

***FAST***

Swim & Triathlon Club



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**SPRING/SUMMER/FALL  
CLUB WORKOUTS**

# Agenda

- Presentation of Spring/Summer/Fall Club Workouts
- Q & A session (please place questions in chat)
- Notes:
  - Workouts will be on the FAST calendar  
(does not include impromptu workouts)
  - RSVP if requested
  - These workouts are for FAST members only, friends are free their first time but after that we ask that they join (this is because of the club's insurance policy).
  - Be sure to join the appropriate Chatter Group for communication

# List of Workouts

- Trout Lake Swims (Sandy)
- Down River Swims (Curt)
- Monday Triathlon Training (Ken)
- Tuesday Bricks (Josh)
- Wednesday Runs (Erik)
- Battle of Waterloo Training (Yoshiko)
- Saturday Bike &/or Bricks (Susan)
- Other:
  - Club focused race support (Kyle)

# Trout Lake Open Water Swims

- Leader name: Sandy Eyl [Sandy.eyl@gmail.com](mailto:Sandy.eyl@gmail.com)
- Description of workout
  - Meet at Kent Lake (Island Lake Picnic grounds) parking lot & walk to Trout Lake as a group.
  - RSVP in Calendar with phone # so group leader knows how many to expect.
  - Group leader will look at calendar to see who is attending and meet them in the parking lot or contact them to cancel if there's bad weather.
- Dates, days, times, frequency
  - Saturday - 8am with Monica
  - Saturday - 10am with Sandy
  - Sunday workout dependent on identifying a leader
- Location:
  - Island Lake State Park : Trout Lake (short walk from the Kent Lake parking lot). Requires State Park pass for entry.
- Details
  - All skill levels welcome
  - Swim buoy required; swim cap, goggles, towel, shoes or flip flops optional

# Downriver Open Water Swim

- **Curt Penland, [CurtPenland59@Gmail.com](mailto:CurtPenland59@Gmail.com), (734) 775-8832**
- **Description: Boat escorted, Open Water Swim, Detroit River/Lake Erie**
  - Leaves promptly, at time listed, from 30701 Adams, Gibraltar
  - Motor to Grosse Ile waters to swim. Point-to-point swim. Drop off in one place, pick up 2.2 miles away. There is usually a dedicated captain to pilot the boat. If not, we anchor and swim 0.7 mile lengths.
  - The boat follows the slower swimmers, if you can't make the 2.2 miles just signal the captain and he will pick you up.
  - Water depth can be 3 - 15 feet deep; you can stand up at any time if you follow the shoreline.
- **Days/Times: Sunday at 1:00 PM & Wednesday at 5:30 PM (Starts after Memorial Day)**
- **Details:**
  - Arrive early to change on deck. Full wetsuits, swim socks, neoprene gloves and hood are recommended in the spring until it warms up.
  - All levels of swimmer accepted. Swim buoy required.
  - All swimmers are required to provide proof of their COVID-19 vaccination card. A portion of the swim occurs in Canada, so bring your driver's license in case the US Coast Guard stops us.
  - Up to 12 swimmers. \$8 per swimmer but price varies depending on price of gas.
  - Bring warm clothing to change into after the swim when it is cold. Boat has private changing room and stand up toilet. The boat has a deep 4 step ladder off the swim platform to aid in climbing back into the boat.
  - For safety reasons, the engines are turned off when swimmers are behind the boat.

# Monday Triathlon Training

- Leader: Ken Gutowski
- Communication preference
  - Non Coached: “Monday ILSP group chatter” on website
  - Coached: Ken to send out individual emails to those who signed up
- Description of workout: swim, bike, run (various distances)
- Dates, days, times, frequency: Every Monday, 6-8pm from Memorial Day to Labor Day
- Location: Island Lake State Park – Spring Mill Pond
- Details
  - Skill level required: beginner + (open water swim confidence)
  - Equipment needed: swim buoy, bike, helmet, running shoes
  - Weekly pre-workout briefing provided
  - Remember to join the Monday ILSP group chatter

# Tuesday Bricks

- Who:
  - Contact point is Josh Lumley  
[jlumley0413@gmail.com](mailto:jlumley0413@gmail.com)
  - Cell: 248-207-2098
- What:
  - 10 - 22 mile bike ride, followed by optional 0-3 mile run
- Where:
  - Meet at Sumac Point North off Hines & Newburgh (Livonia)
  - Bike on Hines Dr
  - Run the Lakeview Trial
- When:
  - Tuesdays (5:30 departure for most)
  - Starts approx. 5/2 until 9/26 (join group for info RE weather & road conditions)
- Details
  - Need helmet (ideally a mirror to see traffic device)
  - Bike speeds range 14 – 23 mph
  - Gatorade and water provided at end!



Tuesday Bricks On Hines  
Group Admin: Kenneth Gutowski, Susan Gutowski

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# Wed Run Workouts

- Erik Huysken [erikh7500@yahoo.com](mailto:erikh7500@yahoo.com) for any questions
- Hill Repeats/Structured Track Workouts/Hill Repeats (6 week blocks)
- Every Wed 5:30pm Apr 26-Sept 27 (excluding club events)
- Waterford Bend Rec Area (6 Mile & Northville Rd) / Livonia Rec Center outdoor track (Bentley Field)
- Details
  - ALL skill levels welcome, be ready to run at 5:30. We warm up & cool down as a group. Workout is confined to Five Mile Hill (hills) or outdoor track (for track workouts)
  - Wear your running gear and shoes
  - No separate orientation needed. We go over details at beginning of workout.
  - Need to join run chatter group.



# Training for Battle of Waterloo (EPIC races)

- **Guide:** Yoshiko Tischler
- **Best contact method:** Text/call, 248-705-8826, or FB Messenger
- **Purpose:** Get ready for this unique 10 (or 6)- leg triathlon, especially from gear prep/carrying & transition standpoints. Help the first-timers to navigate seemingly challenging transitions and guide them to find what works for them. Self-practices are keys once getting familiar what to expect.
- **Dates:** 2-3 times before the race on July 30. 1<sup>st</sup> one – May 13. Race orientation meeting, to be scheduled in May, via Zoom; watch schedule.
- **Location :** Island Lake Rec Area – Trout Lake & the trail around it
- **Details**
  - Any levels welcome as long as you are comfortable with the 3 disciplines
  - Equipment needed:
    - Swim buoy required. Optional dry bag to keep your running shoes dry. If not, running shoes that dry faster or don't hold water...
    - Not one-piece tri suit (in case you want to put running shoes in your shorts)
    - Ways to carry running shoes while biking (bungee cord, small backpack...)
    - Ride with bike shoes or running shoes (if so, flat or cage pedals).
    - Other standard tri gears

# Saturday Bikes and Bricks

- **Lead:** Susan Gutowski [susanaojt@gmail.com](mailto:susanaojt@gmail.com) or 248-880-2432.
  - Communication for weekly rides by ride leader:
    - RSVP as requested to group leader of your intended ride.
- **Description:**
  - Varying distances and pace
  - Saturday (occasionally Sunday or holiday)
  - Bike rides and bricks; training for the season's races
  - Start time depends on ride leader (still looking for leaders)
- **Locations:**
  - Downtown Northville, Hines, Kensington, Island Lake State Park
- **Details**
  - Choose your group depending on your average pace. These are no drop rides so be truthful
  - Must have helmet, (mirror preferred), and reflectors/lights for safety
  - Bike in good condition; bring spare tubes and tire changing equipment
  - Bring water, money, & nutrition-most rides have a few water and toilet stops

# FAST Race Support – Kyle Otremba

- What is it?
  - Members volunteer to bring FAST items to Club Focused races
- What is involved
  - Sign up list indicates items needed, for example, FAST canopy, FAST cooler with drinks, snacks for participants & family members
  - Canopy and Cooler to be picked up and dropped off at Kyle's house in Farmington Hills
- How to sign up
  - Go to FAST calendar. Each club focused race shows sign up link
- Why?
  - Earn FAST goodie bag points
  - Support your club and provide a member meeting location

# Questions?

