



Northwest Indiana Triathletes
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December 2023 Newsletter

'Tis the Season to be Thankful

First, I want to take just a moment to apologize for taking so long to get out a newsletter this year. I don't know about y'all but it's been a CRAZY 2023 (at least for me).

All this craziness has put a lot into perspective about the ups and downs of the sport we all love. I'm always amazed at the members I encounter who have been doing triathlon for DECADES in comparison to my measly 7 years...what do I even know?! I think for a lot of people triathlon comes and goes or may be just a "phase" in their lives. There comes a point where it becomes a lifestyle or a constant. For me, I always just tried to enjoy it and stay healthy. For others it's about getting faster and competing against others. Whatever the reason you have done or are doing the sport, my biggest takeaway from the last 7 years is that I am GRATEFUL. I am so grateful that I can swim, bike and run while so many people can't. I know that a lot of us struggle with injuries and that can be as mentally challenging as it is physically because it can be so easy to take our abilities for granted. While we may not be the fastest or strongest, we are GETTING OUT THERE and DOING IT!! When I was at my darkest point racing a full distance in 2022 – in pain, dehydrated, tired and wanting to quit – it was gratitude that brought me back to the light.

All that being said, when you are at your lowest low and maybe struggling to find the motivation or desire to train or even get out of bed – look for that feeling, that joy and gratitude that exists in all of us, to find the light.

I also want to take a moment to thank all our members and sponsors for such an amazing 2023. The turnout at the La Porte triathlon this year was so humbling. So many of you stepped up to help out, race, volunteer and organize...it really made the race something special. Looking forward to 2024.

Please take a moment to like and follow our sponsors on social media. If you see any of the business owners around give them a high five, and if you have a chance to do business with any of them DON'T HESITATE!!!



Membership dues are coming up and we'll be keeping an eye on renewals to make sure our Garmin, Facebook, Strava and Zwift clubs are all updated! DON'T WAIT! You can extend your membership by 1 year any time prior to expiration!

You can renew your membership today on our website [HERE](#)

BRAND-NEW MEMBERS SINCE JUNE 2023

Heather Klein Olson, Chesterton



Lance Losinski, Crown Point



Dan Qualkenbush, Valparaiso



Alexandra Okula, Crown Point



David Peterson, Schererville



Brandon Liggett, New Carlisle



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

Also, thank you Paul Sommer, Nikki Saulters, Gabby Franco, Sherry Carlson, Amanda King and Dan Moon for renewing!!

WE HAVE SOME NEW BOARD MEMBERS!!!

Lilia Clarke, Munster



Amanda King, Crown Point



Dan Moon, Long Beach



Thank you Lil, Amanda, and Dan for stepping up to help out!

We are looking forward to an epic 2024!!

Special thanks to our other board members– Jennifer Brennan (Treasurer), Sherry Carlson (Secretary), Spardha Sharma, Andy Vaclavik, Miranda Jackovich, and at large member Ken Hyde.

If you are interested in being on the board, IT'S NOT TOO LATE!! Shoot me an email at

nwitriathletes@nwitri.org

Winter Challenge 2023-2024 UPDATE

We've had a GREAT start to this off-season's winter challenge!

1 Challenges are finished, and we have 13 more to go thru March 24, 2024.

Congratulations to the winners of our first challenge:

1. **Swim the Farthest** – Bob Cavallo



Here is a glimpse of the schedule coming up! Mark your training calendars ☺

Start dates	WC#	Discipline	Event Description
Nov 20, 2023	2	Run	Total Distance. DOUBLE distance on Thanksgiving.
Dec 4, 2023	3	Bike	Total Distance only. DOUBLE distance for Sat group ride
Dec 4, 2023	4	Bike Elevation	Strava - total bike elevation.
Dec 18, 2023	5	Swim/Run	Total distance. Winner place average across both disciplines.
Jan 1, 2024	6	Bike/Run	Total distance. Winner place average across both disciplines.
Jan 15, 2024	7	Swim	Total Distance only.
Jan 29, 2024	8	Run	Total Distance only.
Feb 12, 2024	9	Swim/Bike	Total distance. Winner place average across both disciplines.
Feb 26, 2024	10	Bike	Total Distance only.
Mar 11, 2024	11	Swim/Bike/Run	Total distance. Winner place average across all 3 disciplines.
Mar 11, 2023	12	Swim/Bike/Run	Strava - Total TIME for all 3.

Our winter challenge is a BELOVED tradition in the NWI Tri Club that takes place through our [Garmin Connect group](#) and our [Strava club](#) to keep you motivated throughout the cold, dark winter months and the holidays with a series of challenges, presented every two weeks. Lots of MONEY on the table this season for the taking!

For each challenge the top performer will win GLORY and one \$25 gift card to a local sponsor or athletic store. We will also randomly select a second participant to receive a \$10 gift card from the club.

- Gift cards available

 - Bike Barn
 - Leo's
 - Fleet Feet
 - Extra Mile
 - A1
 - New Oberfalz
 - Zoot
 - Trek

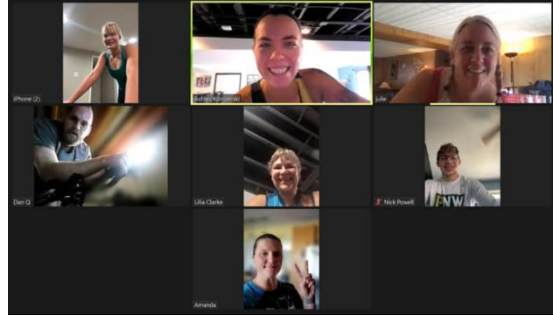
You must be a current member to qualify for an award.

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

Saturday Morning Group Rides on ZWIFT

Each Saturday our club President Ashley Konwerski hosts group rides on Zwift and Zoom at 8AM. They are a great way to connect with teammates and shoot the breeze over a social/sometimes difficult endurance ride.

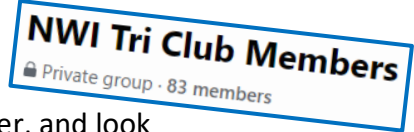
If you'd like to receive an invite to the weekly ride, please email Ashley at nwitriathletes@nwitri.net and follow her on the Zwift companion app. Need help or have additional questions? Ashley can help with that too!



Zoom each week: Join Zoom Meeting <https://us02web.zoom.us/j/6304504492> Passcode: social

Looking for some company on your next activity?

So much of our community takes place online on our members-only Facebook group. There, we can post pictures of our workouts, inspire each other, and look for company on those longer/tougher workouts.



We also use the forum to share our knowledge and experiences as well as our wins and race photos! If you are a current member and haven't been taking advantage of this group, you are MISSING OUT.

CHECK IT OUT HERE ---> [Facebook Group!](#)

Not on Facebook? No problem! Email us at nwitriathletes@nwitri.net and we'll share FOR you.

Mark your calendars! We've got some group training coming 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, DEC 3, 2023 AT 8:30 AM CDT

NWI Tri Group Trail Run @ Coffee Creek PReserve

Please join NWI Triathletes for a group trail run at Coffee Creek Park in Chesterton, IN. This would be a great introductory trail run for those who would like to give it a try! There are two loops - 3 miles and 1.3 miles.

Use address: 2401 Village Point, Chesterton, IN 46304



Event #2

SUNDAY DEC 17, 2023 AT 10 AM CDT

NWI Tri Group Run at Highland Trailhead and 🍷 after at New Oberfalz! – RSVP on Facebook [HERE](#)

Please join NWI Triathletes for a group run starting at the Highland trailhead next to Citgo in Highland! We will run south towards Griffith for an out and back run. Afterwards (if you'd like!) join us at our sponsor New Oberfalz Brewing in Griffith for some delicious food and drinks!

Use address: 2744 Highway Ave, Highland, IN 46322



STAY TUNED FOR MORE EVENTS

We are actively planning a group swim training at the Hobart Aquatics Center and a group Yoga Class at Shanti in Munster! As soon as we have details, we will send them out via email 📧

WE HAD SOME AMAZING SPONSORS IN 2023!!!

THANK YOU to South Shore CVA, Calumet Waste & Recycling, Centsible Heating & Air, Puntillo & Crane Orthodontics, Dto3 Dimension, Northern Plant Services, ATI Physical Therapy, Leo's Mobile Bike Service, 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 for your sponsorship.

THERE WILL BE MORE PHOTOS!!! STAY TUNED!



Registration for the 44th ANNUAL LAPORTE SPRINT TRIATHLON & DUATHLON presented by NWI Triathletes IS NOW OPEN

NWITRI
Northwest Indiana Triathletes

USA TRIATHLON
INDIANA
STATE CHAMPIONSHIPS
AGE GROUP • HIGH SCHOOL • CLUB

44th Annual LaPorte Sprint Triathlon & Duathlon

HOSTED BY NWI TRIATHLETES

Soldier's Memorial Park
Saturday July 13, 2024
8 am to 10:30 am

Finisher Medals
T-Shirt
Age Group Awards

Post-Race Refreshments provided

\$10 OFF for NWITRI members only!!!

REGISTER [HERE](#)

Check out the Facebook event [HERE](#)

Use code [NWITRI24](#) at checkout. DO NOT SHARE with non-members.

Registrations will be tracked against current member list 😊

NWITRI IS NOW ON YOUTUBE – Check out our channel [HERE](#)

Click each image to view the EOS Slideshow or the LaPorte 2023 Highlight video!



Thank you all for being members and for making it such a fun and beautiful year! **GIDDY UP!**