the military, so running was an obvious answer to rehabilitate myself. It wasn't long and I was running distances of up to 8 miles, not fast, but moving. I ran nearly every day for many years. I ran my first half marathon in 2002, followed in 2005 with my first marathon. During the following years, I ran several races of all distances, including several more marathons. As I aged, running started wearing on my body. I became a triathlete to minimize the impact of just running and enjoyed doing the additional disciplines along with the improvement it had on my fitness. In 2016 I did my first 140.6 full distance triathlon, the Michigan

Titanium. In 2019; Ironman Arizona and Ironman Florida in 2021 were completed. Following Ironman Florida, I began training for the Grand Rapids Triathlon, a 70.3 to be held in June 2022. While running, I began to experience chest pressure and higher than normal heart rates and soon I could feel it while biking and swimming as well. Like many men, I doubted something was wrong. I follow pro triathlete Tim O'Donnell and knew about his recent heart attack at Challenge Miami. I watched his Youtube video and realized the symptoms I was experiencing were similar. I consulted my Coach who immediately said I needed to see a cardiologist. My family doctor told me to go straight to the ER on a Friday afternoon.

It did not take long at the ER to get the diagnosis. Blood work indicated heart damage. The ER Dr. told me I would be staying with them for the near future. Karma took over from there; a well-known cardiologist was available to immediately perform a heart catheterization which indicated 3 blockages, one being the widow maker. Due to the location and size of the blockages, a triple heart bypass was needed. This was scheduled for the following Monday morning with a great heart surgeon. I was discharged the following Thursday, all fixed.

During this process, doctors told me I was not their typical 72-year-old heart patient. I was also told that I'm a very lucky man to be alive after experiencing the heart event by not having a heart attack that could have led to an untimely death. My excellent physical condition made me a survivor.

When I asked why this happened to me, an endurance athlete, the cardiologist simply said, Genetics. My father had heart disease; my grandfather died at 61 of heart attack. However, my blood numbers were always good with no medication. I questioned the cardiologist about how I could have known about the blockages. His answer was to get a [coronary calcium scan](#).

Most health insurance will not pay for this test, it is not expensive, approximately \$120.

In closing, I recommend that you:

- Know your health risks based on your genetics
- Have a cardiologist to ascertain risk of heart disease, despite good numbers
- Know the symptoms of heart disease. Don't doubt symptoms when they present themselves

It can save your life at any age and fitness level. I know, I'm still living and will return to competition soon.

Jim E. Hagon



I stink at the sport of Triathlon. I'm usually in the bottom third of the results and the only time I have podiumed in the seven years I have been "competing" is a third-place finish in my age group at a little race in Mississippi. Guess how many people were in my age group??

I tell you this to make the point that triathlon is like sex; you don't have to be good at it to enjoy it.

Besides my epic finish in Mississippi, I've raced in Florida, Alabama, Georgia, Tennessee, Texas, Hawaii, Colorado and Canada. I've seen things that your average tourist does not get to experience. A bear was on the bike course in Canada (made the local paper). I was lucky enough to swim over a Hona (big sea turtle) at the start of the Hawaii 70.3. I swam down the Tennessee river. I've ridden my bike on the Daytona Speedway. After the race, the wife is always good at finding places of interest so we can go and visit some local venues. Sometimes we just pub crawl and visit. We always find someone that gives us feel for the local flavor.

Besides the awesome things I have seen, the people are one of the main reasons I stay involved in the sport, and especially TGC. A better group of people you will never find. Throughout the decade I have been involved, everyone is always full of helpful advice, willing to give me travel tips and/or willing to help. On this latest trip to Hawaii, three members offered to loan me a bike case for the flight. Robbie at TREK even volunteered to stay late at the shop and help me disassemble the bike and pack it. Even away from triathlon, a bunch of us look for other events to try out and plan out the logistics. Many are awesome, some are trainwrecks, but we always have a good time and come back with good stories.

To wrap up. Sometimes triathletes, newbies and veterans alike get bogged down in how far they are going and how fast can they get there. If you are competitive, rock on and push yourself. But at some point, take time and smell the roses and appreciate all the sport can give you. Good memories, good health, and good friends.

Be safe.

John Fitzgerald



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 June Strava training challenge award winner is **Dominick Zambrano**



In one of the most unique accomplishments so far this year, Dominick managed to claim his second consecutive victory at the Argonaut 5k.....In the walking division. After a "short 10-mile warmup run" (at 7-minute pace), Dominick managed to power walk the Argo 5k in an unreal time of 31:45. (10-minute pace). To put this in perspective, less than 60% of the runners who entered this race managed to run a faster time. Way to go Dom, you win some free TGC merch!!



Zarzur Law
SEA TURTLE TRIATHLON
SUNDAY OCTOBER 2, 2022
Just for kids! (6-15 years old)



The Zarzaur Law Sea Turtle Triathlon is a premiere youth triathlon on the Gulf Coast. The distances are designed for all ability levels. We offer 3 different distances depending on age. Custom age group awards will be given to top 3 in each age group.

Are you new to “multisport” events? Don’t worry, we have over 80 experienced volunteers assisting athletes at every point of the race. We just ask that your athlete knows how to swim, ride a bike and can run or walk.

Every athlete will get a technical race shirt, medal, Subway sandwich and cookie

WHAT ARE THE RACE DISTANCES?

SHORT DISTANCE COURSE AGE 7-9 YEARS OLD

SWIM - 75 YDS

BIKE - 2.0 MILES

RUN - 0.5 MILES

MID DISTANCE COURSE AGE 10-12 YEARS OLD

SWIM - 150 YDS

BIKE - 3.0 MILES

RUN - 1.0 MILES

LONG DISTANCE COURSE AGE 13-15 YEARS OLD

SWIM - 250 YDS

BIKE - 4.5 MILES

RUN - 1.4 MILES

[CLICK HERE TO REGISTER](#)

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



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)

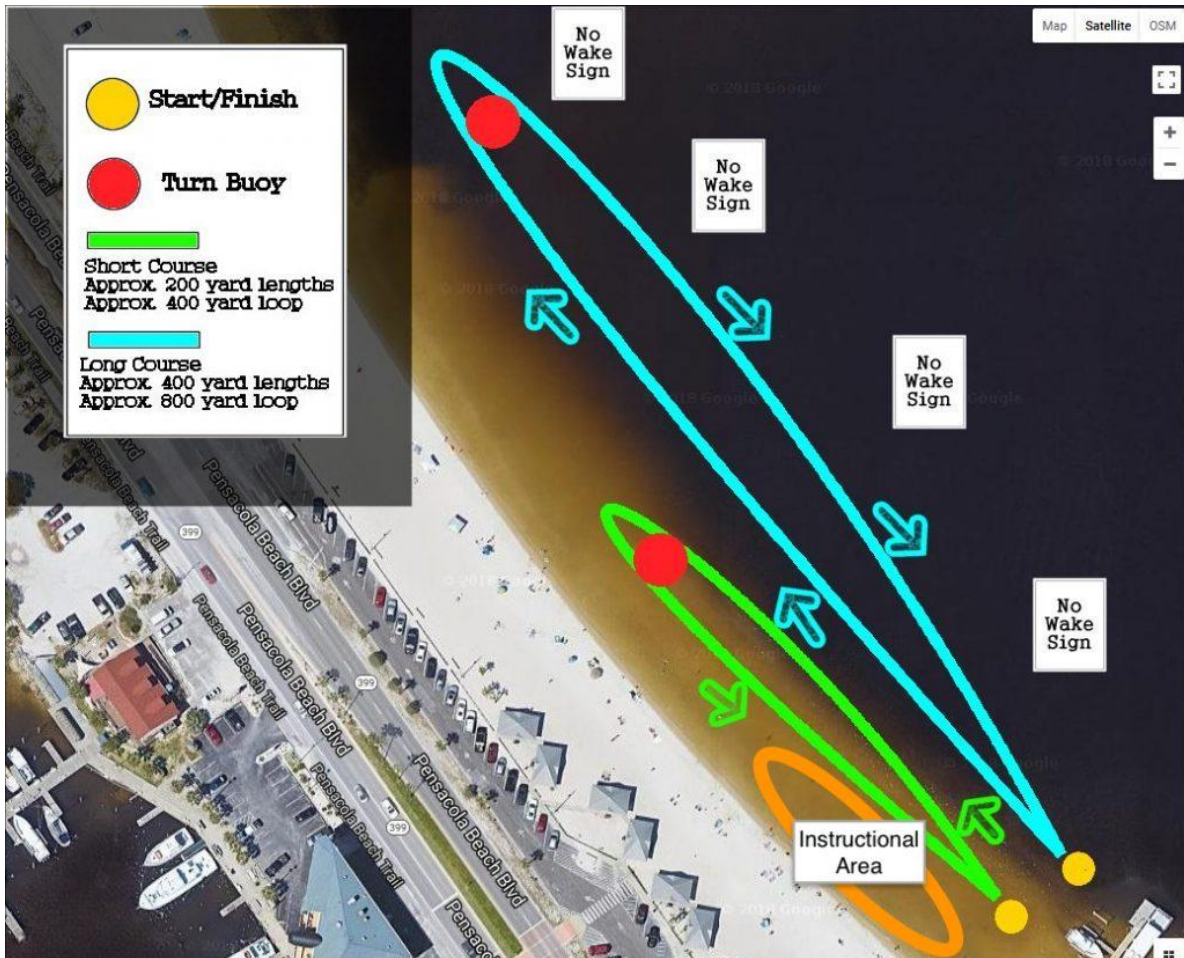
For the month of September, we will continue focusing on stroke power, adding drills and exercises to improve power while maintaining technique.

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

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

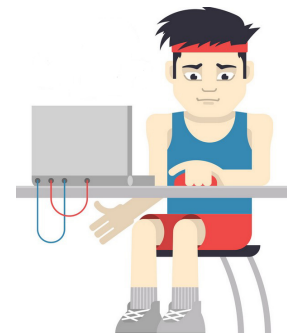
Check-in on TGC list Required (no text check-in this year)

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](#)



Upcoming Local Events

Bayou Hills Run, City of Pensacola 5k/10k Championships 9/5/2022 (Pensacola, FL)
[Sign Up Here](#)

Brett Robinson Alabama Coastal Triathlon 9/10/2022 (Gulf Shores, AL)

[Sign Up Here](#)

Member's Only Tri 9/18/2022 (Pensacola Beach, FL)
(Registration is in your inbox) [Volunteer Here](#)

Pensacola Seafood Don McCloskey 5K 9/24/2022 (Pensacola, FL)
[Sign Up Here](#)

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

Zarzur Law Sea Turtle Triathlon 10/2/2022 (Pensacola Beach, FL)
[Volunteer Here](#)

Pensacola Half Marathon & 5k 10/9/2022 (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

