



Northwest Indiana Triathletes
www.nwitri.org

December 2022 Newsletter

Rest is good. So why are we so bad at it?

Taking time off from hard training and racing every year is necessary to refresh and rejuvenate both body and mind. So why can't we do it?

Fear, in my experience, is the underbelly. Triathletes wouldn't necessarily describe themselves as fearful people, but that fear and insecurity makes it hard for us to feel comfortable taking unstructured time off and untethering ourselves from Training Peaks or specific workouts. This fear expresses itself in many ways for an athlete during the off-season, but some of the most common are through fear of missing out (FOMO), body image and weight concerns, and a tendency to over-identify as a triathlete.

The hard truth is that insecurity is the thread that ties all these concerns together. If we feel "less than" in terms of our performance, what we look like, or how we view ourselves, it's likely that we're going to make poor training decisions in service of those insecurities. The off-season isn't going to set you back in your progress, permanently change your body, or disconnect you from the sport entirely. However, those irrational ideas can seem real and are worth working through.

It's important to develop a more expansive sense of self that is not defined by any one thing. What's the best way to do this? Start paying attention to the non-triathlon parts of your life that you may have been unintentionally neglecting, like family, friends, other interests, church groups or volunteering. Prioritizing other areas of life will help athletes see that their value isn't just tied to one thing, helping to develop a more layered sense of self.

Becoming aware that it's our insecurities that are preventing us from taking a full off-season is a great first step, but we may struggle to take the steps necessary to reverse course. If we find ourselves unable to take time off despite what science, common sense, and our coaches say, a mental health care practitioner can help. Therapists who are sport-informed can encourage us to push against our assumptions about what will happen if we take rest, and there's no shame in getting help. We all have ways of powering through the off-season and a few of our board members have some great advice!



"During the off season I just try to have fun with exercise and not really focus on speed or a certain workout. I really enjoy being outdoors and pretty much switch to trail running and XC skiing which helps with cardio and it gets you outside to enjoy nature." – Jason Buxbaum

"Things to stay in the game through the winter...1) Run the trails. Being outside keeps your spirits on track. 2) Join Facebook pages for staying fit. Seeing others' successes makes me want to succeed as well. 3) Stay in touch with other athletes. If you hibernate with family, they bring cookies" – Mike Steinhubel





"I like to journal my thoughts. Journal what my mind is really thinking. Not some watered-down version of who I pretend to be, like my actual messed up unfiltered thoughts about everything. It doesn't matter because nobody will be reading it but me, so nobody to judge. Then when I go back and reread my real thoughts, I can look at them from a different perspective a few months later and determine if those thoughts are rational and valid, or if they are nonsense. I have also made a list of goals, big goals, little goals. Achievable goals, and impossible goals. I record myself saying them out loud into my phone. Then, when I need motivation to get to those goals, I can listen to myself, I can hear the fear in my voice when I say them out loud, and that helps me get motivated." – Andy Vaclavik

Special shout out to our **BRAND-NEW MEMBERS**

Zac Bozinovich, Griffith



Joey Vaclavik, Crown Point



Salena Fuoss, Hammond



Barbara Pakan, Munster



Welcome new friends, we can't wait to see you out on the racecourse(s) 😊

Also, thank you Sherry Carlson, Jennifer Pero, Jason Buxbaum, Sara Bruner, Amanda King and Amanda Hoffer for renewing your membership for 2023.



Important Notice

Membership dues will increase to \$45 per year starting January 1, 2023. If your membership expires around or after this date, you can renew prior to expiration at the current cost of \$35 before the increase.

You can renew your membership today on our website [HERE](#)

If you have questions or concerns about the increase, please email Ashley at nwitriathletes@nwitri.net

Winter Challenge 2022-2023 UPDATE

We've had a GREAT start to this off-season's winter challenge!

4 Challenges are finished, and we have 8 more to go thru March 26, 2023.

Congratulations to the winners of our first 3 challenges:

1. **Swim the Farthest** – Nick Konwerski
2. **Run the Farthest** – Kathy Labus
3. **Bike the Farthest** – Ken Hyde
4. **Bike the most elevation** – Nick Konwerski



Here is a glimpse of the schedule coming up! Mark your training calendars 😊

Start dates	WC#	Discipline	Event Description
Dec 19, 2022	5	Swim/Run	Total distance. Winner place average across both
Jan 2, 2023	6	Bike/Run	Total distance. Winner place average across both
Jan 16, 2023	7	Swim	Total Distance only.
Jan 30, 2023	8	Run	Total Distance only.
Feb 13, 2023	9	Swim/Bike	Total distance. Winner place average across both
Feb 27, 2023	10	Bike	Total Distance only.
Mar 13, 2023	11	Swim/Bike/Run	Total distance. Winner place average across all 3 disciplines.
Mar 13, 2023	12	Swim/Bike/Run	Strava - Total TIME for all 3.

Our winter challenge is a BELOVED tradition in the NWI Tri Club that takes place through our [Garmin Connect group](#) and our [Strava club](#) to keep you motivated throughout the cold, dark winter months and the holidays with a series of challenges, presented every two weeks. Lots of MONEY and SWAG on the table this season for the taking!

For each challenge the top performer will win GLORY and one \$25 gift card to a local sponsor or athletic store. We will also randomly select a second participant to receive a special gift from the club.

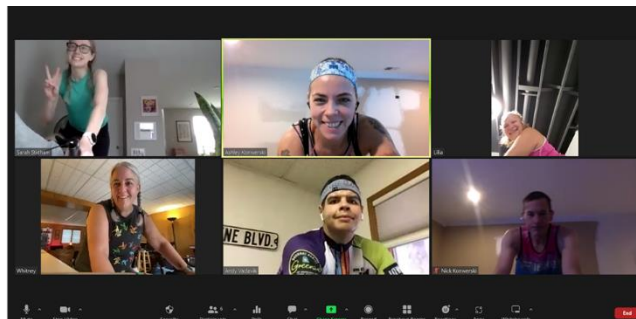
You must be a current member to qualify for an award.

***If you're unsure how to participate in the challenges, check out our handy guide [HERE](#)

Saturday Morning Group Rides on ZWIFT

Each Saturday our club President Ashley Konwerski hosts group rides on Zwift and Zoom at 8AM. They are a great way to connect with teammates and shoot the breeze over a social/sometimes difficult endurance ride.

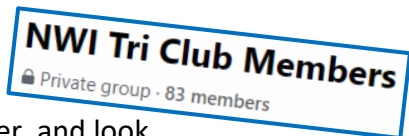
If you'd like to receive an invite to the weekly ride, please email Ashley at nwitriathletes@nwitri.net and follow her on the Zwift companion app. Need help or have additional questions? Ashley can help with that too!



Zoom each week: Join Zoom Meeting <https://us02web.zoom.us/j/6304504492> Passcode: social

Looking for some company on your next activity?

So much of our community takes place online on our members-only Facebook group. There, we can post pictures of our workouts, inspire each other, and look for company on those longer/tougher workouts.



We also use the forum to share our knowledge and experiences as well as our wins and race photos! If you are a current member and haven't been taking advantage of this group, you are MISSING OUT.

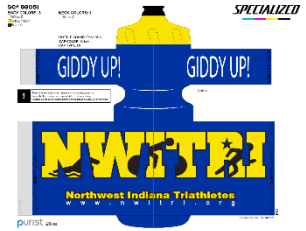
CHECK IT OUT HERE ---> [Facebook Group!](#)

Not on Facebook? No problem! Email us at nwitriathletes@nwitri.net and we'll share FOR you.

NWITRI SWAG NOW AVAILABLE! 🍷🍷

Custom 26oz SPECIALIZED NWITri water bottles HAVE ARRIVED!

These water bottles will be available to members for \$5/each. STOCK UP, they won't last long. If you would like to order water bottles, please email nwitriathletes@nwitri.net with your name, address and quantity and options will be provided for pick up or shipping.



WE HAD SOME AMAZING SPONSORS IN 2022!!!

THANK YOU to Dto3 Dimension, ATI Physical Therapy, Puntillo & Crane Orthodontics, Leo's Mobile Bicycle Service, 3Floyds Brewing, New Oberfalz Brewing, Trailblazers Bike Barn, Hasse Construction, Dr. McGuckin Chiropractic, Primerica, Extra Mile Fitness, Rudy Project, Magic 5 Goggles, and Zealios for your sponsorship.



We have some very exciting events coming up in the new year and to continue our mission, we rely on local businesses for financial support. If YOU or anyone you know would be interested in sponsoring NWI Triathletes please take a moment to review our sponsorship proposal here: [2023 Sponsor Proposal](#)

NOTE: All paid sponsorships come with at least 1 Free membership to the club 😊

To ensure their logos make our new club kit they will need to register by January 13, 2023.

BIG NEWS

**BRICKYARD
SPRINT
TRIATHLON**

We are SO EXCITED to announce that the Brickyard Sprint Triathlon will be BACK for 2023!!! This race will be hosted by the Hobart Aquatics Center and will be taking place Sunday April 30th. Even though our club will not be “hosting” the event this year, it will be an AWESOME start to your race season and plan to turn up in a BIG way. Keep an eye on your email and on the newsletters and social media platforms for important updates.

Registration for the 43rd ANNUAL LAPORTE SPRINT TRIATHLON & DUATHLON presented by Northwest Indiana Triathletes IS NOW OPEN



43rd Annual
La Porte
Sprint Triathlon &
Duathlon

Saturday July 8, 2023

Registration
Opens Nov 1, 2022
\$70 for USAT
Members

\$10 OFF for NWITRI members only!!!

REGISTER [HERE](#)

Check out the Facebook event [HERE](#)

Use code [nwitritake10](#) at checkout. DO NOT SHARE with non-members.

Registrations will be tracked against current member list 😊

PHOTO HIGHLIGHTS OCT-DEC

Running around the REGION



Peteyville 5K



Thank you all for being members and for making it such a fun and beautiful year!

GIDDY UP!