



## May 2024 Newsletter

### Where's your finish line?

As the race calendar opens for another season of races, sometimes the number of options out there can feel overwhelming. If you look at our [2024 Local-ish Triathlons](#) page (shameless plug #1), there are over 30 options for you to choose from within a short drive. Every distance is available, from a Super Sprint in Grand Rapids to the full Iron distance in Chattanooga. The benefits of having so many excellent options in the area come with their own set of challenges: what do we prioritize? What do we want to get out of 2024? Where is our finish line?

For some, this might be an easy answer. There are bucket lists out there – I've met people who want to complete their first Ironman this year, and hopefully our club can help them do it. There are people who just want to finish their first event and not drown (this was me last year!). We even have triathletes who plan on representing the USA in age-group world competition! For some, though, it's not that easy. Do we want to step up in distance? Can we do so safely, and with the buy-in of the people who depend on us? Do we want to get on a podium? Do we want to win the (shameless plug #2) [LaPorte Triathlon](#) (members finished 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, and 10<sup>th</sup> last year!)?

The goals don't have to be extravagant, though. They can be as simple as "I want my body to feel good this year." or "I just want enjoy same races this year." Hopefully, triathlon is a sport that we can use to our benefit, not to our detriment, and we can arrive at the finish line in a better place than where we started.

### Where are my people?

Please fill out the [form](#) that arrived in your inboxes recently with the races that you plan on attending this year. We'll use that information to populate the (shameless plug #3) Race Hub, and we can help put people in touch that are racing the same events. You might find a travel buddy, and you'll definitely find a friendly face at transition!



## Upcoming Events Spring 2024

### Event #1

**Sunday May 19<sup>th</sup>, at 9am CST Open Water Swim at Doubletree (RSVP on Facebook [HERE](#))**



Join NWI Triathletes for a group swim at the beautiful lake at DoubleTree! Bring a swim buoy for visibility! Don't fret if you don't have one, we'll have some extras available to borrow or purchase! ALSO, it's still a bit early in the season so make sure you bring a wetsuit!

Our gracious host Kathy Hruby has access to the lake right from her back yard! If you plan to come, you'll need to **enter via the gates to the community and give Kathy's name!** Her last name is pronounced "roo-bee" like the gem, because she is



**Use address: 8201 Lakeview Ct, Crown Point, IN 46307**

### Event #2

**Sunday, May 26<sup>th</sup>, at 9am CST Open Water Swim and (Opt) Run at Lake Louise (RSVP [HERE](#))**

Join NWI Triathletes for open water swimming at Lake Louise in Shorewood! You can swim as little or as much as you like. Make sure you bring a swim buoy for visibility.

There is a dock, which is easy to find. Park on the grass along the road right at this location.

Optional run 5k or 10k after, your choice! There are hills 😊

Use dropped pin for directions -

<https://goo.gl/maps/6tkaFff8MJRrkUHR7>

### Event #3

**Saturday June 1st, at 1pm CST - OWS at Leon's Wolf Lake Pavilion (RSVP on Facebook [HERE](#))**





Join NWI Triathletes for a group swim at the at Leon's @ Wolf Lake! Bring a swim buoy for visibility! Don't freak if you don't have one, we'll have some extras available to borrow or purchase!  
ALSO, it's still a bit early in the season so make sure you bring a wetsuit!

Use address: 2324 Calumet Ave, Hammond, IN 46320

#### Event #4

**Saturday June 15th, at 8am CST - Mock Tri at Hammond Port Authority (RSVP [HERE](#))**



Join NWI Triathletes for a Swim/Bike/Run event starting at Hammond Marina! We will start with a nice cool swim down the coast of Casino Beach in lake Michigan, followed by a bike and run. Course links provided below for Olympic distances below! We will bring water, electrolyte drink, and some snack bars to give you that extra boost!

**\*\*\*BE PREPARED\*\*\*** When you get to the gate, tell them you are there to visit Carlson at E23 for entry and parking. Park by the actual marina/ship store. You'll be given a ticket to put in your car window.

Bike:

26 mile loop from the Hammond Marina <https://connect.garmin.com/modern/course/177673516>

Run:

10K from Hammond Marina <https://connect.garmin.com/modern/course/177677239>

Use address: 701 Casino Center Dr, Hammond, IN 46320

#### Event #5

**Sunday June 23<sup>rd</sup>, at 8am CST**

## Open Water Swim and Optional Bike at Stone Lake, LaPorte (RSVP on Facebook [HERE](#))

Join NWI Triathletes for a group swim/bike at Stone Lake! Bring a swim buoy for visibility. Bring your bikes and running gear if you want to run or bike after! This will be a great practice for our upcoming [LaPorte Tri!](#)

Bike route options:

LaPorte Tri Route 12.5 miles:

<https://connect.garmin.com/modern/course/255408623>

25 miles:

<https://connect.garmin.com/modern/course/4603567>

42 miles:

<https://connect.garmin.com/modern/course/188322709>

67 miles:

<https://connect.garmin.com/modern/course/188958129>

**Use address: 350 Grangemouth Dr, La Porte, IN 46350**



### WANT COMPANY?

There are over 100 members of NWI Triathletes, and some of them are probably training the day you want to train in the way you want to train! The [NWI Tri Club Members](#) Facebook page (shameless plug #4) is a fantastic resource for getting together with other people for group training! And if Facebook isn't your thing, feel free to shoot us a line at [nwitriathletes@nwitri.org](mailto:nwitriathletes@nwitri.org) and we can send out the call for you!



# LAPORTE SPRINT TRIATHLON



The LaPorte Sprint Triathlon will be here before you know it!!! This year, the race also serves as the USAT State Championship event, so the competition is sure to be fierce, and we will almost certainly sell out of spots. If you haven't signed up yet (and plan on racing), you can do so right [here](#).

When you sign up, you can use code **NWITRI24** at checkout to save \$10! Do **NOT** share this code with non-members – this code is one of the many benefits from having a membership.

Also, for the first time, we have a youth event as well! The Splash n Dash is a 100m swim and 1km run for 7–10-year-olds, and a 200m swim and 2km run for 11–15-year-olds. No better way to get your kids involved in the sport in a low-stress, super fun environment (and entries are just \$15!).

Lastly, we need as many volunteers as we can! If you aren't interested in racing, please volunteer to make the event a success! And if you ARE racing, please tell your friends and family to put forward their time to help get the triathlon off the ground! You can volunteer [here](#), and there are plenty of different positions available! We still need about 40 volunteers, so every person helps!

**WELCOME TO THE NEWEST MEMBERS OF NWITRI!**



1/14/24 - Thomas Cunningham

1/25/24 - Mia Carlson

2/5/24 - Dana More

2/7/24 - Tim Humphrey

3/4/24 - Minjee Kim

3/9/24 - Luis Salamanca

3/9/24 - Daniel Riordan

3/9/24 - Mark Trumbull

3/9/24 - Abigail Stein





3/9/24 - David Gibson

3/10/24 - Daniel Govert

4/8/24 - James Burch

4/18/24 - Ryan Chomko

**WE ALSO HAVE SOME NEW BOARD MEMBERS!!!**






<p>Carrie Kietzman Media Director</p>	<p>Myles Handley Webmaster</p>	<p>Penny Lawrence Membership Director</p>	<p>James Burch Asst Group Training</p>
			

**Sponsor Discounts!**

The board has hustled to get plenty of sponsor discounts for our club, from saddles to nutrition and more! Please check out the “clickable” sponsor discount form [here](#), but **please don’t share this with anyone else**. This is another benefit of being a member of NWITRI.



### Member Sponsor Discounts 2024

Sponsor	Team Code	Discount Code	Website	Member Only Discount
	nwtriathletes	SpringTM5	<a href="https://themagic5.com/collections/club-partners">https://themagic5.com/collections/club-partners</a> <a href="#">hip</a>	various discounts on custom fit goggles, bundles, and accessories
		NWITRI25	<a href="https://ismseat.com/">https://ismseat.com/</a>	25% off
	enter nwtri35 & create an account		<a href="http://rudoprojectna.com">rudoprojectna.com</a>	35% off variety of Items
		TM-NWIT15	<a href="http://precisionfuelandhydration.com">precisionfuelandhydration.com</a>	15% off
		ZUPNWINDIANA	<a href="http://teamzealios.com">teamzealios.com</a>	25% off sunscreen, anti-chafe, recovery & shower products

Thank you to ALL 2024 Sponsors!

