



Northwest Indiana Triathletes  
www.nwitri.org

## March 2022 Newsletter

### Are you READY for an EPIC race season??

Mother nature is the cruelest of all with brief glimpses of spring. She tortures us with 60-degree days and then snow and freezing rain two days later!! Why must she tease us so??? With the warm weather, comes the familiar first stirrings of excitement for the upcoming race season. We all know the feeling...revel in it. Now the real work starts!

I'm hopeful that the 2022 season will feel more *normal* than the last two years. I'm estimating we'll see an increase in racers as well as familiar favorites and NEW races coming in the area. If you don't already have a race schedule and training plan put together for the season, you better get CRACKIN! We're less than 8 weeks away from the debut triathlon of the season – the Brickyard Sprint. NWI Tri MEMBERS get \$10 off!!!

### DISCOUNTS BABY!!!

Our board has worked diligently over the last several weeks to negotiate with local race directors to provide opportunities for our members to save at area events. We're proud to share that this year we have discounts to THREE local races, exclusive to our club members!!



Leon, of **Leon's Triathlon**, has graciously given an unlimited amount of our club members a **\$20 discount** to any of his races through March 31, 2022.

These races take place Sunday June 5<sup>th</sup> in Hammond, IN.

You can register at this link: <https://tinyurl.com/5n7mp6ju>

Coupon Code: SEE [FACEBOOK GROUP](#) OR EMAIL [nwitriathletes@nwitri.net](mailto:nwitriathletes@nwitri.net) for the code.

Process: Enter the Coupon Code in the Coupon Code box during checkout of your registration to receive a \$20 discount for any race distance besides the OLYMPIC TEAM CHALLENGE category.

This year NWI Triathletes has partnered with La Porte YMCA to get the **La Porte Sprint Triathlon** USAT sanctioned. In return, our members get the benefit of **\$10 OFF** their race entry using a code. SEE [FACEBOOK GROUP](#) OR EMAIL [nwitriathletes@nwitri.net](mailto:nwitriathletes@nwitri.net) for the code.

The race is Saturday June 11th at Soldier's Memorial Park in La Porte, IN and you can learn more and register here: <https://www.lpymca.org/triathlon>

\*\*\*\*\*The code is limited to the first 22 entries so it's better to register *sooner than later*.



## SPEAKING of TRIATHLONS

We did our due diligence when it came to area races and put together this handy-dandy “Local-ish Triathlon Race in 2022” document. It will help you sort through all your options based on USAT sanctioning, cost, location and more! You can access this guide on our Tri Club website [HERE](#). Share it with your friend too!

## THE RACE HUB IS BACK

To help get ourselves organized, we’ve brought back the Member Race Hub (a fancy spreadsheet)

for our members to mark themselves as Racing or Spectating at all the local-ish Triathlons this season. This means we'll be able to organize, show up, support, and share in the results of these accomplishments with our fellows.

However, **WE NEED YOUR HELP** to mark yourself as Racing or Spectating under the races that YOU are attending this season.

Please take a minute to visit the link below and update the races you are signed up for currently, and **bookmark it** to access it any time to add any additional races you sign up for during the season.

\*\*\*\*Please be careful not to delete anyone else’s entries.

### [2022 Member Race Hub Spreadsheet](#)

If you need help adding your races please email them to [nwitriathletes@nwitri.net](mailto:nwitriathletes@nwitri.net) and we’ll add them for you. We’ll also do our best to announce racers each week ahead of a coming race! We’re going to work harder this year to organize ahead of races so we can **REP 🍌 RE 🍌 SENT 🍌 !!!**

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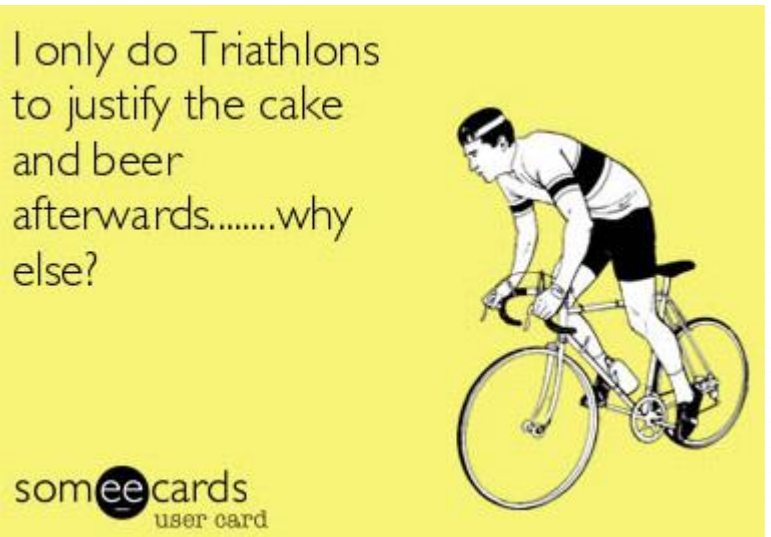
Special shout out to our **BRAND-NEW MEMBER**

**Jeff Moscinski** from Hobart



### Get to Know Your Fellow Club Members

If you are following the NWI Tri Club Members Facebook page, you will have noticed several member profiles posted. We want to get to know you too! Click to fill out our: [Member Survey](#). If you have any questions, send us a note on FB Messenger or email us at [nwitriathletes@nwitri.net](mailto:nwitriathletes@nwitri.net).



## Mark your calendars folks! Group Training IS BACK!

We have FIVE, that's right - FIVE, club-organized group training events in the coming month and we would love to see you all there. According to a lot of responses in the member survey several of you joined just to be able to take advantage of group training! We look forward to seeing you out there!

The details for the events are:

### **Event #1**

**SATURDAY, MARCH 12, 2022 AT 8 AM CDT**

**NWI Tri Zwift Meetup Ride - Road to Ruins – RSVP on Facebook [HERE](#)**

Please join NWI Triathletes on Zwift and on Zoom for a social group ride!

**Directions:** Respond as "going" and follow Ashley Konwerski in the Zwift Companion app to receive an invite to the meetup. Zoom information is below!

This is a "keep everyone together" meetup. So, fast or slow, we will remain a group! Pretty cool huh?

Zoom information:

<https://us02web.zoom.us/j/85757674586>

Passcode: **nwitri**



### **Event #2**

**SUNDAY, MARCH 20, 2022 AT 8 AM CDT**

**NWI Tri Group Run– RSVP on Facebook [HERE](#)**

Please join NWI Triathletes for a group run. We will be starting in the Valpo YMCA parking lot and running around that area and through parts of Valpo.

View the Garmin Connect file:

<https://connect.garmin.com/modern/course/93865916>



### **Event #3**

**SATURDAY, MARCH 26, 2022 AT 9 AM CDT**

**NWI Tri Group Run– RSVP on Facebook [HERE](#)**

We will be starting at Cowles Bog Trailhead and will be running primarily on trails. Bring your trail shoes! Distances are TBD but we will do our best to offer pace groups and will provide an update closer to the event.

### **Event #4**

**SUNDAY, MARCH 27, 2022 AT 9 AM CDT**

**NWI Tri Group Ride Bike the Barn – RSVP on Facebook [HERE](#)**

Come one, come all! As the race season is ramping up we invite members and non-members alike to join us for 3 bike route options starting at our Sponsor Trailblazers Bike Barn in Hobart.

Thank you to Jason Buxbaum for creating 3 variations for our riding pleasure.

All ages and abilities welcome. Ride at your own pace.



Routes for viewing/download

Trail - Blazin (14.5): <https://connect.garmin.com/modern/course/57724055>

Out-n-Back (20.5): <https://connect.garmin.com/modern/course/57726985>

Bike The Barn (35): <https://connect.garmin.com/modern/course/57723531>



## Event #5

**SATURDAY, APRIL 2, 2022 FROM 8 AM CDT – 9 AM CDT**

**NWI Tri MEMBERS ONLY Group Swim – RSVP on Facebook [HERE](#)**

NWI Triathletes members are welcome at the beautiful Hobart aquatic center for a group swim in their 50-meter pool and get a feel for the race venue for the Brickyard Sprint triathlon!

Our very own Amanda Hoffer will be running the group workout and offer options for beginner and experienced swimmers.

\*\*\*Non-members who attend will be subject to a fee and are encouraged to sign up for the club prior to attending.

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## The BORAH team store is OPEN March 1st through 13th

Our club kits have been updated with our sponsors for 2022!

This will be your last chance to order and have your clothing in time for the May 1<sup>st</sup> Brickyard Sprint.

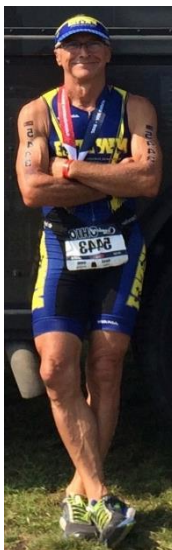


PLACE YOUR ORDERS HERE: [NWI Tri Team Store](#)

It's more than just tri kits – you can order bib shorts, cycling tops and shorts, base layers, and a nice tech hoody to wear for your warmups and race mornings!



You can check out a clip of our PRES wearing the hoody in our promotional video for the Brickyard Sprint [here!](#)



## Doc Hyde's Transition Guide

We are incredibly excited to present to you "Doc Hyde's Transition Guide" ahead of the 2022 race season.

In this exclusive members-only guide you will find countless valuable tricks for speeding up the most neglected part of our racing - the transition. It could be the difference between the podium or 4th place.

Download the Transition Guide [HERE](#)

**STAY TUNED** for announcements regarding a TRANSITION PRACTICE we will be hosting this spring!



## Winter Challenge 2021-2022 UPDATE

We've had a GREAT off-season's winter challenge so far!  
10 Challenges are finished, and we have 1 more to go thru March 20, 2022.

Congratulations to the winners of our first 10 challenges:

**Swim the Farthest** – Penny Lawrence

**Run the Farthest** – Amanda Hoffer

**Bike the Farthest** – Ken Hyde

**Swim/Run the Farthest** – Alan Jones

**Swim the Farthest** – Penny Lawrence

**Bike/Run the Farthest** – Joe Reeves

**Run the Farthest** – Amanda Hoffer

**Swim/Bike the Farthest** – John Boyle

**Bike the Farthest** – Joe Reeves

**Bike the HIGHEST** – John Boyle



We're wrapping up the LAST challenge of the Off-Season March 20<sup>th</sup> – Swim/Bike/Run!

**\*\*ALSO, take a moment** to join our club [NWI Triathletes on Strava](#). We'll be running additional challenges here in the future

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

**Season Kick-Off Party this WEEKEND!!!!**

**Invite your friends!!! This event is open to *potential members* too!**

**NEW LOCATION, PRO TRIATHLETE GUEST SPEAKER, AWESOME GIVEAWAYS, DINNER and ANNOUNCEMENTS**

**BE THERE OR BE  - RSVP on [Facebook](#) or via email at [nwitriathletes@nwitri.net](mailto:nwitriathletes@nwitri.net)**

**NWI Triathletes  
Season Kick-Off Party**

\*RAFFLE FOR PRIZES AND RACE ENTRIES

DINNER PROVIDED TO ALL ATTENDEES

Jocelyn McCauley  
Professional Triathlete  
Ranked #24 in the World

Featuring our Guest Speakers

Leon Wolek  
Leon's Triathlon

**Saturday March 12, 2021 // 6:00-8:00 PM**  
**Hawthorne Park Community Center**  
**500 Ackerman Drive, Porter, IN 46304**

*All interested parties welcome to attend*

\*Active club members only

Registration is OPEN for our first official club-hosted race since 2019.

The **Brickyard Sprint Triathlon** will take place at Hobart High School on **Sunday May 1st** and the swim will be in their brand-new state of the art 50-meter pool.

**NWI Tri Club members get \$10 off at registration.**

We invite you to join us for this great race to start off your 2022 season.

You can learn more about the race and register to **RACE OR VOLUNTEER** here:

[Brickyard Sprint Triathlon](#)



## THANK YOU TO OUR 2022 SPONSORS!!!

Tiny Bubbles, NGEN, Puntillo & Crane Orthodontics, New Oberfalz Brewing, Three Floyds Brewing, Leo's Mobile Bike Service, Trailblazers Bike Barn, McGuckin Chiropractic, Primerica, Rudy Project, and Magic 5 for becoming sponsors for the 2022 season. We are still accepting sponsors for our race!

## THE MAGIC<sup>5</sup>

Get 35% off purchases at The MAGIC 5 using our exclusive code: **NWITri35**



Rudy Project - 35% discount via VIP account.

Go to our VIP Page: [HERE](#)

Fill out your personal information

Add code: **nwitr35** (all lowercase)

BOOM! You're in and will be logged in for all future orders!

We have some very exciting events coming up this 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: [2022 Sponsor Proposal](#)

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

