



Northwest Indiana Triathletes  
www.nwitri.org

## August 2022 Newsletter

### IT'S ABOUT MORE THAN TRIATHLON

There's been an idea rolling around in my head since January of this year that I just can't seem to keep still. I have talked with a few members and board members about it individually and finally brought it to the table at our last meeting - *changing the nature of the club*.

What does that mean exactly? Well, it could mean a lot of things, but really my #1 goal was to make this club as inclusive of all our athletes as possible. Primarily, that if you don't do all 3 sports, that's OK – there is still a place for you here. I've learned by getting to know a lot of you that running might be out of the picture for you or because of an irreparable injury you can't swim anymore. Maybe you just prefer not to ride triathlon bikes and really love mountain biking or gravel biking.

It's not just about the discipline either – we have members of all ages, weights, ethnicities, and even some parathletes. I strongly feel that to be a true community you need to find YOUR PEOPLE. The people that will be there for you no matter if you're first over the finish line or if you are DFL. It's this inclusive attitude and understanding that bind people together.

A lot of discussion was had, and several ideas were thrown around about what a change like this might look like for NWI Tri. Here are some things you may see popping up in the next several months:

- New and diverse types of group trainings that might include trail runs, gravel rides, yoga, HIIT workouts, kayaking and spin biking
- Different kinds of designated “team races” like cycle-specific races, run specific races, relays or gravel races
- Additional types of challenges and/or group activities in the off-season that might include skiing, hiking, or even camping
- Diversified race calendar and panel experts by next season

We love our members and the community we've built so far! Let's keep the ball rolling through the off season and into the new year! - Ashley

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

**Lilia Clarke, Munster**



**Paul Sommer, Valparaiso**



**Nikki Saulters, Griffith**



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

## Mark your calendars folks! We have some EVENTS COMING UP!

So many of our members are racing in the next several weeks we took a little bit of a different approach to this month's group trainings/activities. We will have showings from our members at these following events:

### Event #1

**SATURDAY AUGUST 20, 2022 AT 7:30 AM CDT**

**Group Training – Group Run @ Chesterton Prairie  
Duneland Trailhead**

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

Join NWI Triathletes for a group run at the Chesterton Prairie Duneland Trailhead.

This is a great quality trail with plenty of shade! Run/walk 3 miles or run a half marathon, there is plenty of trail to hit!

**Use address: 125 S Jackson Blvd. Chesterton, IN 46304**



### Event #2

**SATURDAY AUGUST 27, 2022**

**Creekside Duathlon in Valparaiso, IN**

Compete against the field in this cross-country style duathlon. 5K cross-country run followed by 10k mountain bike ride. Participants can sign up as either an individual or a team (2-person). Awards to 1st, 2nd and 3rd place per age division.

Sign up or learn more [HERE](#)

**Use address: 8201 Lakeview Ct, Crown Point, IN 46307**



### Events #3 & 4

**SATURDAY & SUNDAY AUGUST 27 & 28, 2022**

**Saturday – Half Marathon, 5K Run, 5K Walk, Kids Obstacle**

**Sunday – Group Cycling 15, 25, 40, 60, 75 and 100 miles**

Tour de La Porte is a cycling, running and walking event to benefit youth and healthy living programs through the La Porte County Family YMCA. 100% of the proceeds raised are used to provide direct support to eligible La Porte County residents in need of financial assistance towards such programs. At the Y, we don't turn anyone away due to the inability to pay.

We encourage family participation - when you sign up you'll notice adjusted pricing or children.

**Learn more or sign up [HERE](#)**



## **Event #5**

**SUNDAY SEPTEMBER 4, 2022 AT 10 AM EDT**

**Blueberry Splash Open Water Swim on Myers Lake– RSVP on Facebook [HERE](#)**

The Blueberry Splash is a 1 mile open swim and will be held on Myers Lake during Labor Day weekend. All proceeds of this event go to provide swim lessons to underprivileged children.

We will park, start and finish at the same location. 12086 Peach Road (The Old Trading Post). Participants will swim out 1/2 mile around a buoy then back to the start/finish line.

Minimal parking is available along Peach Road, carpool if possible.



## **Event #6 – CLUB EVENT**

**SATURDAY SEPTEMBER 17, 2022 AT 8 AM CDT**

**Three20 Recovery Duathlon Relay for Recovery**

Three20 Recovery center in Chesterton is a safe space for all types of people in recovery - from abuse, addiction, trauma and more...their cause and their methods are very special.

They have put together an AWESOME Duathlon event on Saturday September 17th that can be done

individually or in teams, and in an effort to get a MAJOR showing from our club, we've negotiated a **50% DISCOUNT** on the registration fee for NWI Triathletes members only. That brings the price down to \$37.50 for individuals and \$75 for teams!!

It's not a huge effort - Run/Walk: 1.5 Mile > Bike: 12 Mile > Walk/Run: 3 Mile. We believe almost all of our members are capable of this (or at least a portion of it in a team)! Plus, there's live music and brunch after that is included!

ALSO, if we can manage to get 50 PARTICPANTS registered by September 12th, Michael Sutter has made the generous offer to become a new Ironman Sponsor of our club!

You can register for the event here: <https://320recovery.com/relay-for-recovery/>

\*Use code **NWIT50** at checkout. DO NOT SHARE THIS CODE. I will be meeting with the event organizers weekly to review who has utilized this code.



## **Event #7**

**SUNDAY SEPTEMBER 18, 2022**

**StRides Against Suicide & Overdose 2022**

LPA Counseling is hosting a 5k Run/Walk and 10, 40, 60 and 100 mile bike rides to raise funds for Mental Health and Substance Abuse Treatment for those in Northwest Indiana that are in need and cannot afford the treatment.



(StRides cont.) We are addressing an important issue that affects many people. Our mission is to spread awareness and raise money. The annual U.S. suicide rate increased 30% between 2000 and 2020. SUICIDE is the 2nd leading cause of death amongst 15–34 year olds in Indiana. Profits from the StRides Against Suicide and Overdose 2022 will be used to provide scholarships for mental health and substance abuse treatment for clients who are uninsured or cannot afford treatment. Your involvement is critical to our success in reducing the devastating numbers of Suicides and Overdoses. Thank you again for your help.

Learn more and register [HERE](#)

## **Event #8**

### **SATURDAY & SUNDAY SEPTEMBER 24-25 Dirty Mitten Dirtfest Weekend**

#### **Saturday: The Dirty Mitten Gravel Bike Race**

Starting at Camp Manitou-Lin in Middleville, Michigan, The Dirty Mitten Bike Race will take you through scenic and challenging gravel roads and will offer various distances.

#### **Sunday: The Dirty Mitten Gravel Triathlon**

Forget pavement and skinny tires – get ready to ride gravel and run trails! Located in and around Camp Manitou-Lin in Middleville, Michigan, The Dirty Mitten triathlon consists of a lake swim, gravel bike, and a trail run in Sprint, Olympic and Half distances along with Duathlon, Aquabike, and Relay options.

Learn more and register [HERE](#)



## **IT'S END OF SEASON PARTY PLANNING TIME!!!**

Clear your calendars for the evening of **Saturday October 8<sup>th</sup>** everyone, we have some big plans this year.

The first of which is an opportunity for all our current members to enter a drawing to stay overnight at the beautiful ranch in Winfield, IN. The accommodations sleep up to 8 guests and has plenty of space for kids. If you are interested in entering the raffle, please submit your **ONE ENTRY PER MEMBER** at [THIS LINK](#) by 11:59PM Friday, September 23rd. We will announce the winner the next day!

Yes, the party will also take place here, but will be cleared out by 9:30PM.

You can view the listing [HERE](#)



## **Looking for your next fix?!**

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!



## In the Deep End with Julie Whitney

I've been a pool swimmer pretty much my whole life. I did swim in my grandparents' lake, but that was just playing mermaids with my cousins, not racing. When I discovered triathlon in 2002, the swim was more challenging than I thought. I mean, there are no lines, there are waves, currents, sun, and lots of people. I had to figure out how to keep my breathing like my pool breathing and still see where I was going. I'm still working on swimming straight. Here is a video that shows some breath positions. She talks about sighting, but breathing and sighting kind of go hand in hand in open water.

<https://youtu.be/hmRqDu8ApG4>



One of the hardest things for new swimmers is to breath and not get out of breath. Breathing out when your face in the water and breath in as you turn your head. One drill to help with this- 12 kick, 3 stroke. Kick 12 times with one arm out and ear on your shoulder, kick 12, then 3 strokes to get to the other side. This works on the rotation necessary for breath.

Breathing bilaterally helps because sometimes those waves are on one side or the other. Keep your body position flat, if you lift your head, your feet will sink which will cause you to use more energy.

**Drill-** Use an odd numbered stroke count increasing strokes (3,5,7).

If you find yourself sinking, you may not be rotating your body to breath and may be lifting your head to high. Catch up or tap and pull- one arm out, other arm at your side. one strokes, focus on that pull at your side, rotating shoulder to hip as you go tap the other arm.

Here is another video that will show some of the drills- <https://bettertriathlete.com/swim/open-water-swimming-breathing-tips/>

It takes time to go from pool to open water. Give yourself that time. Giddy up!

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## IT'S ELECTION TIME YO

Each year as the fall approaches we start looking to our members for new ideas and inspiration for the coming season. If you find yourself with some time and a willingness to help, we are always looking for GOOD people to come help keep this club community growing smoothly.

We will have 2 open officer and 2 open board positions and will hold elections for current and existing board members open for renewal which includes President, Treasurer and 2 board positions. Also, our secretary Emily Doehring is planning to step down as well.

If you are interested in serving, please email Ashley at [nwtriathletes@nwtri.net](mailto:nwtriathletes@nwtri.net) with your intention or nomination if you know someone who would be a good candidate! If you want to know more about what it's like to serve, please review our board meeting minutes [HERE](#)



# SPEAKING of TRAINING AND RACING – Y'ALL HAVE BEEN BUSY!!!!

Congratulations to all our members who have been killing it out there this past month at various races around the region and beyond!



# We Swam A LOT



Some other fun pics from this season so far....





**THANK YOU TO ALL OUR 2022 SPONSORS!!!**

Tiny Bubbles, ATI Physical Therapy, Dto3 Dimension, 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.

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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!

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