



Northwest Indiana Triathletes  
www.nwitri.org

## February 2023 Newsletter

### WHAT DISTANCE ARE YOU RACING IN 2023?

In the typical triathlete's life, the off-season is spent looking ahead to the summer. What races fit into your lives and what races will you have to change your lives to fit in? The balance of work, life, family, kids, faith, and finances is all important to the individual – but how can we manage training on top of all of it?

Part of learning and growing as an athlete is deciding what is most important to you and then going from there. For me - the married childless business owner with 5 cats - triathlon is a priority 😊 For others, it may not even make the top 5. The longer the race, the bigger the commitment. Don't kid yourself into thinking you can train for a FULL IRONMAN triathlon in 8 weeks with just 8 hours a week of training. You'll be lucky to finish, and even if you do – your body, mind and spirit for triathlon will suffer because of it.

It's not just YOU making these choices either. If you have a significant other or a close family – training for a longer distance race must be a commitment from your entire family. They are going to have to understand that you will be training all weekend in the weeks leading up to your race. They will have to be patient with you when you are too tired to cook dinner. They can show up for you on race day, sure, but it's the support they show you every day in the months leading up to a race that get you to the starting line.

All this to say – there is no rush to do a longer distance race. Ramp up your training each year and decide what distance race fits into your life OR decide what can be adjusted about your life to fit in longer races (and the training required to do them), otherwise you will flame out faster than the babysitter's boyfriend when the car pulls up.

### 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](#).



## Reflecting on the past year

In the newsletter from February 2022, I shared some stats with you that shed some light on the progress of the club. In that post, I shared some goals for that year and BOY did we accomplish a lot!

Some facts you may be interested in:

- ♥ We have 83 Active members as of TODAY – that is an INCREDIBLE renewal rate, and we are **10 members up** from February 2022!
- ♥ We have 74 members on our [members-only Facebook page](#) and 53 members on our [Buy/Sell/Trade page](#). If you haven't already joined either of these, WHAT ARE YOU WAITING FOR?!
- ♥ We have **9 NEW sponsors** this year (check them out below)! Without our sponsors, we wouldn't be able to exist, let alone host races!
- ♥ In the last year we have:
  - Hosted a successful triathlon race
  - Provided more tangible member benefits like race and sponsor discounts
  - Continued to build our community (and are up 10 members!)
  - Changed our website over from .net to .org
  - Created a Transition guide for newer triathletes
  - Started weekly winter group rides on Zwift
- ♥ In the next year we hope to:
  - Successfully run the longest-running triathlon in the state of Indiana
  - Provide more education and resources to new and veteran triathletes – specifically, a video series accessible on our website and social media sites
  - Transition from 501c(4) to 501c(3) non-profit organization
  - Work on improving our website features

We would LOVE your feedback on how you think we're doing, what could be better, what is awesome, and anything else you'd love to see from your membership to this club. Please email any suggestions or ideas you have to the club email [nwtriathletes@nwitri.org](mailto:nwtriathletes@nwitri.org).

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

**Brad Beumer, Valparaiso**



**Jerri Sutter, Chesterton**



**Michael Carlson, Griffith**



**Andrew Dorgan, Valparaiso**



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

Also, thank you MJ Jackovich, Samantha Sutherland, Sandy Stefanski, Rachel Valentas, Kim Davis, Christina Dihenes, Mike Sutter, Kathy Hruby, Jamie Skinner, Terri Steinhubel, Robert Gonzales, Sherry Carlosn, Bill Hasse, Sarah Trumbull, Shane Exner, Patty Rawlings, Barb Spitler, and Mary Manfredo for renewing in Jan!



Do you love this club and want to help? We are recently down 2 board members and need a few individuals to help spread the love. One meeting a month with just a duty or two. Email or message Ashley if interested ♥ [nwtriathletes@nwitri.org](mailto:nwtriathletes@nwitri.org)

## Winter Challenge 2022-2023 UPDATE

We've had a GREAT off-season's winter challenge so far!

7 Challenges are finished, and we have 4 more to go thru March 26, 2022. **\$175 in gift cards have already been awarded so far!**

Congratulations to the winners of our first 7 challenges:

**Swim the Farthest** – Nick Konwerski

**Run the Farthest** – Kathy Labus

**Bike the Farthest** – Ken Hyde

**Bike the most elevation** – Nick Konwerski

**Swim/Run the Farthest** – Jeff Moscinski

**Bike/Run the Farthest** – Amanda Hoffer

**Swim the Farthest** – Jeff Moscinski

We are currently in the middle of our 8<sup>th</sup> challenge – Run the farthest!

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

**\*\*ALSO, take a moment** to join our club [NWI Triathletes on Strava](#). This is where we will run the Swim/Bike/Run TIME Challenge!!!

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



A sneak peak at our upcoming challenges 👁️

Feb 13, 2023	Swim/Bike	Total distance. Winner place <b>average</b> across both
Feb 27, 2023	Bike	Total Distance only.
Mar 13, 2023	Swim/Bike/Run	Total distance. Winner place <b>average</b> across all 3 disciplines.
Mar 13, 2023	Swim/Bike/Run	<b>Strava</b> - Total <b>TIME</b> for all 3.

**Season Kick-Off Party!!!! Invite your friends!!! This event is open to *potential members* too!**

**GREAT LOCATION, KNOWLEDGEBALE GUEST SPEAKERS, AWESOME GIVEAWAYS, DINNER, and NEWS**

**BE THERE OR BE  - RSVP on [Facebook](#) or via email at [nwitriathletes@nwitri.org](mailto:nwitriathletes@nwitri.org)**

**\*RAFFLE FOR PRIZES AND RACE ENTRIES**

## NWI Triathletes 2023 Season Kick-Off Party

**DINNER PROVIDED TO ALL ATTENDEES**





Featuring our Guest Speakers



**PEER PANEL**

All abilities and experience  
Ask the questions you always wanted to know!




**Rhea Martin & Natalie Babcock**  
Co-Owners of Perfection Medical Spa

**Sunday March 19, 2022 // 4:00-6:30 PM**  
**Hawthorne Park Community Center**  
**500 Ackerman Drive, Porter, IN 46304**

\*Active club members only

*All interested parties welcome to attend*

**WHO  
ARE  
YOU?**



## Get to Know Your Fellow Club Members

If you are following the NWI Tri Club Members Facebook page, 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 [nwitriathletes@nwitri.org](mailto:nwitriathletes@nwitri.org)

**BIG NEWS**

## We will have TWO options for you to buy new kits and club-branded clothing this year!!!

We have listened to our club members' feedback in the last several years and for the first time ever, we are bringing you a **PREMIUM** option for NWITri club clothing.

What does this mean? Well, we reached out to one of the triathlon industries BEST clothing companies, ZOOT, to make a kit that was in line with our current kit design. Zoot is an incredible company that makes clothing specifically for triathletes and considers everything a triathlete goes through in a day. This means the quality of the clothing is outstanding, and their clothing is flexible and flattering to different body types. With that being said, the clothing is about 20% more expensive than our current Borah kit design. We've been able to work with both companies to get BOTH STORES OPEN at the same time so that you have a choice between the two. Both lines of clothing have been updated with our sponsors for 2023 😊

**Both the Borah and the Zoot stores are open NOW.**

**Both stores will close February 21<sup>st</sup> with an estimated in the first week of May, 2023.**

You can access the Zoot store [HERE](#)



You can access the Borah store [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.org](mailto:nwitriathletes@nwitri.org) 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

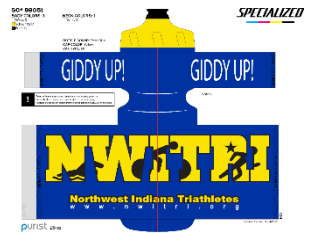


## NWITRI SWAG NOW AVAILABLE! 🥳🥳

Custom 26oz SPECIALIZED NWITri water bottles HAVE ARRIVED!

These water bottles are available to members for **\$7/each**. STOCK UP, they won't last long. If you would like to order water bottles, please email

[nwitriathletes@nwitri.net](mailto:nwitriathletes@nwitri.net) with your name, address and quantity and options will be provided for pick up or shipping. **WE NOW TAKE VENMO!!**



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

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



- ♥ **\$10 OFF for NWITRI members only!!!**  
**REGISTER [HERE](#)**
- ♥ **Check out the Facebook event [HERE](#)**
- ♥ **Use code nwitritake10 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!!



**ENTRY OPEN FOR ALL!** [REGISTER TODAY](#)

[f /NWITri](#)  
[@nwi\\_triathletes](#)



## RUN FOR A GOOD CAUSE!!

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>

We regret to inform you that the race director for the Brickyard Sprint Triathlon has decided to cancel the race for 2023. If you have additional questions about the event or the future of the event feel free to contact Ken Cawthon at [kcawthon@hobart.k12.in.us](mailto:kcawthon@hobart.k12.in.us).



Once in a while we get random donations from some of our members during registration and we'd like to take this opportunity to thank them publicly 😊

### A HUGE THANK YOU to:

Rada Veligan, Salena Fuoss, Peter Rokosz, Bob Cavallo, Tim Senovic and Andrew Dorgan

# THANK YOU TO OUR 2023 SPONSORS!!!

Calumet Waste & Recycling,  
Centsible Heating & Air,  
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Dto3 Dimension,  
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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.

We are still accepting sponsors  
for our race!

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



Calumet Waste & Recycling  
1101 E. 139th St  
East Chicago, IN 46312  
(219) 392-0345

## 70.3 SPONSORS



## OLYMPIC SPONSORS



## SPRINT SPONSORS

