



Northwest Indiana Triathletes  
www.nwitri.org

## June 2022 Newsletter

### IT'S TIME TO TELL YOUR FRIENDS

Now that summer is in FULL SWING, we are all getting the itch! We've got a couple races under our belts and the season is just getting started. As many new faces as we've welcomed to this club recently, it's hard to ignore some hard truths. When we lined up our bikes in transition at our beloved local races at Leon's and LaPorte Triathlons it was east to see there was a lot of empty space on surrounding bike racks. The truth is - the pandemic has taken a devastating toll on our sport. It's common knowledge that triathlon was already on a bit of decline prior to the pandemic and things are much worse now – especially for smaller local races that rely on the community to succeed. DON'T LOSE HOPE, we are not lost. One of the BIG reasons NWI Tri exists is to grow the sport of Triathlon, and it is time to start telling your friends. Encourage them to join our club for group trainings or get off their couch and go for a swim or run, which requires minimal equipment.

Some other ways you can help:

- Volunteer at your local YMCA
- Donate old equipment to your local gym, school, or a friend that's just getting started
- Get your kids involved in races and include them in your training
- RACE in all your local events and help spread the word!

It's so important that we act NOW, before it's too late. Think about the ways this sport has impacted your life and share it with the anyone who will listen! Giddy up my friends! We'll see you at the finish line.

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

**Derek Janik**, Highland



**Susan Richards**, Dyer



**Rada Velligan**, East Chicago



**Kathy Labus**, Crown Point



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

Also, thank you to members William Laramie, Keith Wilson, Sarah Stidham, Michelle Fejes and Laura McCrindle for renewing their memberships!

## Mark your calendars folks! Group Training IS FULL FORCE!

We have several club-organized group training events in the coming month, and we would love to see you all there. According to a lot of responses in the member survey, several of you joined just to be able to take advantage of group training! We look forward to seeing you out there! The details for the events are:

### Event #1

**SATURDAY JUNE 18, 2022 AT 8 AM CDT**

**Group Training - Long Bike Ride @Downtown Valpo**

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

Join NWI Triathletes for a repeat of Ken Hyde's famous Awful Horrible Bike route from downtown Valparaiso all the way up to Beverly shores by lake Michigan and back. If you decide to take the longer route, stop at the "World Famous" Dairy Queen in Westville to cool down and carb up!

Two routes available:

51.08 Miles, 919ft elevation - <https://connect.garmin.com/modern/course/18288741>

75.62 Miles, 1492ft elevation - <https://connect.garmin.com/modern/course/104074133>

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



### Event #2

**SUNDAY JUNE 19, 2022 AT 1 PM CDT**

**Open Water Swim @ DoubleTree**

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

Join NWI Triathletes for a group swim at the beautiful Lake at DoubleTree! Bring a swim buoy for visibility! Our gracious host Kathy Hruby has access to the lake right from her back yard! If you plan to come, you'll need to enter in the gates to the community and give Kathy's name! Her last name is pronounced "roo-bee" like the gem, because she is 😊

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



### Event #3

**SATURDAY JUNE 25, 2022 AT 9 AM CDT**

**Group Swim at Robinson Lake– RSVP on Facebook [HERE](#)**

Join NWI Triathletes for a group swim at Robinson Lake in Hobart, IN! This shallow lake warms up quick so it will likely be warm enough to swim WITHOUT at wetsuit after all this heat wave! Be prepared, some parts of the lake get a little "weedy". Stay to the far left on your way out! It's great practice!

**Use address: 5240 S Liverpool Road Hobart, IN 46342**



## **Event #4**

**SUNDAY JUNE 26, 2022 AT 8 AM CDT**

**Flat Clinic and Bike from Trailblazers – RSVP on Facebook [HERE](#)**

Join NWI Triathletes for a clinic on how to fix a flat tire should you ever get one while out riding or during a race. Bring your tool kit and a spare tube so you can get guided practice at this invaluable skill! After the clinic we will be "biking the barn" with 3 route options for all abilities. Special shout out to Jason Buxbaum for creating the route options!

Feel free to run on the Prairie Duneland Bike trail afterwards 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 #5**

**FRIDAY JULY 1, 2022 AT 6 PM CDT**

**Open Water Swimming @DoubleTree – RSVP on Facebook [HERE](#)**

Join NWI Triathletes for a group swim at the beautiful lake at DoubleTree! Bring a swim buoy for visibility!

Our gracious host Kathy Hruby has access to the lake right from her back yard! If you plan to come, you'll need to enter in the gates to the community and give Kathy's name! Her last name is pronounced "roo-bee" like the gem, because she is 😊

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



## **Event #6**

**SUNDAY JULY 10, 2022 AT 7 AM CDT**

**Olympic and 70.3 Distance Practice at Kemil Beach – RSVP on Facebook [HERE](#)**

Join NWI Triathletes for a Swim/Bike/Run event starting at Kemil Beach! We will start with a nice cool swim down the coast of Beverly Shores in lake Michigan, followed by a bike and run. Courses will be provided in advance for both Olympic and 70.3 distances! We will provide water, hammer electrolyte drink, and some snack bars to give you that extra boost!

\*\*\*BE PREPARED\*\*\* there is a fee to park at Kemil Beach due to the national park enforcing parking regulations. You can find more about parking here:

<https://www.nps.gov/indu/planyourvisit/kemil-beach.htm> <https://connect.garmin.com/modern/course/57724055>

**Use address: E State Park Boundary Rd, Chesterton, IN 46304**

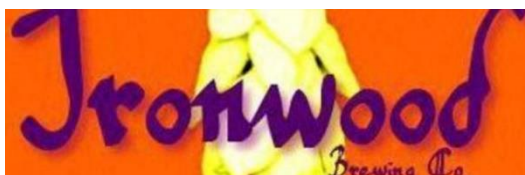


## Other training opportunities coming up

- 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 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](#)



## SPEAKING of TRIATHLONS – Y’ALL HAVE BEEN BUSY!!!!

Congratulations to all our members who have been killing it out there this past month at Leon’s, LaPorte, and Grand Rapid’s triathlons!!!

Raced Leons	
Jason Buxbaum	Oly
Jorge Franco	Oly
Ashley Konwerski	Oly
Bill Hassee	Oly
Susan Richards	Oly
<b>Robert Gonzales</b>	Oly
Mary Buschmann	Oly
Sherry Carlson	Oly
Rada Velligan	Oly
Bob Cavallo	Oly
Julie Whitney	Oly
Barb Spitler	Oly
Nick Konwerski	Sprint
Andy Vaclavik	Sprint
Kim David	Sprint
Ken Hyde	Sprint
William Laramie	Para



Raced Laporte
Nick Konwerski
Chris Wickard
<b>Derek Janik</b>
Amanda Hoffer
Tim Senovic
Samantha Sutherland
Dave Young
Robert Gonzales
T.R. Mahaffey
Kathy Hruby
Julie Young
Sarah Trumbull
Kris Cone
Kim Davis
Laura McCrindle
Julie Whitney
Sarah Stidham
Deb Ames
Lilia Clarke
Ruben Sanchez

[CLICK HERE](#) for the full album from Leon’s Triathlon  
[CLICK HERE](#) for the full album from LaPorte Triathlon

Raced Grand Rapids	
Ken Hyde	Sprint
Joe Reeves	Oly
Miranda Jackovich	Oly
Jason Buxbaum	Sprint & 70.3
Mike Vollbrecht	70.3
Emily Doehring	Sprint AB
Andy Vaclavik	Sprint



## 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!



## 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.

### [2022 Member Race Hub Spreadsheet](#)

If you need help adding your races, please email them to [nwitriathletes@nwitri.net](mailto:nwitriathletes@nwitri.net) and we’ll add them for you. We’ll also do our best to announce racers each week ahead of a coming race! We’re going to work harder this year to organize ahead of races so we can **REP👉RE👉SENT👉!!!**



### Get to Know Your Fellow Club Members IS BACK

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.net](mailto:nwitriathletes@nwitri.net).

**Other fun photos from May and June group trainings!**

**May 22 - Group Run @ Kennedy Trail Head 🍷 at our sponsor New Oberfalz Brewing after!**



**Impromptu Swim Clinic @ Robinson Lake**

**May 28 - Group Bike Ride starting from Liberty Church in Valpo**



**May 30 - Group Swim and Cookout at Stone Lake in La Porte**



## June – Open water swim clinic at Leon’s and MORE impromptu group trainings!



Impromptu Group Swim @ Robinson Lake #2



Thursday Night Ride @Ironwood Brewing



Group swim practice @ LaPorte after LaPorte Triathlon!



## WE HAVE A NEW SPONSOR!!!

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TEAMWORK MAKES THE DREAMWORK

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

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## THEMAGIC<sup>5</sup>

Get 35% off purchases at The MAGIC 5 using our exclusive code: **NWITri35**



Rudy Project - 35% discount via VIP account.

Go to our VIP Page: [HERE](#)

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