



Buddy Program

If you are interested in being a buddy or need a buddy please email us at nwitriathletes@nwitri.net or contact Ashley Konwerski at ashleyknapp@gmail.com. You do not need to be a new member to have a buddy and you don't have to be an elite triathlete to be a buddy. A buddy is someone to help and guide you in the sport of triathlon.

Uniforms

Should be available to order this week. The store will only be open for 2 weeks and we send you the link once available by email and Facebook. We will not be ordering uniforms next year so please consider that for this year. You will be able to order tri suits, tri shorts, tri tops, cool weather bike/running jackets and bike jerseys. There is an option to have them delivered to your home for \$10 or FREE using the bulk option where we will set up a location and time for pick up/delivery.

The New Normal

Since our world as we know it has changed drastically since our kick-off party, we feel we should address this first. As triathletes, we are used to adjusting and changing pace at a moment's notice. We have forgotten to bring nutrition, water bottles, shoes, helmets, or other pieces of our triathlon arsenal with us to a race. We plan for perfect weather only to be faced with cold or wet conditions. We have had races cancelled mid race, swims cancelled, or races shortened. Well guess what? We adjusted and are stronger because of it, and you may have had even your best race ever. **Giddy Up!!!**

Relieve some stress by staying active. Studies have shown that staying active keeps your immune system strong. We have the gear - bikes, running shoes, hiking shoes, and weights. Training outside provides us with much needed fresh air. Be creative! Below is a link with some additional ideas:

<https://www.triathlete.com/training/gym-closed-try-these-online-workouts/>

Kick Off Party

Our kick-off party was a great success!! We had close to 60 or more in attendance including 19 brand new members-YAY! Our new buddy program was introduced and as we all met our new members, they got to meet their buddies. Let's also give a shout out to Leo (Leo's Mobile Cycling) and Dr. McGuckin who were our key speakers for the night. We also had Trailblazers Bike Barn present with trainers and Leon (race director for Leon's Triathlon). It was great getting to connect with everyone and hopefully most left with some goodies won in the raffles.

Upcoming Races

Leon's Triathlon - June 7th

Volunteers needed if you don't plan on racing. If interested, please contact Emily Doering

We have put upcoming races on our website calendar so please check them out. If you have a race and want us to spread the word, email or contact us via Facebook and we will put it on the calendar. Other triathletes may be interested since early races are cancelled. It's always great to have teammates racing with you



Brickyard Sprint - Cancelled

With great sadness most off you know the race had to be cancelled for this year. Since it is an indoor swim and all races after May 1st are likely to go on as planned, we felt that rescheduling the race for April 2021 would be the best option. We have contacted everyone who has signed up already and a choice was given for a refund or roll over to next year. We hope to have a new date before the end of the year and looking forward to a record turnout in 2021.

2020 Sponsors - Thank you!!

70.3



Sprint

