

## SO YOU'RE THINKING ABOUT BUYING A BIKE....

I was recently approached by a club member who was in the market for a bike and asked wanted to know what I recommended they look for. First, I was super excited that she reached out to me before making an investment because I know there is a lot to consider, but then I realized very quickly that A. I'm not an expert and B. What works for me doesn't necessarily work for everyone. So to gain some knowledge, I reached out to industry expert Tony West to learn more about what to say to someone who's in the market.

Tony is the owner of The Watt Shop in Indianapolis, IN and provides bike fits to beginner, amateur, and professional cyclists and triathletes. He sees all sorts of brands and styles of bicycles and knows what's up when it comes to picking out your next bike.

### Tony West

Certified GURU Academy  
Bike Fitter

Certified U of Q Institute  
Bike Mechanic



Here's a RECAP of what I learned:

1. **GET FIT FIRST** – Once you buy a bike, you could be stuck with a bike that doesn't work for you or your body. Sure, there are things you can adjust to help, but if the bike is too big or too small, or the wrong *type* of bike, you're stuck with it. Getting fit will help you pick a bike that is at least the proper size, which is KEY to comfort and injury prevention. Once you are professionally fit for a bike, the fitter can make recommendations for sizes and models that would work with your body type before you even go shopping. This will give you an advantage over trusting the sweet talking salesman at most bike shops.
2. **GET A ROAD BIKE BEFORE JUMPING INTO AN EXPENSIVE TRI BIKE** – This one is tough for me to type because I'm a TT or bust kind of gal. Tony made extremely fair points by reminding me that triathlon bikes are meant to go straight and fast, but aren't very flexible when it comes to riding in groups, on trails, or really anywhere that isn't at a race or on a trainer. Road bikes provide more flexibility when it comes to training and are more comfortable for most people, especially on longer rides. Also, God forbid you make the investment in a tri bike and end up not liking triathlon!
3. **BUT WHAT ABOUT ADDING TT BARS?** – Sure, you can always add aero bars to a road bike, but why? Tony shared with me that road bikes are actually more "aero" in the drop position (lower bars) and because of the geometries of the seat post angle, you're going to end up having to move your bike saddle forward to reach those aero bars which in turn affects your knee and hip angles in a negative way and can potentially



cause injury. Aero bars on road bikes are fine if you're looking for a secondary place or comfort only but be cautious and listen to your body on those longer rides.

4. **SO HOW DO I KNOW IF MY BIKE IS A BAD FIT?** – This one is easy. You can experience all sorts of discomfort on the bike that will tell you exactly what's wrong. Soft tissue and groin issues are likely associated with saddle style/pitch/height. If you're experiencing knee pain, your drive angle is incorrect. Back pain, knee pain and shoulder pain can all be associated with reach issues. Wrist and finger numbness – your drop is probably too low from the saddle to the bars, or your handlebar width is incorrect. Most of this can be adjusted with a simple fit.
5. **FINALLY, WHAT ELSE SHOULD I CONSIDER BEFORE TAKING THE PLUNGE?** – This one's the big one...ADJUSTABILITY!!! When you're shopping for a bike, do your due diligence when it comes to the adjustability of the bike. Can the cockpit be raised and lowered? Does the company require proprietary parts that are readily available? Is the stem integrated? If it's an older model – are after-market parts still available? Is it a new and fancy/expensive bike? A lot of high-end bike manufacturers are integrating stems and other bike parts for the purpose of aerodynamics, which yeah make you fast but can be a MAJOR pain if you need to adjust.

Final thoughts – If you're new to the sport and just testing the waters, do a race or two on whatever bike you have laying around before deciding to invest in an expensive road or triathlon bike (we've all been there). When you're ready, see a fitter so that when you hit the market for a new or used bike you can be educated on what's best for your body! Overall, this will give you the best, most comfortable, and injury free experience in your cycling life!



## **NOW FOR THE EXCITING PART and to CELEBRATE HITTING 100 MEMBERS!!!!**

We care SO MUCH about our club members' bike fit that we've asked Tony to join us (all the way from Indy) to do a **Bike Fit Clinic at Stone Lake in La Porte, IN on May 27<sup>th</sup> at 8AM** where he will provide an educational talk about bike fitting, cleat placement, saddle positioning, biomechanics and more!

Tony will also be doing a hands-on clinic for basic bike mechanic skills like:

- Checking tire pressure, removing and installing a wheel, changing a flat, fixing a dropped chain, chain care and brake care – all essential skills for cyclists and triathletes

Afterward, Tony will make himself available to our club members for a 2-hour period (10am-12pm) to do some real-time adjustments to seat height and fore/aft adjustments which affects knee drive angle and force to your pedals. This service will be provided to **CLUB MEMBERS ONLY** and will cost **\$15** per person. Times will be selected in advance with only 10 total spots available. **Reserve your spot for fitting [HERE](#)** or by QR code below.

For the rest of you heathens – while Tony is fitting, we will be doing an open water swim practice followed by a transition competition in the parking lot adjacent to the beach house at Stone Lake. Prizes may or may not be awarded 😊

Finally, at 11am, for those who want to stick around, we will do a group bike ride to put our new skills and fit to the test! Consider it a full-on mini tri camp!!! We will provide lunch after if enough people stay!

**Learn more about this event below in our events section and/or RSVP [HERE](#)**

## 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.

### [2023 Member Race Hub Spreadsheet](#)

### Are you looking for your next race?

Speaking of what races to do...we did our due diligence when it comes to area races and put together this handy-dandy "Local-ish Triathlon Races in 2023" 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!



### DISCOUNTS BABY!!!

Our board worked hard this year and our In-Kind sponsors came through in a big way! We now have access to discounts from some big names like ISM Saddles, Precision Hydration, Rudy Product, The Magic 5 and Zealios. You can see all the discount codes for these **AND local races** on this handy-dandy sheet [HERE](#). Or view it on our Facebook group [HERE](#).



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

**Richard Samayoa, Hobart**



**Carrie Kietzman, Hobart**



**Dillon Felty, Portage**



**Brenna Pacheco, Schererville**



**Vivian Koncalaovic, Whiting**



**Michael Gonzalez, Lake Station**



Gary Ward, Oak Forest



Jason Kulak, Hammond



Lara Smetana, Dyer



Jennifer Wlodarek, Frankfort



Michele Bartels, Munster



Ryan Baker, La Porte



Myles Handley, Crown Point   Nicholas Powell, Portage   Christian Dahn, Cedar Lake   Kristi Blankenship, Schererville



↑ OUR 100<sup>TH</sup> MEMBER!

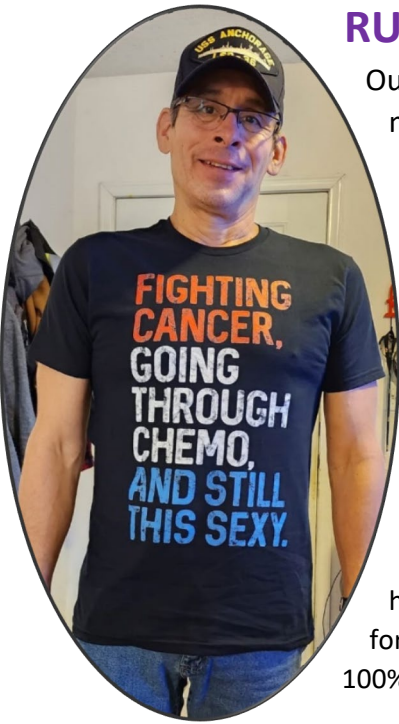
Welcome new friends, we can't wait to see you out on the racecourse(s) 😊

Also, thank you Jorge Franco, John Hudec, Chris Wickard, Bryan George, Dan Moon and Kris Cone for renewing their memberships!

## KICK OFF PARTY HIGHLIGHTS

We had over 50 members and prospective members attend our Season Kick Off Party in March! We gave away almost **\$2,000** in race entries and free goods and had awesome talks from our sponsor Perfection Medical Spa and our very own Peer Panel of Chris Wickard, Nick Konwerski, Robert Gonzales, Spardha Sharma and Jason Buxbaum! Enjoy a few photo highlights below and check out a full album of photos [HERE!](#)





## RUN FOR A GOOD CAUSE!! MAY 6, 2023

Our board was approached by a club a few months ago asking for our help in organizing a 5k run/walk to benefit pancreatic cancer research. We decided to move forward with this first-time event to support this cause and more specifically - Tommy Olivarez.

Tommy, born in Gary, grew up in South Haven and attended school in Portage, was diagnosed with Pancreatic Cancer and told he had months to live in October 2022 and that there was nothing they could do for him. Since then, he's been fighting the cancer through chemo treatment, multiple surgeries, and 100% relies on the support of the Project Purple team and his friends and family. As a part of this community, we are hosting this race to raise funds and awareness for Tommy and his family. 100% of the proceeds will be donated.

# POUNGING PAVEMENT FOR PANCREATIC CANCER



**REGISTER HERE**

- 50% directly to Project Purple for Pancreatic Cancer research
- 50% directly to Tommy Olivarez and his family.

To hear more about Tommy's story, listen to his podcast with Project Purple here: <https://youtu.be/L-CEUQuunBM>

## NWITRI SWAG NOW AVAILABLE! 🧢🧢

Custom 26oz SPECIALIZED NWITri water bottles HAVE ARRIVED!

These water bottles are available to members for **\$7/each**.

NWITRI Boco Hats - **\$20/each**

NWITRI Boco Visors - **\$20/each**



STOCK UP! If you would like to order water bottles or a hat or visor, please email [nwtriathletes@nwitri.net](mailto:nwtriathletes@nwitri.net) with your name, address and quantity and options will be provided for pick up or shipping.

**WE NOW TAKE VENMO!! @NWITriathletes**

### WHO ARE YOU?



#### Get to Know Your Fellow Club Members

If you are a member of our NWI Tri Club Members Only Facebook group, 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 [nwtriathletes@nwitri.org](mailto:nwtriathletes@nwitri.org)

## Mark your calendars! Group Training IS RAMPING UP!

We have several club-organized group training events in the coming months, and we would love to see you all there. The details for the events are:

### Event #1

**SUNDAY, APRIL 23, 2023 AT 9 AM CDT**

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

Please join NWI Triathletes for a group bike ride at Soldiers Memorial Park in Laporte, IN. We will be riding the Laporte Sprint Triathlon course so this is a great opportunity to see how the course will feel and familiarize yourself with the area. When you arrive, paces will be discussed so most everyone has a buddy and you can ride as long or short as you wish!

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



### Event #2

**SUNDAY MAY 7, 2023 AT 8 AM CDT**

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

Rumor has it this is the 14th annual ride!

32, 51, and 75 mile loops available. See below for route links. For those doing the longest ride prepare to stop at the World-Famous Westville Dairy Queen where you can consume something to power you back to Valpo.

Post-ride festivities at Blockhead Beerworks on the SW corner of Indiana Avenue and Washington Street.

Your entry fee is you showing up with your helmet and ready to ride!

31 Miles - <https://connect.garmin.com/modern/course/18288844>

51 Miles - <https://connect.garmin.com/modern/course/18288741>

75 Miles - <https://connect.garmin.com/modern/course/104074133>

**Use address: 55 Napoleon St, Valparaiso, IN 46383**



### Event #3

**SUNDAY MAY 21, 2023 AT 8 AM CDT**

**NWI Tri Group Bike and Run @ Trailblazers**

**RSVP on Facebook [HERE](#)**

Join NWI Triathletes for a BRICK where we will be "biking the barn" with 3 route options for all abilities. Afterwards, feel free to run on the Prairie Duneland Bike trail to get in your weekend brick, the path picks up right from the parking lot.

Trail Blazin 14.5 miles

<https://connect.garmin.com/modern/course/57724055>



Out n Back 20.5 miles

<https://connect.garmin.com/modern/course/57726985>

Bike the Barn 35 miles

<https://connect.garmin.com/modern/course/57723531>

Use address: 11 N Hobart Rd, Hobart, IN 46342

### Event #4

SATURDAY, MAY 27 AT 8 AM CDT

NWITRI Fit Clinic & Camp – **Celebrating 100 Members** – RSVP on Facebook [HERE](#)

## NWITRI Fit Clinic & Camp - Celebrating 100 Members!!!

Saturday - May 27, 2023 - 8AM

 Soldier's Memorial Park  
350 Grangemouth Rd.  
La Porte, IN 46350

### Overview:

- **8am-9am** - Bike Fit and Flat/Mechanic Clinic
- **9am-11am** - Bike fitting with Tony West (limited to 10 members) **SIGN UP via QR CODE for \$15**
- **9am-10am** - Open Water Swim Practice
- **10am-11am** - Transition Practice/Competition
- **11-12pm** - Group Bike Ride
- **12pm** - Picnic lunch with NWITRI

### Meet Your Clinician



### Tony West

GURU Academy Bike Fitter  
U of Q InSTITUTE Bike Mechanic



**1 FREE GURU BIKE FIT RAFFLED OFF TO ONE LUCKY ATTENDEE!!! A \$300 VALUE!!!**



  
Limited to first  
10 registrants

Reserve your spot  
for bike fitting by  
scanning QR code:



RSVP to Clinic & Camp on  
Facebook [HERE](#):  
[facebook.com/NWITri/events](https://facebook.com/NWITri/events)

### Event #5

SATURDAY, JUNE 3, 2023 2:30 PM CDT – 4 PM CDT

Open Water Swimming @ Wolf Lake – RSVP on Facebook [HERE](#)

Wolf Lake will be open for swim practice 3pm-4pm. This is a great opportunity to get some yards in prior to Leon's the next day. Come early if you can! We will have an NWI Tri tent set up where we will meet, discuss race logistics, tips and tricks for open water swimming, and race veterans will be available to you to answer any questions you have about the course. We will head out to swim as a group and support each other in the water if needed.

Use address: 2324 Calumet Ave, Hammond, IN 46320



## Event #6

SATURDAY, JUNE 17, 2023 AT 9AM CDT – LIMITED TO 25 REGISTRANTS

Open Water Swim Clinic @ Stone Lake – RSVP for free clinic [HERE](#)

# Open Water Swim Clinic

Saturday - June 17, 2023 - 9AM

 Soldier's Memorial Park  
350 Grangemouth Rd.  
La Porte, IN 46350

Meet Your Clinician



Chris Wickard,  
USAT Certified Coach



### Overview:

- Real-time swim form feedback
- Mass start practice
- How to navigate/sight in open water
- Best practices for turning
- Race-day tips and tricks
- Q&A with Chris and NWITRI



  
Limited to first  
25 registrants

Reserve your spot at this link or by  
scanning QR code:  
<https://forms.office.com/r/gkXhMD8ghZ>

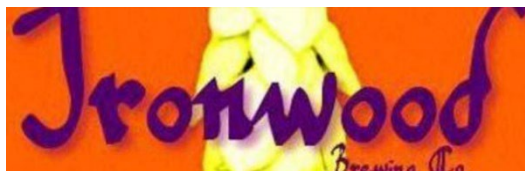


## Other weekly training opportunities coming up...

- Every Wednesday night at 6PM there is the infamous Wednesday Night Ride (WNR) from Crown Point fairgrounds. Each week their Facebook page is updated with course routes and spray paint color directions. You can find and follow [HERE](#)



- Stop in at Ironwood Brewing in Valparaiso, Indiana, for a fun weekly group ride. Stick around after the ride and enjoy a beer with a great bunch of people. Rides start at 6:00 pm every Thursday night and are held year round. Bring a helmet and whatever bike you want to ride. Road bikes, mountain bikes, fat bikes, cross bikes, hybrids, etc. are all welcome. There is group for everyone, whether you want to ride fast, slow, or anything in between. You can find more information on their Strava page [HERE](#)





# INTERESTED IN BIKE RACING? LEARN FROM EXPERT MJ JACKOVICH!



## Q. Where are you from?

We are a military family. I was born in Frankfurt, Germany and have lived all over the United States. Most of my Adult life has been spent on the south coast of Alabama and in the Florida panhandle.

## Q. How did you get into bike racing?

I started racing BMX when we lived in Hawaii, I was 7 years old. My dad and his friends were into triathlon and my brother was racing BMX. I decided to give it a try and have been riding and racing ever since. I raced BMX until I was 16 and switched to road bikes as a young adult. Running and swimming were always a part of our lives and triathlon was a natural transition for me, we were raised on it. Throughout my Army career, I competed in road racing, individual time trial, triathlons, and duathlons.

## Q. What are some highlights in your experience with bike racing?

Bike racing highlights for me are 4 Hawaii State Championships and 3 National Age Group Championships in BMX. I have also raced with 3 road cycling teams at women's Cat 3 and 2; however, some of my best, most memorable cycling has been done with friends and family all across the country. I have ridden 1000's of miles for Relay for Recovery and the National MS Society. I hope to continue this for as long as I can.

## Q. What do I need to get started with Bike racing?

- A bike approved for the type of racing you want to do.
- An approved helmet
- Sport safe glasses
- Approved attire to include jersey, shorts, and shoes

## Q. How are these races different and/or like a triathlon bike race?

Road racing is unlike triathlon because it is a team race, it is a collective effort to get your leader to the finish

line first. The team strategically works together to conserve energy, protect their position, and communicate with one another.

Individual time trials are exactly like the cycling portion of a triathlon. No drafting and of course, no swim or run, just a race against the clock to see who can finish the course with the most efficiency.

Team time trials are unlike triathlons in the United States because they are a draft legal team race similar to road racing, each team against the clock; however, many European countries have draft legal triathlons and duathlons.

## Q. Is bike racing expensive?

The entrance fees for individual races are not expensive. They are generally less than triathlons and slightly more than most running events.

Most triathletes already own the equipment to race a time trial. Whether you have a road bike with aero bars or a fully dedicated triathlon bike, you are ready to go. If you do not have a bike yet, you can find a safe and reliable bike within most budgets. Consider \$500 to \$2500 a good starting point.

## Q. What are categories?

Individual Time Trials are Men: Junior 14 and under, Junior 15-18, Cat 1/2, Cat 3, Cat 4, and Age Groups. Women: Junior 14 and under, Junior 15-18, Cat 1/2/3, Cat 4, and Age Group categories. There is also a Tandem and Recumbent Combined Category.

Road Racing has the same categories; however, many times, races will have competitors from different categories on the same team. These categories allow riders to compete against others with similar abilities, making the races fairer and more competitive.

## Q. What category should I pick if I am just getting started?

You should start as a novice and work your way up. The higher the number, the lower the Category, for example: Cat 5 is the lowest or beginner category and the goal is to work your way up to a lower number. Cat 1 is where the fastest cyclists with the most points are. This is the last Cat before becoming a professional cyclist. The majority of cyclists fall somewhere in the middle and race in Cat 4 and 3, but higher levels are obtainable.



**Q. How are categories established?**

Like most sports, cycling competition is a point system. Cyclists earn points by competing in and completing team and individual races. The better the place finish, the higher the points earned. They can receive national ranking as well as higher category qualification.

**Q. What is the difference between a TT and a TTT?**

A time trial is an individual race and a TTT is a team time trial.

**Q. What kind of strategy is involved in bike racing?**

Road bike racing involves various strategies that riders use to gain competitive advantage over their opponents. Common strategies used in road racing are: drafting, attacks, pace setting, strategic positioning, and sprint finishes. Overall, road racing requires a combination of strategic thinking, mental toughness, and physical stamina.

Time trialing requires much of the same strategy; however, since it is against the clock, pacing is critical. A ride needs to find the right balance between going fast and conserving energy to finish strong. Equipment is always important but in TT, having the right equipment can make a significant difference in performance. TT bikes are specifically designed for aerodynamics and speed. Finally, course knowledge is crucial. Understanding the terrain, wind conditions, and any potential hazards should be a regular part of strategic race planning.

**Q. Are all the races similar or are they very different?**

Most races have significant similarities in the way they are structured, regulated, and carried out. The differences are most noticeable when comparing the race venue. Courses can vary in many ways and it is important to pay specific attention to the race distance, elevation gains and losses, and any other course

features that could impact your strategy for the location.

**Q. What is the ABR and is it worth joining?**

There are optional governing bodies for competitive cycling: One, American Bicycle Racing "ABR" is a Grass Roots Bicycle Racing Membership organization, formed to promote bicycle



racing with a variety of programs to assist the Bicycle Race Promoter and Racer.

ABR offers time trials, criteriums, road, track, off road, and skill trials for ages 9 to



90+. Men and Women race classes per ability 1, 2, 3, 4, 5 and a variety of age groups. Over 300 events are scheduled across the USA during the year. Yearly membership is \$25

Another, is USA Cycling, A USA Cycling RACE membership includes a domestic racing license and immediate access to thousands of USA Cycling sanctioned events nationwide.

Whether on the road, track, or trail, your competitive endeavors will contribute to your ongoing success. Unlike a one-day license, your annual membership allows you to track your progress and recognize improvements with our nationwide rankings system. Plus, with each race you complete, you will earn upgrade points that allow you to advance through our competitive pipeline and compete at a higher level. USA Cycling RACE Membership is \$110 yearly [LEARN MORE HERE](#)

**Q. How can I learn more about ABR and potentially join myself?**

[LEARN MORE HERE](#)

**Q. What is MATTS and where can I learn more?**

[MID AMERICA TIME TRIAL SERIES](#)

**Q. Where are you racing this year?**

This year I am going to race several of the MATTS races. From MATTS "The only way to discover your individual strength and efficiency on a bike is by doing time trials. MATTS offers riders of all skill levels, beginners, and triathletes the opportunity to test their stamina every 2 weeks during the season".

**Q. Anything else you would like to add or share?**

I think the most important thing to share about bike racing, no matter which discipline you choose, is to be safe and have fun. You never know what you can do until you try and there are many knowledgeable people out there who are ready and willing to share information to grow the sport they love. Reach out, and you will be welcomed with open arms.

# Registration for the 43<sup>rd</sup> ANNUAL LAPORTE SPRINT TRIATHLON & DUATHLON presented by Northwest Indiana Triathletes IS NOW OPEN

## 43rd Annual LaPorte Sprint Triathlon & Duathlon

HOSTED BY NWI TRIATHLETES

Soldier's Memorial Park  
Saturday July 8, 2023  
8 am to 10:30 am

Finisher Medals  
T-Shirt  
Age Group Awards

Post-Race Refreshments provided

The 43rd Annual La Porte County Sprint Triathlon will consist of a 450 yard lake swim, a 12.4 mile bike and a 5K run. The course begins in Soldiers Memorial Park at the Stone Lake Beach House and winds through scenic LaPorte County. For the first time ever, we will also offer a Duathlon option consisting of a 1.5 mile run, 12.4 mile bike, and a 5K run.

**Registration Fees for USAT Members\*:**  
 Early Registration (On or before June 10th) - \$70  
 Late Registration ( June 11th – July 7th) - \$80  
 \*For non USAT Members, a 1-day race pass will need to be purchased through USAT for an additional \$15

Scan the QR Code to Register



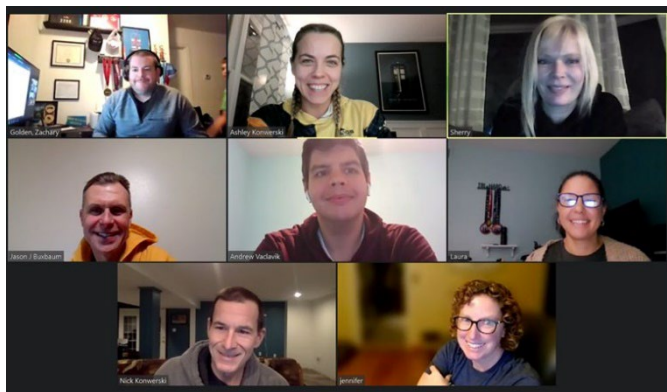
**ENTRY OPEN FOR ALL!**

**REGISTER TODAY**

f /NWITri  
i /nwi\_triathletes

- ❖ **\$10 OFF for NWITRI members only!!!**  
**REGISTER [HERE](#)**
- ❖ **Check out the Facebook event [HERE](#)**
- ❖ **Use code nwitrifake10 at checkout.**  
• **\*DO NOT SHARE with non-members.**
- ❖ **Download the race flyer and share with your friends [HERE](#)**

Say HI to our LaPorte triathlon planning committee!!



## WE NEED VOLUNTEERS

We need **AT LEAST** 60 volunteers to make the LaPorte Sprint Triathlon a successful event, and we currently only have 8 people signed up.

**WE NEED YOUR HELP!**

Volunteers are essential to keep this event safe and fun for all! A variety of positions are available, and we do our best to show our appreciation in the way of volunteer goody bags :)

PLEASE, if you are racing, have your **FRIENDS AND FAMILY** sign up sooner than later! **Register to volunteer [HERE](#).**

### Volunteer positions available:

- ❖ Road Closures
- ❖ Water Stations
- ❖ Registrations
- ❖ Bike Transition
- ❖ Parking

## 43rd Annual LaPorte Sprint Triathlon & Duathlon

HOSTED BY NWI TRIATHLETES

Soldier's Memorial Park  
Saturday July 8, 2023  
5 am to 10:30 am

Pre-Race Packets  
T-Shirt  
Goody Bag

Post-Race Refreshments provided

## VOLUNTEERS NEEDED

The 43rd Annual La Porte County Sprint Triathlon is a staple event in the community and WE NEED YOUR HELP! Volunteers are essential to keep this event safe and fun for all! A variety of positions are available and we do our best to show our appreciation in the way of volunteer goody bags :)

Volunteer positions available:  
 • Road Closures  
 • Water Stations  
 • Registrations  
 • Bike Transition  
 • Parking  
 • Body Marking

Scan the QR Code to pick your spot!



**THANK YOU IN ADVANCE**

**VOLUNTEER TODAY**

f /NWITri  
i /nwi\_triathletes

# THANK YOU TO OUR SPONSORS!!!

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 RK Electric, Centier Bank,  
 Perfection MediSpa,  
 Hudec Woodworking,  
 New Oberfalz Brewing,  
 Three Floyds Brewing,  
 Hasse Construction,  
 Munster Masters,  
 Primerica,  
 Rudy Project,  
 Zealios,  
 ISM Saddles,  
 Precision Hydration  
 Magic 5  
 The Watt Shop

We are still accepting sponsors  
 For the La Porte Triathlon!

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 😊

## IRONMAN SPONSORS

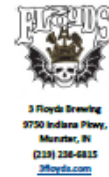
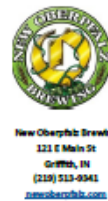


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 East Chicago, IN 46312  
 (219) 392-0345

## 70.3 SPONSORS



## OLYMPIC SPONSORS



## SPRINT SPONSORS

