



June 2024 Newsletter

Here comes LaPorte!

Our home race is fast approaching! Come swim in beautiful Stone Lake, bike in beautiful LaPorte, and run through scenic Soldiers Memorial Park. In addition, 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! Currently, we are looking for road closure volunteers. This is a very easy way to support a fantastic event, and you'll even get some complimentary swag!



Upcoming Events Summer 2024

Event #1

Sunday June 29th, at 8am CST

Group Run at Imagination Glen (RSVP on Facebook [HERE](#))

Join NWI Triathletes for a run in Portage's scenic Imagination Glen! This will be a trail run on the same course as [Project Purple's 5K!](#)

Use address: 2275 McCool Road, Portage, IN US 46368



Event #2

Saturday, July 27th 2024 at 7AM (no definitive end time)

WI Ironman Bike Loop Group Ride (RSVP on Facebook [HERE](#))

Come join NWI on re-con of the Ironman Wisconsin course! The Bike course is flat with some rolling hills. This is a great opportunity for anyone looking for a challenging course, getting ready for a race or simply wanting to come and join us for an awesome challenging ride! We will have sag support for you and great company! Please bring your own nutrition and hydration.

If interested, please post your pace on the comments and you might find others that are at your same pace OR bring a buddy! The course is about 3 and a half hours drive from here by car.

Two Options full and half loop.





Full loop: <https://connect.garmin.com/modern/course/276636340>

Half loop: <https://connect.garmin.com/modern/course/276636112>

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 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 and we can send out the call for you!

WELCOME TO THE NEWEST MEMBERS OF NWITRI!

5/19 - Charles Vamos			
5/30- Aubrey DeBoer			
6/3 - Heather Moreno			
6/14 - Kyle Nurse			
6/15 - Kelsie Mothersead			

We stand at 105 members of NWITRI! If you see Charles, Aubrey, Heather, Kyle, or Kelsie at one of our group trainings, please make them feel at home!

Leon's 2024 Recap



Leon's World's Fastest Triathlon 2024 is in the books, and NWITRI continues to have a great presence there. We put 17 different people on the podium!!! Congratulations to everyone who raced this crowd-favorite event.

Chuck Vamos - Olympic - 6th AG

David Gibson - Sprint - 2nd AG

Dana L. More - Olympic - 1st AG, 7th Female

Mia Carlson - Sprint - 3rd AG

Lance Losinski - Sprint - 1st Clydesdale, 8th Male

Evelyn Koncalovic - Sprint - 2nd AG

Vivian Koncalovic - Sprint - 1st AG, 5th Female

Barbara Pakan - Sprint - 1st AG

Rada Velligan - Sprint - 3rd AG

Jorge Franco - Olympic - 3rd AG

Sherry Carlson - Sprint - 1st AG, 6th Female

John Boyle - Olympic - 7th AG

William Laramie - Para - 1st MPTVI, 4th Overall

Kimberly Davis - Olympic - 5th AG

Rachel Valentas - Olympic - 2nd AG

Susan Richards - Olympic - 1st AG, 10th Female

Jay Niec - Sprint - 1st AG

Nick Konwerski - Sprint - 1st AG, 4th Male, 5th Overall

Ashley Konwerski - Olympic - 2nd Female

Alan Jones - Olympic - 7th AG

Bob Cavallo - Sprint - 1st AG

Jason Buxbaum - Olympic - 4th AG



Who is NWITRI?

Last month, I sent out the 2024 Race Poll to get an idea of the goals of our club members for 2024. A big thanks to all of those who responded! I thought I'd share some of the results.

The first thing I was curious about was how long people have been in the sport. We have a healthy mix of relative rookies and veritable veterans of the sport: nearly an

The next thing I was curious about was how many races people were planning on doing, and as a group we have some packed schedules. On average, a respondent is doing just over three races this season – and the race the most people are doing is our LaPorte Triathlon (which you can sign up for [here!!!](#))

Lastly, I wanted to get an idea of what goals we have. To my pleasure, by far the #1 goal is to **have fun**. A fantastic goal, and one that we should all aspire to. Triathlon is too hard not to have fun doing it! That said, we have some lofty goals as well, from a hopeful ParaNational qualifier (and a HUGE CONGRATS to member William Laramie on achieving this goal earlier this year!!!) to someone hoping to qualify for the 70.3 World Championships. We have some athletes trying to step up in distance (up to including a full Iron aspirant) and some athletes hoping to get faster (including this author, who knocked a few minutes off his Indianapolis Sprint time a few weeks ago).

All of this is to say that if you have a goal or a race, there's every chance someone else in this group does too! NWITRI is for EVERYONE!



Save the Date – End-of-Season party!

We will have our end-of-season party this year at our sponsor [Byway Brewing!](#) Bring a family member or friend and come celebrate with fellow NWITRI members on Sunday, September 29th. There will be great food, great beer, great company and plenty of activities to make the evening a fun one. We'll communicate more details about this event as it gets closer. We hope to see you there!








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
	nwitriathletes	SpringTM5	https://themagic5.com/collections/club-partners hip	various discounts on custom fit goggles, bundles, and accessories
		NWITRI25	https://ismseat.com/	25% off
	enter nwitri35 & create an account		rudypointna.com	35% off variety of Items
		TM-NWIT15	precisionfuelandhydration.com	15% off
		ZUPNWINDIANA	teamzealios.com	25% off sunscreen, anti-chafe, recovery & shower products

Thank you to ALL 2024 Sponsors!

